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From The EDITOR

The spring and summer season is finally here. We see the earth rejuvenating itself from its winter slumber. As a landscaper, I love participating with the natural seasonal cycle. One needs patience as we respond to what the natural mix of seed, soil, sun, and water does as it creates and rejuvenates itself. This natural process has been taking place since man began to make record of life. It reminds me of the fact that we are but stewards of this earth we are put on. I have learned that our place in this process can both hinder and help what happens around us.

There are many areas of life where mankind over or under responds

to the natural elements around us. Often our response creates unintended consequences.

I am deeply concerned with the unintended consequences of recent government actions. Close to home, we continue to move forward with a flood mitigation strategy that ignores logic, and will cost all Albertans millions of wasted public money, let alone the potential environmental devastation of an integral water supply for 1.2 million people. Globally we are faced with trillions of dollars of debt and entire industries devastated as a result of our response and handling of COVID-19.

How do our communities move forward in light of these macro forces?

Our society has many places of trust. Many times those of us in these positions can be clouded by our

personal desire for wealth, position, influence and security. If asked, we would deny this motivation, but unfortunately sometimes our human-ness blinds us.

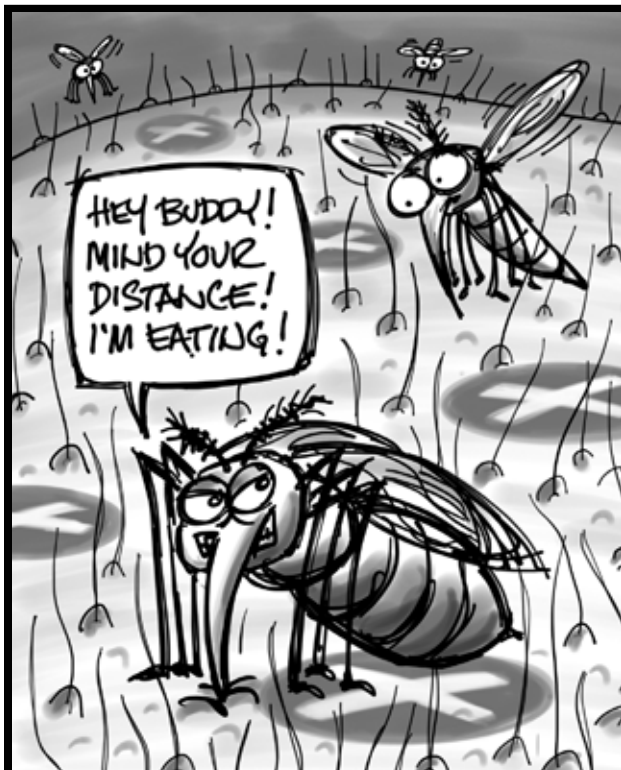
However we engage in our local and broader communities, I trust that we can put the welfare of those we serve before our inner desires. May our judgment not be clouded by our selfishness and greed, but motivated by a desire to see the prosperity and betterment of those we serve.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca



Elyse Harder is a part-time local student studying nutrition. She enjoys spending time in the outdoors and playing the piano when not studying or working.



HIGH COUNTRY LIFE

BY MARK ADAMIKA



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Obituary Munro, Maureen Louise (nee Young)

April 14, 1943, Calgary, Alberta –
May 10, 2020, Calgary, Alberta

Maureen Munro passed away peacefully on Mother's Day, Sunday, May 10, 2020, from complications related to cardiac illness.

Maureen, the eldest daughter of Rex and Dorothy (nee Copithorne) Young, grew up on her family's dairy farm in Springbank, Alberta. As a youth, Maureen was active in 4-H, horseback riding, team sports, and helping on the family farm.

Maureen graduated as a nurse from the Holy Cross Hospital in 1964, then worked at the Calgary General Hospital in pediatrics. She achieved a Bachelor of Science in Nursing from the University of Alberta and subsequently taught nursing at Mount Royal College.

In 1965, Maureen Young married the love of her life, Milo Munro, and shortly thereafter moved to their forever home in Springbank. She embraced a lifetime commitment to agriculture, community, and family. Maureen's family was her greatest joy, and she could always be found cheering for her children and grandchildren at various hockey rinks, soccer fields, football stadiums, horse shows, figure skating carnivals, and band concerts. She particularly loved trailing cattle in the mountains with her husband, kids, and dogs. Maureen loved to cook and entertain guests. She

welcomed everyone with a smile and an extra place at her table, and the roast beef dinners and picnic lunches she prepared were second to none.

You could count on finding Maureen on horseback with her trusty camera, gently encouraging her horse to stand still just long enough to get that perfect shot. She was a talented amateur photographer, and her work is a lasting legacy to ranching featured by prominent Western artists on canvas and bronze sculpture. She also enjoyed making leather chaps for her family, as well as silver buckles and jewelry.

A committed and passionate advocate for students, Maureen served as a Rocky View School Division Trustee from 1995 to 2007. Additionally, she

was a valued member with the Springbank Park for all Seasons Board and the Rocky View West Recreation Board, contributing much knowledge and service to the community.

Maureen was fun, witty and intelligent. Adventurous in spirit, Maureen enjoyed travel, and her favorite destinations were Ireland and Hawaii.

Maureen is lovingly remembered by Milo Munro, her husband of 55 years; children Shawn Munro (Lynn), Shannon Munro (Ryan Brood), and Corbin Munro (Kari McFarlane); grandchildren Connor Munro, Grady Munro, Avery Brood, Kendra Brood, Lochlan Munro, and Finley Munro; sister Brenda Goode (Will), and brother Gary Young of Perth, Australia.

The family wishes to thank the physicians, nurses, care aids, and staff of the Foothills Medical Centre, Rockyview General Hospital, and Chinook Hospice, for their commitment to her care.

A celebration of her life will be held later this year. If friends so desire, in lieu of flowers, memorial tributes can be made directly to the Heart & Stroke Foundation of Alberta, 200, 119 – 14th Street NW, Calgary, AB T2N 1Z6 Telephone: (403) 264-5549, www.heartandstroke.ca. Condolences, memories and photos may be shared and viewed on Maureen's obituary at www.McInnisandHolloway.com.

In living memory of Maureen Munro, a tree will be planted in the Ann & Sandy Cross Conservation Area by McINNIS & HOLLOWAY FUNERAL HOMES, Cochrane, 369 RAILWAY STREET, COCHRANE, AB, T4C 2E2, Telephone: 403-932-4740.



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Treading in Dangerous Waters

The last two months have undoubtedly been difficult as we grappled with the unforeseen pandemic of COVID 19. Near unbelievable unemployment rates were forced on us by sweeping government led business closures all while our food supply chain disrupted and an oil price war commenced.

Whether or not the measures enforced were too strong or whether governments all over the world overreacted and overreached is a whole other conversation, but now that the worst is behind us we must decide where we go from here as a province and as a country. We must make a conscious decision to ensure that our post-COVID world is not a socialist one, and that we return to the fundamentals of what made our country as prosperous as it has been in the past: fiscal responsibility, self-determination, free enterprise, and the ability to think critically and believe as we choose. It may sound ludicrous, but one need not look further than Venezuela to be reminded how quickly a thriving capitalist economy can be entirely deconstructed.

We need to get this idea that governments have endless funds to spend out of our heads, and stop calling on our governments to spend as though they do. Every dollar spent beyond budget limitations will inevitably be paid back through high inflation, a largely devalued currency, or crippling taxation on everything we earn, spend, own and enjoy. We need to stop relying on governments

to direct our every decision before we leave our houses and start taking personal responsibility for our actions to embrace the natural self-determination that exists in humanity. And we must stop attacking those who think differently than us in an effort to police their thoughts in the name of keeping society protected. All of this behaviour is sending us down a dangerous path from which we may never return.

Canada's government spending has now reached World War 2 levels. 14 million Canadians are living off government income supports after being temporarily forced out of work by the very government that is now financially supporting them. Revenues have plummeted. Small businesses on the brink of bankruptcy are struggling to attract their employees back to work because they have gotten comfortable living off the monthly government supports. And as citizens, we have entirely accepted and normalized the notion that our personal freedoms can be easily stripped away with no mention of a sunset date.

If we don't begin to renormalize the very values that built this country, I fear we may not recognize it at all once this is finished.

My intent is not to singlehandedly target the Federal Government. Truthfully, our Conservative provincial Government here in Alberta has not proven immune to the behaviours that concern me. We did what we believed we needed to do to protect the health and financial security of those living in our province, but that does not mean there will not be unintended consequences in the future. While it pales in comparison to the nearly \$300 billion deficit that the Federal Government has amassed this year, our Government of Alberta deficit has now peaked at \$20 billion which is 3x that which we initially presented in our 2020-21 budget. As a personal strong proponent of fiscal responsibility and a

member of the Legislative Committee for Public Accounts, I always do my best to scrutinize government spending and ensure that every tax dollar spent is spent with purpose, but as citizens it is important that you also hold governments accountable to their spending.

As was so famously once said by Margaret Thatcher, "the problem with socialism is that you eventually run out of other peoples' money" and here in the year 2020, those words must remain ever as relevant now as they were in 1976. Let the legacy of our generation be one that devastates the financial capability of the generation to follow, we must swiftly return to the ideals that built this country before it is too late.



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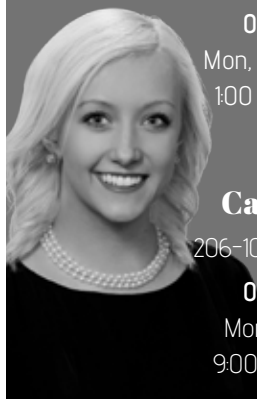
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How are you doing? As of this writing, we're entering the 11th week of social and physical distancing. I don't know about you but it is a challenge trying to function in some sort of normalcy. Thankfully, we are seeing some of the restrictions loosening and experiencing a sense of freedom. But I urge you all to continue to take these measures very seriously. With the warm weather I'm sure many, like myself, will feel like we're not far from recovery but that's far from the truth according to health experts. Let's continue to think of the frontline, firstline and essential service folks who are keeping us safe. Not to mention the businesses who could use our patronage at this time as well. We need them as much as they need us. Let's support each other.

A few weeks ago I had to make a decision regarding the SR1 dry dam project. As we are coming into the anniversary of the 2013 flood that devastated Division 1 and neighbouring communities along the Elbow River, many thoughts entered my mind. We're now into 2020 and still nothing has been accomplished with regards to a defence against the threat of flood. Flood mitigation is essential to us growing and moving forward. I have always been a proponent of the MacLean Creek proposal. It has many benefits besides flood mitigation: recreation, tourism, drought mitigation, fire suppression, wildlife. On the actual morning of Council's vote, the GoA threw in another \$196.3M towards the SR1 project. And only weeks earlier, our neighbours, Tsuut'ina Nation accepted \$32M and withdrew its opposition for monies to go toward building their own flood mitigation project. We were also just informed that the GoA was going to provide the additional \$9.4M

shortfall to complete the on-going flood mitigation work along the Elbow River in Bragg Creek. That is great news because I wasn't looking forward to asking RVC ratepayers to dip into reserve funds during the current pandemic. Those injections of funds made me consider my options. What could RVC get from our withdrawal? What benefits could come to the county? To me, it was a business decision as the GoA is integral in bringing projects to RVC. A solid working relationship with the GoA is essential in building our future.

The vote to have RVC withdraw its opposition to SR1 was not an easy one. I approached my decision knowing that the National Resource Conservation Board (NRCB), responsible for reviews regarding major natural resource projects, could still terminate the project. If the NRCB finds flaws in the proposal, they will make sure they get fixed, make recommendations or ultimately stop the process. I hope when the details of the agreement are made public, people will see why I voted the way I did. But in the end, my vote was based on what's best for the county and flood threatened areas namely Bragg Creek, Springbank and Redwood Meadows.

When Council voted 6-3 to step away from our opposition, I did make a Motion Arising that in the event any compensation would come to RVC, it would go toward the Springbank area and earmarked for recreational/cultural amenities. My hope is the regulatory process will bring to light that MacLean is more viable and sensible than SR1, and in the end we don't walk away with nothing from the SR1 deliberations, I wanted compensation for RVC, just like Tsuut'ina Nation.

RVC will continue to keep tabs on the regulatory approval process and we will continue to have the ability to ask questions as the process unfolds. Whatever the outcome, any project has to be done right and with the interests of the majority of residents in mind. In the end, this is far from a done deal and will still take time for a final decision to come to fruition.

When life in these times have slowed for many, political life has exploded both locally and throughout the county. Many conversations continue with the exploration of expanding our Hamlet area, the urgent need for internet and cellular connectivity, recreation, our seniors, firesmarting initiatives, rural policing and much more. Stay informed by visiting rockyview.ca.

Finally, I'd like to offer a huge thanks to the volunteers and board members/directors of various local organizations throughout Division 1 for offering their support to residents. Also, thanks go out to RVC staff and administration for providing the essentials that keep this municipality functioning. We need to work together and assist each other in these difficult times. Until next month, stay healthy and keep your distance.

– 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."

June! A lot has happened to turn our world and life as we know it upside down. But the grass is green and nature is showing signs of the coming summer beauty. It is hoped that the slow down has given us time to reflect and live in the homes that we have, but spend so little time enjoying.

The virus pandemic has impacted many financially, mentally and health wise. It is our hope that everyone is able to cope and have faith that we will survive these challenging times.

The club is looking forward to welcoming several new members this spring once we are able to meet again. We are delighted to have these ladies join us, but there is plenty of room for some gentlemen as well. There are several positions available for any members to fill on the executive for 2020. If you are an organizer or

decorator or have some skills that can be utilized, please let us know. 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 that are to be determined.

If we are able to hold our Annual Fall Sale in November, it will be at the Eden Brook Reception Centre. 24223 Township Road 242 (Springbank)

Nov 7 and 8th, 2020. Plans are tentative at this time.

We are a small, but enthusiastic group and welcome new members to come out and join us. This is a great 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 7 & 8th, 2020 or membership, email yjo999@gmail.com. Stay safe everyone! Follow us on facebook.com/springbankchristmasmarket

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



The world continues to be a different place. Social distancing continues, working from home, masks, gloves, long lineups at grocery stores and non-essential businesses remaining closed, we have all had to adjust to a new way of living. I can honestly say that I will be glad when we will have a new state of normal, I miss people and doing things (like getting my hair cut!). I don't like the feeling seeing empty shelves at the store, or the utter frustration when waiting in long lineups. But, our family has adapted, as I'm sure yours has too. This pandemic has shown us what we are capable of, adapting quickly, when the situation requires it and this really demonstrates our own resiliency. Last month I spoke of silver linings and this is another!

The County also adapted and we held our first "virtual" Council meeting on April 28th. The Council meeting actually went quite well. We managed a full day of Council business with few technical glitches and accomplished a great deal of work. We will be holding additional Council meetings in May, which will include some public hearings, while adhering to all the rules currently in place. The County office is doing a soft opening on Monday, May 4th. Appointments will be required; masks and sanitizer will be available and protocols will be in place to ensure safety. This is a positive step forward, and I'm hopeful that as the Province moves through the relaunch strategy recently announced, Rocky View will return to our new normal as well.

During the last Council meeting, Council approved a number of things. One of the best things for Division 2 and all of Springbank is an investment into recreation. Using MSI funds (Municipal Sustainability Initiative) that were set aside specifically for Springbank over 8 years ago, I was able to work with the Springbank Park for All Seasons and our Recreation project to start a number of lifecycle capital projects (taking advantage of the closure right now). We have applied for just over \$1,000,000 from the Province which will go a long way to ensure the facility is kept up to date and working well for residents. In addition, an off-leash dog park was identified years ago as something

that residents would greatly appreciate, so we have applied for an additional \$100,000 to modify some County owned land in Commercial Court to provide an area for folks to exercise their dogs in a secured fenced in area. Ultimately this land should be used or sold as it is more commercial land, but for the next number of years we can enjoy it as a community amenity. Once the MSI is approved, it shouldn't take long to get this park built so stay tuned for further news on that. There is still about \$1.1M of MSI monies available for recreation in Springbank so I'm working with our community leaders to try to identify additional projects we can move forward one.

Council also approved a 3% decrease in property taxes for 2020 - which is in addition to the 2% increase we had already approved, so functionally your property taxes will be 5% lower than they would have been pre COVID. We are trying to do what we can to put in programs that make sense, that don't cause you or the County future problems down the road. We are in good financial shape right now and will move forward with a few projects, that hopefully turn out to be solid investments in our future. There may be concern about investing in larger capital projects, but ultimately this might be the time to invest rather than retreat. Council is mindful of these decisions and I

want to assure you that while on the surface it might seem wise to hold off, our decision to continue with the servicing for West Balzac is because this area still represents an opportunity for growth, and there is a possibility that we can receive funds from the Province or Federal Government towards this project. We need to be a part of rebuilding our economy and not a bystander, I think RVC will well positioned to participate in the relaunch of our economy.

Council also voted on my motion to table the Springbank ASP until July 28th. Ultimately, I think the plan isn't the best it can be. Even before I was elected, I wasn't a fan of a large Springbank ASP and truly believe we need to approach certain areas with specific focus. While this could be accomplished in one plan, I think residents and the County would be better served if the plan area was split into 2 or 3 each with its own ASP. The content is really already done so I've requested that administration hold a workshop for Council so we can work on it, perhaps redraw some map lines and come back with a new plan. I don't want to hold this new plan up for long as residents, administration and Council have been working on this since 2014. Once this comes back to Council on the 28th of July the public will have another look at. I don't believe there will be substantive changes, but we will see.

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Hi everyone, we live in a great community for a lot of reasons. Obviously, enjoying the outdoors on sunny days makes for some well needed mental decompression. We also have a lot of great people living here, unique and full of surprises. Even though I know we have been enjoying a little reprieve with the gradual reopening, we still have a long way to go as we walk this journey of uncertainty.

I'd like to invite you to take peek at some of the online options we have created to

keep connected in times when we feel everything might be unconnected.

We are recording long form interviews with your neighbors and friends, having some fun but also hearing their stories and of course asking the fun question around 'what's this all about'? Put a story behind the name and face and get connected with the people in you community

And of course as a church we have continued to practice physical distancing and have not been meeting Sunday mornings in person. However, Sunday messages are live streamed every Sunday and recorded to our YouTube and Facebook channels.

Our current sermon series is titled *Dis-integration*, where we are asking question around uncertainty and how we participate in the journey we are walking through.

All these can be found at our Bragg Creek Community Church YouTube

Channel (subscribe) or Bragg Creek Community Church (in iTunes).

We have also started an Instagram account, and you can follow us there @braggcreekchurch

Hope to see you face to face soon until then pixilated face will do..

*'Til next time,
Dave*

braggcreekcommunitychurch@gmail.com

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Hype, Hope & Glory

Advisors offer clients many value-added services, in addition to investment planning, insurance and risk management planning and general financial and Estate Planning advice. This often leads to a discussion by clients of what is hot in the market and what is actively being discussed in the media and whether the client should participate in the “hot investments” or not. There are many times when these hot investment themes (i.e. the flavour of the month) turn into financial duds over the longer periods of time. But, sometimes, clients get involved in something where they defy the odds and score a large investment return. Does that mean the Advisor should discourage all such “hot” investments? Does that mean the client who scores an improbable investment win is now an expert investor?

Since real life is messy at times, the answer to both questions is, not necessarily. A key criteria, for judging investment success and competence, is whether the result is reproducible over time. By assessing a specific result against a set of criteria before an investment is made, you, as an investor, can eliminate “luck” as a variable in the equation of investment returns.

In the past year, I have been getting calls about crypto-currencies, marijuana stocks and real estate, especially in hot markets like Toronto and Vancouver. While the prices of these assets have seen strong price appreciation, they have, for the most part, caused eyebrows to raise amongst most investment advisors.

Advisors have seen this movie before, with stocks like Nortel, JDS Uniphase, Enron, etc. (all since gone out of business). I have seen this with kids’ Pokémon cards worth a few cents, trading for \$50 or more and collapsing in price.

There is a classic story, about the composer Beethoven, resisting buying into a bogus investment scheme that everyone in his local coffee house was

involved in. Beethoven was in and out of the scheme early but was continually teased and derided by the coffee house regulars, including his father, who were constantly bragging about how rich they were getting and he wasn’t. Finally, bowing to unbearable peer pressure, he again invested in a scheme that he knew was a scam, only to watch the whole thing collapse with everyone losing all of their money. But at least he was accepted as being part of the crowd!

So, what can an advisor do when a client calls about a hot investment idea? I can discourage dangerous investing behaviour by asking questions such as: Does it have any revenue? Does it have any profits? What is the business model? How expensive is it, using metrics such as P/E ratios? In the case of cryptos – what is the economic justification for this thing to double from current levels? I will also point out that, if the answer is no or unknown to any of these questions, then you

should stay away from it or treat it as a speculation and only use money you can 100% afford to lose. Do not borrow money or take a mortgage out on your house or line of credit to buy the “hot” investment.

I rarely say an outright “don’t do it” because of the luck factor. There is an urban legend about a boy who received \$1,000 from his grandmother when he graduated from middle school. He used the money to buy Bitcoin and became a millionaire according to media reports. The catch of course is that it is never a real profit until you sell!

You can always try to use luck to build your assets, especially if you are in a rush, impatient or want to do it quickly. I prefer to use process, research, a proven methodology and yes, boredom, to help you become wealthy over time. Call today if you want a proven and steady approach to building and keeping your wealth!

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Greater Bragg Creek FireSmart Committee *Update*

We all trust that your family and you are all coping with all the changes with the new COVID-19 world. It has created lots of adjustments in how we all live – but the wildfire hazards remain to be dealt with. And improving your property with FireSmart measures provides a good break outdoors!

GBC FireSmart Committee Activities During COVID-19

The FireSmart Committee has dialed back its activities to comply with recommended health guidelines. For example, both the free, confidential Rocky View County Fire Services home assessments and Chipper Day activities have been suspended. We are tentatively working towards a fall Chipper Day,

assuming that health restrictions are lifted by then. In the interim, residents can continue to drop off tree cuttings in the designated bin at the Bragg Creek Waste Transfer Station.

Andrea Sparkes is doing a fantastic job to keep our Facebook page (GBC Firesmart) updated with new information. She just posted a link to a new short FireSmart Alberta You Tube video: youtu.be/u0kColvUM6E that provides FireSmart Home Maintenance Tips in 10 Simple Actions - please take a look at it. The Facebook page includes a number of resources and links on wildfire hazards along with steps to mitigate the risks – which will assist you in developing a work plan for your property.

I Need Help to Remove Some Trees – Who Can Help Me?

Most of the recommended FireSmart activities involves normal home maintenance and landscaping work that homeowners can perform. Residents

can run into situations where the removal of larger trees is necessary around structures and throughout the yard – and many are not comfortable that they can handle it safely.

The great news is that Bragg Creek has 2 local contractors that can help you. Both make their living with landscaping work – and are experienced and trained in safe chain saw operation, controlled tree felling and responsible removal. Give them a call and get quotes on the work:

- Harder and Sons Exterior: 403.949.3442, exteriormaintenance.ca
- Treeworx Treecare: 403.554.2370, www.treeworxpro.com

Stay safe while FireSmarting! Develop a safe plan, use the right tools, and practice social distancing measures.

Check out the Greater Bragg Creek FireSmart Committee on Facebook! A FireSmart Calendar has been developed that is an easy reference of planning FireSmart activities throughout the year.

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My article two months ago was **Part One of "A Day in the Life of a Turner Valley Police Officer"** wherein I began conveying my experiences of a ride-along throughout our home territory on March 12 with Constable Travis Scharff of the Turner Valley RCMP Detachment. This is Part Two.

If you recall a major portion of an officer's time is spent in the car driving the jurisdiction with the dual purpose of putting in a presence and watching for traffic violations. Of all the traffic stops they make, about 10% leads to something else such as expired registration, a burned out tail light, or those more significant stops such as a stolen vehicle, possession of Break & Enter tools, or in possession of, or driving under the influence of alcohol or drugs. Dwayne Helgeson, the previous top cop at the Turner Valley detachment, used to point out that, just as we citizens need a vehicle to get around in rural Alberta, so do the criminals. So,

the monitoring of traffic and vehicles becomes a major tool for intercepting the bad guys.

With respect to court appearances, Constable Scharff figures that he spends, on average, one day a month in criminal court and 3 or 4 days a month in court for traffic violations.

The Turner Valley Detachment has access to significant outside resources if required: the RCMP Major Crimes Unit for Southern Alberta, HAWCS helicopters out of Calgary, Calgary City Police Canine Unit, the RCMP Forensic ID Section out of Airdrie.

When I asked Constable Scharff about his thoughts on rural Break and Enters, he said the majority of them occur at night and/or when owners are away for an extended period of time. Therefore a well-lit home or yard is good, as "criminals are like rats, they don't like the light". Video cameras and signs of such are also good deterrents. If you are going to be away for an

extended period, have someone check on your place, daily if possible. Make the place look lived in. This can be especially important in the winter when the absence of vehicle tracks in or out of a residence is a dead giveaway that no one is home.

For those of us frustrated with the Justice System, regular police officers are just as frustrated. They are the first step in the Justice System. They have to gather sufficient evidence to convince a crown prosecutor that charges can be laid. Crown prosecutors will then use their judgement as to whether there is a reasonable chance of conviction before taking on and pursuing the case.

As we travelled the roads I asked Cst. Scharff some personal questions.

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Ladies Bible Study

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will be meeting via Zoom, to join,
email annaink@gmail.com for details

Monthly Business Lunches

Cancelled til further notice

Join **Bragg Creek Area Community Support**
on Facebook if you are in **NEED** or able to **HELP** in various
ways during this time of crisis.

Contact Pastor Dave to donate to the **Bragg Creek Food Bank**
and **Crisis Fund** or if you are in need of assistance

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Why did he choose the Turner Valley Detachment? His answer probably won't surprise you: closer to family, the scenery, proximity to Calgary, and better weather. Okay that last one may surprise you but if you consider one of his previous posts was Smoky Lake northeast of Edmonton, I think you'll understand.

What is the best part of the job? "The people I work with in the Police Force and the people in the community." What is the worst part of the job? "Anything to do with children, especially if there is a fatality. It's never fun."

What does it take to become an RCMP officer? There is 6 months of cadet training in Regina, affectionately known as the "Depot", followed by a six-month Field Coaching Program where you are paired with a veteran RCMP Officer. I'm not sure if they still do it, but I took a tour of the Regina facility many years ago and it was worthwhile. "RCMP Members are born all over the world, but they are made in Regina, Saskatchewan at the RCMP Academy "Depot" Division where they have been training the best and brightest since 1885."

My last question for Cst. Scharff was, "What can we as citizens do to make your job easier?" His answer: "CALL! If nobody calls in, we don't know about it and can't do anything so please call in what you observe. Get as much detail as you can: License plate number, vehicle description, any decaling, hair colour and length, tattoos, height, weight, scars, any distinguishing characteristics."

I'd like to thank both Constable Travis Scharff and Staff Sgt. Laura Akitt for all their assistance.

*Dave Schroeder
HCRCWA Board Member*



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What Is Our New Normal?

by Jennifer Gordon

BSc.PT, APCI, BA Kin
Physiotherapist, Bragg Creek Physiotherapy
www.braggcreekphysio.com

We have now had some time to adjust to a new normal. We have had time to reflect on our lives, prioritize our essential needs and reconnect with our families. I'm sure all of us have swung on the pendulum of emotions, experiencing fear, anger, frustration, gratitude, and love for all we hold dear. There has been a shift in human behavior over the last couple months, and in some cases, curious and unexpected positive changes. Doctors

and researchers are noticing a dramatic drop in other infectious diseases, the skies are bluer, there's less air pollution, and crime is falling. In *The British Medical Journal* (BMJ, May 4, 2020) science journalists have noted "as the coronavirus pandemic continues its deadly path, dramatic changes in how people live are reducing some instances of other medical problems...the irony may hold valuable lessons for public health."

As with all balance in life, the troublesome changes that have occurred are ever present as well.

Doctors are concerned with the lack of patients that typically present with heart attacks and strokes. Perhaps there is a fear avoidance in seeking necessary medical care in hospitals due to the risk of contracting covid-19. The calls to the poison control centres are up 20% which has been attributed to the higher use of cleaners and disinfectants. This has been the case "even before President

Trump questioned whether injected disinfectants might stop the virus" (BMJ, 2020)! There has been a rise in drug and alcohol use, poorer diets, unemployment and financial stress. As we slowly come out of this, there is hope of some positive health effects from major changes in human behaviour. People may be more aware that our health is of paramount importance and this raised awareness will lead to healthier habits.

There is a British artist and poet who calls himself Tom Foolery. He wrote an interesting piece called *The Great Realisation*. It is set in the future, looking back on this time and it is a story he is reading to his son. I think it's an interesting perspective and wanted to share it with you.

Probably Tomfoolery: The Great Realisation

"It was a world of waste and wonder, of poverty and plenty. Back before we

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understood why hindsight's 2020. You see the people came up with companies to trade across all lands. But they swelled and got much bigger than we ever could have planned. We always had our wants, but now it got so quick. You could have anything you dreamed of in a day and with a click. We noticed families had stopped talking. That's not to say they never spoke, but the meaning must have melted and the work-life balance broke. And the children's eyes grew squarer and every toddler had a phone. They filtered out the imperfections, but amidst the noise, they felt alone. Every day the skies grew thicker, 'til you couldn't see the stars. So we flew in planes to find them, while down below we filled our cars. We'd drive around all day in circles, we'd forgotten how to run. We swapped the grass for tarmac, shrunk the parks 'til there were none. We filled the sea with plastic because our waste was never capped. Until each day when you went fishing, you'd pull them out already wrapped. And while we smoked and drank and gambled, our leaders taught us why, it's best to not upset the lobbies, more convenient to die. But then in 2020, a new virus came our way. The governments reacted and told us all to hide away. But while we all were hidden, amidst the fear and all the while, the people dusted off their instincts. They remembered how to smile. They started clapping to say thank you, and calling up their mums. While the car keys gathered dust, they would look forward to their runs. With the skies less full of voyageurs, the earth began to breathe. The beaches bore new wildlife that scuttled off into the seas. Some people started dancing, some were singing, some were baking. We'd grown so used to bad news, but some good news was in the making. And so when we found the cure and were allowed to go outside, we all preferred the world we found to the one we'd left behind. Old habits became extinct and they made way for the new. And every simple act of kindness was now given its due.

"Why did it take a virus to bring the people back together?" (the son asks)

Well sometimes you've got to get sick, my boy, before you start feeling better. Now lie down and dream of tomorrow and all the things that we can do. And who knows, if you dream hard enough maybe some of them will come true. We now call it The Great Realisation, and yes, since then, there have been many. But that's the story of how it started, and why hindsight's 2020."

While we look back on how our life has changed so drastically in such a short time, we must look ahead with hope and positivity to how our communities can work together and make a difference in the wellbeing of our friends, family and neighbours. Bragg Creek Physiotherapy is proud to be a part of this community and we will work diligently to promote safe practice, education and healthy living. We will continue to follow and stay apprised of the clinical guidelines and recommendations from the

Physiotherapy Alberta College and the government of Alberta as all businesses learn to manoeuvre our new normal. Please be aware there will be some new changes to the clinic protocols to allow for more time between patients, personal protective equipment and physical distancing allowances to ensure the safety of our patients and our practitioners. We will be updating our Facebook and website with these details. We look forward to continuing our high quality of care for our community.

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Bragg Creek Centre

Hello Creekers!

Well it's June, the days are getting longer and the temps are steadily rising. I hope you are getting out to enjoy all our beautiful community has to offer.

It is reported that in Canada, Alberta is leading the way with its Phase 1 relaunch strategy and we are happy to see some of our amazing local businesses opening up. We were able to partially open the playground here at the Centre under this initial phase. (Please note the restriction signs posted by the County.)

Understandably, there is still hesitation by some business owners and patrons as new measures to protect staff and clients can seem daunting or even extreme. Navigating all of the new measures, protocols and at times ambiguity, can be exhausting and the Community Centre is feeling this as well.

Unfortunately the Centre falls into Phase 3 of the relaunch so our doors remain closed to business as usual for the foreseeable future. A fact that saddens us – we miss you! So we are asking, please share how you are staying positive, having fun and creating new ways of doing things. Send us pictures or videos of your fun activities, wellness practices, and creative “workspaces” - anything you care to share so we can see your lovely faces. Send pics/video to info@braggcreekca.com. We will post them on our website and social media

for our community to see. Who knows, you may spark an idea in your neighbour or start a new trend (think Wine Ninja). Last month we held a Virtual LEGO Building Contest and received lots of very creative entries. We certainly have lots of young people with fantastic imaginations! See our Facebook page to view all of the masterpieces and to see who had the winning entry.

We want to remind you to check on your neighbours, especially if you know they are at risk. If you feel that someone could use some assistance please reach out to us. The Bragg Creek Community Support Program is available to anyone needing a hand for whatever reason, whether it be access to food or supplies (contactless delivery available for those unable to leave their homes), access to information or referrals or just someone to talk to.

Contact Us:

Facebook: Bragg Creek Area Community Support to fill out an 'I Need Help' form

Email: info@braggcreekca.com

Phone: 403.949.4277

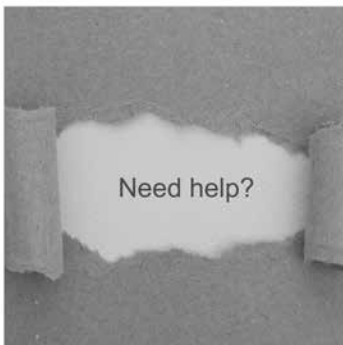
Take good care, Creekers!

*Christine Pollard
Program and Event Manager*

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How The Pandemic Helped Us Rediscover Home Cooking

“Eating out” was not an option in my youth. My family could not afford it. Hot dogs, Jello and Twinkies were the only glimpses of the glamorous cuisine of big-city lifestyles - at least what I imagined they offered. In contrast, I thought we had an “unsophisticated” cuisine; wholesome home cooking. We lived on a traditional farm, living off the land. We butchered our own animals, drank raw milk, and ate our chicken’s fresh eggs. We also cared for a garden the size of a hockey rink and as children, we were often sent off in the woods to pick wild berries. Much of my mother’s life, and ours, as daughters, were spent preparing, preserving and cooking food. We lived according to the seasons feeding a family of eleven. I could not wait to get on with my life, away from the farm’s chores and finally enjoy the bliss of urban living.

Where To Find Local Food Products

Large grocery stores carry some local products (*Calgary Co-op*, in particular).

Organic grocery stores such as *Community Health Food* and *Blush Lane* are also good sources of local products along with the farmers’ markets. Those are some of the obvious sources of local food.

Feeling a bit more adventurous? Several local producers sell directly to customers. While some are easy to find, others require a bit of research. Ranchers raise their own animals and process their meat. They tend to sell in packs or boxes ready for your freezer. You have to order and often wait a few days. You may have to drive to pick up the food, though some may deliver. I find half the pleasure is in ordering and picking up the food. Each producer is different, and going on their website to figure out their approach is well worth it. Teaming up with neighbours or friends help you buy larger quantities at a discount.

Fast forward some 45 years later, and after a stint of urban living, I feel privileged to be living in the countryside again, this time on my own terms.

The impact COVID19 has had on our food and eating habits is nothing short of extraordinary and, in many ways, it brought us back to simpler times. Who could have imagined, let alone predicted, that we would be cut off from our favourite restaurants, bakeries, and delis? Forced overnight into isolation, quarantine or at best, social distancing, we had to adapt. And just like that, a modern home cooking renaissance has begun, and along with it, a new generation of foodies focused on pragmatic, health-conscious food preparation using mostly quality local products.

Social media abounds with videos of quarantined professional bakers teaching us how to make the perfect loaf of bread. I even enjoyed a video series of 98-year-old Clara Cannucciari sharing her Great

Lastly, we have Facebook market places where small food producers and businesses find a convenient way to promote their products. But, of course, it is buyer beware.

To get you started on your search visit:

The County of Rockyview website provides an impressive list of local meat (Beef, Elk, Bison, etc.), fruit and vegetable producers and growers complete with links to their websites.

- www.rockyview.ca/Agriculture/Agri-Environmental/LocallyGrown.aspx

Alberta Farm Fresh Producers Association lists farms open to visitors, many of which sell their products direct to you.

- albertafarmfresh.com

A few organic flour mills will sell directly to you or will list stores where their products are available. They also sell beans, lentils and cooking oil.

Grain Works (located in Vulcan)

- grainworks.com

Highwood Crossing (located in High River)

- highwoodcrossing.com

Depression cooking secrets, including three-ingredient recipes for a delicious scone and a nutritious dandelion salad that cost nothing but time.

The bigger challenge, as it turned out, has been grocery shopping. At first, we ran out of preserves and frozen food (and toilet paper). Then, we ran out of yeast, flour and other baking ingredients. Once yeast sold out, sourdough became a thing. While am writing this article, our industrial meat processing plants are closed due to flare-up of COVID-19 infections, and much of the public conversation revolves around the merits of small meat producers. We are realizing that local, small farmers of plant and meat-based products are safer, and higher in quality. Although the products may be more expensive, they have undeniable health benefits. The pandemic is challenging for the large scale farmers in our food industry. However, it is a boom for others. Buying local gives us a chance to connect with the farmers and or their staff who love to share their passion for what they do.

Back home, my younger daughter has perfected the art of making bagels from scratch and is currently toying with flavours and flours, indulging her creativity. Meanwhile, my older daughter has become the fresh pasta specialist in the house, and I am getting decent results with my sourdough bread. My husband? He eats well - and does the dishes.

Bonne appétit!



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Notes

The Fenerty/ McLean Cabins

These cabins are significant as the first properties officially subdivided for the purposes of recreational use in the area. The lots were cut in 1924 from the quarter SW 12 23 WSW managed by the Department of the Interior. Today, Bragg Creek Provincial Park sits on the rest of this quarter section. Not much more than a trail (and later, a corduroy road) ran west through the property, past the sawmill to Stanley Fullerton's. Much later the road was surveyed, built and paved before opening of the Provincial Park in 1960.

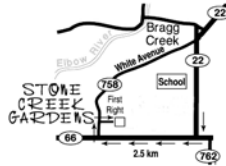
Howard W. and Ida Helen McLean were the first to build a cabin in 1924. Howard, a well-known barrister during his 30 years in Calgary, died at 55 years of age in 1936 so did not get to enjoy the area for long. With some renovations the McLean cabin continued as a residential home. It sits south of the road to the Park and faces north with an expansive view of the river and Two Pine Hill.

In 1924 Lloyd Hamilton Fenerty also bought almost two acres on the river, beginning his family's longer roots in the area. His friend, Dr. E. B. Roach, purchased the same-sized lot west and adjacent to Fenerty's. Roach really didn't want the land, but because the government would not sell two river-facing lots to the same owner, he bought it and then sold it to Lloyd.

Fenerty, originally from Nova Scotia, had opened a law office in 1912 in Calgary with Henry Phipps Otty Savary. The flourishing Alberta oil industry contributed to the firm's growth and by 1985, it was home to

60 lawyers. (Former premier Peter Lougheed worked for this firm after law school and his Harvard MBA in 1954.) In 1991, Fenerty Robertson Fraser & Hatch, as it was known then, merged with the established

Edmonton-based firm, Milner & Steer, to become Milner Fenerty, the largest law firm in Alberta. During a further merger, they tossed a gold coin cast on one side with the Fenerty name and the other with Milner to

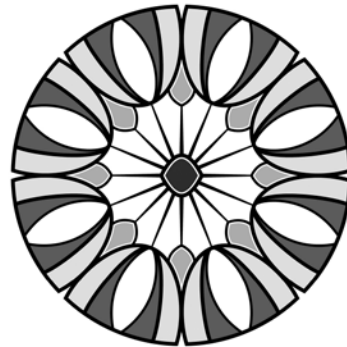


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determine the new firm name of Fraser Milner Casgrain LLP. As Lloyd's grandson Mike Fenerty later observed, one bad toss and the Fenerty name was lost forever.

Around 1926-27 arrangements were made for a one-room log cabin to be built by local First Nations with logs chinked with cement. The cabin featured a cement-block fireplace with a stone facing, a 24-by-24 foot lean-to as the kitchen, a bedroom on the back, and a screened front porch. The family used it for many years, but in early 1950s, Lloyd's son Robert (aka "Buzz") built a new cabin on the west lot that was originally bought by Roach. Lloyd transferred this title to Buzz and sold the original property to Mike, his grandson. Significant modifications included replacing the cement chinking by re-sealing with quarter-rounds, adding new uprights to support an insulated roof, a new extension on the back, a Quebec heater and wood-burning stove in the lean-to, then a propane tank with copper wire servicing Buzz's cabin, more than 50 yards away!

Throughout the history of the cabin, however, no modification or solution was found to deal with the regular and annoying disappearance of shiny objects. One attempt Mike still remembers: he woke to a loud "kaboom" after one of his teenaged friends loaded his .22 rifle from his bed to shoot at the pack rat, out for its nightly excursion. When the cabin was finally torn down in the 1990s, keys, coins, knobs and all sorts of other shiny materials were found in the foundation floor.

Mike stayed in the area for many years and his company, Clark, Swanby Co., did the survey work in the 70s and 80s to develop Elkana Estates and Two Pine Estates.

by Michele McDonald

Sources: Mike Fenerty, interview, May 2019; Our Foothills; Calgary Herald (McLean & Fenerty) June 6, 1936; www.Fraser Milner Casgrain LLP.com;



Photo courtesy of Jeremy Podlog.

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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Fire Advisory: Foothills County has instated a Fire Advisory at the time of writing this article, which is downgraded from the previous Fire Restriction. The County has received enough moisture to move to an Advisory. We will continue to monitor moisture levels and fire risk throughout the County and may update the status as needed. Fire Permits are being issued, but may be cancelled at any time with little to no notice. Although this is not a Fire Ban, the County asks citizens to use extra caution and be extra vigilant when burning. Soaking the area adjacent to the fire pits with water is recommended. Citizens are also reminded that obtaining a fire permit is mandatory at all times. Permits can be applied for on the County website at www.mdfoothills.com. Please keep a check on all municipalities regarding their current fire restriction status: albertafirebans.ca.

FireSmart: There is still a high fire risk in our west country. Download the new "FireSmart Begins at Home" App and complete a guided FireSmart assessment of your property. The App will point out simple actions you can take to reduce wildfire risks. Now is the perfect time! Download from Google: bit.ly/2kea78w or Apple: apple.co/2kyHX8F

FireSmart 101 Course: Now available online. Check this out to learn more

about FireSmart in our Communities: <https://firesmartcanada.ca/programs-and-education/firesmart-101/>

FireSmart Alberta is also on Facebook: www.facebook.com/FireSmartAlberta

Tax Letter excerpt: In your 2020 Tax Notice, you will be receiving a letter of explanation, which notes that Council and Administration were able to reduce the municipal component of your 2020 taxes by 2.36% without significant changes to the services being provided. The remainder of your taxes are made up of amounts for seniors foundation, 911 and fire dispatch, recreation, fire services, libraries, and amounts requisitioned by the Government of Alberta for education, policing (RCMP) and designated industrial property. This year we saw an increase of 14.34% in these amounts due to significant increases in the funding required for recreation, fire services and the cost for RCMP charged by the Province. The RCMP requisition is new in 2020, and is a result of the Province requiring small urban and rural municipalities to pay the cost of increasing the number of officers working in rural Alberta. For Foothills County this year, the cost of this requisition was \$665,963. As a result of these increases, even with a reduction to the municipal component of your taxes, many of you may see an increase in your tax bill. About half of the County's tax rolls will see a 0% increase, but some will have an overall increase of 1.0 - 2.4%, (\$1 - \$100) for the 2020 tax year.

Amended Design Guidelines: Council directed Administration to make amendments to the draft Foothills County Screening Standards and Highway 2A Industrial Area Structure Plan Design Guidelines. These were

reviewed on May 13, 2020. Next, an online engagement process will be undertaken regarding the amended documents, which will later be brought back to council with a summary of feedback received and for consideration for approval with or without further revisions. Watch for consultation information to be posted through our social media.

Getting our office ready: At the appropriate time in the relaunch, we hope to open our office to public again. We are taking measures to provide protection to those who enter the building and those who work there. Please continue to call or email first before attending the physical office location as the date of opening has not been confirmed yet. We will keep you posted on our website and other social media. Main office phone number: 403.652.2341

Public access to local Waterways: Foothills County has the blessing and challenge of access to rivers and creeks via some municipal reserves and road allowances that adjoin these locations. Due to the many behavioural issues being faced, we have had to take action in some places to limit access to foot traffic. Since we recognize that many law-abiding citizens also want to enjoy these places, we have decided to do an inventory of all our river and creek accesses to determine if an adjustment in the current management of these areas is needed. I will provide an update on this when information becomes available..

Best Regards, Councillor Suzanne Oel

For Other News & Updates:

*Please visit my website: suzanneoel.com
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Happy Father's Day! Have fun celebrating this special day with Dad. Let's keep everyone healthy and safe.

The Priddis Community Hall is closed to the public. Please check our website for information and updates – www.priddisalberta.com

Even though the province is has started with the reopening plan, **the playground at the Priddis Hall is closed. Outside porta potties at the Hall remain closed.** Please do not use our green space as a washroom. Space is limited in the Priddis Community Hall parking lot so please respect social distancing.

The Annual Priddis Stampede Breakfast in July has been cancelled.

"Warriors of Hope" - Yoga Cancer Fundraiser: Due to the Covid-19 situation the June 20th, 2020 Yoga Event at the Priddis Greens Golf & Country Club has been cancelled. We are continuing to fundraise and are asking our followers and supporters to donate directly to our charity Wings of Hope through our website www.warriorsofhope.ca. The need for funds is still great and will likely increase with the economic downturn that Alberta is facing.

Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer patients are unable to work

during their treatments. Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries. For more information contact Lori Colwell at 403.472.5349.

Priddis Early Learning Program - PELP: The preschool is closed. The teacher is offering virtual learning and information via the Class Dojo app for PELP students who wish to participate. Please check out the website or email for more information, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Calgary District Beekeepers Association: Anyone interested in having honeybees on their property this season, contact calgarybeekeepers@gmail.com. They are a non-profit organization promoting and encouraging good beekeeping practices in southern Alberta and Calgary in particular. They organize group/club buys of packages, bee supplies and inform you of upcoming courses, seminars, and other special events.

Whether you are a long-time beekeeper or find yourself bee-less in Calgary, you can join — see Membership Signup. The website includes practical beekeeping advice for all seasons, with details about swarm management, bee disease and treatment options, feeding, and overwintering. Go to www.calgarybeekeepers.com for more information.

Priddis Panther's Hockey Association Recycling Bins: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

Our new bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. Thanks to a grant from the Alberta Beverage Container

Recycling Corp's (ABCRC) Community Champions Program, we now have 4 new secure beverage container donation bins. The bottle recycling program is a significant fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

Booking the Hall: We are still taking bookings for the Hall into the fall and next year. If we are unable to honour your contract due to COVID-19, your deposit will be returned.

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

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

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

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



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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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Longview Library

Unfortunately, there is no timeline for the library to open. We encourage you to consult our Facebook Page for any information about this or any news items that come up. As of now, your books may be kept till August 31st without any fines.

Summer reading programs will be done virtually this year. This should be an

interesting experience and a learning curve for all.

A library patron remarked that when we say we are all in the same boat, we aren't. We are in the same storm, but each of us is in a different boat. Of the many e-resources offered by Marigold is Solar, a great educational tool for Grades 3 to 12. A complete list of e-Resources offered by our library can be found at longviewlibrary.ca. Marigold has done its best to offer more on-line resources for you, many of which are free. Also you may renew your membership if yours has expired, by filling out a membership form online on the Longview Library website.

For some light summer reading, try *They Left Us Everything*, by Plum Johnson, an award-winning author

who lives in Toronto. It takes place in a huge turn-of-the-century home on the shores of Lake Ontario, just outside the town of Oakville. It is a memoir of Johnson's, inspired by the deaths of both her parents. It is deeply moving, yet hilarious in some parts. It paints a vivid picture of life in the 50's and 60's.

Little Bee by Chris Cleave, author of *Incendiary*, is a moving story of two women whose lives meet on a beach in Nigeria. The Nigerian makes her way to England, where the other woman lives. She is taken in by this woman and her family, who give her warmth and nurture her. A mystery develops, wrapping itself around all the characters.

Happy Reading!

Sylvia Binkley, sliv@telus.net



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Due to COVID-19 the Millarville Horticultural Club is cancelling meetings until further notice. We hope everyone is healthy and able to keep busy with their gardening.



TURNER VALLEY & BLACK DIAMOND *News*

Hello Diamond Valley. Well another month has passed in our “new normal”. At the time of writing, the Alberta government declared that we could start opening up some of our non-essential services. It’s such a different life than we are all used to, and I see too many questions and not enough answers. Or too many answers that are not consistent. It’s been frustrating, and my heart goes out to those who have lost someone due to this awful virus. But my editor, Lowell, put it very well in our last issue in his editor’s comments. He said social media and public talk about blaming and shaming others, and also blatantly disregarding public health orders, is very concerning. It’s easy to blame others, and demand things go back to the way they were. But is that helping anything?

Let’s continue to do our part in this war against the pandemic, and respectfully engage in public discussion rather than casting stones. Everyone you see is struggling! At least spring has sprung and the weather will be fine, and that is indeed a blessing.

There are some resources we can turn to in our beautiful Foothills. Foothills Primary Care Network is a team of 450plus family doctors who work with other health professionals to provide resources for residents and their families. They can steer you in the right direction with help on physical and mental health, chronic conditions, financial support programs, healthy eating, virtual activities, and more. To find out what they are all about, visit cfpcn.ca.

So, the kids sure had a different end to their school year. Kudos to all families that made it through and happy graduation to our students! The Foothills Primary Network has resources for children and youth as well. We had a program called Parent Link in the Foothills, but funding for that program ended March 31, as well as the Literacy for Life organization, due to lack of funding. I know many other organizations have been trying to fill

the gap, and the Network is targeting real issues such as youth homelessness or hunger. They are a way for children and youth to connect, and parents or caregivers as well. Please check them out online and also Wild Rose Community Connections, Foothills Community Counselling, or any of our FCSS (Family and Community Services) branches.

Normally a lot of our kids would be looking into summer camps right now. At the time of writing, many of these camps were unsure about whether they could open up this season or not, and what the protocols would be. So, with many of us going back to work, some good ones to check out are the Boys and Girls Club of Diamond Valley and District, Youth Write Society Canada, Ann and Sandy Cross Conservation, and the Leighton Art Centre.

The Leighton Art Centre is a not for profit historical museum, art gallery, and art education centre located near Millarville. They have launched their first ever virtual exhibit, and it is receiving a lot of attention. This is their 18th Juried Members Show, and it runs until June 7. It showcases 115 pieces of art selected from 365 submissions, and this year’s exhibit is “exciting, varied, and a visual feast”. So, see what our talented artists have been up to for this exhibit, at leightonartcentre.org.

With our businesses opening up again, help may be had with some resources from the Diamond Valley Chamber of Commerce, the Foothills Business Recovery Task Force, the Black Diamond and Turner Valley Intermunicipal Economic Development Committee, Highwood Community Futures, Foothills Tourism Association. These organizations are local citizens who offer resources and share information that promotes new and existing businesses. Check out Monday Mingle, an online webinar which provides a platform for businesses in the Foothills and where they can find supports. The webinar is on Mondays at 4pm, Facebook has the details.

So, our famous Farmer’s Markets have been allowed to open up again, with rules in effect regarding social distancing and such. Again, please call or confirm they are open and what to expect before going. Millarville Market should be opening June 20, at the Racetrack. The

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Okotoks Market is located one mile north of Okotoks on Highway 2A, and they are scheduled to open June 12, on Fridays, from 3:30-6:30. High River's Farmer's Market is reviewing their status currently, as is Granary Road. The Saskatoon Berry Farm has U-Pick for berries and has a lovely market as well as trees, shrubs, and more, and hopefully will be up and running the beginning of July, if not sooner. And I have heard many farmers are selling directly to customers, so I expect you can find out more through word of mouth. Nothing like fresh produce and all the other goodies we have come to expect from our Markets, let's keep them in business.

I took a drive on May 14 out to Sandy McNabb to check out what was happening up there. It turns out I got there just as they were opening the road further west. This road is closed during the winter months so wildlife can have better access to food, among other reasons. Well I counted well over 30 vehicles parked alongside the road, and people were off hiking and biking. There was a sign along the way stating to keep 2 metres away from others and to keep your pet on its leash, and the fine it said was \$120 for non-compliance. There was also a fire ban in place. Camping is set to open June 1, with restrictions. As well as complying with these measures, remember, take a picture and leave a footprint. That is, don't disturb our nature and don't leave your garbage behind! Pets on a leash is essential as well as you don't want Fido chasing after wildlife. We are so incredibly blessed to have such beauty so close in Kananaskis, so hopefully everyone including visitors will respect these rules.

A word about Alberta's water. It is a life source, and we all share the responsibility to sustain it. Our rivers, lakes and wetlands are known as surface water, which is the majority of water used by Albertans for drinking, bathing, and cooking. It is treated through our municipal water treatment facility, and samples are sent to Alberta Environment for testing. Many acreages have wells, and they should also be tested at least once a year to keep track of any bacteria. We also have ground water, which is water flowing underground, and this is usually good quality water because it is

filtered through gravel, sand, and hard rock. We can help keep our water supply clean by being aware of what goes down the drain, no oils or harmful substances, and try composting instead of using the garburator when you can. Make a difference in the amount of water used, every drop does count. And both towns and district have water restrictions as to when you can water your lawns and wash the car. Some may shrug and say, well, I pay for extra water, or I'm one household and it won't make a difference. But it does! And our natural resources won't last forever!

Rain barrels are an excellent way to conserve and use water. Outdoor watering can account for 30% of your average water bill. Rain barrels use less treated water, helps protect the environment, and your soil, lawns, and gardens will love the warm, non-chlorinated, free rainwater. You can use any size barrel, equipped with a downspout from your roof, a lid to keep out mosquitoes and other curious animals, and a drain or tap near the bottom to attach a hose. Examine it regularly to prevent mosquito larvae, and keep a fine mesh or screen over where the downspout enters the barrel, along with a lid. Drain your barrel, rinse, and turn it upside down in the winter.

Another relatively easy method to use rain water is to develop a rain garden. Water usually flows quickly towards the sewers on hard surfaces such as roads. It picks up salt, oil, animal wastes, pesticides, and fertilizers, which makes it harder and more expensive to treat. The basic premise of a rain garden is to use the water that comes from downspouts, and also directly from the sky, to drain towards a garden directly. Observe where rainwater runs naturally, and place your garden at a low point or somewhere along this natural flow path. Use stones and plants to fill the garden. Water should not sit on the surface for long in your garden, it should infiltrate the soil at a nice pace. It does take some figuring out and call before you dig if needed. Note if your lawn is well aerated it will absorb almost all rainwater already. For more information, just google rain gardens and you will come across a plethora of information.

Remember, sustainability comes in many forms. Water conservation is just

one of them, and if we each do our part, it does help.

In the meantime, stay safe, let's flatten that curve. Enjoy the weather and keep on rooting for our planet and everything on it. If you have any comments, suggestions, or want to put your not for profit organizations out there, please email me at elaine.w@telus.net. This issue will be for the month of July so anything going on during that month feel free to drop a line also, and the deadline for this issue is June 15.

Happy Father's Day June 21!

Elaine Wansleben

Turner Valley Changes To Garbage Collection Procedure: Placement Of RFID Tags On Carts

From May 19 to 20 and May 26 to 27, the Town of Turner Valley is asking all residents to leave garbage carts out for the entire day, on their scheduled collection day. This will allow Town staff to equip garbage carts with Radio Frequency Identification (RFID) tags that will be used to collect service data from each cart.

"For example, if your scheduled pickup day is on Tuesday, then we ask that you place your cart out for regular collection, but leave it out until 7:00 PM. This will give us enough time to tag your cart," said the Town's Operations Manager Craig Beaton.

The RFID tags will help track cart collection, improve cart management service, and customer service.

The tags are a part of the garbage pilot project the Town is participating in with the towns of Okotoks and Black Diamond. During the pilot project's duration, the Town will be reducing the collection days to Tuesdays only.

Continued updates will be published on the Town's website at turnervalley.ca.

*Submitted by Monique LeBlanc
Community Services Manager
403.933.6206
moniquel@turnervalley.ca*

Red Deer Lake United Church

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Along with other faith communities, we have decided to temporarily cancel

church services and events until we are advised that it is safe to gather for our most vulnerable congregation members.

In the meantime, we are posting Virtual Church services online – on Facebook, YouTube and our website – for you to enjoy. Watch all of our virtual services here: reddeerlakeuc.com/sundayvideos.

Plan to tune in on Sunday mornings at 10:30am to watch one of our services. We have songs, prayers, liturgies and sermons, many of them focused on how we – as individuals, families and

communities – can survive and thrive during a time of global uncertainty.

We also have pub nights, Bible studies, meditations, coffee gatherings and family activities online. You can see everything we have to offer on our website: reddeerlakeuc.com/virtual-church.

And if you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at (403) 256-3181 or office@reddeerlakeuc.com.

Thank you and be safe and well until we can meet again in person.

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TURNER VALLEY EMERGENCY RESPONSE PLAN

Crescent Point Energy Corp. (Crescent Point) is a conventional oil and gas producer; however, we are anything but conventional. We are dynamic, disciplined, and driven by results. We have high-quality light and medium oil and natural gas assets across western Canada and the United States.

Crescent Point has operations within Foothills County. The Emergency Planning Zone (EPZ) intersects the Town of Turner Valley and the Village of Longview. Crescent Point is working closely with the local authorities and the Alberta Energy Regulator (AER) to ensure safe operations now and in the future. Crescent Point's top priority is to provide an environment that safeguards staff members, suppliers, and the communities in which they work. They take all necessary steps to minimize risks, while meeting or exceeding regulatory laws and standards. Crescent Point would like to assure you of their continuing commitment to the safety of the public, their workers, and the environment.

Crescent Point has developed a detailed Emergency Response Plan (ERP) to ensure the health and safety of the public. The ERP has three primary public safety measures:

Shelter-In-Place:

Shelter-In-Place is considered the primary public safety measure when the hazard is of a limited duration or the public would be at a higher risk if evacuated. The goal of Shelter-In-Place is to reduce the movement of air into and out of a building until either the hazard has passed or the appropriate emergency actions can be taken (such as evacuation).

Evacuation:

In the unlikely event of a long-term release, it may be necessary to evacuate you to ensure your safety. At this time you would be provided with a safe route to an established evacuation centre.

Ignition Procedures:

In conjunction with Shelter-In-Place and Evacuation strategies, the release may be ignited at the source in order to reduce your exposure to the hazard. The combustion of gases being carried high into the atmosphere allowing additional time for the public to safely evacuate. The decision to ignite would be made in consultation with the AER.

Crescent Point has prepared a public information package outlining their operations in the area including details on the emergency response process. If you have any questions or would like a copy of the package, please do not hesitate to e-mail info@h2safety.ca, contact Crescent Point, visit the Town of Turner Valley Office (514 Windsor Avenue NW, Turner Valley, AB) or the Village of Longview Office (128 Morrison Road, Longview, AB).

Contact Information:

Crescent Point Emergency	24 Hour: 1-403-558-3667
Town of Turner Valley	Admin: 1-403-933-4944
Village of Longview	Admin: 1-403-556-3922



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We have all learned a lot in these challenging times, I'm sure. Whether it is how to conduct daily life while isolated, or making homemade bread, or how to celebrate Mother's Day, there have been lessons learned. One of the things I have noticed is how impactful single words have become: Pandemic. Virus. Reopen. Stay. Home. Spread. Curve. Wait.

Sometimes, a single word is enough to convey a world of meaning. This got me thinking about titles of books. It's a brave choice for an author to reduce all his work within the covers to one simple word. Most of the titles in our library collection have several word titles, leaving in you in no doubt of the contents within: *The Italian Billionaire's Long-Lost Virgin Bride*; *5 Very Good Reasons to Punch a Dolphin in the Mouth*; *After the wreck I picked myself up, spread my wings and flew away*; *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. In these cases, the title tells you everything you need to know before cracking open the book. One-word titles are more of an invitation; they make you ask the question – what is this going to be about? Any student of literature will tell you that in figuring out the author's purpose, the title of a work is a key piece of evidence. It tells us what was important to the writer- was it the plot, the characters, the theme? If you have seen the movie *Julie and Julia*, you may recall the scene where Julia Child must pick a title for her French cookbook with her editor. They have a wall covered with sticky notes each containing possible words that could be used. It took a lot of playing around with the post-its to finally get a title that captured the essence of what Julia Child wanted to convey. So, whether it is the author themselves or a combination of editors and publishers, opting to go with a single word is not the norm, but it is a practice that has spanned the centuries and genres. Whatever the reason, the convenience of one-word titles is that they are easy to remember. And you guessed it – I am providing you with a list of one-word titles for you to explore:

Booked, by Karen Swallow Prior

Quiet, by Susan Cain

Wild, by Cheryl Strayed

Dracula, by Bram Stoker

Becoming, by Michelle Obama

Atonement, by Ian McEwan

Beloved, by Toni Morrison

Confessions, by Augustine

Columbine, by Dave Cullen

Emma, by Jane Austen

Middlemarch, by George Eliot

Seventeen, by Neal Stephenson

Room, by Emma Donoghue

Wave, by Sonali Deraniyagala


Outlander, by Diana Gabaldon

The question on many people's minds of course, is when will the library re-open. Libraries are scheduled to reopen in Phase 2 of the provincial relaunch, but no date has at yet been set. We are working to get the facility ready with deep cleaning, installation of sneeze guards and the purchase of PPE. We are also working on some upgrades to the Reading Garden so that it will be a more useful space for our patrons when the weather is nice. When we do get the green light we will begin with curbside service only. The procedures for this will be posted on our website once we have them figured out. Till then, I leave you a with this final word: Read.



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Square Butte Community

With millions of people the world over having entered isolation to fight against the spread of COVID-19, I chose to borrow heavily from the words and musings of many individuals to write this month's article.

"We have to collectively work together to improve the world" – Samuel Strauch

A shout out from the Square Butte Community to all essential workers for the risks they are taking to keep the world running. Our sincere appreciation for all you do. A shout out to all the families grieving the separation and loss of loved ones. Our sincere sympathy is extended to you.

"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world" – Jack Layton

In these unusual times, the need for positivity becomes critical. We can spread optimism and happiness with a little humor. Without taking away from the sacrifices of so many, we can add some levity to the reality of the day.

"Tough times don't last, tough people do" – Unknown

Case in point: Chuck Norris tested positive for coronavirus. They had to quarantine the virus.

Hiking equipment is trailing. Elevators are on the rise, while escalators continue their slow decline. Weights are trading heavily.

Our Community Association had to cancel all scheduled spring and summer events by order of Foothills County. There are disappointed couples who have cancelled summer weddings and anxious couples whose weddings are scheduled for fall who eagerly pay attention to the news as things begin to cautiously reopen. In light of these hiccups in the journey

of life, let us continue to generate an optimistic environment

"Even the most difficult situation can be handled with ease if we are armoured with a positive attitude and an optimistic disposition. Each one of us carry our own burden of life's plusses and minuses. Let us all be equal in sharing a positive disposition and lighten this burden of isolation to live an enjoyable, even happy life" – Lata Jagdeesh

John Lennon shared this story from his childhood:

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life".

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Indecision

by Andrea Kidd



Why do I leave my warm home to walk in this wild, windy weather?

Because languishing in indecision in the comfort of my home does not satisfy my soul.

Where does this lethargy come from?

It is a result of cancellations, restrictions and rules that must be obeyed for my own safety and the protection of others.

But I chafe; my will and my desire shut down. So, I cannot decide what to do. Indecision has taken hold!

I don't want to go outside, but I have made the decision and I will follow through.

Outside, I zipper my jacket up to my chin, pull up my hood, sink my gloved hands into my pockets and stride out across the open ground. My old rugged runners squidge into the mud, find some gravel to grip, only to sink into the soft ooze of the ridged ground deeply gouged by truck tracks.

My head is down; I'm wide awake; the wind has blown away the webs of dismal news reports and the forecasts of long weeks of social restrictions ahead. We must hunker down and face this challenge. This challenge must be met with decision.

It is a war to be fought with many small battles; physical battles to social distance, isolate if necessary, curb usual activities, create new ways of doing tasks, wash hands vigilantly and cover coughs and sneezes.

It is also a battle of the mind. Crisis, fear, boredom, panic and frustration can result in indecision; debilitating indecision leads to depression.

These battles are fought with decisions; one small decision and then another.

I decided, "Enough of indecision!" Jacket on, shoes on, gloves on, out the door!

Across the open ground I noticed a person, hat crammed on her head, striding purposefully to keep warm. A grinning Sheltie, hair whisked by the wind, was on a leash. It was Natalie and her dog, Bozo!

We waved at each other as she went her way and I continued towards the ridge. Bozo seemed to laugh into the wind, straining to be free of her leash,

yearning to run through bushes and long dry grass, to follow deer scent, or run circles around a pump jack.

"Helloooo!" Natalie and I yelled at each other. The wind grabbed our words of greeting and flung them out of earshot. We called out unintelligible snatches of conversation that were whisked and whirled away. Still we threw our comments and observations, good wishes and hearty responses at each other. It didn't matter to us that we did not know what the other had said. Laughter livened our lives as we bridged the social distance. We had made human contact, communicated.

I went on my way, happy now, remembering that Natalie was also from the old country where they, too, are dealing with similar problems. The hawthorn is in bloom there, the woods are carpeted with bluebells and the hedgerows are lined with primroses. As I walked I delighted in a virtual trip back to Kent, popped in at the local pub and leant on the lych gate at the entrance to the little stone church.

I'll meet the challenge of this virus one decision at a time. My first resolve is to decide to make decisions. Indecision is the enemy.

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Mortgage Matters

By Candace Perko, Mortgage Broker

What Is CMHC? And What Does It Have To Do With My Mortgage?

CMHC is an acronym for the Canada Mortgage and Housing Corporation. CMHC plays an important role in helping Canadians buy a home.

CMHC began in 1944, it was created by the Canadian Parliament to provide low-cost housing and affordable mortgages to World War II veterans returning after the war. Today, it provides mortgage insurance for buyers who otherwise might not be able to buy a home.

This government institution provides banks and lenders with mortgage insurance if a borrower defaults on their mortgage loan on the property, CMHC assumes responsibility and reimburses the bank or lender accordingly.

Home buyers who cannot provide a 20% down-payment are considered "high-ratio" and are required to insure their mortgages against default with CMHC*.

Because of this required insurance,

CMHC is able to enforce strict criteria that borrowers must meet to qualify for their loans. This system protects lenders, borrowers, and taxpayers from unreasonable risk. The CMHC premium is added to the net mortgage amount (but a borrower may choose to pay it at closing if they prefer).

In addition to default insurance, in April 2019 CMHC announced the First-Time Home Buyer Incentive. A shared-equity mortgage with the Government of Canada. It offers: 5% or 10% for a first-time buyer's purchase of a newly constructed home or 5% for a first-time buyer's purchase of a resale (existing) home.

CMHC insured financing is available for one property per borrower/co-borrower at any given time.

CMHC also provides bulk/portfolio insurance, directly to mortgage lenders on their "low-ratio" (greater than 20% down-payment) mortgages, also as a type of mortgage default insurance. To a home buyer, this is known as being *insurable* with a lender paid CMHC premium (instead of a borrower paid CMHC premium).

Lenders buy this insurance for three reasons:

- Capital relief (lenders need to maintain less capital)
- Risk reduction (bulk insurance covers the lender in the unlikely event that a borrower with 20%+ down-payment

defaults and the lender can't recover its principal)

- Securitization (insured mortgages are more valuable to package and sell-off to investors)

To the home buyer, you may choose this option if you qualify, as the interest rate tends to be more favourable than an *uninsurable* (or *conventional*) mortgage... or you may never know if a lender chose to insure your mortgage.

**In addition to CMHC, there are two private mortgage insurer providers: Genworth Financial and Canada Guaranty. The premiums are the same among all 3; however, approval criteria does vary so check in with your broker as to which is the best fit.*

• Important Note: A common CMHC misinterpretation is that homeowners are off the hook should a default (foreclosure) occur. This is not the case. First, the lender must take all reasonable and appropriate measures to manage borrower default situations. In the event of default, CMHC advises "Once the foreclosure occurs, the borrower has an obligation to repay any shortfall if the proceeds of the sale are insufficient to cover the amount owed under the mortgage and other eligible holding costs. In these situations, the lender will obtain a deficiency judgment from the courts where it is financially feasible to do so and then submit an insurance claim to CMHC along with an assignment of the judgment. CMHC will then attempt to recover on the judgment."

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Patience, Please!

by Duane Harder



Ruth Graham, the wife of evangelist Dr. Billy Graham, is quoted as having requested that her tombstone have the words, "Thank you for your patience. Construction is finished." Someone has said, "Patience tis a virtue, possess it if you can. Seldom found in a woman, never in a man."

So, what is this elusive virtue that men don't possess and women occasionally exhibit? Being a man, it may be hard for me to define but I will do my best. Please be patient with me.

Let's begin with what patience is not.

Patience is not procrastination. Let's face it, procrastination is an attempt to escape responsibility. It puts fate in control of my life and makes me the victim of circumstance.

Patience is not laziness. Laziness lives in the land of entitlement on the street of boredom in the house of the sluggard.

Patience is not a laissez faire attitude. The laid-back person likes the benefits of the producer but they are reluctant to join the work force.

I must confess that I have not been known for my patience. On one occasion our family was traveling from the Okanagan back to Alberta. It was a holiday and we were going to spend time with both sides of our family. When we got to Sicamous, there was a long line of cars waiting to get on the Trans Canada. I looked at the line and thought, "This isn't for me. I'll drive through a shallow ditch, get onto a service road and get on the highway further down." As I drove off the highway into the ditch, my wife said, "You can't do that!" I replied, "I just did!" My plan worked. There were no cars where the service road connected to the Trans Canada. There was delight and satisfaction as I pulled onto the highway unimpeded. We drove a few kilometers and to my utter dismay I found myself at the back of a looooooong line of cars. Re-paving had stopped our progress. PATIENCE! That word shouldn't be in the dictionary.

On another occasion we were stopped at a railway crossing waiting for a slow freight train to get out of our way and stop impeding my progress. My wife, sensing my frustration

said to me, "Why don't you use this time productively? Think of who we will be meeting with and how you can encourage them, ask questions that show an interest in them, and what words of affirmation you can deposit." What a novel idea.

Life is filled with trains, traffic jams, line-ups at the bank, grocery carts with heaping loads of merchandise and people who move slower than a snail. Are we doomed to a prison of frustration and despair or can we learn to enjoy the benefits of patience? I want to choose the latter.

Let's start with a simple definition of patience. It is the ability to wait with expectant faith without placing a timeline on my expectation. The key phrase is, "wait with expectant faith." In religious language, faith is the ability to see the intangible reality of God. The tangible, complex universe becomes a doorway for knowing and understanding the intangible Being who calls Himself the self-existent one. Faith leads me to pursue the self-existent One or eternal, self-existent matter, otherwise known as evolution.

Let's leave the religious realm and get back to the line-up of cars and the freight train blocking the railway crossing.

Unrealistic planning is a recipe for frustration. The line-ups increase the tension of over-scheduling. Learn to build margins into your planning. Margins add flexibility to your life and can increase your alertness. Margins keep you focused on your goal and at the same time, increase your enjoyment of the trip.

Use the down time to review your responsibilities. How can I apply myself more efficiently?

What are the pressing needs of my wife and children? What steps could I take to sharpen my skills? These are just a few of the questions I could be asking myself and using as a launching pad for the productive use of a 'delay.'

Learn to read the countenance of people. The distressed, downcast or deserted need a word of encouragement. I was on a flight where the woman across the aisle from me had distress written on her countenance. After a brief conversation I said, "It looks like you are distressed. Is everything okay?" Tears filled her eyes and she said, "Earlier this morning our son was backing his car out of the garage and ran over his 8-year-old son. He died." This woman needed comfort in a time of distress.

Or perhaps you are behind that person with the over-loaded shopping cart and groaning as you think of the time it will take to get through the check-out. You could say something like this: "It must take diligent planning to think through the needs of your family. You are to be commended for the care you bring to your home."

I think I can hear the objection: "But I'm not like that Duane. I just don't think of things like that." Let me tell you a secret. That's not my natural *modus operandi*. We learn to break out of our self-contained, self-focused cocoon, and see how we can leave an enhancing, encouraging and equipping footprint. It's a choice, not a natural characteristic.

So, what is the benefit of patience: Greater peace, greater productivity and a life with increased purpose. Thanks for your patience while I'm still under construction.



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Out of the Rut *Chapter 117*



Watching the tide of season and calendar slip seamlessly over into June, it feels somewhat surreal. All around me I feel people doing the same, in a peculiar state of suspended animation. There are so many eyes these days, so much seeing is happening. People are watching the world through many apertures old and new. The lure of the office walls and the mall's lights and well-baited traps are hovering in the shadow of imminent changes and relaxations of rules. Perhaps by the time we meet on this page, people on the roads and at work of all kinds will be more prevalent.

I have moved into my home. I lie under the arching richness, feel the golden warmth of wood enfold me and my bones soften and let go, really let go. This is a first. This liberation of place, time, distance. I am alone, in my own unique space, unfettered. In many ways, I have no idea what to do with this. I float yet again in a kind of

limbo - life's vicissitudes tossing plans to dust, changes spiralling through each day casting lattice dances in my head. Each day a small shift, some new collection of tools or trinkets to house. Or a long walk in the glory of yet another day in which to play. My bones ache. I wonder from what?

Across the planet people pursue their same familiar, yet shrunken lives, interspersed with occasional forays out into a larger 'normality'. We have forgotten the ease with which we strode across each day, how we once 'bestrode the oceans'. My dauntless mother speaks of fear for the first time, the apprehension of the most susceptible finally raising its head as the gentle lifting of the veil begins...

The wild and wonderful crocuses that covered the top of the hill one day were utterly absent a week later. I do not previously recall this disappearing event... wild mauve and golden sentinels, harbingers of the new season, they metamorphose into spiralling silken seed baskets, like elfin beards pointing skyward. So how can a dozen or more just disappear?

Another day, another afternoon of plunging hands deep into the plangent earth. Digging fertile soil from the roots of downed aged trees, their rich black loam wraps its welcoming arms around the fragile roots of young plantings. Spots of colour against browns and greens. Trees are garbed in their novel fuzzy camouflage. Watch and listen to a poplar begin its

dance of limpid green unfurling. Taste the movement of fresh leaves, translucent membranes floating as sails to scud through skyscape, between cloud waves populating sky tides. Wrap arms around the trunk of a tree, connect down into the earth beneath its roots, listen to the sap shimmy up to the light and warmth. Spring's rising energy is tangible.

My nose already twitches (and sneezes and streams) with the new awakenings of spring and spores. The joy of sharing our world with myriad biting stinging insects is almost upon us. Armed with nets, citronella, tea tree, thyme, eucalyptus, we can take on the world! The ground is yet so deeply frosted that melting surface water gathers in puddles and pools across the pasture. The waterways are sparkling with the sunlit runoff of the winter. I stop and listen to the sound of running water, hammering woodpeckers and chattering chickadees, the muffled cotton-wool sound of a grey jay's wings, the subtle sound of water moving... trickling between stems and leaves across the surface of a mossy slope.

There is a new awakening all around. The movement of spring comes hand in hand with the increased movement of people. This year it is all new and fascinating.

With gratitude and love, Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com,
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Navigating the New Normal



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ADHD Lessons From COVID-19

by Roché Herbst, M. A. R. Psych.



Feel Like Calling It Quits?

This is a difficult time for individuals with ADHD, as well as their non-ADHD partners, spouses or parents. You may be juggling and struggling with everyday challenges while staying at home. Yes, the fear of the unknown can lead to anxiety and tensions. Fear can be a very real thing, but we can't let fear control us. You need to feel that you have some structure and control in your daily life. Here is how to get started.

Set Boundaries

During this time, you don't have to worry about how to say "no" to that social event you really don't want to attend or having company over. There is far less pressure in figuring out what to wear, running shopping errands, scheduling or coordinating appointments, etc. What does that feel like? How will you go forward to prioritize the really important commitments and saying "no" to the less significant ones?

Accept Life's Accommodations

"Oh no, I could never do online grocery shopping. People would think there's something wrong with me!" Now that everybody's doing it, you may realize it's not such a big deal after all. In fact, you might even like it. So, what supports have you started using since the pandemic to make your life easier?

Practice Mindful Living

The logistics of having to maneuver drop offs, appointments, rush-hour traffic are mostly eliminated for now. Some ADHD individuals are feeling way less overwhelmed. Many people can't make plans and are basically forced to live in the moment. Are you enjoying slowing down a bit and being able to spend more quality time with loved ones, including pets? Will you be setting up 'no-running around time' for yourself and others? Maybe become less distracted, more mindful?

Practice Healthy Coping Mechanisms

You might be trapped in quarantine having to deal with strong emotions you've pushed away for a long time. Are you confronting old traumas or fears? Using alcohol, marijuana or other substances during this time to manage your stress, anxiety, loneliness or depression, is not a good idea. Consider that the general health implications could potentially weaken your immune system. Smoking (especially vaping) can add additional strain on your lungs which could be further complicated by the virus. How about using this transition time to understand who you are and what is important to you?

Practice Intentional Self-Care

This is so critical. Collectively, on some level, we're all grieving the loss of something. You may feel more vulnerable and afraid of the future. What is your plan or "emergency exit" to make you feel safe and secure when you feel emotionally triggered? Do you go for a walk, a run, talk to a friend, do meditation, play a musical instrument, sit on the porch, take a warm bath, keep a journal, listen to music or relaxation exercises on a BitChute channel? Use this time to build an emergency self-care plan that you know will work when you feel disorganized or overwhelmed in the future.

What Can I Do?

- Eating right really changes how you think, feel and act.
- Go to sleep and your brain goes to work. It fixes the wear and tear, boosts your immune system and brain health!
- The Text4Hope app has messages of hope, advice, encouragement to help manage covid19 related fears and anxiety.
- Check in with a friend, a colleague or family member. Simply ask: "How are you feeling today?" "Are there things happening at home that you may find challenging?"

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Chaulk Talk

By Wayne Chaulk, Real Estate Agent

Real Estate & the COVID-19 Pandemic

As we all adjust to the unprecedented circumstances of our lives, I wanted to bring to you two main sources of information in this month's article. The first is to give you an update on the real estate market both in broad strokes for the nation and more specifically for our

acreage market here at home. Secondly, I will outline some important information on how we as realtors and the real estate industry in general has instituted procedures and guidelines to ensure the safety of all parties concerned during the selling and buying process. Real Estate is considered an essential service during this time as there will continue to be people buying and selling despite the pandemic.

First of all, here are the statistics I have pulled together that we have in hand for this year to the end of April as this publication goes to press in May. They are for acreages with homes.

You can see there has been a marked decline in both the number of sales and new listings for March and April 2020.

Normally March, April and May is the 'acreage spring market. However, we could still see a heightened season of activity during the summer months and into early fall, hopefully as Covid case numbers decline and people are more confident to consider listing their properties and buyers become more active. Of course in this unprecedented time it is hard to predict what will actually happen but as some businesses are starting up in 'new forms' and with new protocols in place, real estate will likely pick up to a degree as well.

Here are a few examples of what national and local real estate industry analyzers are saying:

Canadian Real Estate Association (CREA): "The number of homes sold is in free fall, but so far average prices are not plummeting as sellers try to ride out the pandemic.

Canada's residential real estate market plunged dramatically in April in particular, as the uncertainty surrounding COVID-19 pushed buyers and sellers to the sidelines. Home sales fell by more than 56 per cent from the previous month's level, which makes the month the worst April for home sales since 1984.

Canada's housing market is highly seasonal, as sales are generally low through the start of the year because of cold weather before heating up in the spring and through the summer. It then slows down again through the rest of the year before beginning the cycle again.

But the COVID-19 pandemic has thrown those trends out the window, as lockdowns and physical distancing measures have put a chill on home buying right as the market normally tends to heat up."

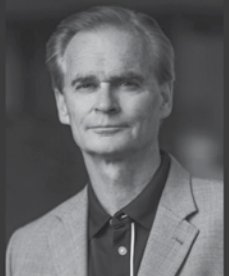
Calgary Real Estate Board (CREB): "Due to COVID-19 impacts on Calgary's housing market and general economy, it is not business as usual.

This year was projected to be a time when Calgary would start to see some modest improvements.

"The uncertainty surrounding the COVID-19 pandemic and the energy industry are expected to cause a dramatic decline in housing demand over the second quarter," said CREB® chief economist Ann-Marie Lurie.

"With social distancing expected to soften by the third quarter, the pace of the decline in sales will ease by the third and fourth quarter. However, a turnaround in sales is not expected by the end of the year, as the financial implications for many households will have lingering effects."

At the same time, supply levels are also declining, as social distancing measures are causing some households to delay listing their home during the pandemic. In situations of rising unemployment rates and job loss, we can see rising inventory levels. However, the



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ability for households to defer their mortgage will help prevent a steeper rise in supply when social distancing measures are relaxed. This will help prevent home prices from collapsing. However, given the situation in the energy sector, weakness in our economy is expected to persist beyond the immediate impact of COVID-19. On this basis, our housing market is expected to struggle with excess supply and further price declines. On an annual basis, prices in 2020 are expected to decline by nearly 3%."

Predicting price drops for acreages here in our area is very challenging because of the variety of product and variables in land and property versus city homes. Personally I would not be surprised to see prices drop more than 3% this year for some acreage product. Values have been decreasing for the past several years anyway and the Covid Pandemic is yet another contributor in our ever changing Alberta economy and real estate environment. It is the new reality for Alberta and we all must face it and not have higher expectations than reasonable on our current values and harbouring false hope that things will return to historical stronger values.

One consideration worth noting for potential sellers, however, is that if one goes to market this summer, likely only 'serious

qualified buyers' will be out looking and viewing property, so less 'tire kicking' so to speak, and sellers will also have limited competition because of fewer listings than normal. This should help your chances of a sale if your pricing is competitive. For much of the more expensive acreages pricing has been dropping for a few years now so our current challenge is adding further downward pressure. Acreages under \$1M do seem to move out in reasonable timeframes.

...

Here is an outline of some of the precautions that are being taken within our industry to help you as potential sellers get more of a comfort level regarding the selling process in case you are holding back from listing thinking it is way too risky at this time to sell.

Realtors are committed to limiting the risk of Covid during showings of a seller's listing by asking many questions of the showing agent and their clients about their current health condition through a questionnaire they must answer. The sellers also are asked questions about the current health of any of their family members and before any showings are asked to turn all lights on, open all inside doors and no-one be present during a showing. The buyer's agent is asked to ensure he/she or their buyers do not touch anything during a showing, leave

lights on when leaving and disinfect any door handles touched during a showing. The sellers are also encouraged to disinfect any door handles after a showing. Realtors are prohibited from showing anyone who they become aware of who has travelled in last 14 days or has come into contact with someone who has Covid. Agents and clients are to practice social distancing with agents and clients travelling in separate vehicles to a showing and exercise social distancing during a showing. Realtors are being asked to sanitize after opening and closing a lockbox.

Buyer's agents are asked to encourage their buyers to do virtual home tours first to ensure the property they want to view meets most of their buying criteria, thereby reducing exploratory viewings of comparable properties which are not strong picks and thus reducing the seller's exposure to unnecessary showings. We are also being more stringent in trying to ensure any buyers are properly qualified financially before viewing.

...

No doubt this is a time of caution, concern and uncertainty. But eventually we will arrive at some form of "new normal" and some real estate activity will continue. In the meantime, I want to express my sincere best wishes to readers that you are remaining safe and healthy as we all do our part to help reduce the spread of this virus.

Rural Foothills			
# of Sales – 2019		# of Sales – 2020	% Change Y/Y (year to year)
Jan.	5	Jan.	+80%
Feb.	12	Feb.	-25%
March	18	March	-33%
April	13	April	-31%
# of New Listings – 2019		# of New Listings – 2020	
Jan.	46	Jan.	-33%
Feb.	31	Feb.	+29%
Mar.	56	Mar.	-52%
April	60	April	-83%


Rural Rockyview			
# of Sales – 2019		# of Sales – 2020	% Change Y/Y (year to year).
Jan.	39	Jan.	62%
Feb.	73	Feb.	14%
March	83	March	-10%
April	97	April	-51%
# of Listings – 2019		# of Listings – 2020	
Jan.	211	Jan.	-13%
Feb.	197	Feb.	10%
March	242	March	195
April	255	April	134

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