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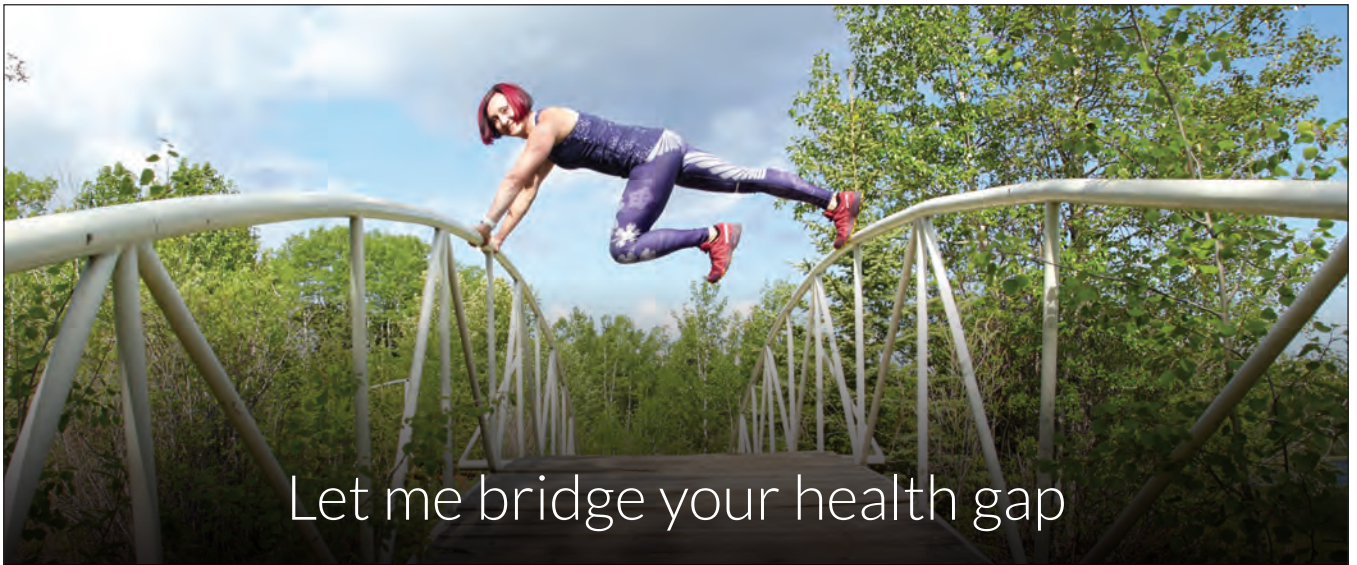
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## LETTER FROM THE EDITOR

Happy Canada Day and the Beginning of Summer

Many communities will be celebrating either Canada Day, or a local festival. I trust that you will be able to participate with your community, enjoying the local festivities as these events allow us to stay connected with one another.

I would also like to take a moment to congratulate the recent high school and post-secondary graduates. To complete a course of study is a major accomplishment in life and lays a foundation for your next chapter. As a community, we can support our graduates in the following ways: If you own a business, hire students. Part time and seasonal employment is critical for the development of real-world work experience and the ability to save finances for future study, especially considering the significant expenses they currently face to “launch in life”. Getting work experience early lays a foundation of work ethic, and what brings value to the market.

Provide and encourage balanced volunteer opportunities. Giving our time into events,

charities, and community programs provide excellent opportunities to develop leadership and communication, as well as overall life skills. They also provide opportunities for students to grow their contact network, which is critical for future employment. When I look at resumes, or when conducting an interview, I often ask about volunteer experience because this is generally where the passion and heart of a person is truly alive.

Encourage them into leadership and mentorship opportunities. You don't truly know something until you learn how to teach it. Being put into situations where you're forced to teach what you have recently learned yourself enables you to better distill the material. I remember when studying music, I started teaching piano during my last year of high school. This not only gave me an income, it also empowered me to apply what I was learning. It allowed me to feel like there was a purpose to it.

There is also indirect learning. I currently have a seasonal employee who is studying to be a mechanic. By using equipment he may be working on in the future, it facilitates him to see why and how parts break. His current work experience gives him an indirect learning opportunity into his field of study. Encourage future

study. It is easy to get out of the habit of study. I recently completed a leadership course and a key take away wasn't just the material on transitional leadership, but on how to effectively read a book!

Engage the student as to what they're learning, or what they hope to be doing in the future. This grants the student the opportunity to articulate vision and direction for what they hope to do in life. It also provides the opportunity to articulate what they're currently learning.

I have a 16-year-old daughter who works as a hostess at the Italian Farmhouse, many of you have probably met her. When I ask her how her day went, she is most excited by the positive interactions with customers. Those who have engaged her have taken an interest into her dreams for the future. It energizes her to continue and pursue those passions. So to the graduates of 2022, I congratulate and encourage you to get out and start gathering real world experience, regardless of if it's within your field of study or not. To those of us who parent, or know a graduate, encourage them to “get out there” and engage the world around them. Our communities and workplaces need their participation, energy, and ideas.

*From my family to yours,  
Lowell Harder*

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**I WONDER WHAT VENISON TASTES LIKE?**

**PROBABLY CHICKEN!**

**HIGH COUNTRY LIFE**

**BY MARK ADAMS**





## ARTIST PROFILE

One of two paintings contributed by Bragg Creek Artist David Zimmerman for the Banded Peak Art Walk Auction see article page 6.

David Zimmerman's art is shaped by his life in the foothills of the Rocky Mountains. He has been active in the development and maintenance of the trail network around Bragg Creek, from being one of the early pioneers in creating some of the networks to continuing to support the Greater Bragg Creek Trails Association in fundraising and volunteering. The contours and wide expanses of Canada's western landscape have been his space to explore and discover.

*David is an active member in the community of Bragg Creek where he lives with his family. He can often be found at community events or helping with the wellness committee, nearby community associations, the food bank, school painting days, and community paint nights. By day, David is the senior pastor of Bragg Creek Community Church which meets in the local community center on Sundays. davidzimmermanart.ca*



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## BRAGG CREEK TRAILS

**Next phase of public consultation for West Bragg Creek Trail Plan is about to begin.**

Alberta Environment and Parks, in partnership with the Bragg Creek Trails organization, is collecting feedback to develop a new plan to improve and maintain trails, support recreation and protect natural ecosystems in the West Bragg Creek trail system.

The West Bragg Creek Trails Master Plan will provide an update to the All Seasons Trail Plan, as the level of trail use within the West Bragg Creek Provincial Recreation Area and Kananaskis Public Land Use Zone has grown and diversified over time.

In Phase one we gathered feedback on draft aspects of the new plan contained within the draft Terms of Reference: purpose, objectives, principles, and planning considerations. We also asked Albertans to share their perspectives on the current trail system through an interactive map activity.

In Phase 2, Albertans will be able to review and respond to a draft trails plan. Check [www.alberta.ca/west-bragg-creek-trails-master-plan-engagement.aspx](http://www.alberta.ca/west-bragg-creek-trails-master-plan-engagement.aspx) to see the draft trails plan, expected to be released in June 2022.

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Alberta Environment and Parks



## BRAGG CREEK PERFORMING ARTS GOES LIVE!

Coming off a successful 40th Anniversary season with two virtual and two drive-in concerts, Bragg Creek Performing Arts started this season with a live Gord Bamford concert which will be followed by a John Wort Hannam concert on September 17 and the Ennis Sisters on October 30 (tickets at [braggcreekperformingarts.com](http://braggcreekperformingarts.com)). Interested in a unique volunteering experience? Contact Clint Docken at [cgd@docken.com](mailto:cgd@docken.com).



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## Banded Peak Art Walk and Auction

Local artists and students express their love of nature with an art walk on Highway 22

Have you gone up the hill towards Banded Peak School from the hamlet of Bragg Creek recently? Have you noticed bits of colour amongst the trees? Have you looked more closely and seen the amazing art work by local students and local artists, celebrating “Wildlife and people living in community” – Bragg Creek Wild’s foundational vision?

Earlier this year Lucy Curtis, a local artist and Bragg Creek Wild member, led a collaboration with grade 7/8 students at Banded Peak School, and local professional artist David Zimmerman to create the artworks you can see along the road.

The project came into being as the result of a number of conversations between friends locally, and through collaboration with Banded Peak School. It culminated in these beautiful paintings celebrating our local environment, its rich diversity and many treasures. We hope the paintings will brighten the day of all who pass by. We’d also like it to serve as a reminder of the need to protect local wildlife and habitats: whether by driving with caution,

picking up litter while on the trails or advocating for the maintenance of wildlife corridor connectivity.

The result is a fun and fabulous art walk along Highway 22, which showcases over 60 masterpieces. They’re easily visible on a short walk from the Community Centre to East Park Place, and can even be seen from the road. (An easier route is to start at East Park Place, where there are more paintings, and walk towards the hamlet.) Each artwork is painted on a unique wood canvas, created by community member John Spurrell from trees felled during the construction of the berm. The paintings are beautifully presented on the trees along the route, which have generously been made available as an “outdoor gallery” by landowners along Highway 22.

As you walk and enjoy each piece, keep your eyes open for two unsigned works by local artist David Zimmerman (see cover photo). These spectacular pieces have been offered to Bragg Creek Wild to auction. The money raised at auction will be split between the artist, Banded Peak School and Bragg Creek Wild. Bidding opens at [www.braggcreekwild.ca](http://www.braggcreekwild.ca) on July 1st and closes on Bragg Creek Days weekend. After bidding closes, the works will be signed by the artist and handed to their new owners at the Bragg Creek Wild booth. Look for details on our website.

Please take sometime to treat yourself to an inspiring walk – visit and view these very special paintings by our brilliant local

young artists, and then check out the bidding online for the David Zimmerman paintings.

We’re very grateful to Banded Peak School – in particular teachers Mr. Churchill and Ms. Winters, and principal Mr. Pols – as well as to David Zimmerman for his contribution of two paintings, to the local landowners for the use of their trees for hanging, and not least to John Spurrell for the creation of the ‘canvases’ from the felled trees. And of course, to Lucy Curtis for organising the entire project!







## MP UPDATE - Foothills

**John Barlow**

Canada is facing a crisis of our economy and our unity. It is time for government to stop dividing, stop picking winners and losers and be a unifying force.

What can unify Canadians is a common cause and showing the world our country wants to play a critical role on the global stage especially regarding energy and food security.

Canada has a wealth of oil and gas. Our energy sector contributes more than 10% of our nominal GDP. We should all be proud of those who work in our energy sector and provide clean, environmentally responsible energy that respects human rights. We should strive for energy independence by getting ethical Canadian oil in all our refineries, not importing oil from despots and dictators.

It can be done if we stop pulling against each other and start working together.

One sector does not have to lose for another to win. As Canadians, we should be proud of all our industries: the auto sector in Ontario, fisheries in Atlantic Canada, agriculture in the Prairies and forestry in B.C.

At the same time, we are in the midst of a global food crisis. The Liberals are increasing the cost of groceries by hiking the carbon tax, putting a tariff on fertilizer and burdening Canadian farm families with red tape. Canada is the only country with a government, in a food security crisis, raising taxes on farmers and asking consumers to pay more.

Instead of the government offering relief to Canadians when they need it most, the Prime Minister is travelling around the world with no mask in sight when he thinks the cameras are turned off, while here at home he is punishing Canadians with his draconian mandates and travel restrictions, which are not in place in counties around the world.

The division has also added to the isolation and mental health crisis this country is facing. This is an area that should be beyond partisan politics because all families have seen the impacts the pandemic has had on mental health and wellness. We have seen this in higher depression rates in young people, high rates of suicide and addictions and eating disorders.

The Liberals are pushing forward with their reckless activist agenda while the Conservatives offer real solutions such as exempting the carbon tax from farm fuels, removing the GST on gas and diesel, and ending the travel restrictions.

Across the country, there are challenges, but there are also incredible opportunities. Canada is blessed with an abundance of resources and talented people. Canada is still the land of opportunity - let us never lose sight of that fact.

For the good of the country, to reach our full potential, we must stop tearing each other down and work together to get things done. Together we can once again be the country of big ideas and even bigger dreams when we complete nation building initiatives like an energy corridor. We need to put an end to the divisive rhetoric and policies stigmatizing Canadians. We need to bring our neighbours together in the spirit of what it means to be Canadian - proud, strong and free.

I am proud of our country and I am here to stand up not only for Canada, but the constituents of Foothills. Working together we can forge a vision for Canada focused on prosperity and affordability, on an economic recovery, on ending the divisive mandates, on improving our mental health and unity.

I still believe in Canada. I believe in my country.

*John Barlow  
MP for Foothills  
Shadow Minister for Agriculture,  
Agri-Food and Food Security*

*For more information:  
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## Weird Alberta Laws

I've been writing about some fairly heavy crime and crime prevention topics lately, so I thought I'd take a short summer reprieve and find something on the lighter side. Since we are well into summer now and people may be into new activities, I wanted to make sure you didn't run afoul of the local constabulary by breaking these little-known laws. (These are taken from various websites that are too numerous to mention so I have not listed them.)

In Edmonton, the production of any "generally offensive odours" is punishable by law. Apparently, this applies to people. "Sorry, you didn't pass the smell test." The jails must be full in Edmonton!

While this is not always a summertime activity (but you can't rule it out), in Drayton Valley it is illegal to throw a snowball within city limits. This is also the law in Calgary although it's okay if you get a permit or receive express permission from the mayor.

Also in Calgary, according to bylaw 54M2006, it is not lawful for a person to "stand or put his feet on the top or surface of any table, bench, planter or sculpture placed in any public place". So, dancing on the tables during Stampede is a no-no? Darn, that was so much fun.

In Wetaskiwin, it is illegal to spit on anyone's property but your own. If you're caught ejecting any substance from your mouth on any property that isn't yours, you'll find yourself in trouble with the law.

Province-wide, in Alberta it is illegal to own a pet rat. I wonder if that is why certain federal politicians don't visit, or stay very long if they do.

Elections Alberta has a very "sophisticated" way to determine the winner of an election in the case of a tie. If, after counting the votes, there is a tie, the Returning Officer writes the names of each candidate on a separate piece of paper and puts them in a hat. Then a name is drawn, and that person is declared the winner. In the past this process produced an Edson city councillor, and two councillors for Red Deer County.

Profanity is considered so offensive in Jasper that since 2005, it's been punishable under law to swear in public. \_\_\_\_\_! I gotta be careful of this one.

Also in Jasper, it is illegal to spend the night in an RV within town limits. And if you get caught and start swearing at the officer writing you a ticket, well, see above.

Many Canadians often get rid of excess change by using it to pay for chocolate bars at the nearest gas station. However, paying for purchases with a lot of coins is prohibited. According to the Canadian government, you are allowed to use only 25 loonies and 5 coins of 25 cents each. So, if you are thinking of paying C\$30 for food in loonies, be aware that it's actually illegal across the country.

With the price of gas these days you may be tempted to ride your horse instead. On city streets in Calgary, that's perfectly acceptable with a few exceptions. What will get you in trouble however is not cleaning up after your horse! I wonder if that applies to the city's mounted police patrol. "Excuse me pardner, I have to stop and pick up my horse's dodo."

And it sounds like it's okay to ride your horse in Edmonton too. Just not on the sidewalk. Edmonton is so far ahead of Calgary in this regard. Hey, gotta give credit where credit's due.

However, I believe Toronto takes the prize. It's illegal to Drag a Dead Horse Along the Street. You may think that this law is completely made up, but the regional police in York have confirmed that it is illegal to drag a dead horse along Yonge Street in Toronto. However, what makes this law even stranger is that it is illegal to do this only on Sundays. This means that if you want to drag a dead horse on Monday, feel free. I guess that was quite a problem in Toronto at one time.

I hope you had at least one laugh, but don't say you haven't been warned. Ignorance of the law is no excuse. However, back to today's reality. Summer is a great time for thieves as stuff is left out, doors and windows left open, and people are away on vacation. Stay vigilant, and remember to be on the lookout for suspicious activity. If you see something, Observe, Record and Report it to your local RCMP detachment. Have a great summer!

Dave Schroeder  
HCRCWA Board Member

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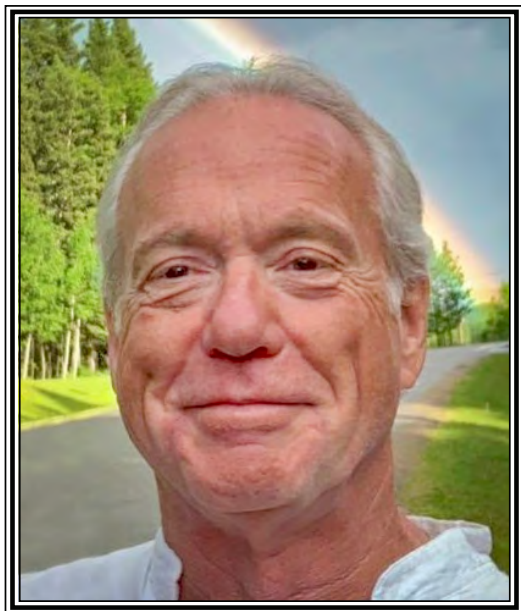
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## In Loving Memory of James "Ross" Brown



Nov 6, 1954 - May 11, 2022

James Ross Brown passed on Wednesday, May 11th, 2022 in Calgary, AB. He was born on November 6th, 1954 in Edmonton, AB. He fought a brief and valiant battle with cancer and died peacefully with his family around him.

Ross is survived by his loving wife, Betty; Sister, Sharon (Leslie), Nephew, Sean (Chris), Children, Kim, Mark (Theresa), Wes and Grandchildren Vanessa, Gillian, Avery, Rowan, Bridget and Abby. Ross will be sadly missed by the Bragg Creek community and area, former clients, friends and many acquaintances.

Known for his ready smile and calm demeanor, he greeted all those he met by name, and he leaves a legacy of highest integrity and grit. Ross was well respected for his business acumen, his warm friendship and willingness to be of service and help to anyone in need. To know him was to respect and admire him.

Ross's family wishes to thank everyone who was able to attend his Celebration of Life gathering. Thanks to those who shared a special memory of Ross, to Ron Carter as the M.C., to Candace Taperek-Ford for the reading of the Eulogy and arrangement of the slideshow. Thanks to Rick Godderis for his song that came from the heart and to Chris Sandvoss for his musical talent. Thank you to all our family and friends who helped put the event together. And, a huge thank you to the Bragg Creek Community Centre and the Ladies Auxiliary for all their time, efforts and generosity.

Rest in Peace Ross Brown. Your work on Earth is done and your footprint of goodness will live on in our hearts for always.

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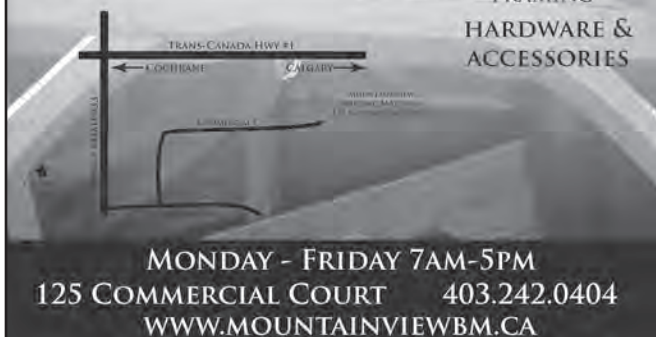
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## JUNE NEWSLETTER Judy Hunter-Ward 5 Trustee

### Reflections on Education and Where it is Headed

I had the pleasure of listening to a program sponsored by the Atlantic called the New Way Forward. This is the link: [youtu.be/DZ6Pxfzwoeg](https://youtu.be/DZ6Pxfzwoeg)

The program examined the learning process from K-12 to post-secondary to the world of work. Through this analysis a variety of knowledgeable speakers shared their expertise. In the K-12 environment, the speaker posited that K-12 education is relational not transactional.

The importance of the K-12 work was further acknowledged by Larry Summers a professor emeritus at Harvard university who said the K-12 education is the vital work of community for which there is no business model. It is for that reason that, I believe, that while K-12 education is seen as critical to society, it often receives short shrift in attention, vision and funding. The program went on to elicit how COVID has changed education forever. It highlighted the gaps

in our educational system, has pointed out inequities and has highlighted the establishment of new partners in learning.

Rachel Carlson in the second part of the program offered some astounding statistics indicating that only 27% of all post-secondary students attend traditional campuses, 55% of students are parents and most are working and attending post-secondary. Cost was given as a major impediment to upgrading of skills. When you consider that the average person has less than \$400.00 in the bank, it is not surprising that most students have difficulty of coming up with tuition fees. The speaker spoke to the important role of corporations in assisting workers to develop their career paths. Walmart and Amazon were leaders in this area helping workers understand short term goals and attaining learning certificates that can lead to a career path. Government policy in this area would be helpful in allowing people to work while upgrading or re-skilling. Many of today's jobs are becoming extinct due to automation and technology.

Director of the New Economy and Society – World Economic Forum, Ms. Zahidi, reported that of the world's 3 billion workers, 81% had their employment totally or partially affected by COVID.

Of those who have lost their jobs one half will permanently lose that employment.

### Ms. Zahidi cites the following trends identified in the workplace today

1. Remote work is a reality for the white-collar workforce
2. Service/blue-collar workers will be impacted by machine replacement
3. The care economy is due to long overdue re-evaluation of the work
4. The "Gig" economy has provided no safety net for workers.

She said that governments need to build back better, and this would be achieved through upskilling and reskilling. Presently, governments do not have the systems in place to scale this training.

### Also on topic was identification of new employment opportunities:

1. Green economies and fields
2. Technology
3. Care economies
4. Specialized sales

What does this mean for schools and K-12 education? In my view a view, a few things come to mind. Firstly, that education (learning) is a life-long process. In an ideal world, educators will be able to personalize the learning for students and provide opportunities and mentorships so that



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students can maximize the time offered in the K-12 arena.

**K-12 education is a wholistic endeavor we are creating citizens – we want students to:**

- Be healthy – physically, mentally and socially. Social and emotional attributes are fundamental employable attributes
- Be problem solvers – the world is becoming increasingly complex, the ability to analyze, synthesize, identify trends, develop solutions - innovative or not
- Articulately communicate ideas and solutions
- Take responsibility for their actions
- Interact positively with others
- Be tech savvy

**What are some of the structural obstacles to be overcome?**

- Meeting academic requirements if learning is personalized
- Using our buildings differently
- Working with colleges, universities as partners in learning
- Finding mentors in the business community
- Restructuring assessment using technology for tracking and tracing

I personally do not see Elementary Schools changing that much as students need to be safe and the structure of school provides consistency for both parents and children. However from Grade 7 forward we can do many things differently – we have technology that will allow children to be safe while travelling to alternative learning sites, we have technology that can track learning objectives, we have scheduling software that will allow for students to learn in alternative setting and learn from leaders in their fields of excellences. We have teachers who can coordinate opportunities and support students on their journeys.

I hope that this article will open up the dialogue about K-12 education and what it could be and would love to hear your perspectives. My email is hunter47ab@yahoo.com



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## The Shifting Economic Winds

Business, investing and life, in general, follow predictable ebbs and flows. The Business Cycle is no exception. This is the cycle whereby the economy goes through strong growth periods, weaker growth periods and everything in between. Governments and the Central Banks try to manage this cycle and prevent any enduring excesses from building up, while guiding the economy along a sustainable path of growth.

When an economy starts growing too quickly, the Central Bank will move to “take away the punch bowl” (official economics lingo) and cool the “animal spirits” at the party. At one time, the average business cycle lasted about 5 - 7 years. With the fall of the Iron Curtain in 1990, this cycle has lengthened to about 8 - 10 years or so, with the last official recession in 2008. Historically, interest rates were used to manage this cycle. When the economy was overheating, interest rates were raised, sometimes substantially, to cool demand for credit and to curb economic growth. This was what Paul Volker, then US Fed Chairman, did in the early 1980’s to curb increasing rates of inflation. When an economy underperforms (at the bottom of the Business Cycle) interest rates are typically lowered to stimulate borrowing and economic activity.

With short-term interest rates at historical lows today, it is difficult to judge where we are in the Business Cycle by this measure alone. In the face of large and growing Government debts, it is deemed too risky for the US Federal Reserve and other Central Banks to raise interest rates too much or too fast to cool the economy from speculative excesses - without risking some negative impacts that are greater in magnitude than the benefits from cooling the economy.

An alternate way to assess where we are in the Business Cycle - and how this may impact your spending and investment decisions - is to consider another factor that may be helpful as a signpost for the economic landscape. The one factor that plays a role in almost every facet of our economy is energy and more importantly the price of energy.

The price of energy is embedded in every aspect of our lives. When energy prices rise quickly, as they did in early 2022, this acts as a form of taxation on the average consumer. The immediate effect of higher energy prices is the impact on the cost of driving your car. The effects of this short-lived spike in oil prices will likely take some time to work its way through the supply chains, such as growing food, transportation and so on.

The good news is that every weak business cycle is traditionally followed by a strengthening and improving business cycle afterwards. By examining data from economic cycles investors can determine when it is more prudent to pay down debts and/or when it is more profitable to invest for asset growth.

Contrarian investors are thrilled to be able to buy quality assets on sale during any periods of economic weakness.

The Business Cycle is one element to be aware of when managing your personal financial strategy. It is a natural part of the economic landscape.

As Warren Buffet once said, “A simple rule dictates my buying: Be fearful when others are greedy and be greedy when others are fearful.”

I always remember this quote, at times like the present, when market sentiment is very negative. It is looking like it may be time to be greedy.

Call my office to review your situation and how you can take advantage of any Business Cycle slow downs.

Together, we can begin the process of helping you to get comfortable with and in control of your financial situation, now that we are likely in a “New Normal,” where many of the old approaches, to investing, may have changed.

I am here to help. Also, visit [myfinancialsolutions.ca](http://myfinancialsolutions.ca) for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics.

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

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## MAKE YOUR MARK

### By Mark Kamachi

#### The simple ingredients of an ad

Welcome to July. Have you ever come across an ad during your daily routine that piques your curiosity? Maybe it was a television commercial about sleep apnea during your morning coffee that made you want to switch to decaf? Perhaps it was a thought-provoking billboard promoting an electric vehicle that had you reconsidering your present gas guzzler as you sat in gridlock?

Whatever the medium, be it newspaper, magazine, digital ads viewed on desktop computers or mobile devices, ads that are well crafted, strategically aimed at your customer, and creatively engaging, can help your business build brand recognition. Your brand can be your company, a product, or even you.

Most research suggests we are bombarded by 5000 to 10,000 ads daily. Back in the seventies, it was in the hundreds. Times have changed and marketers are finding more and more clever ways to grab your attention. And your wallet. So how do we create advertising that will stand out and compete? If your ad, in whatever form, does not catch the attention of your intended customer, you're wasting your valuable time and money and falling behind your competition.

Take this publication for example. Each month you'll see ads on retail fashion to legal/financial services and community events. These ads seek to grab readers' attention with their products/services. Some ads are more effective than others. An ad must communicate simply and emotionally. Here are my tried and tested "must" design principles you can start with when creating a print ad:

- #1: Use a single compelling image – sear it into the viewers' mind;
- #2: Combine the image with a clever headline of no more than 7-10 words;



- #3: Write a sentence or two about a single brand attribute and create a compelling 'ask' or call-to-action;
- #4: Make your logo visible and include your URL.

Ask yourself if it will be remembered? There you have it. You must keep it simple, clean, directed at your target audience and above all entertaining. Impregnate brains with your brand for immediate or future consideration and you'll be off on the right foot in growing your customer base.

Until next month, keep it memorable.  
*Cheers, mark.*




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## GRIND, CRACK, CREAK! WHY ARE MY JOINTS NOISY?

By Jennifer Gordon

There are many sounds our joints make and it seems more so as we get older! The grinding, cracking, and snapping sounds our joints make day to day are typically nothing to worry about. So, what do these sounds mean and should it be cause for alarm?

The painless noises our joints make are both common and normal. One explanation is the nitrogen gas bubbles that build up in our synovial fluid, the fluid that lubricates and protects our joints. When the gas pressure builds up and a joint makes a popping sound, it is much like the pressure being released when a jar is opened. Another reason for a snapping sound some joints make, is when our muscles/tendons may slide across a bony prominence. If we roll our shoulder blades in a circular motion, you may hear some snapping sounds. When painless, this may be the long muscles from the shoulder blade to the neck, sliding and snapping across the edges of the shoulder blade. While this may indicate that these muscles may be tighter than we'd like, it is not a cause for concern. Or, when you reach behind into the back seat of the car and hear/feel a snap in the shoulder – this may be certain muscles snapping across bony bumps on the humerus/shoulder bone. Again, if painless and occasional, not a concern.

A common 'favourite' is the grinding in our knees...this one can really make someone feel old! This is called crepitus and again is common and typically not painful. Going up and down stairs, squatting, or rising from a chair all may elicit a grinding/crunching sound. This often makes people nervous, afraid and certain they have terrible arthritis. The Journal of Musculoskeletal Science and Practice showed that "knee crepitus is extremely common with 99% of knees making some sort of physiological noise" (Robertson et al. 2017). These noises can be distressing and lead to fear avoidance behaviours and beliefs about exercise and movement causing damage to our joints. Recent studies have shown that the majority of knee noises are physiological (normal) rather than pathological.

Pathological reasons would be a structural issue caused by an injury or repetitive strain, such as a meniscal tear, capsule tear or a muscle imbalance causing poor joint movement. If a movement is associated with a painful click, locking, sharp pain or weakness – this is more of a concern. Common injuries would be a torn ligament or muscle which is often associated with a painful popping sensation or a tearing feeling. In both cases, there would typically be swelling, pain and weakness. A meniscus is a structure in the knee that is a shock absorbing layer between the two bones. This may be injured by a sudden twist motion, a fall, or a sports injury. A tear in the meniscus may click or cause a locking sensation at the knee. There would be a range of motion deficit and likely a feeling of vulnerability or the joint giving way. Walking, stairs and hills are likely painful and you may walk with a limp.

The gradual onset of a dull ache, grinding, radiating pain and weakness at the knee may be associated with a muscle imbalance and poor tracking of the kneecap. The biomechanics of our lower leg must ideally move in optimal alignment between the hip, knee and ankle. Poor arch support, tight outer thigh fascia (the IT Band from the hip to the knee), weak glute muscles, and tight hip flexors are just a few of the issues that may cause poor movement patterns over time. As the patella (kneecap) is really like a "floating" bone within the thigh muscle it may be pulled on, compressed or track poorly as the knee bends and straightens. This may cause painful popping, grinding and sensations of weakness.

In summary, pain and noisy joints are not interdependent. Noise is common, normal and most often NOT associated with arthritis. It is important to not avoid activity and exercise because of a fear of damaging your joints. However, when a joint noise is accompanied by pain, weakness, heat, swelling or radiating nerve sensations, it is time to see a medical professional. Whether there is a mechanism of injury or a gradual onset, there is an imbalance in your movement patterns and likely a structural tissue at fault. The team of therapists at Bragg Creek Physiotherapy are well equipped to assess your biomechanics, posture, and gait to help determine the structures at fault. We may educate you regarding appropriate stretches, strengthening exercises, manual therapy techniques and lifestyle modifications.

Jennifer Gordon (BScPT, GunnIMS, APCI)  
Physiotherapist  
Bragg Creek Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

**Kevin Hanson - Division 1**

### Quick Bits

The crosswalk situation in Elbow Valley around Crooked Pond Green and Owl's Haven was given a full site inspection and traffic / pedestrian count study in June. The result is that two additional signalized cross walks will be installed near either end of the bridge over Lott creek. I have suggested to the EVRC that perhaps the community would like to upgrade the area with a couple of additional spur paths to ease access in the winter. Complaints from residents along Range Road 34 related to construction work currently underway resulted in an investigation by RVC's planning enforcement folks, and hopefully compliance with development permit conditions will be met and continue for all future work.

### Heavy Rainfall

"Heavy Rainfall Expected Week of June 13" was just broadcast by Rocky View Safe & Sound system as I am writing this. We are ready. By the time this is published, we will all know the outcome served up by Mother Nature. A reminder that Rocky View County has completed a flood preparation plan and the flood barrier structures for the hamlet of Bragg Creek are fully operational. If indeed the Flood Watch status had to be upgraded to a Flood Warning, timely

and accurate information should have been shared through Safe & Sound, on the County website and social media accounts.

For more information, visit:

- Alberta River Forecast Centre ([rivers.alberta.ca](http://rivers.alberta.ca))
- Rocky View County Flooding Response ([rockyview.ca/flooding](http://rockyview.ca/flooding))
- Bragg Creek Flood Mitigation Project ([rockyview.ca/bragg-creek-flood-mitigation](http://rockyview.ca/bragg-creek-flood-mitigation))

### Employment Boost?

After meeting with the Chamber of Commerce and learning more details of difficulties local business is having attracting employees this season, I have put the Chamber's committee looking at the issue in touch with the administration of Elbow Valley Residents' Club. The intention is to build awareness in Elbow Valley on student employment opportunities in Bragg Creek using the EV community notice boards and Facebook page. The idea is that instead of looking to Calgary for employment, perhaps a similar or shorter drive in the opposite direction would be a better experience. I saw carpooling to the Hamlet's work area easily viable, and a means to mitigate high gas prices that make long commutes for relatively low wages untenable for many young adults.

### Calgary Municipal Region Board Strategic Planning

June 9th saw the CMRB meeting for their second round of strategic planning after the 2021 elections. 2 political representatives and 1 administration were in attendance

from the regional members. In addition to myself as the appointed CMRB member and Amy Zaluski our intergovernmental lead, Councillor Sunny Samra attended to help represent RVC. Five items distilled down from the first-round activities were discussed which included:

- Indigenous Relations – Phase 2 Initiative
- Regional Transportation & Transit Master Plan
- Regional Economic Development Initiative
- Water Roadmap Update
- Environmentally Sensitive Areas Database Implementation

By far the lion's share of the discussions were around Economic Development, and there was a genuine air of cooperation politically. In the end, all 5 of these items were resolved to be fully scoped out by CMRB Admin / CMRB Land Use and Servicing Committee. This will be by developing project charters and definitions for each of the 5 priorities before final acceptance by the Board and publishing on the CMRB website as a workplan for the next 3 years.

*Please e-mail me if you would like to be added to my contact list for e-mail and on-line communications - [Kevin.Hanson@RockyView.ca](mailto:Kevin.Hanson@RockyView.ca) or call 403.463.1166.*



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ROCKY VIEW COUNTY



## Bragg Creek Centre

The **Bragg Creek Days** full event is back after two years of COVID restrictions! We have worked very closely with Rocky View County Special Events, AHS, AGLC and Alberta Transportation to ensure we have covered all the required protocols for the event. We are extremely thankful for the many hours BCCA Treasurer & BCD Parade Chair, Dave Rupert has committed to ensuring every new expectation has been met for the event. This year's event was made possible by the financial contributions of the following sponsors:

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Dick Koetsier  
High Country News  
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The Powderhorn Saloon  
Rockies Tavern and Grill  
The Handle-Bar  
Wilco

We would also like to thank the Redwood Meadows Fire Department for hosting a pancake breakfast on the morning of the event! We do hope the whole Bragg Creek community will join us on Saturday, July 16! Are you interested in becoming a Bragg Creek Days sponsor? It's not too late! Contact the BCCA office and get in on the action.

**The Bragg Creek Days line up is below:**  
**Pancake Breakfast** 8:00 am – 10:00 am

**Market** 11:00 am – 4:00 pm

**Family Games** 12:00 – 4:00 pm

**Parade** 10:30 am

**Beer Gardens, BBQ & Live**

**Entertainment** 11:00 am – 5:00 pm

**The Bragg Creek Farmers Market** is open now every Sunday until September 25 from 10:00 am – 3:00 pm. Free admission! Please contact Lily for ongoing vendor applications/inquiries Monday – Thursday @ (403) 949-4277.

*Kim Perraton, General Manager  
Bragg Creek Community Association*



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## A TASTE OF THE HIGH COUNTRY

### Introducing Bragg Creek's Very Own Coffee Roaster Master

We are all familiar with craft beer and spirit and what it implies - uniqueness, small batches and high qualities. That is because crafted products are an expression of their makers who are passionate about what they do. Unsurprisingly, the same applies to Nez Hewitt, Bragg Creek's celebrated craft Master Coffee Roaster.

Nez's story started about 12 years ago. The big, bold, somewhat burnt flavours of the more popular coffee beans were not uplifting her mornings. They were too intense, uni-dimensional. Overdone. Not a brew one would want to wake up to, she thought. And so started her accidental journey in becoming a Master Coffee Roaster.

Literally taking the matter into her own hands, Nez started to roast her own beans. Soon the word went out, and friends and family started to line up for their morning coffee beans. Her interests peaked when she learned about bean varieties, ways to grow them, regional differences and terroir. Add to it the subtle nuances of roasting techniques, and it became evident that roasting coffee was far more complex than it appears. Just like that, what started as a morning wish turned into a full-fledged career change in 2010. Nez studied with master Stephen Diedrich in Sand Point, Idaho and came back with her own Diedrich roaster, complete with the design of her own business logo on it - ROAST COFFEE & TEA CO

Today she sells a limited selection of small batches of Arabica beans roasted primarily in the lighter to medium light styles and a couple of darker roasts to satisfy all palates. She imports her beans directly from farmers in mountainous areas of South America, including Brazil, Guatemala, Colombia and Ethiopia, Africa. The beans are all grown organically, sustainably and in fair trade manners. Serependitly, some of the farmers happen to be all women.

ROAST COFFEE AND TEA offers seven roasts made with different varieties of the arabica beans such as Castillo, Caturra, Typica, Bourbon, Catuai, Local Heirloom and more. Like grape varieties, they all have distinct characteristics, including preferred climate, soil and topography, requiring either a short or prolonged growing season, producing different yields and taste profiles.

Interestingly, coffee made from various bean varieties are described just like wine. For example, a coffee made with "Caturra" beans will be balanced, sweet and citrusy with aromas of maple and honey notes." While a cup made with Xiamara beans will reveal "citrus, floral and black tea" aromatics and flavours. In contrast, others will boast "sweet fruit, cocoa and soft nuttiness with a clean, bright finish." If you are unsure which coffee to order, visit Nez's website. She provides detailed and alluring descriptions of each of her coffees, giving you a taste of what is to come.

Nez is selective about where she sources her beans but also where she sells them. She enjoys the niche market she has developed, and her goal is to carefully plan each step in the growth of her business. You can buy her beans at the local Bragg Creek grocery store, the Italian Centre

Shop (at 9919 Fairmont Drive SE) and the seasonal Bragg Creek farmers' market. You can also order online and have the coffee delivered if you live in Calgary. At \$20 per pound, Nez's coffee offers you quality, refinement, healthy products and most importantly - pleasurable mornings.

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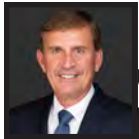
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

Hi everyone,

Following is an update on Council matters for your use:

**Council Strategic Alignment:** Council underwent a session on governance alignment in the early part of June. A facilitator was used to assist in determining what strategic possibilities, priorities Council should be considering as we move forward. Council will be working with administration to develop an action plan on identifying some of the key priorities and how they will be delivered. This exercise should be completed by the fall.

**Customer Satisfaction Survey:** the feedback from the residents are in and the consultant has finalized their report. The consultant's report including key findings and recommendations will be presented to Council on July 12 and the information will be available on the website shortly after with a summary of the findings as well as the full report. This information

will assist Council with strategic decision making around long-term planning, priority setting, budgeting, communication activities, and issue management in matters of importance to our community.

### Springbank Area Structure Plan (ASP):

Administration is in the process of producing an Engagement Summary Report prior to preparing amendments to the ASPs. The project team hopes to finalize the Engagement Summary Report before the end of June. Then, once the revised draft ASP(s) are completed, the team will hold another public engagement event to present the revised draft ASP(s) together with explanations and information on the amendments made to seek public feedback and input prior to a public hearing; that engagement event will likely be in the fall, and will most likely occur through another open house and written feedback opportunities.

Administration is still awaiting a decision from the Minister of Municipal Affairs on the Calgary Metropolitan Region Board Regional Growth Plan, which will affect how we plan Springbank.

### Springbank Off stream Reservoir (SR1):

For anyone wishing to follow the construction progress you can obtain information regarding upcoming construction activities and traffic impacts/detours when available via a

project email provided by the province. You may register for the updates at [springbank-project@gov.ab.ca](mailto:springbank-project@gov.ab.ca).

The work is being completed by Graham Construction & Engineering Inc. and Vinci Infrastructure. Inquires may be directed to Hubert LeMiere of Vinci Construction at 1-306-209-2121 or [Hubert.LeMiere@vinci-construction.com](mailto:Hubert.LeMiere@vinci-construction.com)

**Costco:** Administration recently met with representatives from Costco and Renco developments to discuss working towards meeting the conditions of the DP, which in part are developed from the Master Site Development Plan (MSDP) and Conceptual Scheme (CS) of Bingham Crossing, no conditions are being added since MPC's referral to administration. Costco's professionals will be working on redesigning architectural components of the building, pedestrian thoroughfares connecting this phase to the village center phase, improving landscaping to break the massing of parking lots, and orientation for view sheds.

Once submitted administration will evaluate the resubmission against the (MSDP) and CS) to determine if they meet the policies within these documents.

Enjoy your Stampede functions!

*Enjoy your gardening time!*

Don Kochan

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## THE TRAVELING MABELS

The Traveling Mabels released their fourth studio album – TAKE ME HOME – this weekend, featuring a special book collaboration with an Alberta publisher.

“We’re so excited that baby Albertans will now have their own Alberta-themed lullaby,” says Calgary-based Lana Floen, one of the four Mabels, and lead vocalist on the song Alberta Blue. “I guess our voices could be putting babies to sleep all over the province,” she quipped.

The new album features “a prairie sky lullaby remix” of Alberta Blue, one of the Mabels’ most popular songs, with guest vocals by singer-songwriter Ian Tyson, and lyrics by High River songwriter Pat Hatherly.

Two CD / book release concerts are scheduled for June 18 and 19 at the Flare n’ Derrick Community Hall in Turner Valley, Alberta. Tickets to the concerts can be purchased at Showpass.

The Alberta Blue board book can be ordered at [thetravellingmabels.com](http://thetravellingmabels.com), [redbarnbooks.ca](http://redbarnbooks.ca) and local bookstores; or via University of Toronto Press (UTP) Distribution. The board book features seven watercolour landscapes by Calgary artist Jesse Horne.

## Sue Winsor

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## MILLARVILLE COMMUNITY LIBRARY

It's Summer! Or it will be by the time you read this - monsoon conditions as I write this but no-one around here is complaining!

Our library summer hours are now in effect until September 6. The library will be open Tuesdays from 9.00-12.00 and Wednesday from 10.00 -7.30.

And of course you can order books online through the Marigold Library system and you will be notified when they are in the library for you to pick up.

The Millarville Library Summer Program will run on a drop-in basis. Hours for the drop in program will be 11-4. We will have a few registered programs that will be offered this summer as well. Information for these will be posted in the library, on the FB/Instagram page and the website once available. Call Natasha for more information 403-931-3919.

Our annual Book Club Wine and Cheese event, organized and hosted by Millarville Library volunteer Lorraine Clark, was held on May 31st. A small but enthusiastic group of readers attended. There are 12 bookclubs in the area and we all agree that being part of a book club is a great way to connect with our neighbours and it is through reading a wide variety of books that we expand our horizons and explore cultures, beliefs and landscapes that open our minds and our hearts. Many of these book clubs prevailed during COVID, some meeting on Zoom, but one group decided to embrace change and met throughout the year during the day in order to hike and then discuss their book around a campfire.

Here are a few of the faves.

The Country Dozen Book Club recommended Greenwood by Michael Christie. Long listed for the Scotiabank Giller Prize Greenwood is a magnificent, generational saga that charts the rise and fall of the family, inextricably intertwined with the rise and fall of Canada's forestry heritage.

Books West recommended Five Little Indians by Michelle Good. This important novel chronicles the desperate quest of residential school survivors to come to terms with the multi-generational damage inflicted on them and their families - a must read for all Canadians.

Priddis Greens recommended The Four Winds by Kristin Hannah. This novel brings to life the Great Depression and the families who lived through it.

Lorraine's own book club recommended The Ridge Runner by Gil Adamson. Part literary Western and part historical mystery, this book is the follow up to Gil's awardwinning and critically acclaimed novel The Outlander. (Not to be confused with Gabaldon's Outlander, this tale takes place in our Rocky Mountains.)

Have a great summer everyone and happy reading!

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## MILLARVILLE HORTICULTURAL CLUB

Our monthly meetings are on hold until September, 2022. We do have a garden tour planned for Saturday, July 23 that is open to non-members. If you are interested in attending, please contact [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com) to register. Check out our Facebook page for upcoming events and updates.



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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Hope you are able to take part in our local events this summer! Check out the Priddis Stampede Breakfast on Sunday, July 17.

#### **Discontinuation of S.C.A.N. (Safe Communities Alert Network):**

Post-2013, Foothills County started work with Everbridge to roll out a custom form of emergency notification. Later this was adopted as a regional effort and other municipalities signed on. However, the difficulty of keeping contact information up-to-date and the dwindling uptake has led to this service being discontinued.

S.C.A.N. has now been replaced by the evolving technology of the **Alberta Emergency Alert System** that goes directly to cell phones. Citizens can further customize an Alberta Emergency Alert App on their cell phone to access the information they choose. A number of Foothills County staff members are trained on posting emergency messaging with this system. As well, there is additional process which allows the County to access the Provincial Operations if they are in an emergency situation that requires assistance to send messages to the public.

Visit: [emergencyalert.alberta.ca/content/about/mobileapp.html](http://emergencyalert.alberta.ca/content/about/mobileapp.html) You can also check out other Apps which are now available for fire bans, wildfire, river watch – flood and drought, air quality, smoke and more. Foothills County also has a banner on the website homepage which will note current emergency messaging.

#### **Neighbourhood Strategies on**

**Emergency Notification:** As mentioned, the new go-to is the Province's Emergency Alert App, which uses citizens' cell phones as receivers and can be custom deployed with municipal-specific alert messages.

However, a number of situations may occur which could prevent you from being notified via this or other newer technologies.

Whether you have issues with cell coverage, phone service, no internet coverage, power

outage, adverse weather conditions or your email gets missed during an emergency message fan-out, you may want to consider some other strategies to be sure you are aware of important news, asap.

In case of emergency, please consider these additional suggestions on how you could stay informed:

- Sign up for our local High Country Rural Crime Watch (HCRCWA) information fan-out. Membership is free of charge. Visit: <http://hcrwa.ca> HCRCWA will still send out emergency fan-outs via landline phone, cell phone and email (your preference). Volunteers will do their best to communicate in a timely manner; however, they may be more delayed than the App in getting out the information.
- Make sure you have a voicemail or answering machine on your main home phone, landline (if you have one), so messages can be left for you. It is a good idea to keep the landline, as long as we are able to. These lines work when the power is out. You can still obtain phones that do not require power to operate.
- Set up a phone fan-out closer to home, amongst closest neighbours (or via email, What's App or other preference). Have a conversation with direct neighbours and renew it every so often to remind each other to call one another if something is going on, to check in on each other. Some neighbour groups have a yearly BBQ to renew contact. Others set up a phone fan-out, splitting up a list between them. Must consider some being away on holidays, at work, asleep, outside, injured, or just away from the phone. Have to discuss being OK with anytime 24/7 calls if an emergency occurs. Again, make sure there is a voicemail option. Many neighbours check in on their elderly neighbours to make sure they are informed, and some offer help.

- Set up a "phone-me" agreement between even just two neighbours or two family members – between the one who has the cell phone and gets the Provincial/Municipal Alerts, and the one that does not.
- Keep up your personal initiative. Please be observant of your surroundings and check in on the news or with other people once-in-awhile and be aware of goings-on.

Some of these other options existed before Apps and cell phones. So, hopefully we can keep these "legacy" communication solutions going for those who prefer them. Also, due to sometimes failures of technology, neighbour-to-neighbours plans are very helpful.

**New Websites:** Foothills County has a newly designed website and continues to add content and updates. View it here: [www.foothillscountyab.ca/](http://www.foothillscountyab.ca/) Foothills County also regularly posts information updates on Facebook.

FYI: You can set up an online account through "Virtual County Hall" to pay your property taxes, search property info, renew your Foothills County business licence and pay County utility bills: [www.foothillscountyab.ca/online-services](http://www.foothillscountyab.ca/online-services)

FYI: Foothills County is rolling out Fibre service to the Hwy 2A industrial corridor. More information can be found on this newly launched website: [www.foothillsfibre.ca/](http://www.foothillsfibre.ca/)

**Volunteers Needed:** Please consider joining with the teams in our community to make a difference and to add your valuable perspective and a helping hand.

**For Other News & Updates:** Facebook: [www.facebook.com/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)  
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## COUNCILLOR UPDATE Foothill County

### Barb Castell - Division 3

Summer is here! I hope you had a great Canada Day!

#### New Website

Foothills County has a new website!!! It is much faster, and it should be much easier to find what you are looking for. Check it out: [www.foothillscountyab.ca](http://www.foothillscountyab.ca)

Did you know you can watch Council meetings, hearings, and presentations live? You can also access them later if you are busy the day in question.

If you have any suggestions or issues with finding what you need on the website, please let me know.

#### Road Disruptions

You may have noticed Public Works crews are everywhere you go: hauling gravel and water, grading and paving, mowing in the ditches, etc. Please be patient and understand this is the time they can get road work done. As we all know, there are only 2 seasons in Canada: Winter and Construction!

Just a reminder that farm machinery will be moving through Division 3 roads all Summer and into the Fall. Please be patient. Farmers are working to supply us all with food.

As well, there will be a lot of filming in Division 3. Watch for signs and flag people. Congratulations to Alberta's own Heartland TV series! Heartland was recently renewed for another Season.

#### Tax Notices

Tax notices were recently sent out with accompanying explanations. If you have questions or concerns or wish to appeal your taxes, all that information was included with your tax notice. Make sure you note the deadlines.

### Millarville Racing & Agricultural Society - Camping

Looking for a place to camp or have friends who like to camp? The Millarville Racetrack Campground is open, and you can book online: [www.millarvilleracetrack.com/campground/](http://www.millarvilleracetrack.com/campground/)

### Millarville Racing & Agricultural Society - Events

Make sure you add these to your calendar:

- Summer Farmers' Market  
June 18th - October 8th  
Saturdays, 9:00 AM – 2:00 PM  
Admission: On Donation
- Benefit Concert for the Agriculturally Themed Playground  
Featuring Drew Gregory and artist Brayden King.  
Saturday, July 16th at 3:00 PM  
Get your tickets online at: [millarvilleracetrack.ticketspice.com/fundraising-concert-drew-gregory](http://millarvilleracetrack.ticketspice.com/fundraising-concert-drew-gregory)
- Priddis & Millarville Fair  
Date: Saturday, August 20th and Sunday August 21st  
Time: 9:00 AM – 4:00 PM  
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Chuckwagon & Chariot Races - Saturday, September 10th at 3:30 PM  
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Chuckwagon & Chariot Races - Sunday, September 11th at 3:00 PM  
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Volunteers are needed for all events.

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Have a great summer!!!

Barb Castell

Phone: 403-931-3690

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## SQUARE BUTTE COMMUNITY

### Square Butte Community Association

The online auction was a great success, raising \$8,495.00. This is all thanks to the generosity of our donors and those who bid on the 52 items that were listed. There was something for everyone, in a price range for all budgets. The SBCA board must be commended for their tireless efforts to co-ordinate the online auction. We are so blessed to have Clayton Foster as our President, he has worked so hard at bringing people together to achieve our goals. He is personable and a man that gets things done, a true leader.

Our auction coordinator, Lisa Lloyd has had to contend with some unusually high volume of calls and has managed that well. Becky Wiens did a fabulous job of researching and compiling the new set of bylaws for the SBCA. It is important to recognize those on the board that give so much of their time and expertise to help our community. A huge thank you to all of those who have volunteered.

### Square Butte Ladies Group

A reminder for those interested in SBLG Millarville Market dates for this summer: they are July 9th, Aug 6th and Sept 10th. Quilt raffle tickets will be available at the Millarville Fair, Aug 20th and 21st. For further information contact, Jill Fry 403 931-3420.

## History Remembered excerpt from The Canadian Press and Eugene Blakley, Millarville Historical Society

Ottawa recognizes Black cowboy John Ware, as person of national historic significance. Ware's designation was commemorated on June 6th at the Bar U Ranch National Historical Site, south of Longview.

John Ware was a black cowboy who forged a successful ranching career despite racism, rough frontier conditions and having been enslaved in south US. He entered the District of Alberta in 1882 on a trail crew driving thousands of cattle to the site of the Bar U Ranch. He stayed in the area and wrangled the herds of large ranching outfits before building his own ranch with his wife Mildred and their 6 children. He achieved success and respect in a white-dominated industry largely controlled by well financed corporations. Ware's generosity and superior skill as a cowboy earned him an enduring reputation and a prominent place in the mythology of the Canadian West. John Ware had such a significant impact in the Kew / Square Butte Community, his homestead was located at the North Fork of Sheep Creek, near its junction with Ware Creek. To the south is John Ware Ridge that runs parallel to the mountains and extends for a few miles towards west Turner Valley. In 1970 a group of local ladies saw to it that a beautiful 4,000 pound Rundle Stone was hauled from Canmore and a marble plaque was enshrined on the stone to mark the place where the Kew ranch was. A trail in the North Fork Forestry bares Ware's brand of 999 which runs several miles down to Ware Creek. In 1902 Ware sold the Kew ranch and moved to Dutchess, Alberta, where there was more land available, as the foothills were getting too crowded. On his death in 1905 he had 1000 head of cattle and 100 horses. He was killed when his saddle horse tripped in a badger hole. His wife Mildred predeceased him in the same year of typhoid and pneumonia. The 6 children were brought up by their Grandmother, Mrs. Lewis of Blairmore. I know of no other person who gained such notoriety in our community and had so many landmarks named after him. His history has lived on, which is a testament to his character.

Submitted by Mary Ann Watson

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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.
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Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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## SHEEP RIVER LIBRARY

It's time for summer reading – laying in a hammock or on a lounge chair, beverage and book at hand. Those titles you have been planning to read all year by your favourite author await. You may not be aware that some of those authors write under more than one name. Historically, it was thought that an author could only produce one quality title a year, so if they wished to publish more frequently, it would have to be under another name. This practice has fallen by the wayside in recent years as authors such as James Patterson and Nora Roberts publish numerous titles in a year or in Patterson's case -weekly, it seems. Some authors write in more than one genre, for example, fiction, non-fiction and poetry and they use different names for each style. Jane Ann Krentz writes romantic suspense novels but publishes her fantasy novels under the name Jayne Castle and historical romance as Amada Quick. Nora Roberts publishes most of her romantic suspense and trilogies under her real name, but her In Death series, a romantic suspense police procedural set in the 2060s, appears under the name J.D. Robb. Sometimes authors who have achieved phenomenal success with certain titles, like J.K. Rowling's Harry Potter books, choose to release new titles under a different name because they want to see how those books are received by the public without the fanfare attached to their

name. Rowling wrote The Cuckoo's Calling as Robert Galbraith and the novel was initially rejected by publishers.

This practice is almost as old as the novel itself, especially for women who could not publish under a female name. George Eliot is Mary Ann Evans and the Bronte sisters initially appeared in print as Currer (Charlotte), Ellis (Emily), and Acton (Anne) Bell. Nowadays, the reverse often happens, and male authors will use a female pen name, especially if they are writing in a genre that has a mostly female audience. Dean Koontz, who is famous for his horror novels, also writes as Deanna Dwyer and Leigh Nichols. If you are looking for a good read that explores the idea of a man using a female nom de plume, check out Terry Fallis' Poles Apart.

Whatever your desire, we are happy to help you find what you are looking for either in our collection, or in TRAC.

Our Summer Reading Program will run this year starting Wednesday July 6 (yay!) and Teagan is busy getting everything in place for this free program. Separate sessions are offered for ages 4-6 (10-11am) and ages 7-10 (11:10-12:30). This will be a fun-filled hour of stories, crafts and activities. In person at the library or call 403-933-3278.

Family movie nights will return on Thursdays at 6 pm throughout the summer beginning July 7. Movie titles will be posted on our website ([www.sheepriverlibrary.ca](http://www.sheepriverlibrary.ca)) and Facebook. No registration is required, and you can feel free to bring your own snacks, drinks and popcorn.



## LONGVIEW LIBRARY

New for our younger patrons is Bill Richardson's book Last Week. The book is a sensitive story about a grandchild's last week with its grandmother who is to have Maid (Medical Assisted in Dying). Richardson, a former radio host for the CBC, has written many children's books.

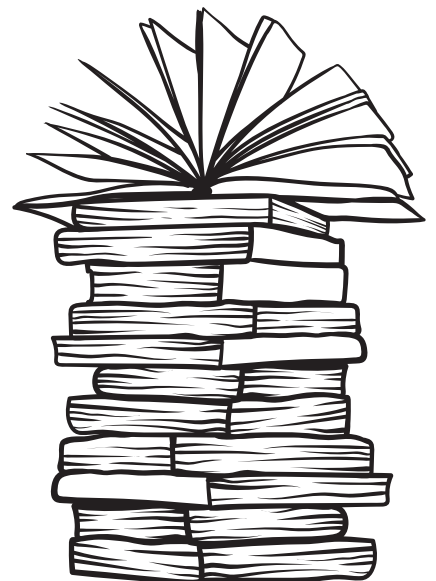
Story Walk will start up at the end of June. The story is It's a Good Day Mother Earth, by Sherri Shotclose from Eden Valley.

Marigold has moved into brand new headquarters in Strathmore. Marigold is the umbrella under which libraries in Southern Alberta operate. It's mission statement is to cultivate a library community that supports a wide range of high quality library services. It makes possible the very successful and popular inter library loan system.

June is National Indigenous History Month. We have books displays about this topic. Alberta Blue, the Travelling Mabel's new book is on order.

A new book in for adults is Five Little Indians by Michelle Good, winner of the Canada Reads Competition. The novel tells the story of five survivors of Canada's residential schools. Good is a Cree ancestry and a former lawyer.

*Happy Reading, Sylvia Binkley  
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## LEIGHTON ART CENTRE

Leighton Art Centre is pleased to announce the upcoming launch of two photographic exhibitions.

An opening reception for Leighton Art Centre's summer exhibition season will be held Saturday June 18, 2022 (2 - 4 pm). Artists will be in attendance!

Admission by donation. Both exhibitions will continue through August 21, 2022. Operating hours: Tuesday - Sunday, 10 am - 4 pm.

### About the Exhibitions

Coal In Alberta: A Journey To Obsolescence - Arturo Pianzola, Court Smith, Nigel Goldup, Fred Braakman, Robert Pohl SCA - Main Gallery

The Monochrome Guild is a group of film-based photographers founded in Edmonton twenty years ago. The processes used by group members to create art predate Albertans' use of carbon resources by some thirty years. A small collective within the group has been working since 2015, to document both what remains of the coal industry of the past and contrast it with that of today, and possibly tomorrow.

Coal In Alberta attempts to illustrate the past history of the coal industry in Alberta and also includes some pieces that present the impact and scope of the modern industry. The monochrome print perfectly showcases the look and feel of what one

imagines the coal industry to be like. The grit and coarseness and the dark and black mood of some of the work is intended to reflect the artists' interpretation of the industry. Historically it was a very difficult existence for the men and women that dedicated their lives and well-being to an industry and a resource that was both demanding and sometimes deadly.

The exhibit also touches on the present, and hints at what the future might bring. The photographers hope that this exhibition will stimulate some meaningful reflection and consideration on this important matter.

Only traditional black and white film methods are used to create the pieces to be displayed. The use of old techniques and chemistry stand in perfect harmony with the history of coal. Since the evolution of digital photography, many people may have forgotten or may not even know what is required to produce a traditional black and white silver gelatin print. The photographer visualizes the image they wish to create. The photograph is taken, and the film developed by the artist, resulting in a negative. The process continues in the darkroom where the negative is used to create an image on light sensitive paper. Success is defined as a print which both conveys the artist's initial visualization and is also technically perfect.

### Paper Moon - Stacey Watson, Tower Gallery

Paper Moon explores the intersection of artifice and landscape. This photographic series, taken on local film sets, portrays the

quiet repose of non-filming days when props and false landscape elements are at rest. Lacking the lighting techniques and camera angles that were intended to mediate the viewers' experience, these objects take on a different life. Their temporary nature is exposed and the marks of the craftspeople who made them come to the fore.

Alberta landscapes have lured countless film and television productions, many of which have operated in close proximity of Leighton Art Centre. Natural scenery as a backdrop often has the critical role of lending authenticity to a narrative. With many productions being historical in content, the landscape is called upon to appear in motion pictures as untouched by modern life as possible. Meanwhile, fleets of heavy machinery and high-tech equipment hide behind the camera. Hundreds of workers lend their skills as artificial terrains and whole temporary towns are built. The ultimate achievement of the lens is narrative control.

In this exhibition, the intended illusion is broken by the still camera of the artist. The photographs were created with 120mm Rolleiflex and Hasselblad cameras, a process that is slow and lacks immediacy.

Stacey Watson is a Mohkinstsis/Calgary-based artist and educator. Her work has embraced sculptural installation, collaborative performance and printmaking as well as lens-based practice in video and photography.

This exhibition was created with support from Alberta Foundation for the Arts.



Arturo Pianzola Monarch Tipple, silver gelatin print, 24 x 24 in.



Stacey Watson Cemetery



## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Yay, summer is here! The kids are out of school and the rain is gone for the most part. Events in the Foothills are back in full force, starting with Canada Day Celebrations right here in town.

The Diamond Valley Music Fest and Canada Day Celebration will be held on Friday, July 1 from 11-5 at 299-6 ave SW in the Green Space, behind the Arena and High School. Enjoy live music, drummers, dancers, storytellers, a vendor market, food vendors, a Legion Pancake Breakfast and beer gardens, and family-friendly activities including bounce houses. Then get a good spot to watch the fireworks at dusk.

Congratulations to our Grads of 2022! Graduates of Oilfields 1981, and anyone who graduated from '75-'85, there will be a reunion coming up on August 13 at the Flare and Derrick. Students, teachers, and support staff are all welcome! Advance tickets only for this event, and they must be purchased by July 25. Volunteers are also needed and appreciated. I bet there will be some pretty awesome music later on to get your dance on. For tickets and more information, please email Roxanne at [r.glowing\\_smile@shaw.ca](mailto:r.glowing_smile@shaw.ca).

Our Turner Valley Legion has tons of things going on in July. Saturday jams from 4-8 are on the 9th and 23rd, and they are hosting a Senior's Dinner on July 25. Markets will be held on July 10, 17, and 28, from 10-3, if you wish to be a vendor, call the lovely Beth at 403-470-7433. Any Service Groups wishing a table for fundraising are free. They are hosting a Stampede Breakfast on July 9 in the parking lot, it's only \$7. just to remind you, you don't have to be a member to enjoy our awesome Legion.

Down the road from Turner Valley at the Millarville Racetrack, they are set and ready for an amazing summer of fun. The popular Millarville Races are scheduled for July 23, tickets and VIP experience passes are available online. And of course the famous Farmer's Markets are held every Saturday. More info can be found at [millarvilleracetrack.com](http://millarvilleracetrack.com). Christ Church in Millarville will be hosting their 58th annual Flower Festival on July 16 and 17 from 11-3. There will be a tea served

on the Saturday. Sunday's Church Service starts at 11:30, and all are welcome to this beautiful Church.

To the southeast of us in High River, the High River Hospital Auxiliary Gift Shop will be at the Millarville Market on July 9 from 9-2. They have handmade items for sale, and a raffle for a quilt, with all proceeds going to the High River Hospital. Also on July 9 in High River there is a Food Festival where you can purchase food tickets and sample delicious wares. Then head over to The Venue in High River at 2:00 for a show featuring Randy Jones, Barb Haney Jones, Nancy Leberge, and the Backyard Betties. Another show to check out in High River is Carolyn Harley and the Davidsons, July 17 at 1:00 in the bandstand at George Lane Park, bring a lawn chair.

Also in High River, don't miss the Battle of the Foothills, where the World Professional Chuckwagon Association drivers compete for cash and buckles at the High River Ag Grounds. Lots to see here at this event, which will be held July 21-24, for more info, go to [highriverag.com](http://highriverag.com).

Just south of Black Diamond is the hamlet of Hartell, and there will be an Animal Husbandry at Hartell Homestead. Learn how to care for cattle, sheep, goats, and other livestock. For more info, visit [hartellhomestead.com](http://hartellhomestead.com).

So finally, the amalgamation of Black Diamond and Turner Valley has gone through. Many of us have questions on what this means. Popular questions include change of address concerns, and will our taxes be raised to pay extra costs of this process. My understanding was that the two towns could now share services and that it should be more economical to do so. We shall see! FAQs and more information can be found on the Towns' websites.

If you have any events or news for August that you would like to see in the High Country News, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is July 15.

*Happy Summer!*  
*Elaine Wansleben*



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## SMARTstart program open for applicants

FOOTHILLS, Alta. (June 1, 2022) – The SMARTstart Highwood 2022 program is now open for entrepreneurs from Black Diamond, Foothills County, High River, Nanton and surrounding area, Okotoks, Turner Valley, Vulcan, and Vulcan County. Over eight months, entrepreneurs will complete online training through GoForth Institute, participate in 11 workshops delivered by local experts, and get paired with a local mentor to work on the completion of a business, feasibility, or strategic plan. Applications for the 2022 program will be closing on September 25, 2022, at midnight.

“I strongly believe that we need to provide businesses with as much support as possible to not only survive but thrive, and to lay the groundwork for new businesses to be successful. SMARTstart is designed to give entrepreneurs a much-needed hand up and counteract the start-up statistics that show that 20% of businesses fail in their first year and 60% fail within the first three years of being in business,” says Ursula Sherwood, Executive Director of Community Futures Highwood.

SMARTstart is designed for entrepreneurs who have a desire to start, grow and expand their business with the support of mentors and additional training. All workshops will be delivered by local experts to create a regional network for our entrepreneurs. Eligible SMARTstart program open for applicants entrepreneurs either have a business idea or are currently within their first 3 years of operation. This includes entrepreneurs who have purchased a new business and have run it for less than 3 years. We are offering Early Bird pricing: Costs for the 8-months program are \$250 per entrepreneur if registered by July 15th, \$300 if registered by August 31 and \$350 if registered by September 25th.

This program is made possible with the support of the following municipalities and sponsors:

- Partners: Town of Black Diamond, Foothills County, Town of High River, Town of Nanton, Town of Okotoks, Okotoks Entrepreneurial Ecosystem, Town of Turner Valley, Town of Vulcan, Vulcan County, Community Futures Highwood
- Entrepreneur Sponsor: Royal Bank of Canada
- Entrepreneur Fee Support: Town of Black Diamond

### About Community Futures Highwood

Community Futures Highwood is a non-profit organization with over 30 years' experience supporting and assisting rural entrepreneurs with business solutions and investment in community economic growth within our region.

### For more information, contact:

**Ursula Sherwood**  
Executive Director  
403-995-4151 ext.4  
ursulas@cfhighwood.net

**Cayla Eskesen**  
CED Coordinator  
403-995-4151 ext.2  
caylae@cfhighwood.net



## DUANE HARDER

### Mind Your Mind

My face in the mirror  
 Isn't wrinkled or drawn.  
 My house isn't dirty  
 The cobwebs are gone.  
 My garden looks lovely  
 And so does my lawn.  
 I think I might never  
 Put my glasses back on.  
 -Author Unknown

In my study of the brain, I discovered that concentrating your thought ten times on a piece of chocolate cake had the same effect on the chemicals in the brain as if you ate the cake. My conclusion was simple: "Don't think about it, just eat it!"

On the serious side, changing how we think can change our lives. Here are some thoughts to engage your mind. We see things not as they are but as we see them!

### Your thoughts shape your life

Thoughts are the seedbed from which everything in our life grows. Our feelings, attitudes, disposition, choices, and actions all flow from our thoughts. If a person is not happy with the results in their life, they

have the power to change everything by changing their thoughts.

### Identify your thoughts

What are your recurring thoughts? "I am so clumsy!" "How could I be so stupid?" "I'll never amount to anything!" "Nobody real likes me or wants to be around me!" "People think I'm a loser!" And the list goes on. Negative thoughts limit our creativity and shape our decision making.

### Get your eyes off the rear-view mirror

It is hard to move forward when you are consistently pressing rewind. What is done is done and the consequences of those choices are unalterable. Wrong decisions of the past can be valuable teachers in the



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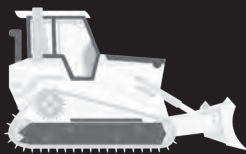
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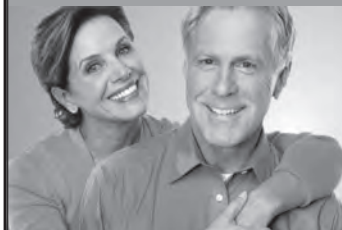
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present. Stop thinking “what if?” and ask, “What can I do now?”

### Worry is a detour into a mud bog

Worry is a wasteful use of our emotions. Worry gives us a false sense of care and concern. All worry dethrones God and makes you king. All worry makes you king and God incompetent.

### Put your hands on the steering wheel

You cannot control what people do to you, say about you, or think about you. But you do have total control over your words, attitudes, and actions.

### Choose your friends wisely

There are many places where you cannot control those who are part of your immediate environment. But you can ask yourself “What can I bring that will help change the tone of the atmosphere?” “How can my response to the negativity help

refocus the thinking of others?” At the same time, you look for a circle of friends who share your core values. Friends where iron can sharpen iron.

### Learn to ask questions

First, you ask questions of yourself. What are the results that I’m looking for in my life? Where do I want to be 5 years from now? What skills do I need to acquire to bring a greater degree of excellence to my work? What character qualities are needed to carry the weight of the success I desire?

Second, ask questions of others. Don’t be afraid to invite others to have a critical analysis of your skills, behaviour, and attitudes. Remember, we see things not as they are but as we see them.

### Learn to enjoy the ride

I have been on flights where the turbulence has been severe. On one we hit a wind

shear and dropped one thousand feet. People screamed and there were items in the cabin that got shifted. I must admit that I kind of like those rough rides. But I also acknowledge that there are many very painful life experiences that leave deep emotional scars. Losing my beloved is not a ride that I like but it is one that I must embrace and grow in. I enjoy the ride when it takes me back through pleasant memories and hours of heart-to-heart conversation. We can enjoy the turbulence of life when we learn to extract the precious from the worthless.

Change your thoughts and you will change your life. Change your life and you will change your world and before you know it, we will meet at the top.

*Duane Harder*



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## ART FOR THE HOME

Art is an important element in a space, the final touch that makes it feel finished. Art allows people to express personality - yet choosing art for the home is often an afterthought!

### Here are some tips for choosing art.

1. Choose artwork that fits the room's decorating style.
2. Consider how size and placement affects room dynamics.
3. Ensure artwork colour complements décor.
4. Decide if you need a sculpture in your space.

### Decorating Style

What is your style? Busy? Minimal? Funky? Refined? Minimalists may prefer one or two carefully chosen pieces of art to compliment a room, while people who enjoy more stimulation might like being surrounded by multiple, small pieces, such as family photos.

### Size and Placement

Big art can overwhelm a room, whereas small art loses expression in big spaces. Artwork hung too high looks disconnected, while artwork hung too low competes with furniture. What to do?

In standard homes with eight- to nine-foot ceilings, a simple guideline is to hang big pieces at eye level, commonly about

five-and-a-half feet off the floor (or six to eight inches above your furniture). If you prefer many small pieces of art, try grouping them into a gallery-like display to create the same type of focal point as one large piece.

Tips for gallery-style placement include:

1. Design your 'grid' on paper before you put holes in your walls!
2. Start with a large central piece and design around it.
3. Stick to a colour 'palette' and hang pictures with similar 'tones'.
4. Personalize by mixing family photos with artwork.
5. Mix horizontal and vertical orientation.



### Colour and Décor

Wall colour should support the artwork in your home. Here in Alberta a 'prairie' colour palette - influenced by our Alberta grasslands - is favoured in many homes. This palette features shades of muted green and blue that coordinate with the physical landscape of our beautiful province.

Prairie palette walls, as well as the new trend of complex cream walls, are versatile enough to support a variety of art colours, but certain art displays better on specific wall colours. For example:

- If you like art with strong colours, such as Warhol prints, then white or neutral toned walls will allow your art to 'pop'.
- Baroque style pictures, like Rembrandt prints with muted tones, look best on 'saturated' (intense, darker, purer) colours such as maroon, or red-toned black.

### Sculptures

Sculptures create a rich, multi-layered look in a room. If you do not have the space for pedestals, or for singular large pieces, you can opt to display unique, smaller sculptures, which are ideally displayed at eye-level, on well-lit shelves or bookcases.

Here are tips for acquiring and displaying sculptures:

- Pick a piece that complements your room.
- Avoid placing it in front of a busy background.
- Ensure it is well lit.
- Don't let it impede traffic flow.

Art enhances the feeling in a home. Proper display of it will ensure you love the art you look at every day!



Karen Horte, DID  
karenhorteinteriors.ca  
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## THE ANN & SANDY CROSS CONSERVATION

### Canadian Conservation Corps Youth back at Cross Conservation Area for Summer 2022

The Ann & Sandy Cross Conservation Area (ASCCA) introduces Derek Semerad and Brissa Harris-Rivera, volunteers from the Canadian Conservation Corps (CCC). The CCC is a program run through the Canadian Wildlife Federation. Along with 8 other vibrant youths, Derek and Brissa paddled 160 km in 10 days around the Redonda Islands in BC, coupled with a solid month of leadership training. Their peers have found placements throughout Canada, and throughout the various fields of conservation work, with the expectation of bringing what they've learned back to their hometowns at the end of their placements.

Derek is glad to return to youth education and grounds maintenance following a veritable era in a cubicle.

Brissa has a passion for nature and wildlife education and is looking forward to organize events for the public and youth.

Introduction from Derek: "My name is Derek (he/him). At just under 30, I've been, for the longest time, a stranger on a rock in the north atlantic. I found and built a home in the departments of Anthropology and German at MUNL, and, further, among the queer folk of its Queer community. Over the years I've been involved as a sexual health educator, resource distributor, community gardener, social media coordinator, and peer counselor. I look forward to developing my understanding of Canada's ecology and the best practices in maintaining it, and learning more about the land my parents and friends have come to love as their own. With a bit more elbow grease, I hope to bring to Newfoundland the robust park integration in urban areas.

Introduction from Brissa: "Hello! My name is Brissa (she/her) and I was born and raised in Ottawa, ON. I recently completed an undergraduate degree in Political Science from Concordia University in Montreal. I am passionate about taking a stronger initiative towards the urgent climate crisis by learning about

environmentalism and conservation, which is why I wanted to join the Canadian Conservation Corps. I'm excited to learn about how I can give back to the community in a meaningful and sustainable way through my role as a land steward, visitor ambassador and supporting education programs."

Derek and Brissa will be volunteering at the Cross Conservation Area until mid-August. The pair will be coordinating and assisting in activities, events and programs throughout the summer months. Make sure to follow us for updates on our Instagram, Twitter and Facebook pages (@ASCCConservation), and visit our new website [www.crossconservation.org](http://www.crossconservation.org).

The Ann & Sandy Cross Conservation Area is a 4800-acre day use nature preserve located just south-west of Calgary with aspen forest and foothills habitat. The area is open to hiking by registration year-round, and is a registered charitable organization (898776331RR0001).



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### CMHC Eco Plus

#### Helping make energy-efficient and low carbon housing choices more affordable

Effective June 20, 2022, CMHC's Green Home program is now CMHC Eco Plus. With the new name are also enhancements to the program. **Now, you can apply for a partial premium refund of 25% if you're CMHC insured and have an energy efficient home.**

CMHC Eco Plus supports CMHC's commitment to reducing the impact of housing on climate change and the Government of Canada's plan to achieve carbon neutrality by 2050. As energy efficiency standards improve, so will the criteria for the Eco Plus program. It will include more certifications and continue to align with Natural Resources Canada's EnerGuide rating system.

To qualify, your home must meet the eligible building standards and/or the EnerGuide and EnerGuide GJ ratings.

#### Eligibility

CMHC is introducing new eligibility criteria including an updated and expanded list of energy efficiency certifications, and energy efficiency targets based not only on total Energy Consumption but also Greenhouse Gas Emissions (GHG).

Recognizing that, as Canadian building codes progress toward net-zero ready standards, and energy efficiency building standards evolve toward this target, the eligibility criteria may be periodically adjusted.

Eligible Certificates	Greenhouse Gas (GHG) Emissions*	Energy Consumption*
Properties awarded an eligible certificate	Properties with tonnes/year GHG rating that fall within the top 15% of the housing stock in lowest GHG emissions rating	Properties with a gigajoules/year rating of at least 20% lower than "A Typical New House"

*\*Eligibility is assessed using the Natural Resources Canada (NRCan) EnerGuide Rating System.*

To qualify, your home must have an energy efficiency certificate or meet energy efficiency or greenhouse gas targets.

Don't have an energy efficiency certificate? Have your home assessed by a Natural Resources Canada (NRCan) qualified energy advisor.

#### Required and Supporting Documentation

Make sure you keep a copy of the:

- final certificate from the list of eligible third-party certifications and/or
  - EnerGuide label or EnerGuide Renovation Upgrade Report (RUR) for existing homes
- Supporting documentation may be used for up to 5 years, including for subsequent purchasers.

#### Apply for your CMHC Eco Plus premium refund

Your application must be submitted within 24 months of the closing date of your mortgage.

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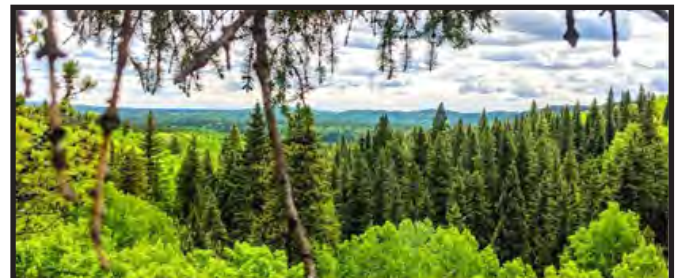
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## PERCEIVED ADHD ADVANTAGES IS THERE ANY BENEFIT TO HAVING ADHD?

ADHD is not always a walk in the park. There is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

### A different perspective

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

### Undeniable power of ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are aware of the positive aspects of ADHD can nurture and hone their unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

### The hidden positives

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

- Grit - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. "We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears" (Linda Roggli, ADHD Coach).
- Ingenuity, creativity - no, not just for starving artists and broke writers. Some of the most successful people in the

world value the importance of thinking outside-the-box.

- Spontaneity, a love for new experiences - okay, sure...sometimes a little forethought goes a long way, but you are a quick starter, jump right in and do not get stuck in analysis paralysis.
- Laser focus - getting in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.
- Constant surprises - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

### ADHD quotes

"I was trying to daydream but my mind kept wandering" - Steven Wright

"To invent, you need a good imagination and a pile of junk" - Thomas Edison

"I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting...remarkably at the same time" - Frank Coppola

"The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) *ADDitude: Inside the ADHD mind. Monthly subscription magazine.*

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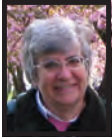
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## HAND ME THE HAMMER, PLEASE! by Andrea Kidd

Responsibility. What a nasty word that can be! A word with six syllables and each syllable pounding its oughts, shoulds and duties like blows of a hammer.

I have been reading a tale by Charles Kingsley called *The Water Babies*. In the story, Tom, a chimney sweep's boy was forced, in a regular day's work, to shinny up chimneys with a cap pulled over his face pushing a flat brush above him to dislodge the soot which fell upon him and down into the hearth. In the mid 1800's this was a common practice. The master sweeps were too big to go inside the large chimneys and so small boys of about six years of age were employed for the task.

How did Tom manage his responsibilities? Tom seems to have balanced those responsibilities in his mind as though they were on one end of a see-saw. He "cried when he had to climb the dark flues...And laughed the other half of the day when he was tossing halfpennies with the other boys."

Thankfully, we no longer use destitute little boys to sweep our chimneys free from soot. Any responsibilities we have will be light in comparison, even if they do weigh us down.

Still, I think "responsibility" is a word that is too long, too onerous and too debilitating. It is much better if we break this one word in two. Word number one: response. Word number two: ability. Instead of responsibility being a ball and chain around my ankle, the power of responding to demands is in my control.

Some demands on my time and energy are non-negotiable. The demands upon Tom's time and energy were to work for his employer, so, "...he took all that (work) for the way of the world, like the rain and snow and thunder, and stood manfully with his back to it till it was over." Some jobs in life are just like that. I need to tough them through, knowing I have strength enough for what must be done.

Some demands on my time and energy are optional and I have the ability to sit down and sort them out. One day I wrote each demand or desire for my time and energy on a separate square of paper. Some I put in a basket named "Essential", the others into a basket called "Not Essential". Then I put the papers in the "Essential" basket in an order of priority. The result was not perfect, but it helped a great deal and I learned that

when a demand comes my way, I have the ability to respond thoughtfully instead of giving a knee-jerk reaction.

Teddy Bears have no ability to respond. They just sit there. They do not move. There is a time for me to be a Teddy Bear! Many a hasty unconsidered response might have been averted if I had waited quietly like a Teddy Bear. But I also have a brain! I have the ability to respond wisely.

A deer's response ability is limited. It reacts to a stimulus; if that stimulus drives it to cross the busy highway it does not have the ability to respond wisely.

I can instinctively react to the demands that sail towards me, badger me, wheedle for my attention, assail me, coax me, or overwhelm me. But, I am not a deer or a Teddy Bear! I am a human being! God has given me a valuable tool, a powerful tool. My mind has the ability to sort these demands, and respond in wisdom so that I may live in harmony with God in my body, my mind and my spirit.

Please, next time you see me holding my hands over my head to shield myself from the never ending hammer-blows of responsibility, remind me to grab the hammer and break that word into two.

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## AS SUMMER SNAKES IN

By: Laura Griffin

The warmth of July is upon us, and what better way to celebrate than to look at a wild neighbour who also loves sunbathing and taking dips in the water as a summer pastime. Hands down, the only difference between us and them is that...well actually that...no hands. Yes, I'm talking about the wonderful wandering garter snakes that are frequently found in the foothills. These neighbours sometimes get a bad rap because they are so unusual, how can you trust a neighbour who can't shake on it? Perhaps if we 'slide' some facts your way, however, we can persuade you of their benefits.

Wandering garter snakes are distinguished from the other two garter snake species in Alberta because of the brownish green scales that they sport and the lack of red coloration. Their camouflaged scales mean that the best time to see them is when they

are doing something called basking. This is when they find a nice open area with lots of sunlight and stretch themselves out to warm up; these areas are usually rocky or south facing surfaces or roads. The basking behaviour is due to the snakes being ectotherms (cold-blooded animals). Humans are endotherms, which means we use the food we eat to create heat in addition to helping us grow. In contrast, ectotherms like snakes regulate their body temperature using outside sources such as radiation from the sun to warm up or a nice dip in a river to cool themselves off. This means that a wandering garter snake eats much less often than we do, sometimes as infrequently as once a week.

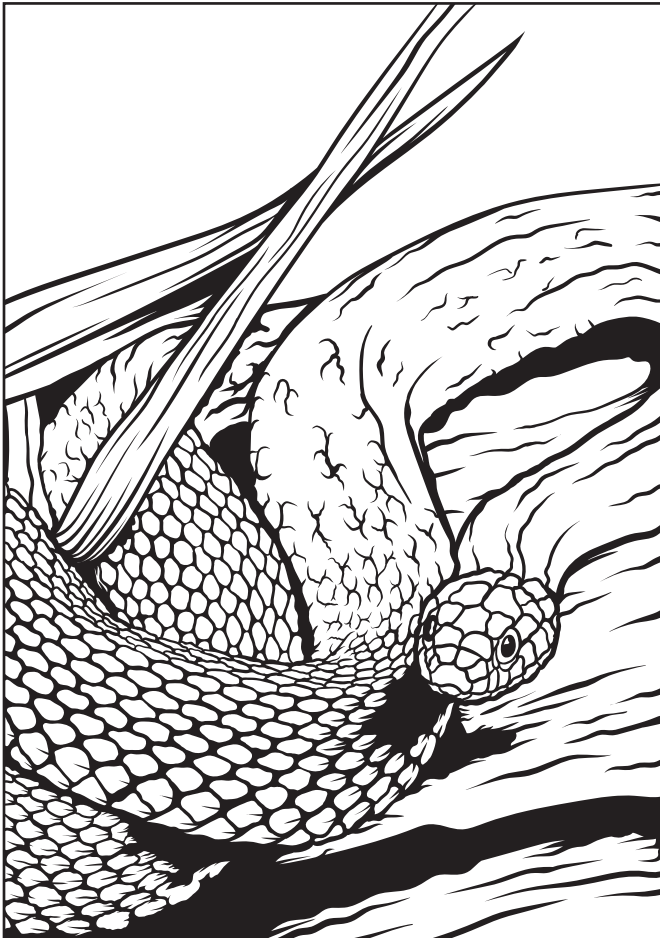
Their love of swimming helps the wandering garter snake catch some of their prey like leeches and tadpoles. The rest of their diet consists of anything they can catch, including small mammals, insects like grasshoppers, slugs, and worms. If you love gardening then you really ought to find a way to attract a garter snake into your flower patch to keep out your unwanted pests. They certainly would not tread on any of your plants in the process. If you

already have a snake living in your yard, consider this a healthy indicator that you are practicing wildlife friendly gardening.

Limbs are not the only things that the wandering garter snakes are missing. They also lack eyelids, instead having a clear scale over top of each eye which functions like a pair of swimming goggles. Like all true snakes, they also lack external ears. Instead they rely on their detached lower jaw to pick up on the vibrations around them. If they sense big vibrations, these shy creatures will slither to safety in a den or in the long grass or rivers.

If you are lucky enough to glimpse these fascinating and ancient creatures then give them a round of applause for keeping our pests under control. They certainly can't pat themselves on the back. And please drive carefully on the roads keeping your eyes open for basking snakes.

*Laura Griffin*



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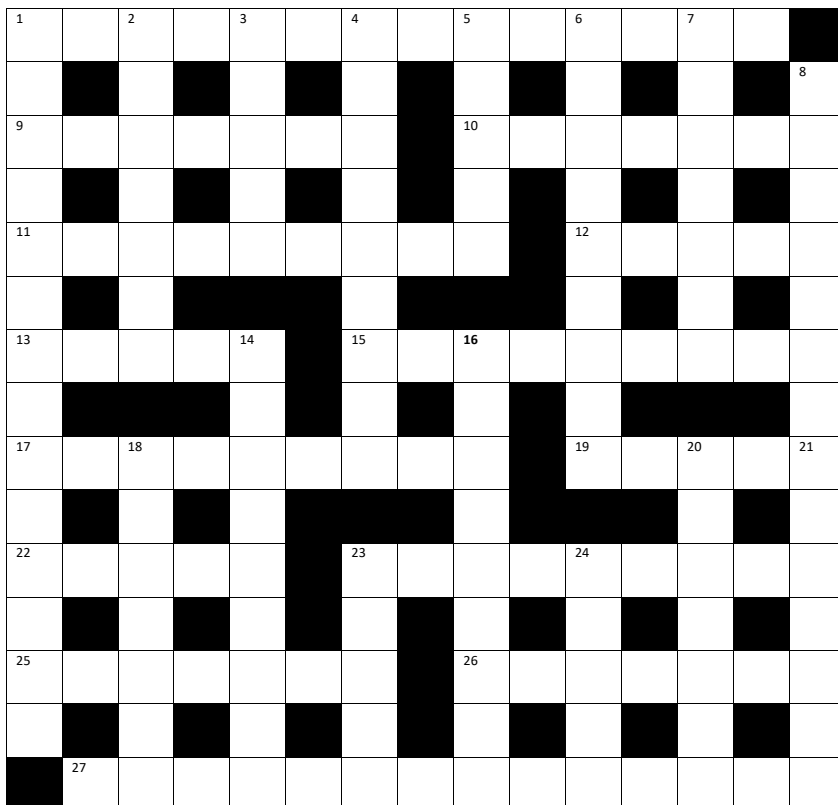
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Cryptic Crossword #14 By Jan Burney

# KIDS ZONE

## 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](mailto: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:  
Across  
1. Threshing floor 9. Respond 10. Acclaim 11. Existence  
12. Skier 13. Lanai 15. Symbiosis  
17. Newstand 19. Hindi 22. Maria 23. Soul Train 25.  
Chagrin 26. Rhubarb 27. Skim the surface  
Down  
1. Three Blind Mice 2. Russian 3. Scoot 4. Indonesia 5.  
Grace 6. Locksmith 7. Ovaries  
8. Impressionable 14. Instagram 16. Mudguards 18.  
Warhawk 20. Niagara 23. Synth 24. Truer

### Across.

1. Lo! Fresh thing or alternative place to flail grain. (9,5)
9. Tear around about half of Spokane to find answer. (7)
10. Praise for partially accurate and messed up mail. (7)
11. Formerly, and now, the end of sentence proves you are alive. (9)
12. Briskier weather is home for this sportsman. (5)
13. Finally find restful veranda in Kona Hawaii. (5)
15. A little sympathetic re life story of short sibling that shows a mutually beneficial relationship. (9)
17. All directions are upright where magazines are sold. (9)
19. A chin dimple features language derived from Sanskrit. (5)
22. Musical heroine first seen in The Sound of Music and Romeo inspired adaption – West Side Story. (5)
23. Reportedly, South Korean city to teach long running television music-dance program. (4,5)
25. A cuppa with a smile causes vexation. (7)
26. Sounds like bitter regret before pointed herbaceous perennial. (7)
27. Sure, Ma. Fetch ski awkwardly to do something superficially. (4,3,7)

### Down

1. Trio of visually impaired rodents injured by farmer's wife. (5,5,4)
2. Resident of Moscow, sounds like he is in a hurry. (7)
3. Glasgow native gets nothing to leave quickly. (5)
4. Large sub-continent takes in singles for island nation. (9)
5. Amazing girl in running races. (5)
6. Tradesperson working with hair and door mechanisms? (9)
7. Oxygen changes these eggs. (7)
8. Press on. I gather I'm able to encompass the suggestible. (14)
14. Install program and lose two fifties for social media. (9)
16. Flaps arms and dug around centre of studio. (9)
18. Conflict with bird of prey for advocate of hostilities. (7)
20. Falls may result from repeatedly dipping into grain. (7)
23. Syntax loses levy to the endless electronic keyboard. (5)
24. These kinds of words were never spoken, apparently. (5)

This month's Kids Zone generously sponsored by:

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## OUT OF THE RUT

### Chapter 143

Jousting cartoon guinea pigs. I am currently caring for a bunch of dogs, including a pair of puppies barely 6 weeks old. They are so tiny, fluffy and directionally challenged, when they have boisterous moments they resemble nothing so much as a couple of rosette guinea pigs having a good old set-to. It makes me smile.

The mum does a great job of sitting, impressively statuesque, with a couple of squirming fuzzy piglets draped across her extremities. Yesterday she consented to lie for at least half an hour atop a cushioned table to be groomed, enjoying a clear view of her offspring, yet comfortably out of reach of joyfully exploratory claws, teeth and tongues.

In the next room, someone resembling a cross between a teddy bear and a friendly lion rambles around, occasionally tumbling into things as he contorts his rather cubic frame into an effective scratching position.

A little further again, another small person frequently practices an upright stance with forelegs pedalling through the bars of the barrier gate. She is waving for attention and drops to the ground as soon as I come close and lean down to give her the contact she craves.

All of them, even the nascent ones, urgently desire close contact. A lean against a leg, or the slight weight of a hand on a head, even the mere sight of a body in the same room can be sufficient to switch canine energy from alert to soft.

When I step in with the smallest people they stumble and tumble, falling over – mostly themselves – and tweak the edges of my toes and feet in fascination. The boy is almost twice the size of the girl, but in a mere 48 hours she has taken to eating with gusto, rapidly gaining weight and strength. She can hold her own now. There were a couple of times when an over-enthusiastic game became a scream for release and I extricated her tiny body from the puppy mêlée, but now she can squirm out of his deathly vice grip and turns and gives her brother what for.

Stereotypical male/female traits seem to bubble out of these two. Before I'd even got close enough to check, it was clear the larger of the two was tougher; careering around, bouncing off things with total nonchalance, picking stuff up, pulling and chewing and exploring as many sensations as possible. In contrast, the smaller one appeared finer, less clumsy, although uncoordinated as yet and lacking power, but way more vocal and inquisitive although less bombastic about it all.

It is fascinating watching the evolution of these tiny people in such accelerated fashion. Kids and babies change and grow at an astonishing rate, a puppy

grows in a week the equivalent amount of evolutionary time that in a human takes a couple of months or more. I grumble about being in the city, but the privilege of observations like these has its own rewards. And then there's the rain.

The rain is currently falling as though gravity woke up this morning and had an extra shot of wheatgrass, before a double-strength vitality smoothie packed with superfoods, antioxidants, immunity-boosters and longevity-elixirs, followed by a straight shot of ginger to really kick things off. It's coming down in sheets, frequently at odd angles. And here, in the city, a mere fraction of what Bragg is being blessed with, you lucky water-babies, you.

Fingers crossed all those sump pumps out there were/are doing a sterling job.

May this water-fall be an abundance of growing blessings that bring forth crops, make homes for the water people, clean and clear the waterways and flow gently across the paths of those who tread the land. We are blessed to be in this beautiful oasis.

*With gratitude and love, Kat Dancer  
bodymudra@gmail.com  
403-931-3866 (h)  
+1 415 525 2630 (c)*

Photo Credit - Eli Jacobs-Fantauzzi, Fantuzzi's filmmaker son... Kat on the roof of our Ashram at the Kumbh Mela in Allahabad 2013.





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Ron Starchuk - 4038283252. More Information: Two retired, mature, seniors are available to help control the gopher population on your land. We will respect your land, close gates and use our firearms safely. Please call or text 403-828-3252

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## HELP WANTED

### HELP WANTED: KAT AUTOMOTIVE

KAT Automotive is currently seeking an individual who would like a career as an Automotive Service Technician, preference will be given to a current apprentice or a licensed technician. Most importantly we will hire the person who is the "right fit." Potential candidates can go to our website katautomotive.ca to find out more about our business. If you are, or know someone who may be interested, please contact us at 403-850-1043 and résumés to kevin@katautomotive.ca.

**WANTED** - part time light gardening help on acreage near Priddis. Light weeding, 5-6 hours per week. Ideal for a senior who likes to garden. Must have own transportation. Generous hourly wage. Phone 403-931-2064 to enquire.

**HELP WANTED:** Part time site attendants required for Bragg Creek transfer site. Wednesdays and Saturdays. No experience necessary. Must have own transportation. 3 positions available. Please email resume to michelep@awrrecycle.com.

**PAY YOUR TUITION.** Looking for motivated hard working students to join our team this summer. If you are prepared to learn new skills, work outside, and be apart of a hard working team serving your community then Harder and Sons is a place for you. Full time and part time seasonal positions available starting mid April through to the end of August. To apply contact info@exteriormaintenance.ca

### LIGHT GARDENING HELP WANTED

Contact: Joan Phone: 403-815-3054  
More Information: Looking for a part time person for light gardening help, approximately 6 hours per week for June, July and August. I live on an acreage close to Priddis and need help with weeding flower beds and a vegetable garden. Generous hourly wage. Please call 403-815-3054.

**WANTED:** Reliable, Hard-working STUDENT for Occasional Garden Clean-up, etc. (to live in the Priddis/Millarville area) **FARM GATES** (4) - 6 ft. **FIRE PIT** (1/4-1/2 thick Steel Ring) & 3-4 ft. in diameter. Also, a Smaller one with grill. **CHEST FREEZER** - Med. - Lge. in good working order. **PERENNIAL PLANTS & FLOWERING SHRUBS.** **THICK GUAGE PLEXIGLASS** for a Barn Door Window (2' x 20' opening) **DANDELION** Weeder/Digger. ph: 403-931-2201

## WANTED

**WANTED:** GATES: 6 ft. instead of 5 ft. **FIRE PIT** - 3 ft. to 4 ft. in diameter instead of 4 - 5 ft. dia. **HEAVY DUTY ROUND BALE FEEDER** for Cattle. ph. 404-931-2201

**WANTED JOHN DEERE LA** Wanted John Deere LA from the 40s or any parts for one. Call or text 306-641-4447 or email awionzek6@sasktel.net

**ACCOMMODATIONS.** Short term rental needed for the summer Violin Making Class. July 4-Aug 6. Contact 403-471-9419

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

**I'M PAYING CASH FOR UNWANTED FIREARMS IN BLACK DIAMOND,** Calgary and surrounding area. I will also pick up unwanted gas chainsaws, garden tillers, generators, lawn tractors and attachments, etc. I'm looking for a lawn tractor running or not. Preferably with hydrostatic and hydraulic lift. Call, text or email Al, awionzek6@sasktel.net, 306-641-4447

## FOR SALE

**COLEMAN GAS CAMP STOVE** with 3 burners model 4468, gently used & very clean \$140.-, Wine bottle corker (Portugal) \$65.-, Beer bottle corker (Italy) \$30.- all in good working condition Scotts Turf Builder seeder/fertilizer spreader, used once \$30.- FREE 2 passive speakers 24 watts 33HX14W, gently used. Call Nicole at 403-949-4168. Thank you for your attention

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

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

**STORAGE SHELVING.** Bolted heavy duty steel 6 shelf storage rack, 36W x 12D x 72H \$95.00 **FILE CABINET** All steel 3 drawer lockable lateral file cabinet, 36W x 18D x 40H \$155.00 **MICROWAVE** Kenmore 0.8 cu ft 800W microwave. Good working condition. Outside dim 20w x 16d x 11h. \$20.00 **STEP STOOL** 3 step stool. VG condition. \$30. **PATIO TABLE:** Beige color metal framed patio table with tempered glass top, rounded corners, 72 in x 42 in. with 2 chairs and cushions. \$60. **Delivery Warren 403 949 3452**

**FOR SALE: NEW HOLLAND 850 Round** - Functional - \$2,000. **ROOF TRUSSES** - 20 ft. span (various pitches) - \$20./truss. **HEAVY DUTY 10 FT. BREAKING DISC** (One Way) - \$150. **ROD WEEDER** (14 ft.) - functional - \$100. **WOODEN SPOKE WAGON** - \$50. **GRAIN AUGER** - \$100. **BALE SLEIGH** (Stucker) - \$50. **MASSEY HARRIS N60 COMBINE** - self propelled - \$100. **JOHN DEERE 90 SELF PROPELLED COMBINE** - \$100. **VERSATILE HAY CONDITIONER** (off a SP400 Swather) - \$250. **100 GALLON DIESEL SLIP TANK** (c/w hand pump) - \$250. **GRAIN CLEANER** (Viking model), still works c/w elect motor. - \$100. Ph. 403-931-2201

**FOR SALE: NEW HOLLAND ROUND BALER** (functional) - \$2000. **HEAVY DUTY 10 ft. BREAKING DISC.** - \$150. **ROD WEEDER 14 ft.** (functional) - \$100. **WOOD SPOKE WAGON** - \$50. ph. 403-931-2201

## CAMPING ITEMS & MORE FOR SALE

Contact: Hector Phone: 403 312 8150  
More Information: windshield sun shields \$6 each. Roll-up side window sun screens \$8 each. Pitch horseshoe game \$20. New in box, Thetford Titan Premium Sewer Kit. BAL-X-chocks-28010 excellent condition 2 for \$75. 5.30-12 tire, tube and rim, 5 bolts on 4.5" cc, 2.75" center hole. Prime Loading Ramps, 700lb each, 2 for \$190. Saiton Electric hot plate \$12. New fog lights for 2013 to 2015 Altima, \$40. Husky weight distribution hitch, gross trailer range of 6000 to 12000lbs, complete and in great shape. Offers Motomaster automatic battery charger, 100/15/2 amps and 6or 12 volt, \$25. Champion Inverter generator 2000 watt, \$350. Propane high pressure hoses, offers. Chrome mirror set, came off 2015 Dodge 2500, \$125 for both. Dodge mirror towing extensions, 2015, may fit other years, \$65. Water jug, \$8. Beer cooler \$8.

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

## FURNITURE AND ITEMS FOR SALE

Contact: Luc Phone: 403-931-3182  
More Information: **DINING ROOM SUITE:** Ethan Allen, solid maple, made in USA, dining table seats 10 with extension leaves. Table 68" length by 40" width by 30" height, includes two extension leaves 20 1/2 inches wide, extends to 108 1/2" to seat 10. Includes six ladder back side chairs, two upholstered host chairs with nail head detail. Excellent condition. \$3000. Make an offer. **NATUZZI LEATHER TWO SEATER SOFAS.** Black leather. Includes matching pair. (64" L x 33" W) Excellent condition. \$500 pair. **SNOWBLOWER, HUSQVARNA 15530SB-** LS, 30" wide, 2 stage variable speed traction, hand warmers, electric start, professionally maintained. Excellent condition. \$500. **22 FOOT EXTENSION LADDER** - \$75. **DESK:** Black oak veneer with black metal legs. 63" W x 31" D x 28" H. Adjustable legs. Height extends to 30" H. Excellent condition. \$50.

**FOR SALE: ENDY KING MATTRESS,** 3 yrs old - \$200. **TWO TWIN MATTRESSES** - \$40 each. **BLACK METAL DAY BED** - \$75. **CEDAR 56 BOTTLE WINE RACK** (dismantable) - \$75. **'METRO' CHROME 3 SHELVING UNIT,** 60" L x 24" W x 86" H - 100. Everything is in excellent condition. View in Black Diamond. 403-933-3366

## SEEKING INFORMATION ABOUT MICHAEL JOSEPH PARE

Canadian Citizen

Date of Birth: February 16, 1960

Any person with information about this person, please contact

THOMAS G. CHALMERS  
Barrister & Solicitor  
12 Victoria Street, Box 190  
Thamesville, Ontario N0P 2K0  
Tel: 1-519-692-3842  
tchalmers@on.aibn.com

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