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HIGH COUNTRY News

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<i>High Country News Cover:</i>	© Blake Litschke

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From The EDITOR

Happy Canada Day!

I take great pride in being a Canadian. Although not done perfectly, the fathers of our nation did their best to create a nation that would grow and prosper over time. I hope that you will take time to participate in the many celebrations offered throughout our communities or simply relax with friends and family.

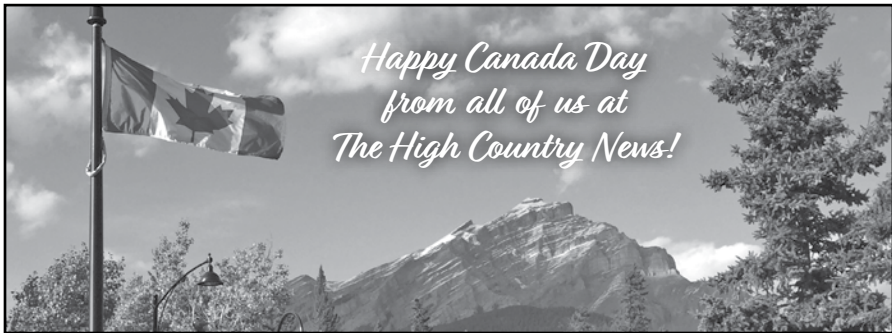
An ongoing concern with many residents within Rockyview County is becoming more and more highlighted as our government is pushing forward with SRI (The Springbank Dry Dam Reservoir).

The environmental, maintenance, health, and fiscal costs that will be associated with this project will impact local residents, Rockyview County, Calgarians, and Albertans for many years. Please consider how you can become involved to push for a better solution that protects all residents along the Elbow River flood plain, provides both drought and flood mitigation, a point of recreation, and a source for needed water in the event of a major forest fire.

Our latest rain event was a reminder of how quickly things can change, and how important it is to ensure we are managing the Elbow River watershed responsibly. I would like to personally thank the many people in the area who have been working diligently over the past 6 years endeavoring to push for alternative solutions.

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca



Artist PROFILE

Blake Litschke is 7 years old and homeschools along with his brother Seth. He enjoys BMX, Trial bikes and helping Dad around the acreage. Blake has tried different mediums in his art class; drawing cartoon pictures and watercolour painting are currently his favourite.

He created this watercolour of a Mountain Blue Bird as a gift for his Mom.



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Major Milestones Reached for Bragg Creek Flood Mitigation Project

Rocky View County has reached two major milestones in efforts to protect the Hamlet of Bragg Creek from flooding along the Elbow River.

On June 11, the County received approval from Alberta Environment and Parks under The Water Act, which will allow the Bragg Creek Flood Mitigation Project to move forward. Receiving approval under this comprehensive Provincial process, which included First Nations consultations, is a major step forward for the project.

This month, the County also completed the purchase of all land needed to

construct the flood barrier structures that will mitigate future flooding.

The two accomplishments allow Rocky View County to begin the tendering process for the project. Before construction can begin, the County must still receive federal approval from Fisheries and Oceans Canada, which is expected by mid-summer. If that approval is granted when expected, and if there are no appeals of the Water Act approval, residents can expect to see construction start by September.

The hamlet of Bragg Creek is subject to regular flooding, with significant events being recorded as early as 1915. In recognition of this long-standing risk, the Government of Alberta agreed to provide \$38.6 million in funding for flood

mitigation for the community, and asked the County to manage the project.

The Bragg Creek Flood Mitigation Project is independent of any decisions on flood mitigation for the city of Calgary, such as the investigation of structures at McLean Creek, Springbank, and others. The barriers will offer protection to the Bragg Creek community no matter which option the provincial government eventually chooses.

It is currently estimated that the flood barrier structures will be completed late in 2021, including reclamation and site clean up. Background information about the project can be found by searching Bragg Creek Flood Mitigation at www.rockyview.ca.

Contact: Marketing & Communications media@rockyview.ca

County Comments on Springbank Off-Stream Reservoir Update

Following today's Provincial government update on the Springbank Off-Stream Reservoir project (SR-1), Rocky View County is praising the Alberta government for opening the lines of communication, but continues to call for a full analysis of potentially superior options.

"I want to sincerely thank Alberta Transportation Minister Ric McIvor and Premier Jason Kenney. For the first time in this project's long history, the Government of Alberta actually updated Rocky View County on what was happening before we found out through the media," said County Reeve Greg Boehlke.

"It is astounding that the municipality most impacted by the construction phase of the proposed SR-1 project has been shut out of information until now.

I am very encouraged that this might represent a new day in our joint efforts to find the very best project for protecting Calgary from future flooding. We may also have the opportunity to explore other benefits that can be tied to flood mitigation, such as regional drought protection and water supply issues."

Reeve Boehlke says today's Provincial announcement was essentially a process step on SR-1 that did not change the County's opposition to the project.

"We're pleased that SR-1 is undergoing the kind of thorough review that Minister McIvor outlined today. Our position is that the other flood mitigation options should see the same level of attention so that we can make the best possible choices."

In December of 2018, Rocky View County Council voted to oppose the Springbank Dry Reservoir project until the Province conducts a full and comprehensive analysis of all available options for flood mitigation.

The County strongly supports the need for flood mitigation in the Calgary region, but believes other options to SR-1 have not been properly considered. Rocky View County is calling for four other options to be examined by the Province before final decisions are made and construction begins. Each of the other options protects Calgary from flooding, and each offers unique additional benefits in cost, drought mitigation, water supply management, or protection for more communities.

Alternate projects include initiatives at McLean Creek, Priddis, and the Tsuut'ina Nation, plus a comprehensive Room for the River approach that would spread flood mitigation among several projects and approaches throughout the region. A Rocky View County report indicates these alternate projects did not undergo a thorough cost-benefit analysis, which skews comparisons to SR-1, particularly as the price tag for that option continues to grow.

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June was another busy and exciting month in Edmonton. Our government has been working many long days in our pursuit of getting this province back on track.

The most exciting day of the month was undoubtedly June 4th, when the Act to Repeal the Carbon Tax - Bill #1 - was granted royal assent by the Lieutenant Governor and signed into law. Albertans will now see lower gas prices, cheaper heating bills, and more affordable services for at least six months, since we will not be subject to paying Justin Trudeau's federal carbon tax until the new year. I know that myself, and hopefully many around me, will be voting for a change in federal government before then, and if successful, the carbon tax in Alberta will be gone forever!

Repealing the carbon tax isn't all we've been up to in Edmonton. This month we also passed our Job Creation Tax Cut, which will incentivize investment back to Alberta by decreasing our business tax rate by a third over the next four years, making it the lowest in Canada and most of North America. We also passed our Red Tape Reduction Act which will see Alberta's red tape burden decreased by a third across all government departments. Legislation to allow municipalities to offer property tax incentives has been tabled as a means to allow municipalities to encourage their own investment opportunities. We have also passed supplementary and

interim supply to get us through the months leading up to the Fall budget, and have announced a firm commitment to funding increased school enrolment all across the province. Ensuring this province becomes a competitive environment to live and do business in once again is a top priority for our government, and we are committed to legislating in a way that we are confident will reignite our economy and quality of life like never before.

In other news, our government made history this month for surviving the longest legislative session. Thanks to our opposition, we sat in the house for nearly 25 hours straight without intermission, only to pass the second reading of a bill. While it is exciting to say that we were a part of history, I must say that it is disappointing to see our opposition filibustering aimlessly on our election promises. There are no surprises to the legislation we are putting forward, and I believe it shows incredible disrespect to Albertans, and to our democracy, to filibuster the very issues which the largest number of Albertans in Alberta history just voted for with resounding support. Nonetheless, we will not be deterred by their tactics, and if that means

we filibuster every day for the rest of summer, we will do just that. Albertans elected us to turn this province around, and we will work relentlessly to ensure that happens.

On the SR1 file, I continue to remain opposed to the project for a host of reasons. The Ministry of Transportation has finally released an 8000 page document containing their long awaited responses to the regulator's 600+ questions, which could provide an interesting update in the process. In the meantime, the Springbank Community Association has begun a letter writing campaign. I encourage all of you who are opposed to and concerned about this project to email me a written letter with your thoughts to banff.kananaskis@assembly.ab.ca. I am working on a very active case file, and would like to bring forward your words to the Legislature.

I hope to see as many of you as possible over the next month, either at Bragg Creek Days, the Springbank Air Show, my Stampede BBQ, or at either of my constituency offices in Canmore or Bragg Creek once they are open! Enjoy the sunshine while you can, and rest assured that our government is fighting for you over in Edmonton.

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Nooo! We can't be into July already?

So what's been happening in Div 1? First, I want to thank everyone who attended the SR1 Information Session held at the Bragg Creek Community Centre on the evening of June 17th. There were roughly 200 residents, politicians, the media and a panel of experts who brought facts and insights into why the Springbank Reservoir/Dam proposal is full of holes and that the McLean Creek has to be given full consideration. Let the experts and their research and scientific analysis determine the health, environmental, cost/benefits, engineering, etc make the most sensible decision for residents of Bragg Creek, Jumping Pound, Redwood Meadows, Springbank and Calgary.

Council has passed a motion to hire a lobbyist on the County's behalf to assist in advocating for the provincial government to, as stated by Richard Barss, acting executive director of Community Development Services, "to see the fulfillment of council's endgame – the Government of Alberta pausing the SR1 project and reconsidering all possible options equally." In the end, lets hope that common sense prevails and collectively all communities both up and downstream are protected.

Flood Mitigation

With regards to flood mitigation, I just received news that Alberta Environment

and Parks (AEP), under the Water Act has given RVC approval to move forward. Also, all land negotiations required to construct flood barrier structures have been completed. This now allows RVC to commence the tendering process. The only other approval that stands in our way is from the Federal level, Fisheries and Oceans. We hope to hear from them by mid-summer and if all goes according to plan, we could see construction begin in September.

FireSmart

I want to thank those of you who have or are about to take part in the free and confidential FireSmart property assessment being conducted by RVC Fire Services. It's an important and often eye-opening realization as to what we may deem safe to be the opposite. I for one will be participating in an assessment of my own property and plan to share the results in a future communication, most likely in a vlog via my "Councillor Mark Kamachi" Facebook and YouTube channels. Please Stay tuned.

Councillor Sanctions

As you may have heard on the radio, read in the papers or online, or via the gossip channels, yes, in a majority vote of Council, three councillors were sanctioned for conduct that broke Council's Code of Conduct Bylaw: Councillors Kevin Hanson (Div 3),

Crystal Kissel (Div 9), and Samantha Wright (Div 8).

Two main issues surfaced. First, they made attacks against colleagues which were discourteous and disrespectful in a newspaper "Letter to the Editor". Second, a more serious offence, they released privileged and confidential legal information to an unauthorized party without the consent of the rest of Council.

As a councillor, my job is to work with my colleagues, administrative staff and residents to make this great municipality the envy of all others, and to do it respectfully and courteously. Whether we agree or disagree with decisions, we operate democratically and holistically for RVC. These councillors chose discourse that was unbecoming of public officers and it has not only affected Council and our CAO but me personally. In the end, with all of the distractions created by the actions of these councillors, the sanctions had to be implemented. It was not an easy decision.

See you in September

I'm looking forward to the August break from council meetings but rest assured, for those of you who know me, I will always be at your service. So play it safe, drink your milk and get some sun. See you around.

– Cheers, Mark



Springbank Creative Arts Club Update

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

In accordance of our mission – junior artists are being contacted to take part in the fall sale, to display their work and demonstrate the development of their skills. Please contact the writer for more details.

July already!! How the time does fly. We hope everyone has a great summer – road trips, camping, gardening, biking, hiking, relaxing in the back yard, or visiting with family and friends, enjoy it all. Visit a local farmers market – the selection is often more than vegetables!

The club continues to expand the membership! If you have some skills that can be utilized, or would like an opportunity to showcase your work at

the sale, please let us know and we will send the guidelines. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice at janice3lambert@gmail.com for any new business to be introduced at meetings.

Club meetings are suspended until September, but there will be several – make and take social evenings – dates are to be determined. These are a great way to spend a few hours with the group, learn a new technique, and to take a home a creation.

The club is enthusiastic and diverse, and encourages new members to come out and be a part of this community organization. This is an opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 2 & 3th, 2019 or membership, email yjo999@gmail.com. Follow us on Facebook for sale updates. [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket).

Submitted by Yvonne Bamlett



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Polish off your swords! Medieval Day is BACK!

Come one! Come all to the Cochrane Public Library's fourth annual Medieval Day celebration! Knights and Vikings will be taking over the Library on Saturday July 27 from 10:30-4:30 and admission is FREE! Along with the amazing feats of strength and swordplay put on by our combat groups, there will also be living history exhibits to explore, Medieval games and dances to learn, magic shows to experience, tales of old to listen to, bouncy castles to play in, safe archery to test your skills, crafts to complete, Minecraft to play, and Medieval music to listen to! Furthermore, the Library is proud to announce that we have partnered with the Cochrane Camera Club who will be setting up a photo studio and taking professional photos of those participants dressed in costume, for free! And the Library's own Drama

Club will also be performing the hilarious play, *King Arthur: Crisis at Camelot* by Geoff Bamber. Medieval Day will also have plenty of shopping opportunities with the packed vendors village featuring local artisans and craftsmen.

Medieval Day 2019 is going to be the biggest celebration yet and people of all ages are invited to attend!

For more information about Medieval Day including a detailed list of performers and activities, go online to www.cochranepubliclibrary.ca



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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

Welcome to July: Currently myself, Clr. Hanson and our CAO are attending the Federations of Canadian Municipalities. This conference is well attended by the majority of Councils, Mayor, Reeves, CAO's and senior leadership from across Canada. This year's conference theme combines our status as "builders" with the outcomes we create as municipal leaders that lead to an improved quality of life for all Canadians. Building Better Lives ensures that, no matter the mechanism, our mission is to deliver on the issues that families and workers care about most—a powerful message for us as well as the federal leaders we'll be engaging with this year. In a time where regional partnerships are paramount, this conference gives me an opportunity to learn more and network on a different level with our regional partners. I'm excited to attend this conference this year!

Request from a Resident: "I have yard work and painting that I wish to hire two students for July 6, 7 and 8th from 8 am to 3 pm. I live near the Springbank links golf club." If you are that someone, or know of someone that is interested, please send me an email to kmckylor@rockyview.ca and I'll pass your contact information onto the resident.

Around the Division: Many of you have likely already noticed the start up of the road construction on the overpass at Old Banff Coach Road. Alberta Transportation has indicated this continued work will be for a few months, but there are no planned closures of the bridge. It'll be down to one lane though, so do expect delays especially at the beginning and end of the days.

If you ever have requests or questions, it is often better to call our Service Request

line at 403.230.1401 or send us an email at questions@rockyview.ca to get your request in. It is answered 7 days a week, 24 hours a day. This is important because the Service Request can be dispatched even outside of business hours!

Springbank Off-Site Reservoir: In May Council approved the resending of Rocky View's position on the SR1 project. Our position letter can be found at www.rockyview.ca/LivinginRockyView/Communities/Springbank/SpringbankDam.aspx. Our position is that we cannot support the project at this time. Our reasoning is clear. We don't believe that all projects were adequately studied, did not use the same criteria for comparison and, in addition, very subjective criteria was used. Many things weren't considered at all, including any negative impacts to our community, loss of valuable crop land, permanent contamination of soils, health risks and the list goes on. We had sent a letter to the previous AB Government in December, 2018 and have now sent it to Premier Kenney, Ministers and MLAs. Also, at the May 28th Council Meeting I read in a motion (to be debated on June 11th) asking for a small budget to advocate Rocky View positions with the Government. While Municipal leaders can have conversations with our counterparts, and we can raise concerns through the formal submission process, using a outside voice can often get our message to Deputy Ministers and other key governmental offices. I will continue to fight for our community, preserving its landscape and advocating so that a toxic mess of silt and debris over 3000 acres is not left behind for us to live with. I'm also very pleased that Miranda Rosin, our MLA, is also championing this issue with the government.

Calgary (again) is on record stating they will not have capacity in the rivers to draw out enough water for its population by 2039. This is important and 20 years is not a lot of time to solve what will be a very real crisis for Calgary (and all downstream communities that rely on the Bow). Anyone who has watched a child grow up knows that twenty years goes by in a blink of an eye. Flood mitigation is important, and Rocky View's position absolutely states we recognize the importance of this for Calgary and the region. The SR1 project is about solving one problem for one municipality, in a time of regional cooperation and partnership, we simply need to look at a bigger picture.

The Springbank Community Association is doing admirable work trying to get

this message out. I spoke at two events in May (one in Elbow Valley and one at the Heritage Club) along with others. The Heritage Club event was very well attended and the press attended both events, as well as another event in June in Bragg Creek. I'll be posting the details on my Facebook page soon.

The Firearms Bylaw: On May 28th our Firearms Bylaw was repealed. This was a very difficult decision. I heard (LOUD & clear) from Division 2 residents that they wanted the Bylaw gone, other than one email from a Division 2 resident in support of it. Our bylaw was not inline with Provincial and and Federal Laws, the bylaw was confusing, the no-shooting zones didn't make sense, and anyone who was in an ASP, but on undeveloped farm land could no longer legally hunt on their property. There was no public consultation, there were no provisions for special events, and truthfully there was no ability for the County to enforce. So why was this hard decision hard? Because I also heard from many residents, mainly Bearspaw, that truly wanted a firearms bylaw. The bylaw comforted them and gave them peace of mind that municipally, provincially, and federally they had a level of protection. I understand that. Our current bylaw missed the mark, and while the local councillor believed that we could do a rewrite of the current bylaw, there was just so many things wrong with it. It seemed a better plan to me to start from scratch and build a bylaw, with resident and landowner input (right from the onset) and that wasn't a one size fits all, but tailored to those communities that it makes the most sense in. I did present a motion arising after the firearms bylaw was repealed to initiate a new firearms bylaw, but unfortunately my motion lost 5-4. I was disappointed but recognize this how democracy works.

So what protection do you have in the meantime? Virtually all the same protection you had before. We have strict firearm laws that protect people and wildlife. We have the same people (RCMP & Fish/Wildlife) that will respond to gun complaints as we had before. Truthfully, our bylaw enforcement officers were engaging the RCMP if someone called in about improper use of firearm - our bylaw officers weren't responding to these - so again, the same level of protections and laws apply. I know this is not what some residents wanted and very likely the Bearspaw area Councillor will bring something back for support. I will very likely support a future firearms bylaw provided it is NOT a one size fits all, that

it is built with input from those impacted (including ranchers and farmers), it is built with flexibility to allow for events or reasonableness (ie. a small bow/arrow set that you might give a 8 year old to shoot at hay bales), and mostly doesn't usurp the rights, privileges and rules that are already Provincially and Federally legislated. We can do better for everyone.

What is Springbank? Recently, along with the Division 3 Councillor, I met with STAPA (Springbank Trails and Pathways Association). STAPA is a small group of very dedicated volunteers working hard to further their goal of a diverse pathway system in Springbank. Whether on the side of the road, through communities - connected to other communities - a way to explore Springbank. This seems to be pretty reasonable, but also a very lofty goal for a community that was not built or envisioned to be a fulsome community. Planning a community goes beyond just the particular community you live in. If you live in one of the newer developments (Morgans Rise; Harmony; Morning Side) your community likely has pathways and maybe even a few other community amenities (ponds; art; etc.) that you and your neighbours can enjoy - but if you child wants to ride his/her bike over to an adjacent community - that wasn't planned for - no pathway continuation, which means a ride along one of our Range Roads, which most parents I've spoken to don't want - so in the car we go! We are a larger community that hasn't given much thought to the cultural, visual or people aspect of a broader community. What should the entrances to our community look like, when building roundabouts (which will happen along RR33), should they be utilitarian and just get the job done, or could they be visually appealing with planters, trees and public art in them? Should we have signs welcoming folks? Should there be an overarching community design so that when the County or development happens, we enhance the entire community. The

County has tended to focus on the utilitarian: we deliver a road, to a standard. We add traffic signs, we add lights, we pave, we patch, we paint, but if our master plan (ie our ASP) had a bigger view of Springbank from a design perspective, that not only looked at what type of development will be where, how many houses, where recreation and commercial will go, but also had a vision of the bigger Springbank: would that be important to you? I would love to hear from you about that.

As important as all that is, it is also time to talk to us again about the ASP review. Please review the Springbank ASP draft at www.rockyview.ca/SpringbankASP and give your feedback online by July 12. Or you can book an appointment to talk to RVC staff on June 18 or 19 at Springbank Park For All Seasons.

I encourage you to look beyond just your corner of Springbank, think about all of Springbank: how it should look and feel (adding that cultural/design layer), think about 20 years from now. Think about how to keep your kids in the community (if they want to stay), how to make room for yourself as you age (ie smaller homes; affordable homes; amenities; multi generational living; services); think about jobs for children. Maybe they're just 4 or 5 now and recreation/schools are the most important, but ASPs last 20-25 years. Do you want them working closer to home or driving into the city for a part time job? Think about selling your home: what are families in 2019, 2029, and beyond looking for and how do we create value?

More often than not we look at ASPs as change (often viewed negatively) because what is being proposed isn't necessarily what we moved out here for, but we have to look beyond the here and now. This is a plan that hopefully stands the test of time, and these plans don't happen overnight. If there is a projected doubling of houses or population or roads or whatever, that may never happen or it could take 20, 30, or 40 years. The plan is built for the long haul, not tomorrow. A plan that isn't designed for the future is likely to be challenged again and again in front a future Council, and it could be a future Council is rigid, or, is consistently amending the plan. When this happens you actually (in my mind) get worse development because it isn't done with that future idea in mind. So get involved, ask questions - think about now, 10 and 20 years out, think about how and where you want to age, think about your little ones as they move into teenage and adult years. What will Springbank need in the future? None of us stand still, our kids grow up, we grow older, financial markets change and our own personal situations change. Our community needs to address these through vision, design and policy.

Kim McKylor
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Predicting Financial Events

Clients often call when markets are looking a bit shaky, or newspaper articles are predicting the next market correction, recession, bubble, etc.

The challenge with reacting to such events or news is that the external circumstances rarely have anything to do with your specific situation and plan. Your mission, should you choose to embrace it, is to build assets through savings and investment returns so that you reach your targeted savings value needed to support your lifestyle and cash flow needs in retirement.

Retirement is that far off land for the young where you envision putting your feet up, sipping a fruity drink on some warm beach - not having a care in the world. That far off land is on the horizon for those of middle age and NOW for those who are retired. There are different challenges for each of those demographic groups and slightly different approaches to investing. But remember, investing is not a race it is a marathon.

A big roadblock to getting there is the predictable and somewhat regular events that test one's commitment to sticking to a financial strategy. These roadblocks often arrive in the form of an economic recession where investment markets often correct 30%, on average before, recovering and moving on to new highs over time.

If your confidence is shaken by an economic recession and you miss the recovery, then you risk not achieving your long-term lifetime lifestyle goals. And that is the conundrum!

A proper plan will anticipate recessions and other events (that need to be managed) on the path to financial freedom and success. To make an accurate and actionable prediction about the financial markets, several things need to be known and accounted for.

First, you need to know precisely what will trigger the next financial crisis or recession. Will it be an inventory led recession, or a profits recession or a

credit contraction or an interest rate induced event? All these causes have different characteristics and portfolio responses that one can take to prepare for and navigate the expected event.

Secondly, you need to know and accurately predict how deep and severe the recession or event will be. Preparing for the depth of a correction will include accurately predicting exactly how deep it will be and if any portfolio adjustments are warranted.

Finally, you need to accurately predict the duration of the recession or correction. Will it last three months or nine months or years? Predicting this is difficult in advance and the duration is generally unknowable. A rule of thumb is that most recessions, on average last about 9 months or less, before the foundation is in place to establish a recovery and a new business cycle.

As you can imagine, accurately predicting these three financial recession characteristics is extremely difficult at the best of times and even more difficult when emotions are not kept out of the equation.

When someone lets their gut (or feelings) dictate their investment decisions, then there is no process for knowing when the danger has passed and/or when it is "safe" to reinvest to profit from the expected upswing in the economy and financial markets. There is no plan, only a feeling!

In terms of navigating investment market volatility, the two-best wealth-building actions are proper asset allocation during times of economic weakness and being positioned to take advantage of the expected recovery and upswing! And there has always been a recovery throughout history.

Call today to see if you are positioned correctly for the next phase of the business and economic cycle. Also, visit my business website myfinancialsolutions.ca for additional financial information on insurance, retirement/estate planning, investments and whole host of other financial topics.

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It's a time for family road trips, outdoor fun, and (hopefully) lots of great weather.

Here are some simple reminders to prepare for safe summer days:

1. Stay in cool, shaded areas during the heat of the day. Stay well hydrated with water. Wear clothing that's loose and light.
2. Wear the right helmet when cycling, inline skating and skateboarding.
3. When the thunder roars, go indoors and stay there for at least 30 minutes after the last rumble of thunder.
4. Stay safe while camping: if strong winds, hail or a storm is developing while you're camping in a tent or tent-trailer, move to the closest building or hard topped vehicle. If no shelter is available, seek refuge deep in a thick stand of trees.

5. If you're heading out camping or hiking, tell someone where you're going and when you plan to be back.

6. Avoid the bugs and their bite. Keep in mind, ticks are often found along trail edges, mostly in wooded areas or tall grass. Lightly coloured clothing is less attractive to mosquitos and makes it easier to spot ticks.

7. Pack an emergency kit; make sure it's organized and easy to find in case you need to evacuate your home quickly.

8. Keep food fresh: Chilling food properly is one of the most effective ways to reduce the risk of food-borne illness. Leftover food should be chilled promptly, and remember to throw it away if it has been out for more than 2 hours.

9. Make a safe splash: Never leave a child unattended near water, not even for a second. Avoid swimming while under the influence of drugs or alcohol, at night, or in stormy weather.

10. Stay safe on the roads: Every year, 10,000 children are hurt or killed on Canadian highways. Make sure everyone in the vehicle is buckled up properly, even for short trips.

11. Please don't drink and drive (a boat, a car, a motorcycle or an ATV)!

Watch for your Redwood Meadows Emergency Services crews helping out at Redwood Meadows' Canada Day Parade and fireworks (July 1), Bragg Creek Days' Pancake Breakfast and Parade (July 20) and the Tsuu T'ina Rodeo and Pow Wow (July 27-29).

And if you see us coming down the road in the big red trucks with lights flashing, please move over, stop your vehicle and let us pass safely so we can get to someone who needs us quickly.

Until September, stay safe!

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The Sound of Success

The foothills came alive with The Sound of Music last month, as Bragg Creek's new Swamp Donkey Musical Theatre Society hit the ground running. The cast performed four sold-out shows at the Bragg Creek Community Centre, bringing audiences to their feet, and garnering rave reviews.

For founder, president, and "Maria" actress, Trisha Gizen, it was a realization of a 20-year dream. As she stood on stage with tears in her eyes during the closing curtain call, she remembers, "Looking out and seeing the community come

Photo courtesy: Life Capture Studios



together – the audience, the cast, the crew – that's what it's all about. Building community. That's the essence of community theatre."

The society is planning a repeat of their first season next year, with workshops opening in the fall to people of all ages and abilities, followed by a large musical production in the spring. Gizen adds, "Our goal is to bring musical theatre to Bragg Creek. There was a hole – there was something missing. So, we want to teach quality musical theatre and

provide people with tools." Those tools are proving successful so far. Swamp Donkey had hoped to sell 400 tickets to The Sound of Music, but instead sold 700. "We were so grateful to be embraced by the community in that way," Gizen says.

For more information on upcoming workshops and performances, head to swampdonkeytheatre.ca.

Faith McLean, HCN Staff
faith@highcountrynews.ca



Photo courtesy: Life Capture Studios

Bragg Creek Days

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Rocky View Kids Wrangle up History

Banded Peak School's Grade 3/4 students saddled up their school bus and headed out to Bow Valley Ranche last month for a unique history lesson on Alberta's western heritage. The Lieutenant Governor of Alberta, Alberta History Quiz Show called on students from Bragg Creek and Vulcan to compete in a video-recorded trivia contest, to be aired in Alberta classrooms.

"The exciting thing is that participating teachers can play the 20-minute episode and pause the show as the questions are read, allowing their students to guess the answers," says organizer and 'History Wrangler' Rob Lennard. He adds that Lieutenant Governor Lois Mitchell started the program to emphasize Alberta's history, as part of her mandate.

The episodes recorded with local students deal primarily with the Calgary Stampede, but include other questions such as, "what was Mary Dover known for?" (Answer at bottom.) Students can ultimately win the chance to have a slice of cake and celebrate the birthday of Alberta's namesake, Princess Louise Caroline Alberta, with the Lieutenant Governor herself.

"It's fun! Everybody gets a part to do, and you get to pick your part," says Jaxon Padgett, Grade 4 Banded Peak student participant. He'll be appearing in the quiz show, along with lots of local celebrities, such as Carly Heath and Astokomii Smith, Calgary Stampede Queen and First Nations Princess.

Next up, the quiz show heads to museums and landmarks across Alberta – with a variety of historical themes – giving students around the province

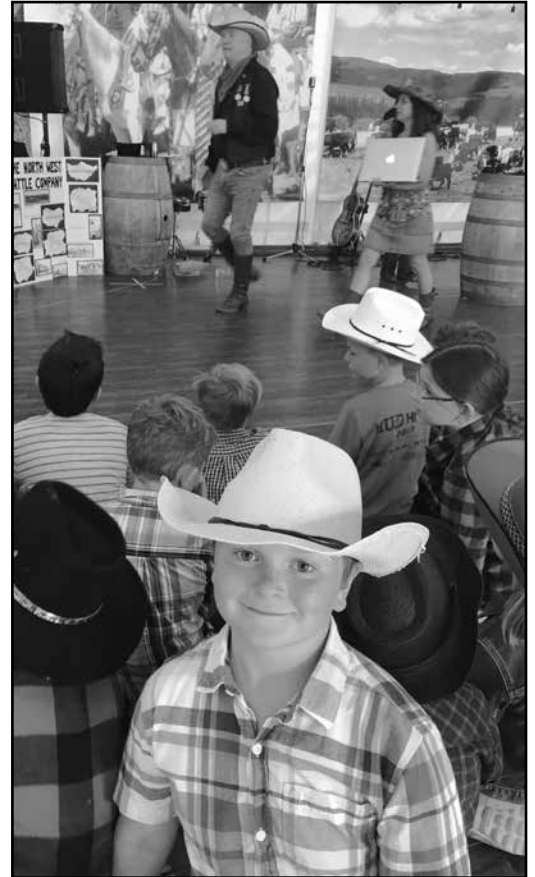
the chance to participate. The show will begin airing in classrooms during the 2019-20 school year.

**Answer: Mary Dover is known for preserving natural places in Calgary and being a stuntwoman in a movie.*

Faith McLean, HCN Staff
faith@highcountrynews.ca



Students from Banded Peak School and Vulcan Prairieview Elementary participated in the Lieutenant Governor of Alberta, Alberta History Quiz Show last month. Photo courtesy : Faith McLean



Jaxon Padgett, Banded Peak Grade 4 student, participating in the Lieutenant Governor of Alberta, Alberta History Quiz Show. Photo courtesy : Faith McLean



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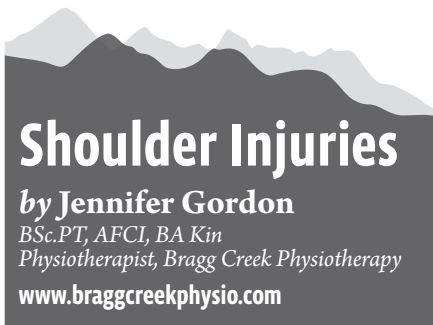
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Shoulder Injuries

by Jennifer Gordon
 BSc.PT, AFCI, BA Kin
 Physiotherapist, Bragg Creek Physiotherapy
www.braggcreekphysio.com

The shoulder plays a large role in many activities and sports such as swimming, golf, hockey, baseball, tennis and volleyball. Shoulder problems are common, frequently difficult to manage, and often become chronic. They are typically overuse, inflammatory type lesions, such as tendonitis and bursitis. Occasionally capsule and muscle tears may occur. High impact activities and falls may cause fractures and dislocations.

The shoulder complex is made up of three bones, which are connected by muscles, ligaments and tendons: the humerus (upper arm bone), the scapula (shoulder blade), and the clavicle (collarbone). The humerus sits against the scapula and forms a ball and socket joint, called the glenohumeral joint. This type of joint allows a large range of motion in all directions. Because the “socket” of the scapula is fairly flat, there are several layers of muscles, ligaments, and connective tissue that help to hold the “ball” of the humerus in place.

There are four main muscles that help stabilize the glenohumeral joint. These muscles are collectively called the rotator cuff and are made up of the supraspinatus, infraspinatus, teres minor, and subscapularis muscles. These four muscles together provide dynamic stability of the shoulder during all ranges

of motion. During powerful and rapid motions of the shoulder, these muscles provide intricate control and stability of this multi-axial joint complex. They work in conjunction with the more global, larger muscles such as the deltoid and upper trapezius. This is why many rehabilitation programs focus on the control, awareness, and strength of these smaller cuff muscles rather than general strengthening exercises initially.

Other structures at the shoulder include cartilage, capsule and bursae. Bursae are fluid filled “sacs” that help to decrease friction between two tissues. For example, the subdeltoid bursa protects the rubbing of the deltoid muscle against the humerus. Bursae can be a source of inflammation and pain if repetitive movements cause excessive friction, resulting in a bursitis.

Rotator Cuff Injuries

Rotator cuff tendonitis is an inflammation of one or several of the tendons of the rotator cuff muscles. Tendons attach the muscle belly to the bone. Over time, repetitive motions can cause micro-tears of the tendon and result in inflammation and pain. The supraspinatus muscle, which assists in abduction (lifting outwards) is the most commonly injured tendon. Overuse, muscle imbalances, age related degeneration, and repeated overhead motions can cause shoulder tendonitis. Neck involvement, such as a C5/6 disc lesion or degeneration, is always considered when evaluating shoulder pathologies.

When the tendon becomes inflamed, it thickens and swells. This can result in an impingement syndrome, where a tendon or bursa gets “pinched” between joints or other muscles during movement. Typically this involves the supraspinatus tendon, the subdeltoid bursa, or the long head of the biceps tendon. Pain is often

felt in the upper arm rather than at the shoulder joint.

Further wear and tear of these tissues due to age, poor posture, poor movement patterns, and overuse can cause a rotator cuff muscle tear. Common symptoms of a muscle tear or tendonitis are pain with active movement, weakness, limited range of motion, and a catching sensation with lowering the arm.

Another common tendonitis in the shoulder involves the long head of the biceps muscle, bicipital tendonitis. This muscle sits in the front of the glenohumeral joint and extends down to the elbow. Symptoms may include pain with shoulder flexion, pain with elbow flexion, and local tenderness along the front of the shoulder.

Early intervention is important with shoulder injuries to prevent compensatory movement patterns. As the shoulder complex involves coordinated movement from the clavicle, scapula, humerus and the thoracic spine – it is important to address these factors early.

There are several barriers to the recovery of shoulder injuries that can contribute to the degeneration of the surrounding soft tissue structures. Repetitive and prolonged overhead activity can pinch both the supraspinatus and biceps tendons. This repeated compression can cause micro-tears in the tendons and restrict the blood supply to those structures. Further swelling and thickening can occur over time. The supraspinatus, in particular, has an inherently poor blood supply. This makes this structure even more susceptible to damage with repetitive use and overhead activities. A lack of activity, or deconditioning, can also be harmful. When there is pain with movement and one opts to rest and avoid aggravating positions – poor posture, muscle atrophy

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and weakness can occur that may further disrupt the mechanics at the shoulder joint. Frequent sleeping on the same side can also compress the joint and certain soft tissue structures over prolonged periods of time.

Poor posture is deleterious for most areas of the body! The shoulder and neck complex are commonly affected. Rounded shoulders, slouched posture, and the chin poked forward are commonly seen. This posture causes the neck to be compressed, especially at the C5/6 vertebrae, discs and nerve roots which innervate the shoulder area. The upper back and scapular muscles tend to lengthen and weaken, thus not

contributing to the stability and proper movement pattern at the shoulder. The shoulder joint can “drift” forwards and stress the anterior shoulder muscles, which may cause tendonitis and impingement.

There are a variety of treatment options for acute and chronic injuries. Icing an acute injury for the first 48-72 hours can help reduce inflammation and pain. Avoiding overhead activity and limiting movement to pain free ranges initially can reduce the impingement (pinching) of certain structures. Gentle range of motion exercises, using pulleys, a cane or assistance from the other arm, can encourage circulation and reduce stiffness. Maintaining proper posture

can reduce muscle imbalances and reduce stress on affected structures. Stand tall, relax the shoulders and slightly tuck the chin. Gradually progressing to strengthening exercises that incorporate the neck, upper back, chest and shoulders will help to create balance, awareness and coordination of this complex joint.

Rehabilitation of the shoulder can be a complex process. The longer an injury is allowed to continue without being treated, the more the body compensates, making recovery a longer process. As with all injuries, the sooner you seek treatment following an injury, the quicker the recovery and your return to the activities you enjoy.

Home Renovations: Do It Yourself (DIY) or Hire a Professional?

Parts adapted from Canadian Home Builders' Association

Summer is almost here and you have that burning desire to refresh, repair, update or adapt your home?! Many of us like to change things up every 3-5 years.

Many homeowners enjoy the do-it-yourself renovation and repair projects. It is a great way to save money while getting some activity and adding value to your home.

Before starting your project, consider the following:

Have you clearly defined the scope of your project? Projects frequently end up more complex than initially apparent. Have you identified all or are you ready for surprises?

Do you have the necessary skills? Consider your own skills and abilities carefully. While many of today's home improvement products are designed to make it easy for

do-it-yourselfers, other projects will require specialized skills or create frustration you are not ready for.

Do you need a building permit? Typically, renovation that change the structure of your home requires a building permit issued by your municipality. This also means inspections of the work at the appropriate times to ensure the work meets the local building codes. Keep in mind that future buyers likely want to see the permits to verify compliance.

Do you need licenced trade permits? Plumbing, electrical, gas repairs and numerous other modifications and installations typically require licensed trades and contractors by law, depending on your area regulations, which may change between municipalities. Codes change from time to time and licenced trades keep their qualifications up to date.

Think ahead - will your insurance honour your claim as a result of your DIY work? We live in a world of shifting blame. If something goes wrong (eg. plumbing modification), will your insurance help?

Do you have the necessary tools and equipment? Savings of your hard work may quickly fade if you must buy specialty tools. Renting is always an option, but costs can also add up quickly if you're doing the work in your spare time. Or will you invest extra hours instead of using these speciality tools?

Do you have the time? Renovation and repair projects can take a lot of your time. Are you truly ready for this commitment? Is your family ready for it? If it drags on, are you prepared to continue for as long as required to complete? Most contractors will charge a premium to complete work previously started by a weekend warrior.

Put safety first. Did you consider the risks for doing the work yourself? Are you prepared for work at height like roofing or other exterior improvements? Do you have the safety gear to prevent falls? Are you aware of what it takes to check for hazardous substances like asbestos, lead or mould? Some laws dictate handling requirements. Don't risk your health, and that of your family, by doing this work on your own.

By Carla Berezowski, Certified Aging in Place Specialist (CAPS)

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Bragg Creek Centre

We at the Bragg Creek Community Association celebrate community! We have SO many fun activities lined up the summer. Such as:

Sole Girls Summer Camp, An empowerment camp for tween girls aged 8 -12: July 8th -12th , 9am – 3pm. Topics like body image, being unique, media, health and making our own choices can be hard for tweens – especially when fitting in and being cool is so important to them! Day Camps combine physical activity and mentorship to build confidence. Girls will learn tools to overcome bullying and mean girls, and how to be an empowered friend. Our Day Camps encourage girls to discover what they love about themselves and celebrate it. Be active, come meet new friends, release your inner awesome and have fun at camp with us this summer. Email: info@braggcreekca.com to register

Bragg Creek Days – July 20th: Participate by entering in the Parade (floats, vehicles, riders & walkers all welcome), as a vendor in the Market (indoor and outdoor spaces

available) or in the Pie Eating Contest (kids & adults needed). Email: braggcreekdays@gmail.com to register.

Family Rollerblading and Dance Party: July 12, 7 – 9pm. \$15 each, \$40 per family of 4. Fun for everyone! Rollerblade, dance, live DJ with light show! Cash bar and concession.

The Bragg Creek Community Centre is taking steps to be an environmentally sustainable facility. Some practices we have already put in place include:

Energy Conservation

- Last year we changed all outdoor lighting to energy efficient LED bulbs
 - Keep unnecessary facility lights off during daylight hours
 - Unplug appliances when not in use
 - Cleaning products are eco-friendly and biodegradable
 - No longer using single use cups or straws
 - No longer sell bottled water at concession
 - Have recycling receptacles throughout facility
- In keeping with this effort, this year's Bragg Creek Days will be a Green Event
- Range Recycling will be onsite to assist with making sure recyclables are placed in the proper receptacles
 - Please bring your reusable water bottles as we will have a water filling station available
 - Any disposables will be compostable

Rumble & Roar, Pickleball, Lego Club, Movie Night are finished for the season. Regular programming will start up again in the Fall and we are working on some new exciting ideas.

We would also like to congratulate and say thank you so much to Peter Vanthiel and Acrobatic Studio for their contribution to our facility for the past few years. Peter is moving his studio to Springbank where we wish him continued success. Having attended the last three years of performances the skill and poise the kids demonstrate is truly a privilege to watch.

My favourite moment this past month was the facilitator of the Opiod awareness workshop exclaim with pure joy and in mid sentence - "look a deer! Oh, two of them!" Such a wonderful reminder of our extended four legged community and the novelty they are to some. Please remember to watch our speed as we drive about the Hamlet this busy summer.

Sincerely,
Sherri Olsen, BCCA Director

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The Alberta Growers' Flower Market Launches July 1st

New cut flower market aims to transform the local floral industry

The first of its kind in Alberta, The Alberta Growers' Flower Market (AGFM) aims to transform the local floral industry through advocating seasonality, sustainability, and support for local, small scale growers.

AGFM supports local growers of all sizes, both rural and urban, by easing the burden of distribution, advertising, and juggling multiple markets, allowing growers to do what they do best: GROW. AGFM's

Grower Members supply the market with the freshest flowers and foliage in the province, and in turn, AGFM markets and distributes the very best variety of local flowers to florists and the flower loving public. We offer 100% Alberta-grown wholesale and retail bulk blooms, as well as seasonal mixed bouquets, all available via our website, for pick up and delivery (this service launches July 1st).

AGFM will operate from our main 3500 square foot location at Granary Road, and also via our Mini Market Outposts (horse trailers modified as pop-up flower shops). In our first summer, we will have one Mini Market operating in Calgary. As we

expand, we aim to place additional mini markets throughout Alberta, in order to serve growers and flower lovers beyond the Calgary area.

Market launch details: July 1st, 2019. 9:30am - 5:30pm, 226066 112 Street West, Foothills No. 31, Granary Road, Greenhouse

Created by city-girl-turned-flower-farmer, Sarah Adams, AGFM's mission is to build opportunity within our urban and rural communities, while also building beauty. By supporting our local growers, we are enriching our local economies while offering customers a feel-good alternative to fuel-heavy, ethically uncertain imported blooms.

Accessibility: Living at Home Without Boundaries

Accessibility is the design of solutions and environments for people with disabilities. "Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person's body and features of the society in which he or she lives." — World Health Organization

The person's desire to remain independent in one's home is high. Many are forced to move to an (expensive) assistive facility as not aware of the options available for them. This includes individuals ranging from aging seniors to persons with catastrophic injuries (eg. loss of limb, paraplegia, quadriplegia,

spinal cord injury) to persons with debilitating illnesses like arthritis, chronic obstructive pulmonary disease (COPD), muscular dystrophy, multiple sclerosis and many others. Key is that they want to stay living in their home, independent, yet are not aware of options to do so. For instance, 90% of seniors desire to stay in their homes until the very end. We either are those in need of accessibility, know someone in need of accessibility at their home (eg. parents) or scramble to accommodate visitors to our homes (eg. parents).

I am not talking about retaining an in-home assistant. I am referring to adapting one's home to remain independent.

In-home accessibility can be viewed as the "ability to access" one's home as and when one desires, notwithstanding the disability or enabling access using assistive technology. Home adaptation and remodelling principles involve changes that are meaningful to custom-fitting a home to the person's needs as time goes by, taking both current

and future circumstances into account specifically including accessibility and comfort, independence, convenience, safety and sociability. Aging in Place and universal design principles work to create beautiful, barrier-free, enabling

"When it comes to human dignity, we cannot make compromises"

Angela Merkel,
German Chancellor,
Time Magazine
Person of The Year 2015



environments that will allow individuals to remain in their homes for as long as they desire.

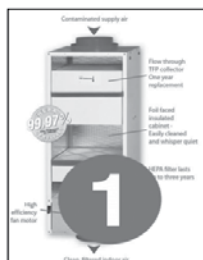
Stop by and explore some examples of what I am referring to: www.albertaindoorcomfort.com/accessibility

By Carla Berezowski,
Certified Aging in Place Specialist (CAPS)

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TRAIL TALK!

The Latest from the Greater Bragg Creek Trails Association

GBCTA Volunteers: W. Bragg Trails Update

There is always a great debate about which biking trail is the signature trail at W. Bragg Creek? While “Snakes and Ladders” is truly amazing I am now doubling down on “Braggin Rights/Merlin View” after the recent work done by our Volunteer Trail Day Crews! We have had really strong volunteer support to kick off the Summer Season allowing for some major early season maintenance. The most dramatic work has been on Braggin Rights and Merlin. Trail Crews have rebuilt the five most beat up sections of tread and addressed drainage and ruts making for a much smoother ride. Alf and his team of Crew Leaders are providing a safe, fun, and meaningful opportunity for trail users to give something back.

Thank you to everyone who has come out so far this summer. For those who haven't come out yet, when you are back in the parking after that Zen-like glide down Merlin, please consider volunteering for a Trail Day: our trails are

100% volunteer built and maintained. It's a win-win, you get the satisfaction of a fun day pitching in and the trails get some much needed TLC. Visit our website at www.braggcreektrails.org and click “Volunteer Now”...

We also run fantastic team building Group Trail Days. The feedback from prior groups is excellent and we are looking forward to leading the groups already signed up for this summer. We will work with you to tailor the day for your group, organization, or company. Please email volunteer@braggcreektrails.org for more info. And yes, it's free of charge!



It's the stars who volunteer that make our trails shine -- thank you!!!

Rocky View County Grant Funding

The Greater Bragg Creek Trails Association (GBCTA) is pleased to announce that Rocky View County (RVC) has approved grant funding of \$20,000 for GBCTA Community Trails in RVC.

A \$10,000 RVC capital grant will go towards placement and compacting of GreenDrop Trail Gravel on the Banded Peak Trail from the Bragg Creek Community Centre to the Banded Peak School. This will provide a smoother trail surface for users, similar to the TransCanada Trail (TCT) in RVC.

A \$10,000 operational grant will support GBCTA Community Trail snow removal, mowing, non herbicide vegetation control, tread and drainage maintenance, garbage/horse manure cleanup, insurance and other minor operating expenses.

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
Location: Snowbirds Chalet
19 Balsam Ave, Bragg Creek
Hours: 9.00am -4.00pm
Clinician: Jill Read-Johnson,
Certified Podologist
Cost: \$30.00/session
Appointment: Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



Chicken like Grandma used to cook!

Jerry & Nancy Kamhuis

• Naturally raised without antibiotics or animal byproducts: In order to be labeled “grain fed”, the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed EXCEEDS that requirement and is 100% vegetable-source grain-based!

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Travel is a Risky Business: Everything You Need to Know About Travel Insurance

What you don't know can kill you!

You've worked hard and it's time for a vacation. After countless hours of research, you've finally taken the plunge and booked your dream trip. Maybe it's a sunny beach destination, self-driving Europe or even your bucket list trip to Africa!

Wherever your travels take you, be well-informed of the risks and ensure you travel smartly. Travel insurance is confusing but thankfully we're here to help you with that.

Travel Insurance consists of two parts:

1. Medical Insurance

Medical Insurance covers you for unforeseen and unexpected emergencies from the moment you leave your front door until your return home. You may be perfectly healthy and never get sick on vacation, so you may consider skipping this part as it seems unnecessary.

However, emergencies happen all the time and that's why they're called 'unexpected' incidents. Even minor accidents can cause major hassles, especially in remote areas far from medical facilities and care.

2. Cancellation & Interruption Insurance

Cancellation refers to the protection of the non-refundable pre-paid portion of your trip. That's the money that you don't want to lose if something goes sideways. Did you know that 73% of all claims paid out by Manulife in Canada, are due to cancellations made before travel?

The best time to buy your cancellation insurance is the same day that you pay your trip deposit, so you're covered from the moment your policy is issued until you depart on your trip. Sometimes with International travel (such as a safari to Africa), your trip is booked 12 months in advance. A lot can happen in that period that can lead to cancellation – death of a traveling partner or family member, sudden illness or diagnosis of a serious disease, a government travel advisory due to unforeseen circumstances. Some coverage even allows you to cancel if your pet falls ill and you don't want to leave their side!

Insurance costs the same whether you buy it with your deposit payment or closer to departure, therefore, the longer you're covered, the greater the value.

Interruption insurance is the interruption of your plans while you're on your trip – either due to a medical concern, sudden travel advisory or family emergencies requiring an early return.

While managing an African safari camp, I had a guest who broke their ankle stepping off a safari vehicle and needed to be flown out of our remote location. Surgery was required and their trip was delayed by 5 days – medical insurance covered the exorbitant hospital bills and charter flights. Interruption insurance refunded their 5 nights of missed accommodation as well as reimbursing their hotel accommodations, meals and taxi fares.

Not all insurance packages are created equal! There are even packages that cover pre-existing conditions and elderly travelers. Your best bet is a Comprehensive or Premium package that fully covers you and your investment. Even teens on a Mexican vacation or GAP year abroad need Youth Insurance as travel accidents could cost parents dearly and severely impact your family financially.

Travel is a wonderful privilege that needs to be celebrated! Smart travelers are well-informed so be wise and don't fool yourself into believing that nothing can happen!

Travel insurance is very specific to your individual situation, so for any advice or bookings of travel insurance, please call Antoinette at 403.981.5558 or email info@explorationsafrica.com and I'll be happy to share my expert advice with you!

For an AMAZING African safari experience, please check out our website at www.explorationsafrica.com

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HCRCWA Update

John Robin ('J.R.') Allen,
Membership Coordinator, HCRCWA

HIGH COUNTRY RURAL
CRIMEWATCH
ASSOCIATION



It's been a quiet month in the High Country, our home in a paradise on earth, out here on the edge of the prairie somewhere west of Calgary. Previous articles in this series have suggested that there are snakes in our Garden of Eden: persons who would like to disrupt our paradise by expropriating for themselves some of our accoutrements. It seems that each time I draft a new article for the *High Country News*, I present a litany of examples that could make you think that Hades, the Greek god of the underworld, is really in charge of our High Country. Was that true for this past June? Let's look at some recent incidents:

- During daylight hours, thieves broke into the detached garage of a house SW of Okotoks and stole a vehicle while the owners were in their home. Some observant neighbours reported seeing a group of suspicious, unknown individuals driving up and down the street where the theft occurred.

- Another incident: One of our members wrote *"Individuals in an older white Suburban with a somewhat rusted tailgate drove up our driveway and started taking pictures of our house. When we stepped outside to investigate, the intruders took a few more quick photos then drove off. Unfortunately, we couldn't get their license number."*

- Again: On June 1, an unknown car or truck smashed into the Canada Post mailboxes located at the intersection of Coal Mine Road and Route 22. It destroyed one bank of the boxes, but only the driver knows whether that collision was intentional or accidental. Two days later the bank of mailboxes and its content disappeared.

Let's analyse those incidents.

- Forty-eight hours after the car theft, the R.C.M.P. arrested a suspect.

- The "paparazzi" remain unknown, but the incident underscores our need to be vigilant. Remember the acronym, **ORR: Observe** what is happening.

Can you describe the persons or vehicles or both?

Record what you observed, no matter how trivial. The R.C.M.P. needs your help. Only they are qualified to decide what is trivial and what is important. **Report** what you observed to the police. The persons who reported the car and photographer did the right thing, even though they were unable to get the license plate number of the car.

- The theft of the destroyed mailboxes turned out not to be a theft at all. Canada Post had removed the boxes for repair and returned them several days later.

Despite appearances and media reports, we live in a safe area. An observation about crime in the *New York Times* for May 29, 2019, could equally apply to us: *"The seemingly constant barrage of news about criminal activity could lead people to conclude that the world is far more dangerous than it ever was. The reality is that the violent-crime rate in the United States has fallen sharply — by about 49 percent from 1993 to 2017, according to the FBI. Property crime has also declined significantly."* (Boldface mine.) The same is true here. The High Country Rural Crime Watch Association and other Crime Watch groups working with the R.C.M.P. are having a favorable effect. Newsletters like this one and community watch groups are making us all more aware and vigilant. People are taking responsibility for their own protection by taking preventative measures: installing gates; lighting their property; putting inside

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lights on timers so it always appears that someone is home; and setting up neighborhood watch groups.

Communication is important, and so is the accurate reporting of criminal activity. If you know of any incidents in our area, after you report the details to the police, please also E-Mail me the details at jrapriddis@gmail.com.

Being a member of a Rural Crime Watch Association, is an excellent way to stay informed. If you are not already a member of a Rural Crime Watch Association, you should join one. Thanks to the work of a few volunteers and a grant from Legacy

Oil, membership in the H.C.R.C.W.A. brings these advantages:

1. **It is free.**
2. **Members have no obligations.**
3. **Members receive regular notices of criminal activity in our area.** The information we publish regularly in this column is but a small fraction of the news circulated more frequently to our membership about crime in this area.
4. **New members who live in our area get a free High Country Rural Crime Watch Association sign.**

5. **We often have free tutorial presentations** on how best to protect your property.

To join, phone us at 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: www.hcrcwa.ca. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch.

So that's the news from the High Country where all the grown-ups are youthful, and each child knows more about computers than either of his or her parents.

Aasas Meets Need For Current And Local Research On Prevalence Of Sexual Abuse Through Alberta Survey


The last comprehensive study on child sexual abuse in Canada was undertaken in 1984 by Robin Badgley. The Association of Alberta Sexual Assault Services (AASAS) is addressing this lack of current data on the prevalence of sexual violence with a research study that will begin on Wednesday, June 12th.

Modelled on the Badgley study, the AASAS research will be completely confidential and gather information on sexual assault throughout the lifespan – under the age of 18, over the age of 18 and combined data. The study will draw upon the experience of a representative sample of Albertans living in all regions throughout the province and with diverse backgrounds and identities.

The much-needed research will not just gather data on prevalence but also individuals' attitudes about sexual abuse and assault.

"Recent and accurate knowledge about the scope of sexual assault and abuse in Alberta, along with information about attitudes towards the issue, will help to develop and promote the quality and quantity of treatment services available and will foster the development of effective prevention initiatives," says Deb Tomlinson, CEO of Association of Alberta Sexual Assault Services.

The organization anticipates releasing the research findings in the fall. The data should increase the awareness and understanding of the scope of the problem and its widespread impacts.



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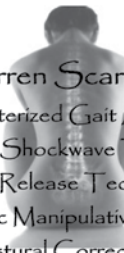
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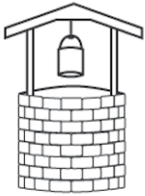


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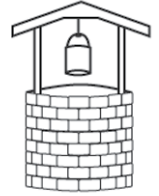


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WELL OWNERS



ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

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

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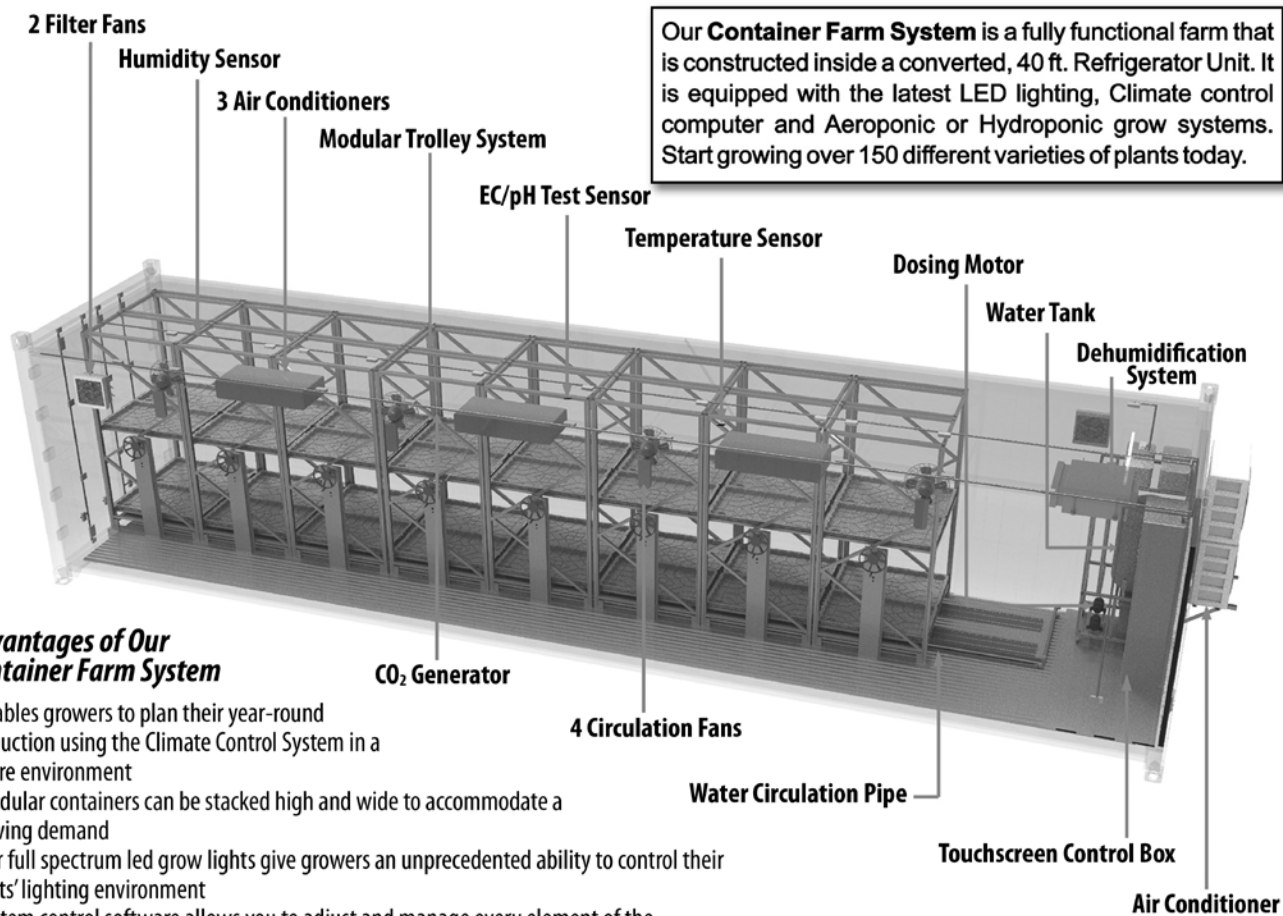
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- Our full spectrum led grow lights give growers an unprecedented ability to control their plants' lighting environment
- System control software allows you to adjust and manage every element of the container farm
- Modular and independent Rolling Trolley Systems are equipped with full spectrum lighting, customizable shelves and hydro trays. 5760 plant sites in a 6 tier, 40' container

Examples of Container Farm Produce Yields

- Basil yields average 5,200lbs per year (Wholesale \$50,000 Retail \$99,000)
- Lettuce yields average 40,000 heads per year (Wholesale \$72,000; Retail \$120,000)*
- Spinach yields are 50lbs week or 18,250 lbs per year (Wholesale \$18,250 Retail \$32,850)
- Strawberry yields 7000 lbs per year per container (Wholesale \$28,000 Retail \$42,000)

Examples of Cannabis Yields/Micro Grower Opportunities

- 4 - 6 container farms equal one Micro Cultivation / Micro Processing / Nursery facility
- 1 Clone / Seedling Container, 1 Vegetation Container, 2 Flowering Containers can yield over 450 kg of dried cannabis per year (Wholesale \$2,250,000; Retail \$4,500,000)
- 6 container farms can be customized to facilitate the 600kg maximum Micro Processing yield

*Alberta.ca - Alberta Direct Market Average Fruit and Vegetable Prices 2017/18 Growing Season





Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Electronic Speed Signs a Reminder:

Foothills Protective Services arranges for our electronic-message speed sign to rotate through our communities. One of our greatest complaints is speeding. In summer, of course, we're all outdoors hoping to enjoy our surroundings and there's lots of competition for use of our roads. Just a friendly reminder, to us all, to follow the speed limit and drive safely.

Highway 762 Racing: Residents who live along Highway 762 and 22 experience a lot of noise and speeding motorists, who visit the area in the nice weather months. This year is

no exception. Foothills County and RCMP officers are making this area a priority for enforcement. On June 13, 2019, RCMP forces were able to stop a motorcyclist from Calgary, who was racing at 224 km/hr in a 90 km/hr zone. She is now be facing charges and a mandatory court appearance as a result of her actions. Thankfully no one was injured, but such behaviour is a concern for people who may be collateral damage or may want some enjoyment out of their summer.

Bow River Working Group (BRWG)

Update: The Alberta Government is reconvening the BRWG for the purpose of investigating large-scale storage options on the Bow River to mitigate both flood and drought (water security). I am pleased to represent Foothills County, along with Julie McLean, to participate in this second stage of input into this exciting project. At present, a number of options are being evaluated by consultants, engaged by the Province. The BRWG consists of numerous stakeholders who will provide input throughout this process as options go through a high-level screening. So much work is yet to be done that none of the options will be considered viable until full investigations and consultations occur, a process that will be many years in duration. More information will

be provided by the Province as they determine timing.

Priddis Stampede Breakfast: Summer fun in the neighbourhood takes place on Sunday morning July 7, 2019, at the Priddis Community Centre from 8:00 am to 12:00 pm. Check the PCA article in this HCN issue for details and cost. Your support will help build our community projects.

Apollo 11 Moon Landing - 50th Anniversary Event at RAO:

On July 20, 2019, the Rothney Astrophysical Observatory (RAO) is hosting a special daytime event featuring presentations and activities that will commemorate this great achievement. Speakers will focus on the exploration of the moon and this lunar mission. Family fun activities will include moon music, an exhibit of images from Apollo 11, rockets, solar observing, lunar science fiction, and much more. For more info: www.ucalgary.ca/rao. Gates open at 11:30 am. Programs at 12 pm and again at 3 pm. Tickets are \$10/person. Purchase them at: www.eventbrite.ca/e/50th-anniversary-of-lunar-landing-tickets-62743571712

Check out FireSmart information:

www.firesmartcanada.ca to see what you can do on your own property. Contact our Foothills Fire Department if you want them to visit you to provide some



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specific FireSmart advice about your home, yard, etc. call 403.603.3576 to discuss with Foothills Fire Department - Inspector Cody Zebedee.

Air Quality: We are pleased to have the Calgary Region Airshed Zone (CRAZ) Portable Air Monitoring Lab (PAML) operating in Foothills County for six months to monitor Air Quality. Our thanks go to CRAZ for organizing the Clean Air Day Fair on June 5, 2019, and locating the PAML in the County at the Crescent Point Field House. Air Quality is everyone's business! As we know, AIR knows NO boundaries, which we have experienced significantly with the wildfire smoke last summer and in May/June 2019. Having PAML at this highly visible location will bring conversation here, create awareness and opportunity for education and give us some data. Foothills County actively considers Air Quality with initiatives to reduce dust, odour and other emissions in the areas of transportation, agriculture, planning & development, efficient municipal buildings, policies and implementing a new burn-permit process. Also, we participate in provincial South Saskatchewan Regional Plan reporting and continue as a member of CRAZ. For air quality in the region and info on how to respond to wildfire smoke, check out the CRAZ website: craz.ca; For the smoke forecast: firesmoke.ca/forecast/current; For the current wildfires map: wildfire.alberta.ca; For the Air Quality Health Index App: airquality.alberta.ca.

Spray Lakes Forest Management Plan (FMP) 2020: For those who are neighbouring the public lands of Kananaskis Country, you may be interested in this on-going engagement with the public, as Spray Lakes Sawmill develops their FMP 2020. If you are interested in learning more about their plan, please see the information package, Public Participation Program document and opportunities to comment, at: www.spraylakesawmills.com/forest-management-plan-update-want-input-2/



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YAHOO! Summer is finally here and along with that is Stampede fun. There is something for all age groups at the parades, breakfasts, rodeos and country fairs. Check out the calendar of events for activities throughout the County for July and August. With school out for the summer, be mindful of the speed limit of 40 km along the Priddis Valley Road as children are walking and biking to the playground at the Hall. Motorcyclists and bikers are out as well so be aware of them along Hwy 22X. For everyone's safety, cyclists need to be travelling single file along all roadways throughout the County.

Priddis Stampede Breakfast - July 7th: The annual Priddis Stampede Breakfast is on Sunday, July 7th, 8:00-12:00. Bring your family and join your neighbours for a great breakfast, music and lots of activities for the kids, including a bouncy castle and face painting. Free parking is available in the Foothills County lot off Priddis Valley Road, just north of the View & Brew. You will be transported to the Hall and back by horse and wagon. The Priddis Volunteer Fire Fighters will be cooking up the pancakes again this year. Azuridge Resort is kindly sending their Chef and helper to keep things running smoothly in the kitchen. The Fire Fighters will have a fire truck and equipment on site for display. If you are looking to volunteer and haven't signed up yet, you can contact priddissecretary@gmail.com. See you at the Priddis Community Hall on July 7th.

Priddis Millarville Fair: This is the 112th year. Mark your calendar for Aug 17th & 18th, from 9-4:00 each day. Cost is \$5 per person per day, children 8 and under are free. Lots to see and things to do, including purchasing items made, baked, or grown in Alberta. Learn about Alberta's agricultural history, touch the animals, and watch horse riding events. Lots of contests to experience: pie eating, watermelon eating, rooster crowing or youth talent. View the antique tractors, cars and trucks. Support local farmers and crafters, while browsing the judged entries.

Anyone can enter as an exhibitor. Check out the 2019 Priddis & Millarville Fair Book for the full range of fair activities. A copy can be picked up at the Priddis Store or Priddis View & Brew. Email fair@millarvillercetrack.com

Priddis Hall Rental Rates: The hall rental rate structure and policies have recently been updated. The goal was to simplify rates and policies to make rentals more flexible and accommodating. Visit the Priddis Community Association Hall Rentals webpage for more information or to reserve the hall for your upcoming events. We still have plenty of 2019 dates available during the summer and fall to accommodate weddings, birthdays, picnics, meetings, fitness classes and much more. www.priddisalberta.com/book-hall

Priddis Early Learning Program (PELP): The last day of class for the preschool was June 14th. They will

be returning in September. Over the summer, 2 sessions of Summer Camps are being offered at the Priddis Hall: July 8-11th and August 19-22nd. If you are interested in signing up your 4-6 year old, contact: lindsaykflynn@gmail.com These sessions are filling up fast.

PELP's fundraiser, Mabel's Labels is ongoing. Great labels for kids' things, e.g. jackets, t-shirts, pants, hats and shoes. We appreciate all your orders as 20% of sales through the link come back to our community preschool.

The 3 and 4-year old programs are full, with a waitlist for 2019-2020. Contact pelppreschool@gmail.com for more information on this local program.

Parent & Tot Playgroup: The drop-in playgroup meets the first Friday of each month at the Hall. The group will not meet in July or August for the summer break but start up again in September. No fee is charged to attend. If you are

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new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddisalberta.com.

Fitness at the Hall: Check out our website to see when Jazzercise and Yoga classes are scheduled at the Hall.

Priddis Multi-Purpose Building: To complete Phase 1 of the Outdoor Rink Rebuild Project, the Multi-Purpose Building Committee set a goal of \$100,000. So far, \$70,000 has been raised with this current fundraiser, corporate donations, 50/50 ticket sales at 2 Flames Games, 50/50 ticket sales at the Hitmen Teddy

Bear Toss, and grants. An additional \$30,000 is needed to complete Phase 1 so the Committee is looking for donors and corporate sponsors. If you would like to donate, contact Dave Thompson at 403.921.3640 or email priddishockey@gmail.com.

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

Staying Connected: Did you know that along with The Priddis Community Association's webpage we have a few Local Facebook pages to keep the community connected?

These are great resources for seeing what is going on in the community, asking questions, finding out about local businesses and so much more. Be sure to check out the following Facebook groups:

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

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

Preparations Underway For 57th Christ Church Millarville Flower Festival

The Annual Flower Festival at Christ Church Millarville, will be held this year on Saturday, July 13 and Sunday, July 14th. The strawberry jam has been made, the scones have been ordered and invitations and announcements extended. With the help of the Horticultural Club, the Church, the Church house, the grounds and the cemetery, will be beautifully decorated with baskets and containers filled with gorgeous floral arrangements. Donations of cut or potted flowers are always greatly appreciated and should be brought to the Church by 6:00 PM Friday, the 12th.

Christ Church Anglican Church was officially opened in May 1896. Rev R. Murray Webb-Peploe, an Anglican priest who had come from England in 1894 to ranch. He donated the land and oversaw the rather unusual construction of the church built of spruce logs laid vertically, rather than horizontally. This caused some concerns with local residents and they refused to pay the contractor until the church withstood the strong chinook winds that are so prevalent in the spring. As it turned out, the church not only survived, but is still active today. Services are held every Sunday at 11:30 under the leadership of Rev Allen Getty and Rev Gordon Pontifex.

The "tea" of scones, homemade strawberry jam and real whipped cream will be held in the Church House, which is situated on the same grounds

as the Church. It was built in the 1950s and is a popular gathering spot for many groups and functions through the year. This facility is wheelchair accessible.

Please join us for tea at this beautiful venue on Saturday, July 13th from 11:00 am to 3:00 pm. The cost of the tea is \$6.00 for adults and \$3.00 for children under the age of 6. Everyone, young and old and in-between, is invited to join in this special occasion.

Everyone is also welcome to attend our church service on Sunday, as all floral arrangements will still be on display. Of course, you are welcome to visit this historic church on any other Sunday as well.

Christ Church Millarville is situated on Highway 549 about 5 km east of the Millarville Race Track between Millarville and Okotoks.

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We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in Something Bigger Than Ourselves through faith, love, grace, and compassion. We believe this is what Jesus is all about.

Did you know that we welcome cyclists and hikers to leave their vehicles in our parking lot free of charge? Lots of folks use our parking lot to car pool for various reasons. Check it out. You are also welcome to come in for water or to use our washrooms during office hours – a nice pit stop on the way into Calgary and before you head into all that construction on Stoney Trail! Take a moment to recharge in our beautiful Memorial Garden on the west side of the church. We are located on Highway 22X, five minutes west of Spruce Meadows.

Upcoming Events and Programs:

Stampede Breakfast

Sunday, July 14 at 9am

Wrap up an awesome week of stampeding by attending our annual Stampede Breakfast. Everyone is most welcome. Bring your friends and neighbours!

Camp Caravan

August 19 - 23, 2019

Offered by St. Andrew's Regional Ministries

Looking for a great summer camp for the kids? Camp Caravan is a summer day-camp experience for children in preschool to Grade 6. It is filled with epic Bible-learning experiences children will see, hear, touch, and even taste! Through small group activities, sharing stories of feeling God's power at work, and team-building games, everyone will be kept on the move, as we find creative ways to discover God's mighty power and love. Register at www.andychurch.org/CampCaravan.

On the Edge Concert Series 2019-20

The line-up for our next concert series has been announced and you won't want to miss it! Watch for Shannon Gaye & The Kristian Alexandrov Trio on October 18, The Western Swing Project Band on January 19, Scott Ainslie on March 6 and John Reischman and the Jaybirds on May 1. Season tickets are now on sale at reddeerlakeuc.com/tickets – only \$80 per person for all four concerts.

For more info about our programs/events please call the church office or visit reddeerlakeuc.com
Your Friends at Red Deer Lake United Church
403.256.3181, office@reddeerlakeuc.com
Sunday Worship: 10:30am

57th Annual Flower Festival

Sat. July 13 & Sun. July 14
Christ Church Millarville

Tea served on Saturday only
11:00 am to 3:00 pm
Cost: \$6.00
Children 6 & under: \$3.00

Church Service
Sunday at 11:30 a.m.

All Are Welcome



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July 28th · 9:30am
HOLY EUCHARIST

August 4th · 9:30am
HOLY COMMUNION

August 11th · 9:30am
HOLY EUCHARIST



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WOW – What a Success: The Chili Cook-Off and Dance at Square Butte Hall on Hwy. 762 was a resounding success with 15 fantastic and varied entries in the Chili Cook-Off. The Chili King lost his crown to a Chile Queen as Mary Ann Watson took home first prize and Laura Kendall took second. Plans have already begun for next year's revenge contest. You have been warned. It promises to be a bigger and more exciting event. Check out the pictures on our Facebook page at: squarebuttehall.com.

The Ranchman's Valley: If you have not recently travelled the scenic Hwy. 762 route between Hwy. 22 and Hwy. 549, you are missing out. The views along the roadway are spectacular as you travel this historic ribbon of highway that separates the prairies from the mountains.

Square Butte Hall: Nestled in the Foothills, along Highway 762, the Square Butte Community Hall has been a gathering place, and heart of the Community for many years. With a fantastic view of the rolling foothills, and the mountains beyond, our Community Hall in its country setting is the perfect place to host your own special event, or join us for one of our events. Email contact@squarebuttehall.com.

Summer BBQ, Saturday, July 27: 6:30 PM, Square Butte Community Hall at 290132 Hwy. 762. All are welcome – Come join us for this fundraiser event for the Square Butte Hall.

4H Beef BBQ Dinner with Live and Silent Auction, cash bar, and live music after the auction.

Donated Items: Some silent auction items to pique your curiosity are:

1. Large, Robert Bateman Wildlife Framed Print
2. Beautiful Handmade Queen Size Quilt

We have hand-made jewellery, wine picnic baskets, gift certificates, personal

service certificates and many other items for your interest and pleasure. Watch our website for updates. We accept cash or cheque for auction items.

Cash Bar is open at 6:00 PM (viewing and bids on silent auction items). Most excellent BBQ meal with live auction to follow. Cost: Community Association Members: \$30, Non-Members: \$35

Reserve your tickets: E-transfer funds to: sq.butte.comm.assoc@gmail.com. (Security question is 'What country do we live in?')

Upcoming Events: We Never Rest

Sunday, September 15th: Family Games and Pot Luck – Adult and Children's Games

Saturday, October 5th: Oktoberfest – Bring out your lederhosen

Saturday, November 2nd: Turkey Bingo – Just in time for Thanksgiving

Saturday, November 23rd: Ladies Only Event – Featuring Women Entrepreneurs

"You don't need to live in our Community to enjoy the hospitality of our Community"

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



ASCCA BioBlitz Blooming Success

On Saturday, June 8, 2019 forty-four people joined us for our 8th annual BioBlitz. As we set up for the event, the mule deer were poking their heads through the forest and the red-tailed hawks were calling from their nest. Nature enthusiasts of every caliber arrived during the day: early birders, insect enthusiasts, plant personnel, mammal moguls, passionate photographers, and happy hikers. Each one determined to find as many plant and animal species on the ASCCA as possible.

At the Welcome Station each participant collected their ASCCA Passports, scavenger hunt, field guides, and BioBlitz maps. The first stop on the map

was the nocturnal station in the Tipi. The nocturnal game unveiled several of the species living on the ASCCA after dark. Our most stealthy species, they run the Cross Conservation Area when we close to the public at 11:00 PM every night.

The second station was dangerous; however, the educators were able to contain the monsters of the deep found in our teaching pond. Closed to the public to help prevent erosion, our teaching pond was accessible to BioBlitz participants for the day. In the pond we have many tadpoles and invertebrates ranging in size from the 5 centimetre diving beetle larvae to the microscopic seed shrimp and daphnia. A red-wing blackbird was flying guard for its nest, and we were lucky to spot a Baltimore Oriole (the bird kind, not the batting kind), a familiar resident on the Cross Conservation Area.

On the south facing slope there is a large diversity of native wildflowers and plants. The plant station remedied any sicknesses developed on the trail by providing participants with a depth and breadth of knowledge of different medicinal plant species. The Buffalo Bean is the second flower to bloom in the spring and historically signified the

bison migrating back onto the prairies. Participants also enjoyed smelling the aromas of prairie sage and observing the trough shaped leaves of the lupine used to capture rainwater.

The Incredible Insect station bore witness to three separate battles on the Cross Conservation Area: Our infestation of the linden looper caterpillars who have been munching on the Aspen leaves and underbrush. They travel fast on their threads of silk. A fierce battle with the ants who were protecting their herd of aphids from predation. The Aphids provide the ants with honeydew while the ants protect the aphids from ladybugs (a gardener's friend). A similar battle occurred a week before the event when a black bear carved out the center of the ant nest looking for tasty treats.

Call of the Cougar was the station found at the mountain lookout. At the station, participants were challenged to jump the six meters of a cougar pounce. A cougar skull and fur were presented along with information of the elusive species. With a 360 degree view, the station witnessed a red fox being chased by a protective mother mule deer.

Thanks to all who attended, we identified over 160 species! 'Till next year...

Zachary Mager

Furnace & Duct Cleaning FAQs Answered: Part 1

Hot Pepper Furnace and Duct cleaning would like to thank all of our repeat customers for continued support over the years. It is always our proud moments that matter the most to us - when we provide great services, earn your trust and receive your warm referrals shortly thereafter. We promise to continue delivering the same level of professionalism with high integrity. For any new potential customers, Hot Pepper Furnace and Duct cleaning is proudly serving beautiful Bragg Creek and all surrounding areas, including Redwood Meadows, Priddis, Millarville, Okotoks, Calgary, Springbank, Cochrane and Airdrie. We strongly stand behind our work and guarantee top quality when performing furnace and duct cleaning services by utilizing our specialized truck mounted heavy-duty professional equipment and powerful air compressors, along with our Technician's in-depth, hands-on knowledge, and caring personality.

We also offer power disinfectant applications, professional cleaning of dryer vents, central vacuum systems and fireplaces. Hot Pepper Furnace® has gained a great reputation for having a major priority focus on customer satisfaction and maintaining an excellent A+ rating with the Better Business Bureau (BBB). We truly value our client's reviews and always work hard to achieve POSITIVE feedback for the work performed. Proudly offering all of our services at the level of prices that is highly competitive: **mention this article and receive 15% OFF* the Furnace and Duct cleaning services** (*Offer expires August 31, 2019).

There are few interesting FAQs that we'd love to share with you:

• What are the benefits of cleaning my HVAC system?

Homeowners often will argue on the benefits of cleaning their HVAC system. It is a known fact that your HVAC system gets all kind of dust, debris, mould, pet hairs, bacteria, germs, etc. There are two main valid reasons why you should definitely clean your HVAC

system regularly (usually, every 1.5 - 2 years, depending on the number of home occupants, their health condition and the level of indoor pollution):

1. Various dust and dirt greatly impacts the efficiency of your furnace system. This often causes higher than normal heating costs and eventually expensive emergency repairs when the system breaks down unexpectedly during the cold winter months when the furnace is working non-stop trying to maintain set temperatures. Regular furnace cleaning will also take care of the required maintenance as it includes complete inspection of the furnace system and all of its components.

2. Indoor air quality is greatly affecting the health of all home occupants as common bacteria, germs and microscopic dust mites substantially reduce the quality of air. Allergies, COPD, headaches, asthma, sneezing, itchy and watering eyes, dry coughs and other chronic breathing problems are often the result of poor air quality that circulates in your furnace system and ductwork. Ensuring regular cleaning of your HVAC system will greatly improve the air quality in your home.

NEXT MONTH we explain:

- Methods of Furnace and Duct cleaning
- Power Disinfectant Application
- Furnace Chimney cleaning
- Dryer Vent cleaning
- Fireplace cleaning
- Central Vacuum System cleaning
- Carbon Monoxide Detectors

Wishing everyone a safe and happy summer!

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Millarville Community School News

Edited by MCS Students, Alyssa, Reese, Jack and Heidi

MCS Sports: Success In Track and Field

By James, Nathan, Micah and Shona

Millarville Community School sent 29 students to divisionals, held at Holy Trinity Academy. Shona, Amelia, Micah, Filip and Hannah finished in the top two and they moved on to Zones. This year at MCS we had a record breaking number of students join the Zones competition. All students in Zones placed in the top six, with Amelia Lomas placing number one in Bantam (Gr. 7) Girls Javelin. Amelia is the first Zones Champion in our school's history! Congratulations, Amelia! Thank you to all athletes, coaches and volunteers who assisted with the Track and Field season.

Adventure at the Zoo

By Amber and Dominique

On May 31st, Kindergartens and the Grade One students went to the Calgary Zoo, on a fantastic adventure. In groups of four with a chaperone, they went and explored exhibits, including penguins, and other unique animals as part of their PYP unit. "A Penguin was trying to eat my hair," a Grade One student recalls. "I liked the



Gr.7s and 8s taking a break at the Track and Field Divisionals at Holy Trinity Academy!

lions at the zoo" another student stated. All students enjoyed their time and are looking forward to going back again.

Grade 5's Support Organ Donation

By Bailee, Kaja and Dalton

Gr. 5 students, Bethany, Payton, and Landon, have been raising awareness for Organ Donation as part of their Gr. 5 Primary Years Program Exhibition. They will be giving out bookmarks at the Millarville Run to the Market event to raise awareness. The Gr. 5 organ donation group thinks raising awareness for organ donations is very important because more people every day get organ sickness including Diabetes, Hepatitis, Cystic Fibrosis, and other diseases. Please join the Gr. 5s to help raise awareness for Organ Donation by visiting the website myhealth.alberta.ca

12th Annual Millarville Fair: On August 17th and 18th, the Millarville Fair opens up and the events start

By Stetson and Amelia

The Priddis and Millarville Fair is one of the most exciting events in our area. The Fair is the place to come and play with the animals, view the creation of local artists, gardeners, photographers and wood workers. They have antique tractors, cars, trucks, and horse riding events of all types. There are

contests – pie eating, rooster crowing, watermelon eating, and youth talent. There's so much to see, and it sure is an event to remember. Entrance fee is \$5 per person and 8 years old and under are free. See you there!

Teen Summer Library 2019! Millarville Community Library hosts another Teen Summer Library Experience (TSLE)

By Stetson and Amelia

The Teen Summer Library Experience is an online, summer-long program. Anyone between 8 - 17 are welcome to participate in a variety of challenges. For each challenge you complete you earn points. Plus each participant earns individual prizes depending how well you did in a challenge. Each week everyone who is participating is entered in a book draw. Whoever has the most points earns the GRAND PRIZE!

Tipi Repitch

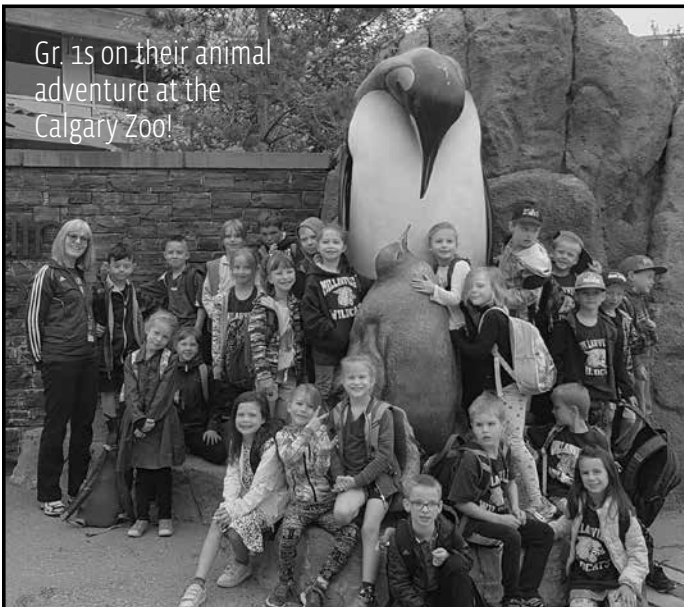
By Evon, Wyatt and Tyree

On June 21st Millarville repitched the school tipi to make sure it will hold up to the winds and weather. Parent volunteers and students assisted with taking down the tipi cover and then restacked the poles before replacing the cover. Many thanks to the volunteers who came out to help!

Fun In The Sun

By Evon, Wyatt and Tyree

Fun In The Sun is a whole school outdoor pursuits activity day that took place in June at Millarville Community School. Kindergarten to Grade 8s working in class buddies participate in fun activities around the school like roasting marshmallows, the cooperative spider web game, hike and sketch, and a scavenger hunt. Thanks to Ms. Olver for organizing the event schedule.



Gr. 1s on their animal adventure at the Calgary Zoo!



TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well June was a pretty nice, sunny month, sure nice to be outside on a regular basis. We could use some more rain for sure. Parade Day was a great success, tons of people in both towns, and the weather was fabulous for it. The kids are out of school now, and there's lots to keep you all busy this summer in our Foothills community.

The Boys and Girls Club of Diamond Valley and District have Summer Camps available for ages 5-12. They run from 7-6 during the week, and some of the theme weeks include Carnival, Science, Swim, Art, and Master Chef Weeks. There is also a free youth drop in on Friday nights (excluding holidays) from 6-8pm for ages 11 and up. The drop in includes free roller skating, air hockey, access to computers and wifi, and there's also a shuttle bus from Turner Valley to get your kids there. The drop in is held at the Club, upstairs from the Oilfields Arena. For more information or to register for Summer Camps, call the Boys and Girls Club at 403-933-4066.

Ann and Sandy Cross Conservation Area offers Summer Day Camps as well, for ages 6-15. They have a Leadership Camp and also a Nature Safari Camp. The Day Camps run from 9-4 during the week. For more information or to register, call 403-931-2042 or check out crossconservation.org.

The Leighton Art Centre puts on Summer Day Camps as well, the theme for these camps is Art and Nature. These camps are for ages 6-14 and they run from 9:30-3:30. For more information or to register, call 403-931-3636 or check out leightoncentre.org.

Crystal Solomon is having Children's Art Camps through the Sheep Creek Arts Council for the four weeks starting July 8 til August 23. There is a chance for partial subsidy for a few students, and classes are filling up. To register or find out more, call 403.708.6602 or visit crystalsolomon.com. The Arts Council is also having a Quilt Retreat from August 6-9 from 10am-9pm. This is a chance to finish any projects you got stuck on, and Joyce Brown will be on hand to help with any problems or questions. The cost is \$50 for all 3 days and please register soon. SCAC is located at 133 Sunset Boulevard in Turner Valley, and to register call 403.931.3989. Their mandate is to provide low cost classes in the visual arts.

Also our **Sheep River Library has their Summer Reading Program**. It's a free program for kids aged 4-10 that meets once a week over the summer. They read stories, play games, make crafts, and this year's theme is Natural World. The Program starts July 10 and runs for 6 weeks. There will be separate sessions for 4-6 year olds from 10-11am and 11:10-12:30 for 7-10 year olds and both will take place on Wednesdays. Registration is open now, drop by our beautiful library or call 403-933-3278.

Our community offers some outreach programs and support groups for parents. **The Foothills Parent to Parent Support Group** can help if you're worried about your teen or young adult. It's confidential, for more information, call

403-995-2626. Or the **Parent Link Centre** offers outreach programs for our towns, for more information on this program, call 403-652-8633.

The annual **Diamond Valley Music Fest** will be held on Canada Day, July 1. There will be live local bands all day long, market vendors, and fireworks at dusk. The Legion will be running the beer gardens and the restaurant will be run by the Legion's Bunker 78. Also kids activities will be part of the Festival. For more information, visit town.blackdiamond.ab.ca. The Music Fest will be held in Erma Brown Park at 611 3 Street in Black Diamond, that's behind the Oilfields Arena.

The annual **Black Diamond Car Show** will be held on July 28 from 10-2. This is a huge car show that Marv's Soda Shop started years ago, and has been taken over by a lovely group. Very glad that the tradition continues! Admission is by donation, with proceeds going towards the Brain Tumour Foundation of Canada. There will be a pancake breakfast at 11:00 put on by the Turner Valley Legion, and tons of cool cars, trucks, and bikes to see. You must register your vehicle if you want to participate in the Car Show, for registration or more information, call 403-931-2081, or email thumbsupassociation@gmail.com. Check them out on Facebook at Black Diamond Car Show.

Our neighbours to the South, Longview, are having their annual **Little New York Daze** on the weekend of July 20 and 21. Festivities include a Parade, slo pitch tournament, car show, church in the park, pancake breakfast, kids activities, and much more. For more information, visit longview.ab.ca.

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Across the Foothills in *Millarville*, the **annual Rodeo** is coming up July 19-21. There will be kids activities, including the famous mutton busting, the Farmer's Market, a family cabaret on Saturday night, and of course Rodeo all weekend long. Camping is available. It will be held at the Millarville Race Track. For more information, visit millarvillrace-track.com.

Also near Millarville is the famous **Millarville Flower Fest** on July 13. The Millarville Church, grounds, and cemetery will all be decorated with beautiful flower arrangements, potted flowers, and hanging baskets. They will be serving a Tea with scones and homemade jam as well in the historic log Church. This is the 57th anniversary of the Flower

Fest. It runs from 11-3 at Millarville Christ Church on Highway 549.

The **2nd annual Ride for Flights in support of STARS Air Ambulance** is scheduled for July 27. This one of a kind motorcycle poker ride features breakfast, a ride through our gorgeous Kananaskis, a BBQ, and great prizes. For more information or to register, call Tyler at 403.333.9605 or check on Facebook.

The **41st annual Ride for Sight** is on July 21. Meet up in Bragg Creek for a 9:30am registration and show and shine. At Noon kickstands are up and the ride starts. Head on back for fun and games afterward. This event has raised over 26 million dollars in 40 years and is a great Canadian tradition. For more information or to register visit rideforsight.com.

The **Leighton Art Centre** is hosting a new exhibition called "**A Point on the Horizon**". A horizon is a fine line that divides the visible from the invisible beyond, or the boundary between the known and the unknown. Join emerging artists as they explore the horizon. The Leighton Art Centre is an Art Gallery, Museum, and Art Education Centre and is located near Millarville. The exhibition runs until August 4th, and they are open Tuesday through Sunday from 10-4. For more information, call 403-931-3633 or visit leightoncentre.org.

Alberta Health Services offers screening mammograms to women who live in rural communities. 80% of women who develop breast cancer have no family history at all. Having routine mammograms is the best way to find breast cancer early, before symptoms develop and treatment may work better. The mobile screening is coming to Black Diamond on July 11-13. To book an appointment and to confirm the screen test dates, call 1-800-667-0604 or visit screeningforlife.ca.

It's Stampede time again! Our local **Turner Valley Legion #78** will be hosting their **annual Stampede Breakfast** on July 6 from 9-12. Everyone is welcome! The breakfast will be at the Legion, for more information, give them a call at 403.933.4600.

If you have any events happening in August that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is July 15.

Happy Summer!
Elaine Wansleben

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The Most Beautiful Art Tour in Alberta

Showcasing the natural and artistic beauty of southern Alberta, all within a 45 minute drive from Calgary, seven Foothills artists and art organizations on the southern outskirts of Calgary come together to host "The Most Beautiful Art Tour in Alberta". The beautiful environment of the area has inspired many of the artists whose works the tour features.

From the Millarville area, through Turner Valley to Black Diamond and on to Okotoks, along HWY 22 (The Cowboy Trail) and HWY 2A, three galleries - The Leighton Art Centre, Bluerock Gallery and Lineham House Galleries - and four artists' studios - Kristoferson Studio, Mady Thiel-Kopstein, Eversfield Ceramics and Firebrand Glass Studio* - periodically arrange to be open the public simultaneously.

On June 15th, you are invited to join in and come for a tour of our galleries and private studios located in the stunningly beautiful foothills of southern Alberta!

We're celebrating the launch of the summer with open houses at our artist studios and special events and activities at our galleries.

This is a self-drive tour. Admission to each venue is free.

**Days and hours of operation differ between the various venues. Due to a scheduling conflict, Firebrand Glass Studio will NOT be open on June 15th. A complete schedule is posted on the tour's website: www.themostbeautifularttourinalberta.com.*

About these organizations and who to contact for more information:

Leighton Art Centre, Foothills AB - An unrivalled location with pristine foothills and mountain views, this museum and gallery also has educational programs to foster creativity for generations to come. www.leightoncentre.org

Kristoferson Studios, Turner Valley AB - Another spectacular location views of the Kananaskis area, this is a private studio of Susan Kristoferson, an accomplished fibre artist who creates paintings from papers. www.kristoferson-studio.ca

Mady Thiel-Kopstein, Turner Valley AB - Mady's paintings, frequently inspired by her time spent in nature, conjure up the atmosphere and depth of

multiple layers of colour and light, stirring a certain familiarity and a strong connection with the natural world. www.mady.ca

Bluerock Gallery, Black Diamond AB - A gem of a destination gallery - with stunning art, discerningly curated, and impeccably presented. Fine art and fine craft, in almost every media, created by (mostly) Alberta artists. And complimentary gift-wrapping year round! www.bluerockgallery.ca

Firebrand Glass Studios, Black Diamond AB - Home to award winning artists Julia Reimer and Tyler Rock, whose work is in the collections of the Emperor and Empress of Japan and the Prime Minister of Canada. www.firebrandglass.ca

Lineham House Galleries, Okotoks AB - Housed in a beautiful 110 year old Registered Historic Alberta Resource home, Lineham House Galleries strives to bring together the creative best of the region, featuring group shows every quarter and offering fine artisanal items for heart and home. www.linehamhousegalleries.com

Eversfield Ceramics, Foothills AB - David Barnes is an exceptional potter and sculptor whose work has been featured throughout England, France and Canada. He now calls the Foothills region home and shares his talent & expertise by teaching students of all ages and skill levels. www.eversfieldceramics.com

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The summer months usually mean vacation - time away from work; time to relax and do the things that give us joy. I had the privilege of escaping the tail end of our winter to enjoy the extended summer New Zealand was experiencing in March and April. One of my favorite activities is, of course, reading and I was able to get through ten titles in my five weeks away. So, I thought I would like to draw your attention to some books that you may want to dip into. For me, summer is a time for "light fiction". This lies somewhere between gruesome serial killers (better for winter reading) and "brain candy" books (taste great but empty calories). Over the past year I have discovered four authors I particularly enjoyed that fit into this category. The characters are believable, the plots interesting and the themes relevant. So perhaps you may wish to pick up a couple to read as you swing in your hammock with a cool drink close at hand.

Kristyn Kusek Lewis has three novels under her belt. *Save Me* is a heartbreaking and wise novel about every woman's nightmare: infidelity. Daphne, the protagonist, is living her dream life until her husband comes home one day and tells her he's in love with someone else. In *How Lucky You Are* we see three women struggling to keep their longstanding friendship alive. *Half Of What You Hear*, Lewis's most recent offering deals with a woman moving to a small community and uncovering the many secrets that hide behind closed doors. Lewis's novels are perfect for readers who are fans of Liane Moriarty and Elin Hilderbrand.

Sarah Jio has ten novels to date. I highly recommend *The Bungalow*, a sweeping saga of thwarted love, murder, and a long-lost painting, set both in modern times and in Bora Bora during World War 2. *Always*, alternating between that past and the present, is a beautifully unfolding exploration of a woman faced with an impossible choice, a woman who discovers what she is willing to save and what she will sacrifice for true love.

Katherine Center writes bittersweet comic novels about how we get back up after life has knocked us down. She writes

about hope, and how to hold onto life's joys, even in the midst of all its hardship. I recommend *Happiness for Beginners* and *How to Walk Away*. *Things You Save In The Fire* will be published in August and we will have it in the collection as soon as we can.

If none of these appeals, you might like to try Deanna Rayburn, who provides an enjoyable read with light-hearted murder mysteries in the style of Agatha Christie. Rayburn sets her serial novels in the late 1800s and 1920s. I mention her here because her novel *Silent In The Grave* has the best opening lines I have read in a while:

"To say I met Nicholas Brisbane over my husband's dead body is not entirely accurate. Edward, it should be noted, was still twitching on the floor."

I know I focused solely on books for women by women this month so if you are a husband whose body hasn't reached the twitching stage, I shall do the opposite next time and provide titles aimed at the male audience.

If you'd rather watch a movie instead of reading a book (Shock! Horror!), don't forget that we have Family Movie Nights starting July 11 at 7pm. Titles are available on our website.

Is It Time For Your Mammogram?

Screen Test is coming to Black Diamond on July 11 - 13, 2019.

Call 1.800.667.0604 (toll free) to book a mammogram.

Alberta Health Services – Screen Test brings breast cancer screening to women across Alberta with its mobile mammography clinics.

Why should I get a screening mammogram?

A screening mammogram is a special X-ray of your breast. Once you're over 50, it is the best way to find breast cancer early. Screening mammograms can help find breast cancer when it is very small, 2-3 years before you or your doctor can feel it. The earlier breast cancer is found the better treatment can be. In fact most women (about 90%) are now surviving breast cancer 5 years after diagnosis.

Who should get a screening mammogram?

Women 50 and over should plan to have a mammogram every 2 years and may self-refer. Women 40 - 49 should discuss the risks and benefits of screening with their doctor, and need a referral for their first appointment. There is no cost for this service. For more information visit: www.screeningforlife.ca/screentest.

Here are some common myths and facts about breast cancer screening:

Myth #1: Only women with a family history of breast cancer will get it.

The truth is, 80% of women who develop breast cancer have no family history. So it's important to understand that you are still at risk for breast cancer even if no one in your family has ever had the disease.

Myth #2: Mammograms can cause breast cancer or cause an existing cancer to spread.

Mammograms require very small doses of radiation. Research confirms that the risk of harm from radiation exposure by mammography is very low. The benefits of the earlier diagnosis and treatment of breast cancer far outweigh the risk of the small dose of radiation received during a mammogram.

Myth #3: Monthly self-breast exams are the best way to find breast cancer.

What is most important is that women know how their breasts normally look and feel – from the whole area of breast tissue up to the collarbone and including the armpit. While it is not necessary to have a regimented method for checking your breasts, call your healthcare provider right away if you notice any unusual changes.

For more information, visit www.screeningforlife.ca

SCREENING FOR LIFE.CA Screen Test

Screen Test is coming to your community.

If you are a woman 50 to 74, you should plan to have a screening mammogram every two years. Results will be mailed to you and your doctor.

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July 11 -13, 2019**

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The doorbell rang. Julie stood on my doorstep, leash in hand.

“I’ve been looking after the MacIvers’ dog while they are in Florida,” she said, “but my sister’s sick. I’m going to spend some time with her. Could you, would you, have Amber at your place till the MacIvers get back?”

“Well, I guess I could...” I hesitated. “I’ve never had a dog. She is house trained, isn’t she?”

“Oh yes! She’s really very well behaved. You’ll enjoy her. She needs to be taken for walks, but you go out walking anyway, don’t you?”

“Yes, I do. Okay, I’ll do it. They’re back on the first of the month, aren’t they?”

“That’s right. I’ll bring Amber’s food and everything tomorrow.”

“Do that! Come at nine and we can walk Amber together.”

For three weeks, until the MacIvers returned, Amber changed my walks into hers, my routines into hers. I enjoyed seeing her tail wag with enthusiasm when I got her leash, but I could no longer walk just where I pleased.

My usual route was suddenly off-limits. The sight of Amber, or whatever doggy sense knows another dog is near, set two large canines barking furiously. Amber’s jerk on the leash jolted me from any meditation or daydream I was in, and she strained at the leash, up on her two hind legs, forelegs limp in the air, and I feared she was choking. My relaxing strolls, off in my own world turned into a tugging match. That route had to be avoided.

Amber sensed the presence of other dogs long before I did. Suddenly alert, she would get more interested the closer the encounter. Then, how her ears pricked up and then lay down! How close their noses came, then warily sniffed, drew back and sniffed again, sniffing hind ends, getting to know one another.

Gradually I began to understand Amber’s view of life, an exciting new dimension. Eagerly, she strains at the leash, makes some introductions and develops a relationship. Ignoring another dog is never a dog’s choice. Ignoring a human is never a dog’s choice. Owners train their dogs to be

restrained, but the longing in the eyes, and ears pricked up to attention give away the instinct to pursue an encounter.

Not long ago, alone, I had walked the Friendship Trail between Turner Valley and Black Diamond and was approaching the corner at the Post Office. A man and his dog were waiting at the corner. His dog obediently sat at his feet, but watched me expectantly as I came closer and closer. He wanted to greet me, smell my hand, and find out about me. I would have liked to greet him, too, but his master bent to warn him to have nothing to do with me. Obediently the dog sat down again, looking longingly at me as I passed by.

That dog gladdened me because he was glad to see me and communicated it. He couldn’t speak and he couldn’t smile, but I knew his heart. He wanted to bridge the gap that exists between two beings. In that brief non-encounter we had begun to form a relationship. His human owner had ignored me.

When I took Amber for walks I made new friends, met new dogs, met new people. Conversations with strangers and not-so-strangers switched from the weather to breeds, training, and vet bills. Those three weeks with Amber, years before, in a different province, had changed my perspective. Lampposts are for walking past. Dogs and humans are for relationship.



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Ways To Love Your Job: Part 2

Frame how your job moves you closer to your goals

Not only are you learning from your job in an arbitrary way, but you're taking an important step on your journey towards where you ultimately want to end up.

You may dream of someday being a marketing manager for a fashion company, but right now you're stuck in an entry-level customer service role. How is that role making you better? What skills are you gaining that relate to the bigger picture? You're learning discipline and focus. You're learning how to communicate with people clearly and effectively — something that's imperative in both marketing and management. You're learning how to convey value to people and re-sell them on products — again, imperative in a marketing role. You're learning how to communicate with your own managers, the visionaries of the company, and you're learning how to convey your ideas to them in a value-focused way. All of these skills relate directly to the work you want to be doing someday. This is your training ground. Training grounds sometimes come in unusual shapes and sizes — they're not always an entry-level position in the role type you'd like to end up in — but each one is an imperative part of your professional journey. Rather than getting restless, focus on capitalizing on what's important to you.

Treat your work as play

Remember when you were a kid and you were driven by pure curiosity and fun? You don't have to lose that just because you grow up. Your work can have the same quality that your play once did. Instead of approaching work as a chore, or as something to feel pressured by, or stressed about, treat it with the spirit of play. Be curious, be joyful, be open to experimentation.

Have ideas and say, "let's try that," the same way you would if you were a kid playing pretend. Run into problems and get excited by them, because they're an opportunity to solve something. Have your driving motivator (second only to 'success') be 'fun.'

Take pride in your work. Treat it as a reflection of yourself

You're putting your work out into the world with your name attached to it. You're creating content, interacting with other people, driving results. You're creating tangible things and driving an impact on other people.

That's a big (and exciting) accomplishment. Take pride in that. Enjoy the craft of making something you're proud to put your name on.

Note: If you want to be working in a deeply focused state, I'd recommend combining this one in practice with #3, enjoying the process. The two of these together are a powerful combination.

Own your work. Do it not for someone else, but for yourself

At the end of the day, your day-to-day isn't about your employer. It's about yourself. You're in a contractual relationship, and while half of that contract is about meeting your employer's needs, at the end of the day, you entered this relationship for your own benefit. Don't do what you're doing just because it's required (and don't do the bare minimum just to get by). Do it because you want to do it, because it's your job and you take responsibility for doing it well. Do it like there was no one watching and you were just here because you wanted to be here.

When you take ownership of your work, you find you enjoy the process far more than you do when you do it solely out of obligation.

This post was originally published by Praxis, a one-year startup apprenticeship program and career accelerator for young people who want more than college. We combine a 6-month bootcamp with a 6-month apprenticeship where we place you at a high-growth startup working alongside entrepreneurs while also completing our rigorous education experience, which includes one-on-one coaching, self-guided projects, skills training, and more.

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BUSINESS PROFILE:

*Foothills Counselling
Psychology Inc.*

It's a pleasure to introduce myself. My name is Katerina Renny and I am a Registered Psychologist now offering counselling services in the Foothills area. I have recently opened a counselling psychology practice: Foothills Counselling Psychology Inc. on Main Street in Turner Valley, and have a second office south of Bragg Creek. I offer counselling services for both adults and adolescents age 15 years and older, and specialize in Dialectical Behaviour Therapy (DBT), with DBT skills groups set to start in October out of the Turner Valley office. I also offer couples counselling and trauma therapy, specifically I am trained in Prolonged Exposure (PE) for PTSD.

My family and I moved to the Foothills one and a half years ago, after spending a lot of time hiking and visiting the area over the years. It has been a long-time dream of

mine to live in the beautiful Foothills area and I am excited to begin a psychology practice here. My approach to therapy and life tends to be an optimistic one. I believe in the human potential for growth and change, and my main goal in working with individuals is to help them create and build a life that is of value to them, a life that has meaning, and aligns with their long-term goals. In therapy I offer a safe and supportive place to discuss and assess the challenges that bring individuals to seek counselling, and I offer helpful skills and interventions to support them in making healthy changes. Often difficult emotions, impulsive behaviors, grief or loss, current stressors, or past traumas get in the way of meeting our full potential or experiencing life to its fullest. Whether the struggle is with Borderline Personality Disorder, anxiety, depression, impulsive behaviours, the effects of trauma, traumatic invalidation, addiction, grief and loss, current stressors, wanting to find meaning, or looking to build and maintain meaningful relationships, I am here to help. The decision to attend therapy can be a challenging and effective step to help individuals meet their goals, improve relationships, manage difficult emotions, and acquire the tools and

support they need to effectively navigate life's challenges.

I have experience working with individuals with intense emotions, mood dysregulation, and impulsive behaviors. I began my journey as a therapist almost twenty years ago. I first started working in addictions where I practiced as an addiction's therapist for over fourteen years. Since 2015, I have been working as a Dialectical Behaviour Therapist in Calgary at a specialized program providing individual DBT therapy and group skills training to individuals diagnosed with Borderline Personality Disorder. Although I currently primarily utilize Dialectical Behaviour Therapy, Cognitive Behaviour Therapy, and Prolonged Exposure, I am also clinically trained in Solution Focused Therapy and Narrative Therapy. A primary goal of Dialectical Behavior Therapy is to help individuals "Create a Life Worth Living", and as a psychologist in the Foothills, I hope to meet with you or your loved ones to help you build yours. Please contact Foothills Counselling Psychology Inc. for more information at www.foothillscounselling.com.

Katerina Renny



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How is Your Mind Health? One of Our Biggest Fears: The Fear of Failure

How many times have you held yourself back because you were scared to try something? Sometimes it is being afraid to try something new. Other times it is because we are afraid of what other people will think of us if we fail.

It is actually what we will think of ourselves if we fail.

We become one of our own biggest critics, we beat ourselves up mentally, and then we feel terrible.

It is much easier to fail in advance so we don't even have to try. We slide into the pattern of not putting ourselves out there because we are worried about what "might happen." We self-sabotage.

The definition of failure is a failing to perform a duty or expected action. That's it. Just not doing what was expected.

Yet, we can blow it up in our minds. We make it mean that PERSONALLY, we are a failure.

For me. I was scared to ski. I had put on some weight, and I was so terrified of looking fat, and not being strong enough, falling down, and in general just not fitting in. I didn't want to break a bone, either. In my mind, it was just too big of a risk to even try. I would make

excuses that I was too busy or make other plans just to avoid it.

I asked myself what I was missing out on by not even trying.

I was missing out on spending time with my family. I was missing out on that time with my husband and son. I was missing out on being an example to my son that we can do hard things.

I was missing out on trying.

Then, I asked myself what was the worst that could happen?

Yes, I could break a bone, but otherwise, it was probably the potential of being embarrassed. And what would that look like? Me thinking I looked funny or that people were judging me. Nothing else,

as long as I wasn't going to add to it making it also mean that I was terrible and a failure.

I went skiing this year. It was so much fun. I was definitely out of practice. I skied like the beginner that I was. I fell. I got back up. And I laughed. I was an example to my son and to myself that we can do things even when we are scared, and just that makes us feel like a winner.

So, ask yourself, what you are scared of? What is it costing you to not even try? What if you could do it? What if you dared to fail?

Angela Wigand, CPA
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Adult ADHD & Relationships

by Roché Herbst, M. A. R. Psych.



How Does ADHD Affect Your Relationships?

Some people say: "ADHD is actually a gift and you just have to find the right person to appreciate it." Well, it's not quite that simple. ADHD affects your life, work and relationships. It could be a partner who gets easily annoyed, a sibling who lacks impulse control or a co-worker with little patience. Often the person with ADHD is not willful or even aware that their behaviors are causing some of the problems. Other times, they are aware of the relationship issues, but find it very difficult to manage their behaviors and may be very sincere when they say things like "I'll try harder" or "I'll try not to interrupt or to say hurtful things" or "I don't know how to explain things as eloquently".

The Elephant In The Room

The most impairing deficit for social skills is the inability to regulate emotions. It seems easier to forgive the person for their ADHD problems with distractibility, forgetfulness or quick decision making, than to forgive or forget their mood, irritability or anger issues. Relationship issues often show up with friendship and family problems, marital difficulties, dating problems or customer complaints. The person with ADHD is perceived as showing a lack of interest, absent-minded, talking too much or too loudly, being too sensitive or emotional or not listening to the other person's side.

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

Relationship Toolbox

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

• **Manage symptoms:** Become aware of ADHD behavior signs and symptoms that affect relationships, educate yourself, seek a diagnosis and treatment options. Knowing what you are dealing with provides hope.

• **Don't worry about who is right:** The goal is to move forward. Not to stay stuck in an argument. The relationship may be more important than it is to be right all of the time.

• **Take a break:** It may be time to give up on a relationship that is not working, especially if it's been a really hard process where you have tried everything you can think of. You do have a life of your own and a right to be happy.

• **Seek professional help:** Don't wait too long to get help for your own mental health and well-being.

MYTH vs. FACT

Myth: ADHD is not a real disorder.

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

Sources: *The Myths and Facts, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho*

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First-Time Home Buyer Incentive

Following the announcement of the First-Time Home Buyer Incentive in Budget 2019, the Government of Canada has just released additional details about the incentive, including eligibility requirements and how the program will be implemented.

The First-Time Home Buyer Incentive launches September 2, 2019*.

**Barring any unforeseen circumstances the program will launch on September 2, 2019. The first closing will take effect on November 1, 2019.*

First-Time Home Buyer Incentive

- The First-Time Home Buyer Incentive (the Incentive) helps qualified first-time homebuyers reduce their monthly mortgage carrying costs without adding to their financial burdens.

- You need to have the minimum down payment to be eligible. You can then apply for a 5% or 10% shared equity mortgage with the Government of Canada. Your maximum qualifying income is no more than \$120,000 and your total borrowing is limited to 4 times the qualifying income.

- The Incentive has an equity-like payout, where the government would share in the upside and downside of the property value.

How does it work?

The Incentive enables first-time homebuyers to reduce their monthly mortgage payment without increasing their down payment. The Incentive is not interest bearing and does not require ongoing repayments.

Through the First-Time Home Buyer Incentive, the Government of Canada will offer:

- 5% of a first-time buyer's down payment for the purchase of a re-sale home.
- 5% or 10% of a first-time buyer's down payment for the purchase of a new construction.

How do I know how much I have to pay back?

You can repay the Incentive at any time without a pre-payment penalty. You have

to repay the Incentive after 25 years or if the property is sold. The repayment of the Incentive is based on the property's fair market value:

- You receive a 5% incentive of the home's purchase price of \$200,000, or \$10,000. If your home value increases to \$300,000 your payback would be 5% of the current value or \$15,000.

- You receive a 10% incentive of the home's purchase price of \$200,000, or \$20,000 and your home value decreases to \$150,000, your repayment value will be 10% of the current value or \$15,000.

NOTE: If your property value goes down, you are still responsible for repaying the shared equity mortgage based on the current home value at time of repayment.

Incentive by Property Type:

Property Type	Incentive (%)
New Construction	5% or 10%
Existing Home	5%
New or re-sale mobile/manufactured home	5%

Funding Available

The First-Time Home Buyer Incentive works on a first-come-first-serve basis. The total amount of funding will be \$1.25 billion over 3 years.

Who can apply?

- Canadian citizens, permanent residents, and non-permanent residents who are legally authorized to work in Canada.

- Borrowers (and/or total income if more than one applicant) must have a maximum qualifying income of \$120,000.

- This is subject to qualifying income requirements set out by lenders and mortgage loan insurers

- At least one borrower must be a first-time homebuyer (if you

meet one of following qualifications: you have never purchased a home before, you have gone through a breakdown of a marriage or common-law partnership (even if you don't meet the other first-time home buyer requirements); in the last 4 years, you did not occupy a home that you or you current spouse or common-law partner owned.

Are there other mortgage details?


- Total borrowing is limited to 4 times the qualifying income. The combined mortgage and Incentive amount cannot exceed four times the total qualifying income.

- The amount for the mortgage loan insurance premium is excluded from this calculation.


- The Incentive will be a second mortgage on the title of the property. There will be no regular principal payments, it's not interest bearing and has a maximum term of 25 years.

- The Incentive will have an equity-like payout, where the Government of Canada will share in the upside and downside of the property value upon repayment.

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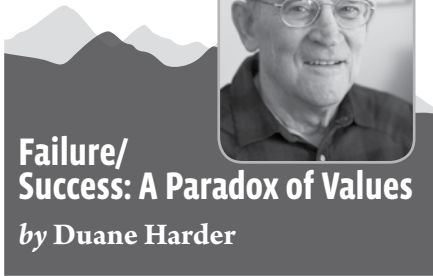


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How do you respond to the following advice?

“Usually, post-event debriefs are filled with accounts of what went wrong. While analyzing our need for improvement is good, we should actually be spending the majority of the time on what went right! What do you want to do again next time? Once you can pinpoint your successes, you can repeat them, and leverage them indefinitely. Ask yourself, ‘Where did we succeed?’ Obsess with what is right, and you will go higher in life.”

I understand the intention of the author— shift your focus from failure to success. While this is good advice, it also has a dangerous trap. Years ago, IBM was the leader in innovative business solutions. That is not the case today. I asked an executive who left the company what went wrong. He said, “They kept doing what they did best and failed to adapt to changing technology.”

Success can be the enemy of creative innovation and ground breaking discovery. What went wrong can be the death bed of failure or the womb of discovery.

What are some of the landmines of success?

An over-estimation of our own importance. Success can open the door to “better than” thinking. This closes our ears to the wise counsel of others and catapults us into the role of a teacher. We have the answers! We know the way! Yes, there

are those who will come looking for nuggets of wisdom that will enable them to duplicate your success. However, the learners often overtake the teachers.

The failure to recognize the ingredients of our success. We are a mosaic of input. Years ago, when I saw the reality of this, I sat down and wrote a series of letters, (before email and fax) and sent them to the key people who had invested in and shaped me. Their investment had contributed to whatever success there was in my life. I wanted to thank them and let them know that the investment had brought a positive return. Remember, you would not be where you are today if people had not given you knowledge, understanding and wisdom. Find a way to express your appreciation.

The unwillingness to take risks. Most success stories involve elements of risk. Our success creates a comfort zone that we do not want to lose. “I deserve a break” creeps into our thinking and kills the spirit of adventure that fueled our success. Protectionism and perfectionism both blur our vision. Our desire to protect our product or system from contamination can close the door on innovation that could lead to future discovery. Perfectionism must be separated from excellence. Excellence is the determination to produce the best possible product within the boundaries of resource and time that have been allocated to me. Perfectionism is rooted in an unrealistic ideal that leaves me perpetually dissatisfied. Perfectionism consumes inordinate time and resource that pushes the product out of market competitiveness.

So, what is so good about failure?

It keeps me rooted in the reality of my humanity. We need to be reminded that we are not “God” and that we are part of the human race. Failure is a common experience among all people of all races, creeds or political stripes. I remember

talking with a millionaire who made the comment, “I have simply succeeded one more time than I have failed.” His failure kept him rooted in his humanity and in touch with how people feel when they fail.

It opens the door to growth. Rather than encasing yourself in the tomb of self-pity, you sit down with trusted colleagues and analyze the data. What were the circumstances that contributed to the outcome? NEVER look for who is to blame. Some thought-provoking questions are in order: Was there adequate training for those involved? Did we have a clear analysis of the culture that we were endeavoring to penetrate? Did we have qualified input? If not, where could we go for better training? Was it the “right time?”

It provides an opportunity for affirmation. Failure and affirmation do not always go together. People can follow instructions and do things right and still have an end result of failure. People need acknowledgement for what they did right regardless of the outcome. However, the larger issue of affirmation comes when you draw them into your circle of analysis. Seeking the constructive input of those who were involved in the “failure” gives them a positive affirmation.

It helps build family identity. This is our business not just my business. Sink or swim, we are in this together. A young boys baseball team was behind 19-0. The spectator said to the young lad, “Aren’t you discouraged.” He replied, “NO! Our team knows this is the first inning and we haven’t got up to bat yet.” A good team can take an honest look at the score and build a good strategy for when they get up to bat.

Failure can be the medicine of success. It may taste bitter but it can also leave the sweet taste of success. I do not plan to fail, but when I do fail, I purpose to turn it into a platform for success. I look forward to seeing you at the top.



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Out of the Rut *Chapter 106*



At the beginning of June the lovely Bragg Creek Trails Association had their annual fundraiser Tunes For Trails. Our esteemed vounteer coordinator Mike had an idea... and managed to bring it to fruition.

We had the inaugural and unprecedented TrailStock Celebratory Volunteer Appreciation Concert in the parking lot at the trailhead in West Bragg Creek on June 8. Fantuzzi in town meant there was bound to be some cracking good music and high energy vibes. Can you imagine trying to host a friendly heart-centred family-friendly groove in that giant parking lot?

To say the run-up to the thing was stressful is a slight understatement. Having leaped through various burning hoops to get permits & agreement for all involved, Mike & I went on an exciting treasure-hunt adventure to rustle up helpers, a stage, a tent, sound support and a brilliant local band to back up Fantuzzi for all our enjoyment. The weather forecast for the day fluctuated from dim to dismal and worse so it was a little nerve-wracking. The day before the event, we planned to put things up, have a look-through and iron out last-minute issues...but the weather was cold, wet, drizzle, sleet and ugly through and through – oh dear!

Finally our big day arrived, we made it to the Trailhead just as a large black cloud settled in above us. I was worried about enough cover to protect all the expensive equipment and we hustled to tie down tarps and bags to make sure all was safe. As soon as we'd done that, the cloud moved on and we had a gloriously sunny afternoon. Our sound guy was doing his thing, setting up giant speakers, monitors and miles of snakey cables to string everything together. The band wandered in as bands do, always at the last minute, just enough to make people like me chew fingers to the bone.

As we got everything in order and started to play a little music to check things out, bikers and hikers meandered past, stopping to imbibe some of the sound-check tunes. A group of friends who had been alerted by another pal in BC had driven out from Calgary & were happily making sketches, chilling out and enjoying the ambience.

Once the Provincial Bike race had finished their awards & announcements, we turned it on full power (energy not volume!) for the remainder of our time. Fantuzzi's new Alberta Flexible Band laid down some cracking backing vibes for Fantuzzi to do his thing, creating uniquely pertinent lyrics and weaving in elements of Joni's famed Woodstock song to one of his own. Ironic that she didn't make it to the original festival – Fantuzzi was there of course! At one point the man flew off the stage to dance with the audience,

especially the kids & toddlers who really engage his attention, he loves to play with the young folk – 'cos they are closer to him in age(!)

The following days we met people who had been at the concert & they were all pumped up with the positive energy and joyful vibes that were rippling out across the foothills that weekend. One lady remarked Fantuzzi "made the parking lot feel cosy, which is quite an achievement" and another friend who really enjoyed it thought it "should be an annual event".

We hope that bringing music, high energy vibes, and a communal love and appreciation for the land will turn into a yearly celebration of all the good and wonderful things there are to enjoy in our wilderness right on our doorstep. This is a glorious place to live.

Blissings my friends, catch you on the trails.

Oh, and if you are interested in getting in on acts of brilliance and helping out: volunteer@braggcreektrails.org

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Use The Blower On Your Furnace To Cool Your Home In The Summer

Parts adapted from Stonearmor

Living in Alberta, you may not have central air or a system that combines both heating and cooling in the same unit. Many of us typically run a furnace for heating in the winter and use portable or window air conditioning units and fans for cooling the home in the summer. You might be surprised to learn that your furnace may be used to cool your home even if you do not have an air conditioner. Your home will not cool as much as with air conditioning but some is better than none.

How the Furnace Works - the burner on your furnace heats the air with a flame. The hot air is then forced through the ducts via a fan that comes on once the air is heated. This forces warmed air to all areas of your home. A cold air return sucks in fresh air to continue the process as your furnace kicks on and off as dictated by the thermostat. Once the burner turns off, the fan continues to blow until the unit cools and all the warm air is extinguished. The fan typically has three settings, on, off and automatic. You probably run your fan on automatic so that it comes on when the air is warm and shuts off when the

air is cool. Depending on your furnace, you may be able to use its blower to circulate air even when you are not running the furnace.

Circulating Cool Air - with some furnaces, outside of the heating season, you can set the fan to the on position to circulate cool air in the home. The furnace unit draws air into the unit and circulates it through the duct work to all areas of the home. The air is not chilled by air conditioning, but it creates a breeze that works by the windchill principle to cool you off. This



works best if the cold air return of your furnace is located in a cool basement or other cool area. Pulling the air back to the basement where the concrete slab remains cool actually cools the air off as the concrete absorbs some of the heat. For furnaces located in rooms with a window, you can take advantage of the window to create more airflow (careful though about pulling in smoky air from forest fires). When the fan is turned on it will draw fresh air from the outside

and circulate it through the home. Turning the fan on in the evening after a hot day and opening the window to let in cool air will cool the home off quickly. Circulating air with the blower fan on your furnace also evens out the air temperature throughout your home cooling rooms on upper levels.

Effects on the Motor - some worry that running the fan continuously puts too much work on the motor and will wear out the blower fan. Majority of the wear and tear is actually experienced from stopping and starting of the fan, thus running the fan continuously may actually not affect the life of the fan motor.

When hot weather strikes and your home begins to heat up to uncomfortable levels, try switching on the blower fan to your furnace to circulate air and make your home feel more comfortable. The blower on your furnace can also be used in conjunction with a window air conditioning unit to assist in circulating the cooled air throughout the house.

Depending on your furnace system, switching on the fan can be done at the furnace or at your thermostat. If this functionality does not exist in your home, call your trusted heating and indoor comfort expert to help modify your system.

*By Carla Berezowski,
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