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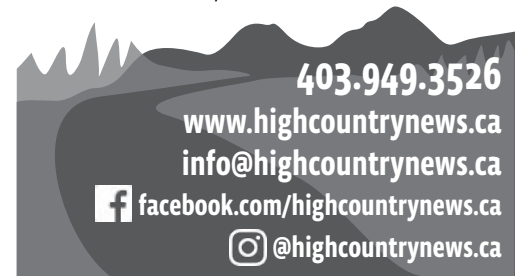
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From The EDITOR

In this month's edition I want to give a special thanks to Bob Cook (owner of Branded Visuals) for his donation of a photograph for the wildlife awareness article, as well as his assistance with our front cover. The High Country News is a paper comprised of many local contributors throughout the foothills and it's impressive to see the collaboration in creating this community newspaper. Another thanks goes to the team at AdMaki that often donates significant hours of their time in the process of creating ads and marketing strategies for the local volunteer groups in the area.

This month the HCNews been given permission to feature a unique piece of art to garnish our front page. This picture shows one of Bragg Creek's long-standing businesses. Through many challenging times the Crabapple Cottage has served both locals and visitors alike. I trust that

their story may be an inspiration of what is possible.

You may have heard of Bill C-10. This bill is concerning on so many levels, especially for those of us in the publishing industry. Unfortunately, space doesn't allow me to give a detailed exposition on my concerns. Needless to say, silencing and withholding information and expression of thought is a direct assault on a free society.

A larger concern is this bill reflects a troubling trend seen in our communities and social circles. How well do we handle different expressions of opinion? We are becoming polarized and finding points of common ground is almost impossible. In the past I have often been too quick to state my opinion and not give room for others to express their thoughts and concerns. I'm thankful for a wife, children, and friends that have had the courage to challenge that opinion, and hopefully I'm softer and wiser for it. If we can change individually, hopefully our political leaders will be able to mature and allow individuals and organizations to speak freely regardless if it fits with the agenda or current popular thought. If you share a similar concern to

Bill C-10, I would encourage you to write your MP and express your concerns.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca

Artist PROFILE

Elaine Stringer, Artist: Drawing and painting are for me, the way to express my feelings, and to capture moments of life that otherwise, would be forgotten. It is the way to remember that even if there are sometimes "black and white moments", life still exhibits all the colour of the rainbow... it depends on how we choose to see it.

Born in St-Jean, Quebec, I resided there for thirty two years. I moved to Calgary in 1993. I studied drawing for four years, oil painting for one year and watercolours for three. In 1998, a journey brought me to Neckargemund, Germany, where I studied watercolours with Vefa Koleman, a well known European artist. I have exhibited my work since 1988. My interest is in a mixture of watercolour and ink. Acrylic is also a favourite medium where personages, landscapes, villages and metropolitan sceneries come to life.

I enjoy being part of the Crabapple Cottage Team and was delighted to be commissioned to paint "The Stringer", as an exterior landscape of The Cottage.

Special thanks to Bob Cook of Branded Visuals for the professional digital imaging of Elaine's painting for use in the High Country News and elsewhere!



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Letters To The EDITOR

Last Sunday afternoon Amarin and I (32 year residents of the BC area) snuck in a spontaneous overnight canoe trip along the Bow River from Calgary down to Carseland. The water was a bit turbid with the beginning of the freshet, but the scenery was beautiful and the birdlife abundant. However, not as abundant as the insect life. Every riffle was effervescent with Mayflies, Stoneflies and Caddisflies rising to the water surface and emerging into their winged adult stages. Fish were supping on the abundance, but what really was amazing were the hundreds of Franklin Gulls swirling over our heads and around our canoe at each pool. We've been dazzled by these birds before: In Bragg Creek in 2017 and 2018. This coincidence is the substance of this note.

By the end of June, Redwood Meadows is initiating an aerial spraying program of the pesticide Bt-K to kill Western Spruce Budworms. The pesticide targets the insect order *Lepidoptera* (butterflies, moths and skippers) and is not toxic to humans. But what are the other effects of this pesticide? Our species seems to have difficulty relearning that everything is connected to everything else. And that is true here.

The western spruce budworm (WSB; *Choristoneura occidentalis* of the family *Tortricidae*) eats spruce and fir needles of western coniferous forests, and periodically reaches outbreak levels. In Alberta outbreaks occur about once every 10-20 years and peak over a few years. Trees can tolerate up to ten defoliation events and old or sick trees can succumb to the infestation. White spruce and Douglas fir (in the southern Foothills) are typically infested and Engelmann spruce and SubAlpine fir comprise a lesser target by *C. biennis* at high elevations.

The moths mate and lay eggs in late July-August. The female deposits up to 150 green shingle-like eggs on the needles. Newly hatched larvae do not feed but seek shelter under bark scales and emerge in the spring from silken webs. They begin feeding on newly swelling needles, going through 6 larval stages before maturing as the brown spotted caterpillar, about

25mm long. In mid-July they pupate in brown segmented cases and emerge as brown mottled moths. They disperse over many kilometers to seek new sites to start the mating and egg laying cycle again, especially if the immediate forest is infested.

Spruce Budworm populations are modulated by climate (wind can blow caterpillars off trees and late frosts can kill populations) and spiders, beetles, and flies (esp *Diptera*) also predate on the budworms. Venier and Holmes (*A review of the interaction between forest birds and eastern spruce budworm, 2010*) showed a strong relationship between some bird populations and budworm populations. The most affected species were insectivorous warblers like the Cape May and Tennessee Warblers, both present in the Foothills.

Around 1960, forest harvest companies working with government agencies developed the pesticide, Bt-K using the natural, soil-dwelling bacterium *Bacillus thuringiensis*, variety *Kustaki*. The pesticide is particularly effective on larvae of the insect order *Lepidoptera*, which we noted comprises moths, butterflies, and skippers. The bacteria produce crystal proteins during sporulation, called *insecticidal delta-endotoxins*. Different proteins work against different insects by attaching to specific binding sites in the insect's gut. They only become active once dissolved in the alkaline gut environment. The bound proteins form holes in the gut, which eventually leads to death of the caterpillar over a few days. Bt-K is widely used to eradicate infestations of Eastern Spruce Budworm *Choristoneura fumiferana* and gypsy moths *Lymantria dispar*. Bt-K sprays are not toxic to honeybees, birds, or mammals such as farm animals, pets, and children as forestry agency Bt-K "fact sheets" and logging companies are quick to point out.

While there have been many studies on the effect of Bt-K on spruce budworm and gypsy moth larvae, there have been relatively few on the collateral effects of spraying. The most comprehensive study was "*Long Term Evaluation of the Effects of Bacillus thuringiensis kurstaki, Gypsy Moth Nucleopolyhedrosis Virus Product Gypchek®, and Entomophaga maimaiga on Nontarget Organisms in Mixed Broadleaf-Pine Forests in the Central*

Appalachians" edited by Strazanac and Butler, 2005. They showed that the Bt-K reduced *Lepidoterid* caterpillars by 40-90%, decreased populations of spiders by 40%, *Carabidae* beetles by 80%, predatory flies by 50%. Worm eating warblers (30%) and towhees and juncos (50-80%) while nestling weights were reduced by 16%. Bt-K treatments are not toxic to predatory spiders, beetles or birds but these beings depend on budworms for their reproductive success and thus are demonstrably impacted by pesticide treatments.

In 2017 and 2018, the Bruce Spanworm (*Operophtera bruceata*, green "inchworms" and hunters moth) infestations defoliated much of the aspen along the Foothills from the Crowsnest River to the Bow River, including Bragg Creek. Patches of aspen trees were eaten clean of leaves and the web strands made trail walking here like a Halloween horror house. Those years, at the height of the infestation in early July, the cries and swirling flight of hundreds of Franklin gulls occurred every evening up the Elbow and adjacent hills, especially along Two-Pine ridge near our home. This small scale "Miracle of the Sea Gulls" reduced the infestation to the point where leaves began growing back by August. In 2019 the leaves were a full crown. No other treatment necessary. Our trip on the Bow reminds us of the oscillations in population between prey and predator in maintaining ecological balance.

Insect infestations are one of these natural oscillation in our forests. On top of drought stress, they can be a disturbance on the scale of wildfire as British Columbia saw with the Pine Beetle outbreaks in 2001-2002. The present budworm oscillation is not such a habitat restructuring event. For the sake of the many other supporting actors in our ecosystem, I would ask the residents of Redwood Meadows to reconsider plans for aerial Bt-K spraying and let the insect and avian predators do their work on the Western Spruce Budworms. If you have a spruce tree you are particularly concerned about, consider spraying those individual trees with a hose application of Bt-K. Please don't forfeit all of next spring's Morning Cloak and Fritillary butterflies, mosquito-eating spiders, and warbler songs. They cannot make their case, so we try. Thank you.

Dave Klepacki
Bragg Creek



There are few places to whom a thriving tourism industry comes naturally. While many jurisdictions around the world pride themselves on man-made attractions, here in Alberta our tourism economy is rooted in the God-given beauty all around us. The popularity of our Rocky Mountains has put us on the map globally and supported thousands of jobs and small businesses, but without proper management this high visitation can come at a cost to the beautiful landscapes for which we are so famously known. This is why sales for the newly unveiled Kananaskis Conservation Pass officially went on sale June 1st.

Last year, 5.4 million people visited Kananaskis Country. That's over 1 million more than Banff National Park - the busiest national park in Canada. It's encouraging to see so many Albertans enjoying the parks and public lands in our backyard, but over the years this increased recreation has led to significant pressure on the land, safety, and facilities, as well as the resources necessary to maintain them. Overflowing garbage bins and litter, vandalism, human-wildlife conflict, overcrowding, traffic jams, and illegal parking had become prevalent. To make matters worse, there were more emergency calls for help made last year within Kananaskis Country than in Banff, Jasper, Kootenay, Waterton, and Yoho National Parks combined.

If we are to continue protecting Kananaskis and the visitors it attracts, a revenue model similar to that of the national park system needs to be implemented. There is a reason that so many Albertans view national parks as having more amenities and stronger environmental protections than provincial parks. This is simply

because the national park pass system affords those luxuries. As Albertans and Canadians, we have happily paid our dues to support national park conservation initiatives for years. If we wish to preserve and enhance Kananaskis the same way that we do with our national parks, we must also be willing to pay a small amount for the conservation, emergency services, facilities, and amenities which we use and enjoy in such abundance on these lands.

The newly introduced Kananaskis Conservation Pass will cost \$15 per day or \$90 per year for vehicles going to Kananaskis, provincial campgrounds, and day-use areas in the Bow Valley corridor. Up to two license plates can be registered to each pass, ensuring families with multiple vehicles do not need to double pay. Low-income individuals living on AISH will not be required to pay the fee.

The revenue generated from the pass will be reinvested directly into projects that enhance the conservation, services, and facilities in the region, including \$11.5 million to improve trails, hire additional armed conservation officers and search and rescue operators, reopen the visitor information centers, and expand the overall protected landmass of the Kananaskis region.

Every dollar collected from purchases of the Pass will be tracked through a Treasury Board & Finance mechanism called a 'dedicated revenue initiative' to ensure expenditures are directly linked to the fee for which the revenue is being charged. Money-in must equal the money-out, and through the annual budget, audit, and reporting process, assurance will be provided that the fees are used to reinvest in programming in Kananaskis as intended, such as the investments mentioned above.

The Kananaskis Conservation Pass is \$50 cheaper than the national park pass, and its affordability is reinforced by the fact that every other provincial park in the province will remain free - contrary to the national park system in which every park requires paid entry.

Our Government has been careful to ensure that fee stacking does not occur, which is why the McLean Creek area has been exempt from the Kananaskis Conservation Pass. McLean Creek will be subject to the \$30 off-highway vehicle trail fee being introduced later this Fall, as was requested by off-highway vehicle users themselves and promised in our 2019 campaign platform. This new Kananaskis Conservation Pass will also replace the cross-country ski trail fee that was introduced last winter.

For all the hikers, bikers, kayakers, paddle boarders, picnickers, and general outdoor enthusiasts among us, it is sure to be another busy summer out in Kananaskis. By working together and each doing our small part, we will ensure that the Kananaskis we love today remains beautiful, accessible, and protected for all of our tomorrows.



MLA Miranda Rosin

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The Springbank Park For All Seasons is looking for a qualified person to Operate our multi-use park, sports and recreation facility's Lounge. Our Lounge is currently undergoing some modernizations, and we are hoping to see an Operator or Coordinator in place early Sept, to kick things off mid to late Sept. This should be a big season for Hockey, Curling and hopefully once again see some special events taking place. A monthly facility rental lease agreement is envisioned, or possibly another type of contract, or even a seasonal Employment type arrangement. For additional details call 403-242-2223, Ext 21, or email your Resume / Application or Proposal to todd.muir@springbankpark.com (competition will close when position filled)

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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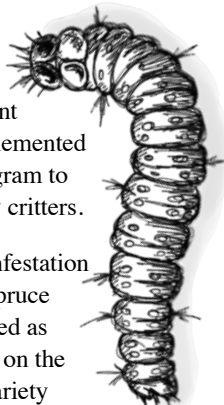


June already? Wow. How time flies. I hope you and yours are managing through the pandemic and are taking the necessary steps to help alleviate this blight in our lives. With everyone, (hopefully) getting their vaccinations and adhering to the measures set out by Albert Health Services, we'll be hugging each other in no time. Fingers crossed.

Spruce Budworm Infestation

I want to personally thank residents who reached out to me regarding the potential infestation caused by the spruce budworm and their effects on our community's forests. As was pointed out to me by concerned residents, the Townsite of Redwood Meadows, with an endorsement from Health Canada and Alberta Environment and Parks, has implemented an aerial spray program to combat these pesky critters.

Spruce budworm infestation leads to stands of spruce trees being defoliated as the budworms feed on the new needles of a variety of spruce and balsam trees native to the foothills. Should infestation occur repeatedly over 4 to 5 years, the trees can die after each defoliation. Because I'm no bug expert, please refer to the Government of Canada website for information at www.nrcan.gc.ca and type in "western spruce budworm" in the search bar. There you will find everything you need to know about this bug and the damage it can afflict on us.



You may be asking, since the spruce budworms wouldn't know one boundary to the next, what is Rocky View County (RVC) doing about this? As RVC follows provincial guidelines in which there were no plans to fight spruce budworm this year, a budget was not allocated. That's not to say RVC isn't doing anything. In fact, RVC will be closely monitoring Redwood Meadows' aerial spray program this month and will be conducting a survey to get an estimate of the population density of the spruce budworms in the hamlet and surrounding area. The survey will determine where pheromone-baited traps will be set in order to help us identify and assess how to go about implementing an action plan to best manage future infestations.

If you have any questions or concerns about this matter, please contact Rocky View County Agricultural Services at agservices@rockyview.ca or phone 403-230-1401. As of this writing, the spraying in Redwood Meadows was contingent on the larvae stage of the budworms and weather conditions.

Gateway Village

It was a unanimous Council decision that helped bring Dick Koetsier's vision of creating a lifestyle location for locals and visitors alike, one step closer to reality. Following the award-winning Bragg Creek Revitalization Plan commissioned by RVC in 2015 that set forth plans to create a commercial, residential and hospitality destination, the moniker of Bragg Creek being the "Gateway to Kananaskis" is more than ever solidified.

Council was very supportive of seeing change in Bragg Creek as it was long overdue. While some locals were less than ecstatic over this project, many, especially in the business community, welcomed the development. There has been much coverage over the past month in the media and there will be more to come. If everything goes as planned, we will be seeing activity as early as September with road construction and servicing.

As a reminder, since AdMaki Creative is associated with Dick Koetsier's Gateway Village project, I have recused myself from any voting on any applications for pecuniary reasons. That being said, if you have any inquiries, please do not hesitate to contact any other councillor or administrative staff for information.

RVC Municipal Election

With only 3 months to go before election nominations will be closed, unlike our neighbours to the east, there have been very few folks throwing their names into the race for a RVC Council seat. You have until September 20th to be nominated.

Finally

This community means a lot to my family and I, so when folks I haven't even met face to face from not only Bragg Creek and area but from Jumping Pound, the rest of Rocky View County, and beyond send their warm wishes, it gives me great pride in representing you. Thank you.

Until next month, hug those closest to you (within covid rules) and stay safe.

– Cheers, Mark

Rocky View School Board Update

Rocky View Schools has appointed Sharon Cronin as Director of Instruction. Sharon has an excellent record of educational leadership and will be an asset in this role.

The Board of Trustees voted to close Prince of Peace school. Sage Properties terminated the lease agreement that it held with Rocky View division, promoting a closure process. The Government of Alberta kept school funding at the same level as last year. The Board is considering how best to deal with the anticipated impacts of COVID-19 on next year's learning.

All graduation ceremonies will take place online. Administration waited as long as possible to make this difficult decision. With the pandemic rules still uncertain, the time frame for decisions around ceremonies were too narrow.

Rocky View Schools will be starting two online schools: one for grades 1-9 and one for grades 10-12. Parents must designate their online schooling option by May 31st.

The Education Centre is getting a revamp due to growth. When the centre opened there were about 15,000 students. The Division now supports over 25,000.

The government began a transportation task force in 2020. The task force is looking at the following issues: safety and efficiencies, regional cooperation, and provincial purchasing program for buses for fuel, parts, insurance.

Some facts about transportation of students:

- 300,000 students K-12 travel by bus
- School buses travel 450,000km per day across Alberta
- 43 school boards have cooperative transportation agreements with neighboring boards
- Provincial funding for K-12 transportation is \$310 million this year
- Daily cost of \$1.6 million

Kari Rose, a parent at Bow Valley High School, has won the ASCA Parent of Distinction Award for her involvement in School Council.

Activities for Children

Looking for some fun things to do with your kids? The next two links are great activities. These can be found at steampoweredfamily.com, an excellent resource for science-based activities. There are commercials that you will have to navigate.

- Strawberry DNA Extraction Lab for Kids - Biology Kitchen Science
- Outdoor Activities for Kids - The Best Ideas for Education Outdoors

Potential Career Paths for Youth

We are all aware of the global shortage of semiconductors. Canada is trying to bolster its venture funding in this area. According to a press release, Canadian graduates are highly sought after by global semiconductor companies for being the cream of the crop in STEM talents. Statistica lists that nearly a quarter of all post-secondary enrollment was in computer and electronics-related programs in 2019. Canada needs to make a concerted effort to retain its talent domestically.

In other technology news, researchers are looking at ways to omit passwords, wouldn't that make life easier? *"An estimated 80 per cent of hacking-related breaches can be attributed to lost or stolen credentials, which leads to millions of dollars in financial damages and creates a snowball effect of stolen data. Protecting passwords has become an industry-wide concern that continues to remain an ongoing problem. It is therefore imperative for organizations to prioritize password security by adding in multiple authentication layers, limit employee privileges and consider passwordless alternatives."* - Howard Solomon, May 6 2021, IT World Canada.

As we head into summer, I would like to wish each of you a summer free from masks, a summer free to visit with family and friends, and to say thank you for enduring this year with fortitude, humor, and resilience.

Submitted by Trustee Judi Hunter Ward 5

Walter (Wally) Leslie Cross November 13, 1937 – May 4, 2021

After a life full of love, kindness and adventure, Wally passed away quietly on May 4, 2021 in Parksville, British Columbia with his loving wife, Dale, by his side.

Left to cherish Wally's memories are his wife of 33 years, Dale (nee Shea), son Brian, daughter Barbara, grandsons Justin, Casey and Cameron, Dale's four children, Brent, Katherine, Nadine, Celene and their families, and three brothers George, Bliss, David and their families. Wally was predeceased by his grandson Sam, father George and mother Dortha (nee Bliss).

Wally was born in Prince Albert, Saskatchewan on November 13, 1937. He attended elementary school in Prairie River and graduated from high school in Central Butte, Saskatchewan. Following high school, he studied engineering and business at Mount Royal College in Calgary, Alberta.

Wally started his working career as a Department Manager at the Hudson Bay Company in Red Deer and then in Calgary. He joined the Calgary Real Estate Board in 1972 and very quickly realized that his passion was Farm, Ranch and Acreage sales. After furthering his education at Olds College, he moved to Bragg Creek in 1975 and began a highly successful and rewarding career in real estate. Wally loved Bragg Creek and during his years there his entrepreneurial spirit flourished, filling various business needs in the community.

Wally gave generously of his time and talent to the community. He was a member of the "Elkana Hold-Up Gang". He supported the Calgary Stampede annually and one year was awarded first prize in the Stampede Parade for his horse-drawn float.



Wally had a passion for sports all his life. He excelled in sports in high school and college, particularly as a pitcher for various school and league baseball teams. He loved animals and spent many hours on his old steed, Custer, hunting and trail riding in the high country with his buddies. Both fishing and playing golf were favourite pastimes in his retirement. Wally was a Calgary Flames season ticket holder for many years and remained a lifetime fan.

Wally was a fabulous cook and wonderful host. Laughter and light-hearted fun were his specialties. His last years were divided between Parksville in the summer and Lamar, Texas in the winter. He called his friends in Lamar his "Texas family".

Wally loved life and people. He lived life to the fullest and will be sorely missed by family and friends. Rest in Peace Wally.

In lieu of flowers, please consider a donation to the Cochrane & Area Humane Society.

Fawning Season Is Here

The signs of spring are all around us. Warmer temperatures are here and the Bragg Creek area is getting busier as summer approaches.

Warmer temperatures also stimulate local deer migration from winter foraging areas to summer habitats, and it's the time when does give birth.

Sadly, fawning season, from late May through June, is the second highest period for wildlife-vehicle collisions in Alberta. Did you know that up to 90%+ of reported wildlife collisions in Alberta can involve ungulates – mostly deer? *

Every doe with a fawn is likely stressed, hungry, and possibly, exhausted. She, just like any human mother, needs calm, quiet and a sense of security to ensure her own health, and the health of her fawn.

Roads often divide animal habitats and impede natural animal movement, and this area is no different. At this time of year, when the doe and fawn population is especially vulnerable, we should take extra care on our roads – for our own safety, the safety of our four-legged friends, and so that we can protect the integrity of our ecosystems.

Our vision at Bragg Creek Wild - for a safe and sustainable environment where wildlife and humans co-exist - depends on each of us being well informed and acting responsibly.

Wildlife-vehicle collisions are a serious problem, resulting in many millions of

dollars in damage and insurance claims every year, causing serious injuries and fatalities to drivers and passengers, and harming precious wildlife.

There's no better time to review recommendations for avoiding deer collisions, so here are some key points to keep in mind**:

• Always observe the posted speed limit and remain alert, with eyes on the ditches

• Pay attention for posted signage: these indicate known frequent deer crossings

• Be especially vigilant at dawn and dusk when deer are most active

• Deer can jump over 3

meters! Don't expect fencing to prevent them from crossing

• Deer are herd animals, if you see one animal, reduce speed, then stop until it has safely crossed the road - then scan for the rest of the herd, especially fawns

• Don't depend on deer whistles: they are not 100% effective

• In low light; dawn, dusk and at night- deer may 'freeze' when overstimulated by headlights, so flash your lights on and off to help the deer recover

• NEVER HONK your horn, we now understand that horns can seriously

confuse the animal, causing them to run directly into your vehicle or oncoming vehicles

• Be prepared for unpredictable behaviour, don't expect the deer to cross quickly, or in a straight line

• Don't swerve out of your lane to avoid deer: use your brakes to reduce speed, and then stop. You risk collision with another vehicle if you leave your lane

Please report all wildlife-vehicle collisions – there are some useful contacts listed below. If the animal is injured, it may cause danger to other motorists and you may be required by your insurance company to report if your vehicle is damaged.

Talk to family, friends and neighbours about fawning season and safe driving in wildlife zones.

Wildlife health is important to our culture, economy, tourism, agriculture, and health. A healthy ecosystem is vital to our own health and well-being, we are intrinsically connected. When ecosystems are out of balance or at risk, human health is also at risk. So let's be safe out there on the roads and do our part to preserve what's wild and wonderful. Protect beautiful Bragg Creek Wild Country.

To report a wildlife-vehicle collision, contact RCMP Cochrane 403.851.8000

To report an injured animal, contact Alberta Institute for Wildlife Conservation (403) 946-2361

To pick up a dead animal, contact Rockyview County (403) 230-1401

Sources:

*https://www.rockies.ca/files/reports/Alberta_Improving_Human_and_Wildlife_Safety_April2019.pdf

**<https://wildliferoadsharing.tirf.ca/road-safety-and-wildlife/myths-and-misconceptions>



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Springbank Community Association Becomes A Duke Of Edinburg International Award Center

The mission of the Duke of Edinburg Program is to give Canadians aged 14-24 a supportive, non-competitive youth development platform that deepens self-awareness, builds confidence, and broadens skills and experience to further their growth as active, responsible citizens

We recognize that not all learning happens in the classroom, and our program challenges young Canadians to develop the skills and confidence they need to improve themselves and their communities, by

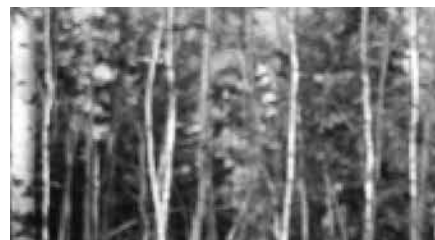
encouraging them to reach beyond their comfort zone. We strive to engage young Canadians in all communities to give them a unique, experiential, and supportive platform to develop the skills they need to succeed in life.

The lessons they learn from developing transferable skills, increasing their fitness levels, cultivating a sense of adventure, and volunteering will benefit them for the rest of their lives. Our inclusive philosophy champions a diverse array of youth to evolve as leaders by teaching them lessons they can employ in all aspects of their lives.

For more information visit Springbank Community.com or contact Judi at 403.888.1831

Karin Hunter

President, Springbank Community Association



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COVID-19 IMMUNIZATION +



Alberta, it's time to sign up, show up, and follow up.

Here's what you need to know:

- + Immunization is the best way to prevent yourself from getting sick with COVID-19
- + Immunization is the fastest way to get back to normal and reopen our communities
- + Immunization is safe, effective and necessary
- + The right vaccine for you is the first one that's available
- + Find all the facts about COVID-19 immunization and the rollout at alberta.ca/vaccine

Sign up, show up, follow up:



SIGN UP

Millions of Albertans are now eligible. Sign up now at alberta.ca/vaccine.



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Alberta



With a Federal election on the horizon, members of the Conservative Official Opposition are working diligently to pass integral legislation put forward by our dedicated team.

As Conservatives, we do not support picking winners and losers through pet programs or subsidizing certain industries. We believe in clearing the red tape and tax hurdles to ensure hardworking Canadians can be successful on their merits. Aristocratic.

That is true with our farmers and ranchers who have remained resilient despite roadblocks they have faced. We want to ensure generations to come will be able to carry on Canada's tradition of the family farm, which has played an integral part in country's economic success, and rural way of life.

Conservatives want farmers to focus on what they do best, instead of fighting government to 'do no harm' and to back down on contentious proposals.

That is exactly what we have done.

In speaking with farm and ranch families, succession planning is often a source of anxiety and stress. In addition, we need to ensure agriculture is attractive and affordable for young families. With that in mind, Manitoba Conservative MP Larry Maguire proposed Bill C-208, which will make it more affordable for farmers to transfer their business to a family member. It would amend the Income Tax Act to make the tax charged on the sale of one of those businesses to a family member equal to what it would be charged if sold to a non-family member, which has a lower tax rate. Mr. Maguire's bill was passed in the House of Commons in May.

My own Private Member's Bill C-205, will protect biosecurity on farms and food processing centers to ensure animals and workers are protected. It passed Second Reading in the House

of Commons and is currently being studied at Agriculture Committee. My Bill addresses the critical issue of securing the biosecurity of our food supply, especially when people trespass onto farm property and at facilities. It will also increase the penalties for groups and organizations who encourage individuals to threaten the health of animals, workers and farm families. However, this bill does not limit an individual's right to peacefully protest on public property nor does it prevent whistleblowers from speaking out. This proposed legislation has unanimous support from industry stakeholders and multi-partisan support in the House of Commons.

Currently, on-farm fuel like diesel and "purple" gas are exempt from the Liberal carbon tax, but natural gas and propane used outside of the commercial greenhouse industry are not. My colleague, Ontario MP Philip Lawrence put forward Bill C-206 which would extend the exemption to natural gas and propane used to dry grain or to heat livestock barns.

This Liberal government failed farmers on trade, transportation, risk management, pandemic relief and farmers were punished yet again with an increase to the carbon tax on April 1. Bill C-206 would be a substantial cost savings for Canadian farm families who already are not given credit for the environmental stewardship and carbon sequestration they already achieve.

Conservatives are not just supporting Canadian agriculture.

Also passed in May, Conservative MP Matt Jeneroux's bereavement leave bill was one of two Opposition bills passed unanimously. This bill would extend the length of compassionate care leave by up to three weeks after the death of a loved one. The pandemic has highlighted the issue of grief and its impact on families and this bill will allow more time for caregivers to grieve and take care of practical necessities before returning to work.

Finally, Conservative MP Len Webber's Bill C-210 also passed unanimously in early May. C-210 bill gives the Canada Revenue Agency authority to allow people to register as an organ donor on their tax return, as long as the province or territory where tax forms are filed agrees to the initiative.

As an Opposition, not only must we present Canadians with an alternative vision to the current Liberal government, but we must also provide viable solutions to the issues Canadians face.

Alberta's Conservative MPs are doing exactly that and doing so successfully.

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Finance 101 For Women: Part 2

Here are ten steps that will help you take control of your financial future:

1. Let knowledge overcome fear. Knowledge is empowerment! The more you learn about money and investing, the more confident and successful you will become at managing it. Start by attending for-women-only seminars on finances, reading investment books, studying investment concepts, and attending adult education mini-courses.

2. Manage your cash. Get your income and expenses in balance by setting up a workable household budget. Also, put away the credit cards. This will put you in control of your spending and help you identify money you can save for the future.

3. Find good advisors and work in partnership with them. Nobody has to go it alone. There are professionals who can provide information, insight and recommendations to help you identify and achieve your objectives. The key is objectivity. Find someone who is knowledgeable and with whom you are comfortable. Look for someone who advises and helps to guide your decisions. Remember, it's your money, so final decisions are up to you.

4. Establish goals. Goals are blueprints of your vision of the future (e.g. sipping coffee on your beachfront veranda at age 65; watching your children or grandchildren graduate from college debt-free; a trip to Europe paid for by the golden eggs from your retirement "golden goose," etc.) To achieve these goals, you'll want to start saving early, and save as long as you can. Keep your own savings and retirement accounts, even if you are married. For joint accounts take an active and equal interest in the account. Once you know what you want, you can plan what it will take to achieve your goals. A good advisor will work with you to help you quantify your goals and develop a strategy to help achieve them.

5. Identify your "risk tolerance." This is your comfort zone for investing. It can range from ultra-conservative (you like savings accounts and GICs) to highly aggressive (penny stocks and high-risk

investments). Avoid investments that make you ill at ease. If your investments keep you awake at night, your money is in the wrong place. Work with your advisor to determine your current risk profile.

6. If you are working with an advisor, do not abdicate financial responsibility. Make building wealth something you do together. If you are married remember, "there are no guarantees. Your husband could die or leave. Get involved."

7. Don't shy away from tough choices. Sacrifices you make today can help pay for a solid standard of living tomorrow. Allocate at least 10% of your income for the future. Pay yourself first. When you write cheques to pay your monthly bills, also write a cheque to your chosen investment account.

8. Take your time. Invest a little at a time to get your feet wet. This creates experience and confidence.

9. Protect your value with disability and life insurance. If you died, what would be the impact on your loved ones? Whether you are a homemaker or your household's sole support, your death or disability could have a tremendous financial impact on your family. Protect that value with insurance.

10. Pass it on. If you have a daughter, educate her about money, so the next generation can avoid the frustrations you may be experiencing.

Many men and women find money management boring. Learning about it and then practicing what you learn can take discipline. However, the knowledge you gain and apply is one of those must do things that is well worth the investment in time. Just do it. You'll be glad you did.

Contact my office to begin the process of getting comfortable with and in control of your financial situation.

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

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Councillor's UPDATE

Rocky View County

Kevin Hanson,
Councillor, Division 3

Gateway Village Development Approved

Now old news with Council unanimously approving this village concept on May 4th, it is heartening to see the positive coverage by the local media ever since. Even the Radio Hosts on X92 were discussing how excited they are that folks will have a destination before and after a day-trip to Kananaskis Country. Any concerns about responsible development I had that were related to the location of the village on an alluvial flood plan were allayed with the early-stage answers I received from the applicant's technical team. Although support was overwhelming for the re-vitalization project, I was also sensitive to the current "look and feel" of Bragg Creek relayed by some opposition, and that did play a part in my decision making. This is not a sprawling development, but thoughtfully and tastefully done, and concentrated into the hamlet core. I believe that Bragg Creek has needed critical mass to thrive and meet the ongoing expectations of residents. During the debate I also urged that "We" (Developer, Residents, RV County) should learn from any mistakes made by other resort-style developments (Canmore, Whistler, Panorama, Banff, etc.) and build something to be proud of. I believe this project is of the right sized scale, and a good piece of business for both the hamlet and RVC as a whole.

Council Decision to Vote Against the CMRB Growth Plan

One of my major election promises in 2017 was to take a more collaborative approach with the soon-to-be-new Calgary Municipal Regional Board that was empowered by provincial legislation in January 2018. I saw it as an opportunity to change the

antagonistic relationship that had been the norm for almost two decades. A rising tide floats all boats, and it would have been very difficult for Rocky View to not succeed during some of those boom years as Calgary was repeatedly identified as the top economic region in North America, and today remains in the *Economist's* top-5 most livable cities in the world. Although successful on our own, my thinking was, and still is, how much more successful could we be if we partnered more with all our urban neighbours.

After a presentation of the final draft of the Growth Plan to Council at a Special Meeting, May 17th, Council voted 6-2 to not support the Growth Plan, continuing a pattern of not being able to move an inter-municipal relationship with Calgary past historic combative road blocks. I could not support this strategy and represent my Division 3 residents as promised.

Moving Forward on Process to Recruit a new CAO

At our May 18th Council Meeting, we voted unanimously to begin the

recruitment process for a new Chief Administration Officer. Since the resignation of Al Hoggan on April 9th, the CAO role continues to be filled on an interim basis by Kent Robinson, one of your long-standing Executive Directors. My thinking is that the process is lengthy, and if this Council can get the ball rolling and select an executive search firm by August, the new Council that arrives in October will have a significant head start on the recruitment timeline. They can pick up the task, refine candidate qualification criteria, begin reviewing any early pool of applications, and continue to attract additional quality applications that align with the direction the new Council wants from their only employee, the CAO.

Please e-mail me if you would like to be added to my e-mail list for potential future e-mail and on-line communications

*Kevin.Hanson@RockyView.ca
or call 403.463.1166.*

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Bragg Creek High-Speed Wireless Internet Network Expansion Begins Deployment in Wintergreen

After many months of planning, evaluation and regulatory review, Mage Networks is pleased to announce that the deployment of its high-speed internet access project in the Wintergreen area of Bragg Creek has officially begun.

Access to high-speed internet long ago moved from being a nice-to-have to being an essential tool for business, communities, governments and educators. Being so close to a major centre, it is often surprising just how many small communities like Wintergreen lack access to high-speed internet; something that many take for granted. Mage Networks is excited to finally be able to expand its Bragg Creek high-speed network to the Wintergreen area so residents and businesses can at last access reliable, guaranteed up and download speeds with no data caps or degradation--no matter how many people are on-line at the same time.

"Mage Networks is very excited to be deploying our expanded Bragg Creek network to include the Wintergreen community" says Sisso El-Hamamsy, President and CEO of Mage Networks. "We have worked very hard to bring this project to life and while it has taken longer than expected, we're thrilled to be able to bring this new technology to the community and give people the high-speed access they need at reasonable prices."

This type of network has not been deployed before in Alberta and it has taken the cooperation of several organizations to get to this point. FortisAlberta worked with Mage to develop the protocols that allow the safe attachment of wireless technology to its pole infrastructure which in-turn supports its mandate to be a part of the economic growth of the province. "While utilizing our existing infrastructure to help third party Internet Service Providers provide connectivity to rural Alberta, we look forward to being part of the solution in expanding services to customers within our municipalities" said Todd Dettling, VP of Customer and Stakeholder Engagement for FortisAlberta.

"This technology is truly homegrown. The hardware, software and firmware have all been designed by Mage Networks right here in Alberta and our Bragg Creek project is a demonstration of how our local, private investment can bring about real beneficial

change to rural and remote communities in Alberta and across Canada" said El-Hamamsy. Building on the network that Mage Networks has been successfully operating in the hamlet of Bragg Creek, the Wintergreen network will use data pipelines in a series of short hops, where the locations are strategically selected to distribute the data from central locations. Those data pipelines which are designed

specifically for each network and can include fibre and wireless components, carry multiple signals in multiple directions, intelligently choosing whichever routes will avoid obstacles and interference with other data pipelines. The data automatically zips on and off wired and wireless connections to maximize efficiency.

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Crabapple Cottage 25th Anniversary

Twenty-five years ago, July 1996, Margaret Barclay opened the door to her lady's boutique, "Crabapple Cottage", in beautiful Bragg Creek. Fashion was her passion and it showed in her original, timeless designs, lovingly tagged, "Barclay". I had the pleasure of working with Margaret for five years. She was a dear soul and deeply passionate about her boutique. Margaret and Crabapple Cottage left an imprint on my heart!

I have been the proud owner of "The Cottage" for close to five years now and as the sign above the door says, "There's No Place Like The Cottage". When you enter The Cottage through the green door, you will soon feel at home having entered a place that exudes kindness, peace, and loving attention for all. You will see carefully curated collections that open many possibilities for the creation of a style exactly right for you. After working with the Crabapple team, the results will leave you feeling uniquely special, and I am sure you will leave with a smile on your face.

Over the years, The Cottage has become a destination for locals and clients from all over Canada, and around the world. The patronage and loyalty of so many is greatly appreciated and I am dedicated to paying that forward anyway possible. The Cottage is committed to supporting Bragg Creek business and is a proud sponsor of many local initiatives. Some of them include the Bragg Creek Chamber of Commerce, Community Centre, Trail Upkeep, Visitor's Guide, Taste of Bragg Creek, Bragg Creek Days, and several local Ladies Golf Tournaments, to name a few. Also support for areas such as Cochrane, Redwood Meadows, Priddis, and Millarville have been recipients of donations and prizes courtesy of Crabapple Cottage.

We have a promotion starting June 1st through July 31st that is a "Special Thank You" as we celebrate our 25th Anniversary. Wow, a quarter of a century!! Have a look at our ad in this edition for details. Visit The Cottage website at crabapplecottage.ca and feel something special. Also follow us and feel good about what is happening at The Cottage on Facebook, Instagram, the Redwood Meadows newsletter, Chatter in The Woods, and the Bragg Creek Updater.

Bragg Creek is home to many wonderful restaurants, pubs and unique shops. There are also talented local artisans that offer up their own inspiring creations. Bragg Creek is an amazing place to explore, and Crabapple Cottage is delighted to be a part of it all.

One thing I would like to share with you is the feeling women experience when they walk into The Cottage. It is all about community, fellowship, and sisterhood. The lovely ladies that come in find their best in fashion with excellent, personalized service. The Cottage staff are helpful, friendly, and bring together a passion for fashion within a safe and warm environment. As you walk in, there is a large original painting of The Cottage by our staff member, Elaine Stringer. She has been exhibiting her art for many years. See her painting here on the front cover and her artist's statement on page four.

Come in and join us at Crabapple Cottage.

You will not be disappointed! Many, including myself, consider it a Sanctuary!

THANK YOU and we look forward to seeing you soon!

There's "No Place Like The Cottage"

by Barbara Kolody

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feel something special

Leighton Art Centre reopening on June 1

The staff of the Leighton Art Centre are beyond thrilled that we have been given the go-ahead by AHS to open our retail spaces (including Gallery) and we will be reopening our 80-acre property at the same time! We will be open to visitors Tue-Sun (10am-4pm), starting on Tues, June 1st.

Admission to the whole property is by donation; cash donations accepted

indoors & outdoors, debit/credit donations accepted in the Gallery Shop. Online donations always gratefully accepted through our website (processed by CanadaHelps). Recommended minimum donation \$10/car.

We hope that folks will come out and enjoy the fresh air, open spaces and spectacular views on our property with their cohort (go for a walk, bring a picnic, or create art en plein air) and, if they choose, come into the house to enjoy our 19th Annual Juried Members

Show (now extended through June 13th), pieces from our Clothesline Online Art Sale, and our gorgeous Gallery Shop.

The fine print... we are asking visitors to please:

- maintain 2 metres distance from anyone outside their cohort (including our staff)
- avoid gathering outdoors in groups larger than 10
- pack out any garbage/recycling they create while visiting



There's a new kid in town!

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

Sherri Olsen
403-519-5998 | realtor@sherriolsen.com



Bragg Creek comes up roses on June 26th

Saturday 9am - 11am
Meet at the Community Centre before 9am to pick up maps, bags, etc.

Grab your gloves, join your friends and neighbours to help at our community street litter cleanup. This event will adhere to all current COVID-19 public health restrictions.

Friends of the 2021 community cleanup:
ATB Financial • Rocky View County
Bragg Creek Community Association
Bragg Creek Historical Society
AdMaki • High Country News

Bragg Creek Ladies Auxiliary

For more information visit braggcreekca.com or contact braggcreekladiesauxiliary@gmail.com

- leave their pets at home
- not smoke anywhere on the property
- bring a mask to wear in the house (mandatory masking while indoors, except with official medical letter, then we request a face shield)
- be prepared to wait outside if the house has reached capacity (12 people including staff)

- sanitize their hands on the way in (sanitizer provided at entrance, exit and throughout the house)

We are so excited to welcome our community back!

*ABOUT: Leighton Art Centre (LAC)
is an Art Gallery, Museum and Art
Education Centre located on 80 acres
just outside of Calgary, near Millarville*

*in the Alberta MD of Foothills. Situated
in A.C. Leighton and Barbara Leighton's
original home, LAC is a vibrant display
of Alberta's artists, both past and present.*

*Leighton Art Centre was established
by Barbara Leighton in 1974 and
continues to operate as a not-for-profit
organization.*



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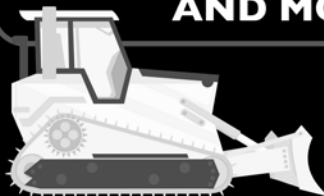


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Summer Crime Prevention

The Alberta Provincial Crime Watch Association, of which HCRCWA is a member, and the RCMP have issued some common sense, but effective, tips for crime prevention as we move into the more lax days of spring and summer.

"As we welcome spring weather across the province, Albertans will start to spend more time outdoors away from home, including at their seasonal properties.

In May 2020, there were 313 residential break and enters and 39 seasonal property break and enters in Alberta RCMP jurisdictions – these numbers are way too high. Learning how to protect your property is your best defence against crime. Reporting crime also remains of utmost importance to help police find the perpetrators.

Albertans can count on the RCMP to continue to be fully committed to the safety and security of our province during the pandemic. This includes adopting our Crime Prevention Through Environmental Design (CPTED) strategies.

Here are some questions to consider this spring, whether you're at home or at your seasonal property:

- Are your front, back, and garage doors locked?
- Are your outbuildings and shed locked?

- Are your lawn mower, quad and tools stored in a safe location?
- Are your alarm system and motion sensor lights active?
- Is it obvious when you're not home?
- Is your yard adequately lit?
- Do you have a fence or natural barrier around your property?

This month, follow our #9PMRoutine daily CPTED tips. These tips may sound simple, but CPTED has proven to discourage crime and promote security all over the world. For more tips and crime prevention information, follow our social media accounts on Twitter (@RCMPAlberta), Facebook (@RCMPinAlberta) and YouTube (@RCMP-GRC Alberta).

RCMP encourage the public to report any criminal or suspicious activity to police. Reports tell us where to look, who to look for, and where to patrol in the future. If you see a crime in progress, dial 911. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-8477 (TIPS)."

But it's not just your property that is at risk. What about your vehicle? Below is an interesting experiment conducted by the Alberta Provincial Rural Crime Watch Association.

Vehicle Anti-Theft Campaign

As part of the Alberta Provincial Rural Crime Watch awareness campaigns, we wanted to try a targeted program to see if we could influence behaviors towards crime prevention in a positive way.

With reference to crime report summaries supplied by K Division, we decided to target Motor Vehicle thefts in the Red Deer RCMP detachment area. In 2019, 1219 from a total provincial number of 2611 vehicles were stolen from the Red Deer detachment area, representing 46% of all MV thefts for that year.

With a short video <https://f.io/bJm5> NMS and a set of ads we established a Google Ad word campaign starting October 1, 2020 and running through to Dec 31, 2020. We targeted an 18km radius around the city of Red Deer reaching west to Sylvan Lake, East to Delburne, North to Blackfalds and south to Penhold.

Our message was simple. Please Lock Your Vehicle

During this three month period, we achieved 2.72 million viewings of our display ad along with 186,000 viewings of our video.

After review we saw a 32% reduction in motor vehicle thefts in the six month period From October 2020 to April 2021 for the Red Deer / Blackfalds areas compared to the same time period 2019/2020. (2019/2020 saw 567 stolen vehicles 2020/2021 had 381, a difference of 186.)

More locally, after some discussion about how to best convey Turner Valley RCMP's Staff Sgt. Laura Akitt's weekly Mountie Moments that detail crime in Foothills County to our members, HCRCWA has decided to send out a fan out email every 3 weeks containing the prior 3 weeks Mountie Moments. Each week Sgt. Akitt provides a statistical summary of the crimes committed, a paragraph or two of some of the more significant events residents should be aware of. It's a quick way to find out exactly what's going on in your area.

If you would like to read the Mountie Moments on a more timely basis Foothills County is posting them weekly at www.mdfoothills.com/services/protective-services/mountie-moments.html

*Submitted by Dave Schroeder
HCRCWA Board Member*



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FOOD



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

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

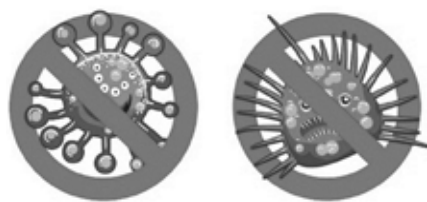
So How Healthy is Your Home's Indoor Air ?

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



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

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



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

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



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We Are All Athletes In The Game of Life

**Introducing Susie MacPhee,
Bkin, CAT (C)**

Bragg Creek Physiotherapy
www.braggcreekphysio.com

Bragg Creek Physiotherapy is pleased to welcome Susie MacPhee, Certified Athletic Therapist, the newest member of our multi-service team. Susie is a Bragg Creek local, and is thrilled to be able to offer her skills and experience to the community. She has worked in Calgary with university athletes, various sports teams, and the general public for many years, and is looking forward to offering her unique perspective on injuries to the active individuals out here.

"So what exactly is Athletic Therapy?" It's a question that Susie has been asked a lot in the 21 years since she started her training. Having spent that time working with everyone from adolescent soccer players, to high-performance athletes, to octogenarians who want to maintain their independence; she would tell you that it is an active treatment option for all of life's athletes.

You may not see yourself as an athlete, but maybe you are forgetting all those stairs you climb everyday? Or what about when you run after your grandkids at the park? Maybe you are an 'industrial athlete' and your job requires you to bend, lift, push, pull and carry. You could be a fitness athlete achieving goals at the

gym, or an endurance athlete adding more kilometres to your tally every week. How about the mom with little ones, who is always lifting kids, carrying babies, squatting down, bending and twisting? Let's not forget the outdoor enthusiast, who spends every spare minute outside hiking, biking, or gardening? When it comes down to it, if you move your body on a regular basis you really are an athlete!

If we are all athletes, then at some point we will need someone who understands that to come alongside us and help us stay in the game. This is where an Athletic Therapist excels. They are healthcare professionals who are highly trained in assessment, prevention, and care of musculoskeletal injuries. If you have injured a bone, muscle, ligament, or joint, or you want to avoid injuring those structures, then athletic therapy may be for you. Using a sports medicine model of care, athletic therapy includes assessment, treatment, rehabilitation, and education. This helps you stay active in a healthy and pain-free manner.

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recognizable
when they work
with professional
athletes or at
major sporting
events; but most
also work with
the general public
in clinical settings.
As they often
work directly with

teams and athletes, Athletic Therapists have experience through the entire injury process. On the sideline, they are the first to see an injury happen and assess it, and provide immediate emergency care. They can then treat their clients through the whole recovery and rehab process. An Athletic Therapist will guide them through a return to activity program, and provide them with prevention strategies to reduce risk of re-injury and get them back to doing what they love.

No matter where you are in your state of injury, an Athletic Therapist might be just what you need to live your life with more movement. From recent ankle sprains, concussions, or muscle pulls; to long-term back pain, knee surgery preparation or rehab, shoulder stiffness or just that nagging pain in your elbow; an Athletic Therapist can set you back on the road to recovery. Regardless of your stage or level of activity, they are here for you.

If you are an athlete of life who needs help getting back into the game, book an appointment to see Susie today! She is ready to return you to the activities that bring you joy.

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Them Storms

by Pastor Dave Zimmerman
www.braggcreekchurch.ca



I completely disagree with you! Wait you might be disagreeing with me! Oh wait, we might be also disagreeing and agreeing along different points, theological, political, socio-economical etc. Here's a word to consider... Grace! Ever thought about this word beyond it being the name of your grandmother, but actually as its origin meaning?

There's this story of Jesus, (stay with me as I get a little "Bibley.") Anyway, as the gospel narrative goes, Jesus and his crew (aka. disciples) are on the Sea of Galilee and a huge storm blows up, everyone is scared thinking it's a precursor to the Titanic, but anyway there's a storm and they're on a "three hour tour", OK I'll stop, disciples say, "Help please!" Jesus

calms the storm, all good, feel free to read it in Mark 4:35-4.

OK, so as we bring this narrative to this interesting year-ish, I think there are some interesting considerations. In some of my recent conversation with a few people there was the statement, "well, everyone is in the same boat with this Pandemic", to which someone wisely clarified by saying, "we actually aren't in the same boat, but we are in the same storm." Same storms, different boats. If I can be really honest, I work alongside a lot of different people with a lot of different vocations and of course everyone has an opinion of what's working, not working, etc., to which we need GRACE! I have found our conversations and opinions fall toward our affinities. My friends in public health or government see the potential strain on the system and are saying we should lock everything down tighter. My friends that work close with addictions, families imploding, poverty, and mental health are seeing the utter destruction of lives are saying we need to open this thing and push through. GRACE! We are in the same storm, we

aren't in the same boat. Grace is needed so we can recognize and empathize with those in other boats. We are only seeing our own boat and our response is the same as the disciples where they cried out, "don't you care if we drown?" Left, right, open, closed, can afford to financially ride it out, or don't have that option, sickness and deaths from the virus, sickness and deaths caused by... managing the virus. GRACE! Please, let's see, listen, and empathize those in the other boats (canoe, yacht, kayak, ocean liner, whatever!) We still don't have to agree, but we need to get our humanity back as we truly consider where people are crying out from. I feel we have lost our ability for outward facing GRACE. Rather than push your point, your facts and stats, maybe we can start with listening and empathizing no matter which side your allegiances lie on. But, I would always also recommend, being an apprentice of, abiding in, and knowing the ultimate source of grace, the one the disciples cried out to, so that we can experience and reflect that grace toward others.

*'Til next time,
Dave*

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Bragg Creek Centre

Hello Creekers! We have lots of fun and informational programming available this month. Spots are limited so please don't wait to register!

Community Garden: There may still be time to rent a seasonal growing space. We have 4'x8' raised beds at \$50/season and 3.5'x3.5' taller/special access beds for those that need a smaller plot or that have flexibility/mobility issues at \$25/season. If you are interested in purchasing a seasonal bed or want to volunteer, email program@braggcreekca.com

We are always grateful for donations of large planters (12" or bigger), garden tools, gardening resource materials, building materials etc., so if you are clearing out your garden shed and have unwanted items in good condition, we can put them to good use! Shoot us an email to program@braggcreekca.com or give us a call at 403.949.4277. We can arrange to pick items up too!

Guided Trail Runs: New to trail running? Worried about injury, wildlife or getting lost? You guide will pick the best trail for the day and the group. Meet at the Bragg Creek Centre for orientation. *No dogs please.

Date: Jun 5, 9am, cost: \$25

Diverse and Sustainable Planting: In this workshop, you will learn about edible berries and fruit, ground cover for pollination and moisture retention, forest rejuvenation and timelines, natural soil enhancement and more with local outdoor living professionals Harder & Sons.

Date: Jun 10, 7-7:45pm, cost: \$25

Build a Birdhouse: Young birdwatchers or nature lovers can build their very own wooden birdhouse to hang outside

and watch birds build nests. Wrens, chickadees and titmice are some common species you might find in a DIY birdhouse. Materials included. *Ages 7 - 10 years.

Date: Jun 12, 10-11:30am & 12-1:30pm, cost: \$40/1 session

Backyard Chickens: Beginner's Guide to Keeping Chickens Series: This workshop is for those people who are new to keeping backyard chickens. Main topics we will cover: why have backyard chickens, local bylaws, options for housing, and looking after the health of your chickens.

Date(s): Jun 14, Jun 28, Jul 19, 7-8:30pm, cost: \$25/1 session

Vermicomposting: Have you thought about starting your very own vermicompost/worm composting? Join Green Calgary and learn more about reducing your waste and creating your very own fertilizer for your garden with worms!

In our 1-hour workshop, we will cover: how to create your own vermicompost, where to source the parts, maintenance, troubleshooting and FAQ. There will also be time for Q&A.

Date: Jun 17, 7:30-8:30pm, cost: \$25

Bragg Creek Farmers Market - Sundays June 20 - September 26 | 9 am - 2 pm:

The Bragg Creek Farmers Market will quickly become a favorite part of your weekend routine. With locally grown, handmade and home baked goods there is sure to be something for everyone. We are excited for you to come meet your local growers, makers and artisans.

Have you used the Satellite Library yet? Residents in Bragg Creek and area have access to Library Lending Lockers offering resident's convenient self-service holds pick-up, browsing, and returns.

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

Don't have a TRAC Library Card? Just fill out the online registration form at www.braggcreeklibrary.ca... easy!

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

Register: www.braggcreekca.com, email: info@braggcreekca.com for information

MYC: New to Bragg Creek - Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children.

MYC is excited to begin Fall 2021 Registrations! Please email msrobinmyc@gmail.com to find out more about our MYC Group Piano Classes or to set up a 'Meet and Greet' with Ms. Robin.

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund: Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support: If you are a family or individual needing emergency food support please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts? Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission - to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations.

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

Take good care Creekers!
Christine Pollard
Program and Events Manager



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No Pine, No Beetle Problem

Mountain Pine Beetle (MPB) activity in southern Alberta remains low, but concerned residents can check their own properties to make sure they're kept at bay.

One local professor said the reason MPB aren't as active locally as they are in Northern Alberta is due to the lack of pine trees.

"A lot of the pine that is here isn't very big, so there's really not much habitat for MPB here overall. We wouldn't expect them to get very established in this area," said Mary Reid, professor of biological sciences and the environmental science program.



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

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

MPB have the ability to devastate large pine forests, but its consequences in southern Alberta would be relatively small as there are only a few trees they could kill.

Residents can check their properties by monitoring older pine trees that are more likely to be attacked.

"There could be MPB there. Then you could take action, potentially cut down the tree and check other neighbouring trees for MPB," Reid said.

In late fall, individuals can check for small entry holes that produce resin, otherwise called pitch tubes, according to Alberta's government.

Peeling the bark away from the entry holes exposes the beetles to the cold, but it is important to remove the infested tree prior to mid-June when mature beetles begin to emerge and attack other trees, the province stated.

Alberta Agriculture and Forestry (AAF) undertakes annual detection activities and population assessments throughout Alberta, such as flying over forests to look for dead or red patches.

These trees may be an indication of MPB, but since they're likely in limited numbers, they are cut down and burned individually before the beetles emerge, Reid said.

"The concern is that MPB increases the risk of fire, but mostly they decrease the risk of fire," Reid said.

Fire risk is high when the dead and red needles are still up in the canopy, but as soon as the needles drop, so does the risk of wildfire, she said. Due to MPB infested trees usually being bigger, their large trunks don't catch on fire easily.

While the forests around Bragg Creek are over 100 years old, they aren't more prone to burn than young forests, Reid said. Large trunks don't burn easily and the canopy is much higher as well.

"That's the big concern for forest fires from a human safety kind of perspective, if it gets into the canopy it can spread long distances, but when the canopy is far from the ground that risk is lower," Reid explained.

She noted that the pine trees in Bragg Creek aren't that big despite their age, which is another reason they aren't as likely to attract MPB.

Bragg Creek is located just outside the Calgary Forest Area where the beetle is considered moderately successful by provincial standards, which is indicative of a static population.

Masha Scheele, HCN Staff
media@highcountrynews.ca





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A Taste Of The High Country

Re-wild Your Garden and Your Cooking with Full Circle Adventures

Now that we know all about baking bread let's up the ante - let's cook with wild food plants and re-wild our gardens.

I met Julie Walker over five years ago. With the help of a Chef, we offered a unique workshop - a guided walk in the woods, learning about and harvesting wild edible plants that our Chef later incorporated in his menu; a salad, soup, main course and dessert. My job was to pair those unique dishes with Canadian wines. To this day, I can still savour the food and the magical moment our epicurean event created - *Sense of Space, Sense of Taste.*

Today, Julie is more committed than ever to sharing how we can eat wild food plants ethically and give back to nature by re-wilding our gardens. In her words, *"I see the edible plants of the forest floor as a universal way for people to realize the value of nature's intact native landscapes. I have a strong conservation ethic, so I love the idea of re-wilding our gardens. My own garden is a great example of that, and I could feed four people throughout the year quite easily with native plants!"*

Julie Walker is the owner and program director of **Full Circle Adventures**. She is an avid outdoor enthusiast who successfully incorporated guiding, her love for wild food plants, and conservation practices. Over the past twenty years, she and her colleagues have



offered workshops tantalizing taste buds and inspiring our inner gardener's urges. Full Circle Adventures has deep roots in the local indigenous cultures, honouring their wisdom and knowledge.

Since many of us live on acreages, Julie suggests we first explore our own backyard by doing what she calls an **"Edible Plant Walkabout."** This is an excellent activity for the whole family - touring one's property, harvesting wild edible plants and learning to incorporate them into favourite recipes is fun. Imagine pesto, salad, stir fry and BBQ of wild foods fresh from your acreage's underbrush? For example:



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Discover something unexpected

FIREWEED is a native plant that earned its name growing in the soil after forest fires. It is a beautiful member of the Evening Primrose family (Onagraceae) that attracts bees and hummingbirds. Fireweed is best consumed young before the flowers bloom. Snip clean the stalk, remove the leaves and cook the tender shoots as you would with asparagus. The taste is mild and without bitterness. The leaves can also be added to your spring green salad.

WESTERN MEADOW RUE - Atsiinaimo (Blackfoot). This plant is commonly found in our area and has tall stems with heart-shaped/round leaves. Pinky/purple and yellow flowers bloom

from May to August. The tender leaves are an exquisite addition to a spring green salad. Consider adding young dandelion and fireweed leaves to your bowl of salad, and you will have family and friends talking through the dinner. Note, however, that Meadow Rue may disagree with pregnant ladies and must be consumed with caution.

LAMB'S QUARTER or "wild spinach" is another plant that grows plentifully. It can be eaten in salads or added to smoothies and juices. The leaves can also be steamed or added to soups, sautés, just as you would with spinach.

Before you go out there to forage your dinner, I encourage you to look up those plants on the web. There are excellent videos that will help you positively identify the plants. Also, make sure to only harvest a portion of the plants (say a third) - Leave plants for wildlife and plant regeneration.

Re-wilding garden is a concept that is hugely appealing to Julie, and I get why. By growing native, edible plants, you can harvest delicious fresh food as early as mid-May. Wild gardens are easy to maintain, and in doing so,

you are giving back to nature. In Julie's words, "70% of Alberta songbirds feed their young insects in the spring. These same insects rely on native plants and flowers for their food. If the insects thrive, the songbirds thrive." Re-wilding our acreages brings back life in our yards, helps the pollinators, and recreates the ecosystems and habitats we have taken away from our wild environment.

The best part of all of this is how easy it is to do. Still, Julie first recommends a consultation. Understanding the nature of your acreages, type of soils and microclimates, sunny and shady areas will help her identify the plants that will have the best chance to thrive on your property. Once established, the plants will essentially take care of themselves. What's more, your garden can be designed to be visually appealing and stunning year-round.

Julie's focus is to help us understand the value of wild food harvesting but also how plants and animals depend on each other to thrive. Her vision is to engage and educate landowners, gardeners, foragers and outdoor enthusiasts about the value of preserving intact wildlands.

Her knowledge contributes to the development of best practices, protecting the fragility of our natural food ecosystems and understanding the uniqueness of our food terroir.

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Bragg Creek \$100 Million Development Receives Unanimous Council Approval

Gateway Village, a recently-approved residential-hotel development, is a dream come true for local developer Dick Koetsier.

Sixteen years in the making, the development will include a restaurant, mall, a 120-room hotel, 170 rental and owned residential units, pathways, a pond, an amphitheatre, and more.

Back in 2005, when Koetsier purchased the land along the Elbow River in Bragg Creek, his plan was to build a development when the time was right.

"When I first saw the land I thought this is the perfect spot for a Hotel, overnight accommodation, because there wasn't anything like that in Bragg Creek," Koetsier said.

Bragg Creek has a lot to offer in close proximity to the City of Calgary, and the \$100-million Gateway Village proposal will complement the existing hamlet while providing some of the things it's currently missing, he added.

Koetsier hopes to get shovels in the ground this fall with phase I, which includes the Steak Pit Restaurant, The Old West mall with retail and residential, and a stormpond.

Koetsier owned the old BBQ Steak Pit restaurant, which he lost in the southern Alberta 2013 flood.

"What happened was that the same day my house floated away, the Steak Pit flooded as well," he said.

After the restaurant was torn down, he pledged to donate the land to the local senior housing group, Rocky View Foundation.

Following the flood, Koetsier got involved in advocating for vital flood mitigation upstream of Bragg Creek at McLean Creek. That project would have alleviated the need for berms and walls to be built near the river in Bragg Creek.

Despite losing the battle for flood mitigation at McLean Creek, the berms constructed along the river provide flood protection that made the large development a feasible project.

"Now is the time and since we sold land to the County for their berms, we've been working towards a plan for what I wanted. Hotel, housing, commercial, and some open space. We have walkways, an outdoor amphitheater that will be sort of an outdoor plaza," Koetsier said.

Koetsier described his vision for Gateway as a Rubik's Cube that he has been trying to figure out for a long time, and now things are finally lining up.

Most importantly, he said, is attainable and affordable housing that will provide necessary space for the workforce in Bragg Creek.

He explained that Bragg Creek offers mostly rural housing on larger plots of land, which limits availability for locals.

"Just the housing is going to really help the local economy, having places for staff to live here and work here. It's always a challenge," Koetsier said.

With a great team of developers, planners, and engineers, The Gateway Village was approved on May 4.

"I'm still kind of numb about it at all and we got unanimous support from the council which is something that not every developer gets," Koetsier said.

Neil MacLaine, from the Bragg Creek and Area Chamber of Commerce said they are in favour of any development that falls within the guidelines of the area structure plan and they believe having a range of residential options is good for the community.

"Bragg Creek doesn't offer a lot of options particularly for young people who maybe can't afford the buy-in of a single family home with a [couple] of acres around it and also for seniors who don't [want] the maintenance and other burdens of having a large property," MacLaine said.

Koetsier will maintain ownership of the Steak Pit and the Old West mall, including over 30 attainable housing apartments.

He has yet to find an operator for the hotel, but the bare land condominiums will be managed by a condominium board responsible for keeping the space maintained and the storm water system running.

Over half of the project is made up of residential properties and adds about 170 units of housing to the community.

"It's an expensive project but it's needed and we totally see that the market is strong for what we're offering," Koetsier said.

While not every resident is happy about what this means for the quiet hamlet, Koetsier has learned that you can't make everybody happy.

The project received over 65 public hearing letters in support, six with some concern, and nine letters in opposition.

Koetsier noted that the area already sees a lot of traffic and instead of Bragg Creek being a runway for vehicles into the mountains, the development should offer a reason for visitors to stop and stay.



Masha Scheele, HCN Staff
media@highcountrynews.ca



Greater Bragg Creek FireSmart Committee Update

Fire Hazard Signs

Lately we have had quite a few questions from citizens who find our local Fire Hazard signs confusing, so we thought we would try to clarify.

First, because the Bragg Creek area sits at the junction of five separate political jurisdictions the rules for outdoor burning can vary. Rocky View County, The Townsite of Redwood Meadows, Tsuut'ina Nation, Foothills County, and The Calgary Forest Area (Kananaskis) all have their own criteria for establishing restrictions on outdoor burning. There may be a Fire Ban in Rocky View, a Fire Advisory in Tsuut'ina and Foothills, and no restrictions in Redwood and the Calgary Forest Area, or any of the many permutations and combinations possible with five jurisdictions.

Second, our political jurisdictions cover a large geographical area and fire hazards may vary greatly over this range. In fact, fire hazards can be quite variable within a very small range. My open lawn may be dry and extremely hazardous, while my neighbor two doors away may have a shady property which is still snow covered. It is not practical to establish fire restrictions on a property by property basis, so a fire ban which may seem unnecessary locally, is critical for the good of the entire County. The cost incurred due to wildfire in terms of lives and property, as well as the cost to control the fire, makes it essential that our municipal emergency managers adopt

a very conservative risk management strategy regarding outdoor burning.

Generally speaking outdoor burning restrictions fall into three categories.

No Restrictions means that outdoor burning may be conducted following some basic rules. This usually means that recreational fires must be in approved firepits and larger fires require a permit. There are also restrictions on what is being burned, usually clean wood and paper.

A **Fire Advisory** means that permitted burning is prohibited. Small recreational fires in approved firepits are allowed.

A **Fire Ban** means that no outdoor burning is permitted (with the exception of propane fueled firepits and BBQs)

The above is a very cursory outline of these restrictions. Specific details vary by jurisdiction, but may be found on your jurisdiction's website.

These fire restrictions are legal orders, with large fines possible for

failure to comply. In addition, if a wildfire is started by unapproved burning, or burning during a ban, the person conducting the illegal burn could be liable for costs associated with the fire loss.

For many years it was somewhat difficult to know when there was a ban in place. Citizens could be excused for burning during a ban because "they didn't know". Often people's understanding of fire ban status was based on hearsay,

Each jurisdiction, on their website, shows current fire restriction status in their area. In addition, Alberta Fire Bans (www.albertafirebans.ca) is a website which shows the current status throughout Alberta. There are also notification services, like Rocky View's "Safe and Sound" app, which are free and alert citizens to a great many local issues. Every citizen should sign up for these free and useful apps.

That all being said, Rocky View County decided a few years ago to install signs at all of the entrances to Bragg Creek to show definitively the current status of fire restriction in the County.

Because we are on the edge of the Forest Area, it was decided to combine these Fire Restriction signs with new updated Fire Hazard signs, to show the hazard in the Forest Area for those camping or hiking in Kananaskis.

The resultant signs look like the graphic on this page.

The top half shows fire hazard information, while the bottom half shows burning restriction status. In an ideal world, both classes of information would be consistent. However, in the real world, circumstances often result in a hazard status which may not appear to reflect the need for a restriction on burning. In any event, a Fire Advisory or Fire Ban is absolutely the law, and those who ignore it are liable to penalty.

We have chosen to live in this beautiful area surrounded by forest and extremely vulnerable to wildfire. Please exercise caution when burning, and if there is any doubt about fire restriction status, please check with albertafirebans.ca or your local municipality.



Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
Location: Snowbirds Chalet
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Hours: 9.00am -4.00pm
Clinician: Jill Read-Johnson,
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- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



Infrastructure Projects announced for Foothills in the 2021 Provincial Capital Plan: We are very grateful for these projects slated within Foothills County. On Hwy 22, the Fish Creek Bridge at Priddis Valley Road is in the design phase (AKA, the Priddis Bridge, as mentioned in my April article). On Hwy 22 between Hwy 540 and 541, 18km of repaving is in the design phase, and through Black Diamond south to Hwy 541, 17km of repaving is in the construction phase this year. On Hwy 2A, there's 10km of repaving in the design phase between Highway 2 and Highway 552. On Hwy 2A between Hwy 2 and Hwy 7, there's 1km of repaving in the design phase. On Hwy 7, the signalization project at 16 St./Big Rock Trail has gained permission from Alberta Transportation – this is a joint

project between the Town of Okotoks and Foothills County that will now be under way. Also, on Hwy 543, there's a bridge replacement scheduled near Hartell. Thank you to the Department of Alberta Transportation, the AT Minister, our MLAs who supported these projects and to any other departments that are responsible!

SWCRR: This summer will be busy on the Southwest Calgary Ring Road. Don't forget to check on their website for the flurry of construction and detour details: www.swcrrproject.com/traffic-advisories

Foothills County to host Meeting about Northwest Wildfire Mitigation Strategy and FireSmart: You are invited to attend a Zoom Public Meeting to learn more about this study and FireSmart community action. Our meeting is scheduled for 7pm on July 12, 2021. You can join in by phone or computer. Representatives from our Foothills Fire Department will attend to share a presentation and for a Q&A session. I will write a reminder in the next July HCN, share the Zoom Meeting link via the High Country Rural Crime Watch Facebook page, the County's website and FB page, and via HCRCWA email Fan-out. Meanwhile, you can check out the report linked at: www.mdfoothills.com/residents/protective_services/fire_department.html

Volunteer Firefighters needed: On another Fire Department-related note, Foothills County is looking for Volunteer Firefighters to serve areas in the County. If you are interested, please contact our Foothills Fire Chief: Rick.Saulnier@FoothillsCountyAB.ca

The Calgary Metropolitan Region Board (CMRB) - Growth Plan Update: Thank you for your response to our Call-to-Action. We are grateful that many residents sent in letters and participated in the third round of CMRB online public engagement, sharing your strong sentiments towards to this Growth Plan. Although these results have been disregarded by the urban members of this Board, we hope there will be consideration given to the rural perspective and those who voiced their opinion, at least by the Minister of Municipal Affairs. This information has not yet been posted to the CMRB website. Please watch for it,

hopefully soon, so that you can see the overwhelming response of concern that you provided. We will make sure this gets to the Minister's desk as well.

During the month of May, Foothills County worked diligently to prepare our case and request changes to policies that restrict rural development. However, the voting structure, as you know, is such that we were voted down on many of the items we were asking to change. On May 19, our MLAs Miranda Rosin, Roger Reid, RJ Sigurdson joined us during our Council Meeting for a presentation from the Planning Consultant and the CMRB Staff. Our Council and Admin shared our numerous concerns and put forward resolutions to direct our next action. At the CMRB Meeting on May 21, we voted in OPPOSITION to this Regional Growth Plan, Servicing Plan and the Regional Evaluation Framework. Despite the opposition of the three rural members, the plans were voted in.

Foothills County Council fundamentally disagrees with the guidance and policies within Section 3.1. of the Growth Plan. This section of the Growth Plan generates substantial red tape, limits economic opportunities in rural municipalities and promotes municipal conflict. These policies demand a tremendous amount of additional work be undertaken that Foothills feels will have no benefit to our ratepayers and will not create better outcomes for the region. The Growth Plan gives significant power to an entirely new level of government with primarily urban interests to control development in rural Alberta.

We will keep you informed as these plans now move to the Minister of Municipal Affairs for approval. There is still time for you to send in a letter of concern to your MLA, MA Minister, Premier and whomever you wish to copy. The decision from the MA Minister is apparently a few months away. Check out our website for details, draft letters and contact info for provincial representatives: www.mdfoothills.com/services/planning-and-development/calgary-metropolitan-region-board.html

Best Regards, Councillor Suzanne Oel
For Other News & Updates:
Please visit my website: suzanneoel.com
facebook.com/councillorSuzanneOel
Suzanne.Oel@FoothillsCountyAB.ca



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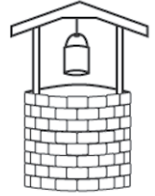
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• HWY 762, 15 Mins South of Bragg Creek
• 1813, 8th St. SW, Calgary

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

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

Business Memberships: Following is a list of current Business Members. Let's support local whenever we can.

Bar T5 Trailer and Tack – www.bart5trailers.com

Aqua Mule Water Well Systems & Services - www.aquamule.com

Azuridge Estate Hotel – www.azuridgehotel.com

Chaulk Team – Royal LePage Solutions – chaulkrealestate.com

Foothills Counselling Psychology Inc. – foothillscounselling.com

Jane's Coffee Shop, Priddis – www.facebook.com/PriddisCoffee

Meota Gas www.meotagas.com

Norwex Microfiber – suewarren.norwex.biz

Priddis General Store and Fuel – 403-931-3851

Priddis Greens Golf and Country Club – www.priddisgreens.com

St. James Anglican Church, Priddis

Teen Challenge – www.teenchallenge.ca

Waters Edge Pub, Priddis – watersedgepub.ca

Priddis Early Learning Program - PELP: Following with the Foothills School District / Red Deer Lake School schedule, PELP also decided to close in May. PELP felt this was the best option for everyone in terms of community risk as many older siblings are attending RDL. Lindsay has been hosting classes online through the Class Dojo app.

Check out our website or email for more information on returning to class, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

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

Donation Boxes: Two donation boxes/vaults were set up at the end of May - one at the Priddis Hall by the playground and one over at the Tennis Courts. Any donations of cash will be gratefully accepted. Please make a donation if you do not have a current membership and are using the parking lot for cycling or other activities. These funds will go towards completion of the rink reconstruction and resurfacing the tennis courts.

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

If you do not have a current membership, purchase one. Membership forms can be found on the PCA website under Memberships. For your



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Business Memberships are also due, and e-transfers will also be accepted. If paying by e-transfer, submit your payment to priddisassociationpayments@gmail.com and email the completed Business Membership form to priddisassociationpayments@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store. Go to www.priddisalberta.com.

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

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

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

The Priddis Young Families Director runs a free of charge monthly drop-in playgroup at the Hall for preschoolers and their caregivers. This individual will set up/take down toys and games inside or outside the Hall – weather permitting. For 1 ½ hours, this a fun social time for the kids to make new friends and get to know their neighbours.

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

difference in your community!

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

PCA Website: The Priddis Community Association website is getting a new look. You can still book the Hall/check availability, print off the Membership Forms and make payments, and read past issues of the Priddis Post.

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

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

Booking the Hall: We are taking bookings for the Hall for

the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments by e-transfer to: priddisassociationpayments@gmail.com

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

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

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

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


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TURNER VALLEY & BLACK DIAMOND News

Hello Diamond Valley. This may be our new name if our two towns combine. **Amalgamation is still in the process of figuring things out**, as we all know, government takes a while to decide on things. Amalgamation has been explored here starting back in 1988, again in 1991, 2005, and most recently in 2017. According to the Black Diamond Town website, there was a public online event, asking what concerns they had regarding the subject, and what good people thought may come of it. The main number one concern was cost, would amalgamating increase our property taxes? Or would it come in some other form? Will we have to change our mailing addresses? Other issues were police, transparency, the town's debt absorption, and lack of understanding and communication. Voting or a plebiscite is not in the cards for us either, but you can go online at Black Diamond's website to give your input at the next public event which will be this summer sometime. Approximately 300 people emailed their input for the first public online event, please take a minute this summer to add yours, we have way more residents than that so let our voices be heard! In the meanwhile, they would like name suggestions for the merger, and I bet Diamond Valley will be a big one. Black Valley? Turner Diamond? Submit your name ideas along with why you think the name would work, and you certainly can include pictures, stories,

history, identity, and culture in your explanation. For more information, go to Black Diamond's website and search What We've Heard for the latest updates on this long-lasting issue.

It's Father's Day coming up June 16. If your Dad has always had an interest in the cowboy way of life, perhaps **a visit to the Bar U Ranch** would be in order, as their official opening day was May 17. Please check anywhere you intend to visit before heading out as circumstances may change at any given time. They are located 15 min south of Longview on the Cowboy Trail. The Bar U was home to a famous cowboy named **John Ware**. Born a slave in 1845 on a cotton plantation in South Carolina, John ended up in Texas after the Civil War. It was here that he learned his impressive cowboy skills. He was hired to bring some of the first 3000 head of cattle to Alberta in 1882. When he arrived with his herd, he found cowboys were in great demand and decided to stay. He instituted such techniques as irrigation, ranching, and agriculture, and won the first competition in the Calgary Summer Fair of 1893. John has a ridge, mountain, creek, jr. high school, and office building named after him, and even his own postage stamp. It was told he could stop a steer head-on and wrestle it to the ground. He was one of the first Black cowboys in Alberta and suffered a great deal from racism. He persevered however; and eventually started his own ranch. John died in 1905 and is buried in a Calgary cemetery.

Another infamous figure in the Bar U's history is **Harry Alonzo Longabaugh, aka the Sundance Kid**. He was born in 1867 in Mont Clare, Pennsylvania, and at age 15 travelled west in a covered wagon with his cousin to help homestead, and there he learned his ranching skills. At some point in time he was co-owner of the saloon in the Grand Central Hotel in

Calgary but after a fight with his partner he went to Montana. From there he came back north and took a job at the Bar U, rustling horses and cattle back and forth across the border. In 1887 he stole a horse, gun, and saddle from cowboy near Sundance, Wyoming, and was caught. In jail he earned the nickname the Sundance Kid, and more than likely he met Robert Leroy Parker, aka Butch Cassidy, in prison around the same time. Together they formed The Wild Bunch Gang and they went on to act out the longest string of successful bank robberies in history. With a Wanted Dead or Alive warrant offering a reward of \$30,000, he fled the U.S. with Cassidy and a woman named Etta Place, first to Argentina and then Bolivia. It was here that Butch and Sundance were killed in a shoot-out in 1908. Butch and Sundance are immortalized in the 1969 film Butch Cassidy and the Sundance Kid.

There have been many films shot in Southern Alberta. High River is home to many, such as Superman III and Silver Streak being shot at the Museum of the Highwood, and the museum also houses props from the series Heartland. This series used lots of different locations around Calgary and the Foothills. Jackie Chan and Kevin Costner have been seen in the area while shooting their perspective movies, Shanghai Noon and Open Range. One of my favorite actors, Clint Eastwood, filmed Unforgiven around Longview and parts in 91-92, and the series Fargo Year Two also was shot in the area as well. The list is long but some that I recognize that have been filmed anywhere from Calgary to Kananaskis, Pincher Creek to Morley, Bragg Creek to Millarville, among other locations, include; Brokeback Mountain, Buffalo Bill and the Indians, Cool Runnings, Gunsmoke: Return to Dodge, Legends of the Fall, Passchendaele, RV, The Assassination of Jesse James, and X2 X-Men United. For a bigger list in case you



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

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

Plant Sale - June 5, 12 - 2pm. If you are interested in donating plants, drop-off is Friday, June 4, 3-6pm.

There will be local perennials, shrubs, vegetables, herbs and some annuals available for a nominal

price. If you are interested in attending the sale, please email millarvillehorticulturalclub@gmail.com for further information.

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

are a film buff and would like to plan a tour of these locations, visit highrivertourism.com or albertamoviemaps.com.

The **Millarville Farmer's Market** is set to open for the season on June 19 at 9am. It will be much like last year, with customers buying their ticket online and reserving their time slot. They have been implementing a "shop don't stop" idea in order to prevent congestion in the market, and no wandering back and forth between the lines. Suggested admission is a donation of \$3, and proceeds help support programming at the Millarville Race Track. They are host to many youth and education clubs including 4H Club, High Country Pony Club, Sheep Creek Weavers, and Millarville Mutts and Mustangs to name a few. Your donation also helps to offset costs related to grounds and building maintenance. Many of us look forward to at least one trip to the Market every year, so bring your reusable shopping bags, wagons, umbrellas and head out for a shopping experience like no other.

Did you see workers cleaning up the highway between Black Diamond and Okotoks on May 1? The Millarville Stockland 4H Club along with other youth clubs and organizations volunteered to clean up Highway 22X as well as part of **Alberta's Annual Highway Cleanup Program**. The clubs raised money for their organizations according to how many kilometers they cleaned, thank you and well done!

One of the reasons that **entry into Kananaskis will now come with a fee** is that some visitors were leaving their garbage behind. According to Jason Nixon, Environment and Parks Minister, other reasons are overcrowded day use areas and trails, human wildlife encounters, injuries, and illegal parking. I totally get that people in Calgary and the Foothills want to get out of town with all the craziness in the world. I took a drive twice in the last year up to Sandy McNabb and just found there were too many people for my liking. So maybe not such a bad idea to implement a fee, but I feel they should give nearby residents a good discount. More info on the new fee system can be found at alberta.ca.

I will be staying home this year and working on my new garden. I hear **Turner Valley is hoping to put together a Community Garden in Riverside Park** this year. 40 raised beds are anticipated, and would like the water to come from the overflow from the town reservoir. We used the Black Diamond Garden for a couple of years before we had our own at home, and enjoyed the garden, barbeques and plant/seed swaps. For

more information on the Turner Valley Community Garden, give Sharon a call at 403-931-3786 or email at wsbieber@gmail.com.

After cleaning up your yard and garden of grass clippings, hedge branches, small tree branches and leaves, you can take them over to the Diamond Valley Transfer Station. Turn right past the Black Diamond bridge and right again and you will see it on your left just a ways up. Also, if you have extra garbage that won't fit in your bin, you can purchase bags at the BD Esso to dump at the Station. The Transfer Station is open Mondays, Tuesdays, Fridays, and Saturdays from 10-4.

Vale's in Black Diamond is always such a nice place to visit. Don't you just love walking into a greenhouse and breathing in that warm earthy smell? They will be hosting their annual Cultivation of Art Show and Sale. Feel free to bring a picnic lunch to enjoy in the garden, room permitting. An artist reception will be held June 19 from 1-5, where you can come and meet the artists, have a glass of wine and a snack, and admire the beauty of nature and art together. The Show runs all weekend with over 40 local artists work in many different mediums. Maybe you can find Dad that one of a kind artwork and help support our local talent as well.

And a little to the north is the **Leighton Center's Annual Clothesline Sale**, coming up the weekend of June 18-20 as well. For the second year in a row, they are excited to bring an online version right to your couch or kitchen table. Grab a cup of coffee and shop unframed artworks created by some of their most talented member artists, in a wide variety of mediums and styles. Open 24/7 June 1-30. Pick up, delivery, and shipping are available if you want, for more information, visit their web, and they are located in a beautiful setting just a short drive towards the Millarville area.

Lastly, our own **Turner Valley Legion is hoping to get back to dine in service and other events this summer.** If not, they still offer take out, at very reasonable prices and Mike is one of the best chefs they have ever had, in my opinion. Volunteers also make up a large part of the Legion, and for that we say thanks. Please consider a membership, donation, volunteer, or support through take out. Call 403-933-4564 or check them out on Facebook.

If you have anything happening in July that your not for profit organization would like to advertise, or just any interesting tidbits, I would love to hear from you at elaine.w@telus.net. The deadline for July's issue is June 15.

Happy Father's Day and keep on smiling!
Elaine Wansleben

STOP GETTING SOAKED BY YOUR PLUMBER!

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TOP 3 THINGS that make your plumbing repair
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Unfortunately, our little library remains closed. You may order books by calling Linda at 403.558.3927, or order them from home using your TRACPAC account. Inter-library deliveries arrive at the library every Tuesday.

The Story Walks will resume in June. Watch for the announcement about these.

Because our in programming has been put on hold for the time being, the library is offering Take and Make kits to the community. Each craft kit includes the materials needed and the instructions. They are so much fun to do. The Easter ones were very popular, as well as the salt crystal and soap ones for adults. Again, ask Lynda about these.

The Town of Okotoks, along with the Family and Community Services (FCSS) has sponsored an exciting project called SOS, Share Our Stories. The stories are of resiliency and of how the seniors in our community have gotten through difficult times in their lives. Of the many inspiring entries,

some are by Celia Dewane and Sylvia Binkley of Longview and Laura Hayward of Turner Valley. To read these stories, google SOS Okotoks Library.

An important read is *White*

Fragility by Robin Diangelo. It is a thought provoking study of white man's unconscious and buried racial prejudices. Many white people are unaware of these feelings, because they have been reinforced by culture and history. She points out that this indifference and denial is far more soul destroying to Black people than other cruelty. She suggests many ways in which we can make small changes to address this issue and make the world a better place.

Another good read is *The Four Winds* by Kristin Hannah, author of *The Nightingale* and *Fire Fly Lane*. It is a moving story about the resiliency of women and the bond between mother and daughter. It begins in the Texas Panhandle in the early 1930s, when the land was being ravaged by drought and dust storms and then moves on to the cotton picking fields of California. The times mirror our present day woes, climate change, economic uncertainty, and a pandemic. These people survived, and so will we!

Happy Reading!

Sylvia Binkley, sliv@telus.net

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Happy Books at Sheep River Library

“Could you please recommend some happy books?” That was the feedback I received from last month’s column from a reader. This told me two things. 1) People need cheering up and 2) someone actually reads these columns. So, giving this topic some thought I have come up with the following. Readers of what is commonly labelled “good literature” will know that not much of what is published these days is particularly cheerful, as themes of abuse, racism, poverty, and mental illness are often given top billing. So, what do you do if you want to read something that is well written, but don’t want to venture into the “brain candy” world of mass paperback romances or westerns? For fiction lovers, I can highly recommend authors Katherine Center and Sarah Jio, whose books tackle some interesting topics but always end happily. If you like humorous writing, you can’t go wrong with Terry Fallis or Bill Bryson. Dipping into the classics, you can do no better than Jane Austen’s *Pride and Prejudice*, even if you only read the parts where Elizabeth and Darcy tangle: “*I had not known you a month before I felt you were the last man in the world whom I could ever be prevailed on to marry.*” Such wonderful dialogue that has made it word for word in every movie adaptation of the novel. However, sometimes it is better to feed the soul rather than the mind, so I’m suggesting that this may be the time to take out some highly illustrated non-fiction and just soak in the pictures or photos found in books you would not normally be interested in such as gardening, cooking, nature, art or travel books. Just open the cover and gaze at the beautiful images of any of the following:

Wild Colours: Canada’s Rocky Mountain Wildflowers (Paul Gilbert and Kathryn Graham)

Prairie: A Natural History (Candace Savage)

Appetizers: Starters and Buffet Food (Christine Ingram)*

Dessert Of The Day: 365 Recipes For Every Day Of The Year (Kim Laidlaw)**

The World of Robert Bateman (Ramsay Derry)

Make Room For Quilts: Beautiful Decorating Ideas (Nancy J. Martin)

A book I have particularly enjoyed dipping into lately is *My Art Is The Way I Sing: The Life’s Work Of Sheila Lee Niles*. Sheila was a resident of Millarville until her death in 2017. I also knew her through our shared love of quilting and I have a few small things she made in my home. The book contains photos of many of her works, plus excerpts from her journals and poetry and articles written about her by other local women. For anyone who knew her, the book is a true treasure and for those who never got the chance, delving into the book is a

way of getting to know her. Other books that bring me joy can be found in my vast collection of quilt titles. If I’m stuck at home and feeling a bit low, I grab a stack, a cup of coffee, sit in my window chair and flick through them, not really reading them, but soaking in the images. This of course can lead to the starting of many quilt tops, which is PERFECTLY OK! One of my favourites is the one in the list above – how to decorate with all those lovely quilts apart from putting them on beds. All of the books in the list are in our collection and you can find them at tracpac.ab.ca to place holds on them. Choose a book you wouldn’t normally select, and you may form a new love or interest. Remember, it may not be about reading happy books, but rather reading what makes you happy. While we are closed (which we still are at the time of writing), curbside pick up is available Tuesday to Thursday, noon to 4 pm. Place as many holds as you want – we are happy to fill them for you.

*WARNING: this may lead to the making and consuming of contents described within. Weight loss may occur.

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Square Butte Community

The SBSH Online Spring Auction was a huge success. We raised \$10,686, well above our initial goal. SBCA want to thank all our donors and the enthusiastic bidders who made the whole event so much fun. The community at large showed so much support. There were 99 bidding participants with 44 successful bidders and 81 items donated by local businesses and neighbors. We are so pleased that we have raised enough through the auction and personal donations to reach our goal, enabling us to secure the matching grant from the Foothills County. This means we will have shovels in the ground by June 26th. What a wonderful community and surrounding area we live in, it has tremendous scenery and equally fine people.

Square Butte Ladies Group: The ladies will be participating at the Millarville Farmers Market this summer. We will be there with our delicious baking on the following dates: July 10, Aug. 7 and Sept. 11. If anyone has special requests we may be able to offer that service on a limited bases. Call 403.931.2098.

"Stories and People from our Past": We have so many stories of men who settled and homesteaded in our community but few accounts of the women who were an integral part of that era. Many of these women came from comfortable homes in Europe to land on a isolated farm or ranch with few neighbors close by. At times life was lonely and difficult.

Tilly Hulme (Lily Stant)

Born in England, she arrived in Canada in 1907. She worked as a mother's helper for ranchers in the Millarville and Kew area. In 1913 she married Harry Hulme who had land on and by where the Square Butte Hall is located. They were generous people and as they had no children they adopted two girls, Florrie and Evelyn. Florrie married John Silvester. Good drinking water was at a premium in this particular valley. Tilly would accommodate many of their neighbors with good spring water and of course it was always an excuse for a visit. There was always plenty to eat when you stopped by. Tilly was so very kind and put others ahead of herself. One year she rescued a male fawn which she raised and of course it hung around for a few years, often being seen by neighbors. One time in the fall with a good set of antlers the buck showed up at Alex Lyall's place

where he had two fellows building his new quonset. A scuffle ensued and the buck had one of the workers down with his antlers grinding him into the dirt. The co-worker ran off and Alex wrestled the deer off the man to save his life. In 1945 Harry passed away and a few years later Tilly married Elijah Hargreaves who was a lifetime friend of Harry's. Both men had worked for ranchers, the local coal mine, and for oil companies. They definitely shared a long history. After Elijah passed away Tilly married Jack Robertson. Tilly gifted the land that the Square Butte Hall sits on. It took over 7 years for the Community to finally become incorporated so they could gain title to the land. That took place in 1966, 6 years after the hall was moved. Tilly was one of the first people to have a TV, so often neighbors would go to visit just so they could watch this new fangled machine and then she served scones. What a delight!

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

Facebook: Friends and Neighbors of 762

Contact@squarebuttehall.com

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

Submitted by Mary Ann Watson

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De Winton Digest

Do you have bookkeeping experience? We need you! We currently do not have a Treasurer and we really NEED one. Please consider joining our volunteer Board of Directors.

Updates: As mentioned, we have had very little revenue coming in over the past year because of the extended shutdown resulting from COVID-19. However, your Board is trying hard to keep our heads above water. There

have been a couple of grants that have opened up to us for application.

In early April we applied to the Healthy Communities Initiative Grant provided through the federal government. We did conduct a survey of our community asking you what you would value as an improvement for our Association and the majority responded with a wish for new pickleball courts at our facility. Unfortunately, we did not receive this grant.

In mid-April, we applied to the Dunbow Recreation Board for financial assistance for:

1) preparing an area for and assembling an outdoor sports equipment shed,

2) digging a 4 foot deep post hole and cementing in a basketball post, assembling the basketball system, mapping and painting the 3 point and foul lines,

3) cleaning and prepping the area for, mapping and painting the large modern version of hopscotch

4) prepare the area, build and install the horseshoe pits

We have received approval for this grant. Congratulations and thank you Cindy Poole and all else who were involved in putting together these applications. Well done!

Your board will continue to apply for grants as they become available.



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Millarville Community Library

Here we are at the last month of the school year and sadly nothing much has changed. As of writing we are still in lockdown, with curbside pick-up only on Tuesdays 9-12, and Wednesdays 1-7:30). The good news is that the volume of books coming and going from the library has actually increased. Thank goodness for books and reading! As soon as restrictions ease, we will post library opening times on Instagram and Facebook and the library webpage.

The legendary Millarville Library Summer Reading Program will take place, outdoors if necessary with activities such as bingo card reading program, outdoor/nature ABC activity, story walks etc. Again information will be posted on our social media accounts. If you are interested, leave your information on the library phone, 403-931-3919, and Natasha will get back to you. We recently received a "Making a Difference" Award in the small library division from Marigold!

Our local Book Club Wine and Cheese has been postponed until the Fall. Each book club is submitting their favourite reads and this list will be shared on our website and social media.

We have a great art exhibit at the library which will be up for another couple of months. Colin Bell's paintings are celebrations of life, spirit, light and colour, something we all need right now. Check them out at the library when we are open or on his website, www.colinbellart.com. Our next library art exhibit will feature student art.

When the library opens we will be recruiting more volunteers. This is really the ideal gig for book lovers. You get to sit in the library for a three-hour shift interacting with other book lovers and helping them access books and other library materials from our own library and through the extensive Marigold Library network. (Training is provided!) You can share a shift with another librarian and our system of spares mean the you can accommodate travel (!) and other activities. If you are interested, call Natasha at 403-931-3919.

Here are a couple of fascinating non-fiction books to sink your teeth into (into which you can sink your teeth - grammar experts?) *The Splendid and the Vile: a Saga of Churchill, Family and Defiance*

During the Blitz, by Erik Larson details the devastation and terror of the Blitz and Churchill's dogged determination "to never give in". Through skilful use of intimate diaries as well as public documents, some newly released, Larson has transformed the well-known record of 12 turbulent months, stretching from May of 1940 through May of 1941, into a book that is fresh, fast and deeply moving.

Read this with *Clementine: The Life Of Mrs. Winston Churchill* by Sonia Purnell. This book follows Clementine from her dysfunctional childhood, through WW1, the Spanish Flu epidemic, the 1929 stock market crash and depression and the second World War. It is a riveting, illuminating portrait of a remarkable woman, despite her flaws, living and making a difference in remarkable times, times that provide an interesting context to the pandemic times we are struggling through right now.

And here's a review for our junior readers submitted by Story Nutbrown, Grade 4.

The Vanderbeekers of 141st Street is an amazing book about a family who has lived in the same brownstone for years. Their top floor neighbour is their landlord and he decided not to renew their lease so they will have to move on Christmas. The kids do not want to move, and they need to find a way to get Mr. Beidermen to change his mind and let them stay!



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I read this with my family and every time my mom had to put the book down, I would groan and ask if we could keep reading. So, if you like a book with lots of cliffhangers, this is definitely the book for you! This book was an easy read and kept my attention from beginning to end.

I enjoyed how their family all loved each other and really showed it strongly, even though they did have arguments, nobody

can live without at least a couple of arguments! I love how Oliver, the only boy, was a bit like me. He loved to read and when I'm reading, it's the best part of my day!

I thought this book was very realistic which, in my opinion, makes it even more amazing than it already was. This is a middle school book but I think it's great for adults too!!!

I also suggest the other books in the series by Karina Yan Glaser such as *The Vanderbeekers and the hidden Garden*, *the Vanderbeekers To The Rescue*, *The Vanderbeekers lost and found*, and *The Vanderbeekers make a wish*. Though I have not read the other books, I think they will be good if they are anything like *The Vanderbeekers Of 141st Street*!

Black Diamond Strong Takes A Break

Have you ever wished for a magic wand that replaces agony by hope?

As an animator for the rural mental health project, my role is to engage people who are passionate about community wellbeing, bring them together and create ways to make mental health part of daily life. These days, I find myself without inspiration and I realize I have to come to my senses. Literally.

Indigenous elder Kerry Moore once said to me *"you cannot heal unless you feel: emotions are creator's antibiotics"*. This is a different way of looking at symptoms such as anger, anxiety and depression, which is what happens when the brain produces the "fright, flight and fight response". How I wish there was another way.

The linear fashion in which we approach life in today's society, is causing many challenges, including the tendency to solve problems with our mind, rather than our heart. With the pandemic going on for so long, being so widespread and so unpredictable, we are collectively stuck. How do we move forward?

I do not have the answers. I do know however that now, more than ever, I need a break and personally I find that in nature. The science is clear: engagement with the outside allows us to breathe, gives space to reflect and makes us realize we are part of something bigger than ourselves.

This is a call for your wild side to leave sorrow behind. In a world getting increasingly complicated, we need the simplicity and resilience of nature. Spring is the time to see the blue skies, be touched by the sun, hear the wind, smell the mountain flowers and taste the salt of our own tears. Through our senses we will regain hope and strength.

Black Diamond Strong is meant to be driven by curiosity, connection and celebration. All ideas and thoughts are welcome. Residents are invited to share personal stories by email to diamondvalleystrong@gmail.com or in writing at Black Diamond Strong, p/a FCSS 301 Centre Avenue West, Black Diamond TOL 0H0.

Riny Tuithof de Jonge
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Ilse

by Andrea Kidd



Ilse sat quietly gazing out of the window on to Main Street, waiting for the girl to bring her chicken with mashed potatoes.

"Is there anything else you need?" she asked.

"Mustard and pickles," Ilse replied gruffly, in her thick, guttural accent.

She had not intended to sound gruff.

English syllables challenged her tongue. She was born in Talinn, Estonia, spent holidays with her children in Ukraine, and lived through terrifying times as a Jewess during the Second World War. She endured Soviet occupation of her homeland in 1940, was separated from her family and deported to Russia in 1941, and found herself pincered between opposing troops when the Germans invaded Russia. A hasty marriage of convenience gave her the necessary papers to escape to the Black Sea. She was a survivor, but most Canadians did not understand her well.

She had not wanted to dine alone. She had called three acquaintances, but each had an evasive reply.

Ilse scraped the last of her apple pie with ice cream off her plate, drank the rest of her coffee, covered her mouth with the

napkin and picked the remnants of her meal out her teeth with a toothpick.

She made her way to the counter to pay her bill.

"There's nothing to pay," she was told.

Ilse was confused, thought she hadn't understood and pulled out a twenty dollar bill.

"No, no!" insisted the woman behind the counter. "The person who left a few minutes ago paid your bill."

Ilse was astonished. "Who was it?" she asked.

"The previous customer. The one sitting two tables from you."

"But who is he?" persisted Ilse.

"I don't know him," replied the waitress. "I haven't seen him before."

When Ilse told me this, she no longer wore her glaring, protective guard. No tears were present in those eyes that had seen and endured so much pain, but they displayed a gentleness of gratitude and wonder at God's love shown to her through another human.

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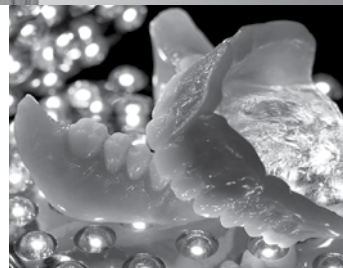


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A few years after we were married a good friend said to me, “Duane, are you happily married?” I pondered the question and then replied, “I didn’t know the goal of marriage was to be happy!” Unfortunately, many people use the ruler of happiness to measure the success of their marriage. There are many events that inject disappointment, discouragement, and despair. A prolonged illness, death of a close friend or family member, absence of sunlight, loss of a job or the upheaval of a pandemic like COVID-19, can all leave us living under a cloud. Color, noise, smells, atmospheric pressure, and a host of over factors can all bring adjustment to our happiness meter.

Marriage is not about making each other happy. Happiness can and does come to a good marriage, but happiness is a byproduct of growth and life. It is not the goal. As I said, our happiness is dependent on the happenings of our life.

In reality, happiness usually is the result of our being in a good place inside ourselves and our having done the character work we need to do so that we are content and joyful in whatever circumstance we find ourselves. Happiness is a fruit of a lot of hard work in relationships, careers, spiritual growth, or a host of other areas of life. But nowhere is this as true as in marriage.

Marriage is a lot of work, period. I don’t know anyone who has been married very long who does not attest to that. When couples do the right kind of work – character work – they find that

they can gain more happiness in their marriage than they thought possible. But it always comes because of going through some difficult moments. Conflicts, fears, and old traumas. Big and small rejections, arguments, and hurt feelings. The disillusionment of someone being different than was imagined. The difficult task of accepting imperfections and immaturity that are larger than one thinks they should be. These circumstances can either build walls that alienate and separate us, or they can be bridges that bring insight and understanding.

You say, “Hey, Duane, that is good theory but how does it work?” Let me give you an illustration. A couple came for counseling because of the tension that existed over their diametrically opposite views on the discipline of children. One was the army sergeant who wanted immediate and uncontested obedience. The other was the benevolent rule-bender who was convinced that everything would work out in the end. As it turned out legalism and leniency touched several areas of their life.

- First, I asked them to define their goals. I asked them to write out their overarching goal for their children. Both wanted their children to be responsible citizens who would add value to their sphere of influence.

- Second, I asked them to write the character qualities that would be important if that goal was to be achieved. From the character qualities listed, I asked them to agree on the top three and to give the reason for their choice. Once they had agreed on three-character qualities, I then asked them to write out the negative side of that quality. For example, the negative of diligence would be slavish, servile, or one-tracked mind. The parents needed to recognize that they could define the child negatively or point him in the direction of positive choices that would build the positive side.

- Third, they needed to make a commitment to not allow differences to divide them. I had them write out their difference, put it on a chair and then stand opposite each other with the chair between them. I had them each move toward the other person until they were standing together. Don’t let differences divide you allow them to build bonds of understanding.

Difficulties, differences, and disappointments are normal. They are not insurmountable barriers to happiness. When people work through them, they usually experience happiness, but it is usually a happiness of a deeper and better sort. If, however, they hit these inevitable walls and have the attitude that this problem is “interfering with my happiness,” they are in trouble. They will be angry with the “inconvenience” of their happiness being interrupted and will refuse to solve the issues or will just leave the relationship. Don’t give up, GROW UP!

Happiness must not be confused with joy. Joy is that inner tranquility that comes from knowing there is a God who is bigger than my circumstance who can bring good into my life through pain, rejection, disappointment, or deprivation.

When I ran my first marathon, I discovered how important endurance was to carry me through the pain and fatigue. The classroom could teach me the facts of endurance, but the marathon built it into my life.

I am grateful for the joy we have experienced as we have allowed the circumstances of our life to deepen our relationship. I look forward to crossing the finishing line with my beloved with joy. And if there is happiness, I’ll take that too. Keep looking up and I’ll see you at the top.

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Advance Care Planning

It may only be a few of you that knew that April 16th was Advance Care Planning Day, or maybe you have forgotten about that even if you knew. You may be asking "so?" Yes, that was over a month ago, but the purpose of this article is to bring that subject back to the forefront and remind you to do some advance care planning, if you have not already done so.

I recently heard some rather surprising statistics. It seems that 80% of people cannot make their own decisions at the end of their life or have not communicated their wishes in a way that they can be carried out. Further 85% of people in long-term care homes no longer have sufficient capacity to make their own decisions. If that was you, is there someone to help you?

The point of this article is to help you understand how to plan for a time when you may no longer be able to make your own decisions. You may be thinking that incapacity only applies to the elderly, but it can happen unexpectedly because of an accident or illness.

At that point, it is important that you have made, communicated

and documented your wishes and appointed someone to carry out your wishes.

In Alberta, we have a document called the "Personal Directive" by which you can appoint someone to make personal care decisions for you if, and only if, you can no longer do that yourself. While this does not need to be done by a lawyer, a lawyer can explain to you in detail the choices you have and what the Personal Directive should contain. Also, the Personal Directives that lawyers prepare for their clients usually contain more important provisions than the ones available from other sources.

Also prepare with your doctor your Plan of Care which sets out in more detail your wishes for your medical care. Be careful not to "dictate" what must be done, but to express your wishes instead, as occurrences happen and the instructions may not fit the circumstances. As an example, someone may specify "no surgery", but then fall and break a bone. At that point, that instruction would not allow surgery to fix the fracture.

Another useful document is the "Supported

Decision-Making Authorization." This document allows you to appoint someone to help you make decisions. They can access or assist you to access from any person, information that you need to make a decision about personal care matters. This "supporter" can call your doctor to get information to explain what it was the doctor was talking about if you might not have understood the doctor, or could not remember what the doctor had said. The role of this "support person" is to help you make your own decisions by obtaining information and discussing it with you.

This "advance care planning" is not to take away your ability to make your own decisions but through written communication you have done, allow you to have your wishes instruct and influence decisions even after you are no longer able to do that directly. Advance Care Planning is an important element of planning for your future. Consult a lawyer or Alberta Health Services to find out more information on this.

by Sylvia A. Carruthers
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Out of the Rut Chapter 129



As I first sit to write, the snow is falling thickly... almost halfway through May. Grumbling abounds. It seems local tolerance is wearing thin after all these months. *Heart attack snow* season – when the snow falls wet and heavy, and our attempts at clearing it result in tweaked backs and necks and on extreme occasions, can trigger a heart attack. Be careful out there.

A few hours later and the snow has gone... well, mostly. Dense trees on east-facing slopes hang onto their tracts of dwindling snow with grim determination while the opposing slopes are proudly displaying blankets of shiny green Kinnikinnik and the occasional crocus. I have seen my first brilliant fuchsia pink shooting star of the year, always a moment of inner celebration. Who could resist those cheery little flowers in all their brilliant *hereness*? In my garden, after a long winter of bird-feeding, it's paying off on the music front: The background sounds of the Grosbeaks, Pine Siskins, Robins, Finches and Sparrows is such a beautifully layered delight of peeps and trills and whistles. I sat outside submersed in the sounds of the dawn chorus at 5am today... admiring a classic Chinook Arch over the western treetops.

Thinking what to write, what to share? What will interest you lovely folk? *Out of the Rut* originally referred to my transmogrification; hopping out of my comfortable life's routine in Canada, shimmying through an extraordinary reshuffling of everything about my life as I jettisoned most things in a somewhat open-ended leap across the world. Thailand, Bali, Spain, England, Amsterdam, Canada, Colorado, New York, Los Angeles, San Francisco and Hawaii... and that was just in the first year. I hitched myself onto the Fantuzzi train which runs 24/7/365, double on a few select days. That was a swift change of pace indeed.

As ever, a walk outside takes me on a few miles and many years' journeys, filling my head with a thousand ideas I swear I'll remember when my fingers hit the keys.

The ripples of time generally wash through these writings, from sub-zero to beach weather we rove as I piece together the random pathways that translate into a non-rut-like existence without the benefit of massive physical, if not global, travel.

Infinite alternatives exist. I have to remind myself of this and lie back, sink my body piece by piece into the blessed, cool crisp sheets. Place awareness, cognition, in remote body parts – focus on the sensation in the tips of the toes, visualise each bone in the foot, works just as well as counting sheep. I rarely get past my knees before I'm either spark out or rambling off on an uncontrollable tangent about marmalade or what crimplene trousers were really intended to do, perhaps some subtle cold war propaganda?

It is, ludicrously, now in the mid-twenties. Water in hand, I stand a moment looking through my kitchen window to the sparsely-clothed trees beyond. The movement of rust-tinged fallen leaves morphs into dancing copper butterflies. Momentarily confused vision – images magically appearing and disappearing, so closely matched to their background. Beneath barely budding trees, a mosaic of punctured leaves; thrusts of spring green surging forth at great pace, gulping sunshine with gusto, bronze, resinous

buds peeling back to release lime green tips into first light. The lust of spring is upon the land once more.

As all our lives have taken on a somewhat surreal tone, no doubt for you too, the daily minutiae of life is a vital topic of conversation. My esteemed parents in Spain have recently begun the process of emerging from their Covid Cocoon and returning, with extreme care, to the occasional pre-C activity. A coffee in their favourite café – forgone for 15 months – was a rare and note-worthy event which has been reported by me to at least four people including you. If I think about the potential among our family for repeating of said anecdote, it's quite amusing to recognise how far and wide a simple *local café's* reputation may go these days.

We have some real gems right here.

With gratitude and love,
Kat Dancer

bodymudra@gmail.com

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Wayne, Rebecca & Denise Chaulk

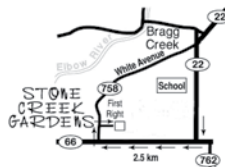
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Adult ADHD and Relationships

by Roché Herbst, M. A. R. Psych.



How Does ADHD Affect Your Relationships?

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

not to interrupt or to say hurtful things" or "I don't know how to explain things as eloquently".

The Elephant In The Room

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

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

Relationship Toolbox

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

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

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

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

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

Myth Vs. Fact

Myth: ADHD is not a real disorder.

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

Sources:

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

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CMHC Mortgage and Consumer Credit Trends

The COVID-19 pandemic has had significant social and economic impacts in 2020 throughout Canada. We have observed unprecedented declines in employment, and increased financial stress for households. The pandemic poses a major risk to housing and financial markets.

CMHC's latest release of Mortgage and Consumer Credit Trends data tables cover the fourth quarter of 2020. Here are some key highlights from the data:

Delinquency rates edged lower across all credit types

Mortgage delinquency rates in Canada edged lower to 0.25%. This is the lowest level in the five years that CMHC has reported mortgage delinquency rates.

Delinquency rates trended lower across all non-mortgage credit types compared to Q4 2019 to:

- 1.18% for credit cards (down by 44 basis points)
- 1.70% for car loans (down by 29 basis points)
- 0.55% for lines of credit (down by 9 basis points)
- 0.15% for home equity lines of credit (down by 2 basis points)

Mortgage delinquency rates trended lower across all age cohorts:

- The 25 to 34 year olds, who are typically first-time homebuyers, saw their rate decline to 0.20%, the lowest level of any cohort. This age group accounts for 15% of all mortgage holders.
- Seniors aged 65 and over, who account for 12% of all mortgage holders, registered the highest delinquency rate of 0.33%.

Delinquency rates declined across all mortgage loan amounts. The highest delinquency rate, at 0.32%, remained for mortgages with the lowest value at origination that is less than \$200,000.

Borrower credit scores trended higher

The share of outstanding and newly originated mortgages held by consumers with a high credit score (700 and above) continued to edge

higher. For the outstanding mortgage loans, this share reached 87.71% which is the highest level in the last five years it has been reported by CMHC. For the newly originated mortgage loans this share edged up to 86.06%.

The average credit score increased to:

- 765 for mortgage holders
- 753 for non-mortgage holders

The average Bankruptcy Navigator Index is a "predictive" score that estimates the likelihood of a consumer to become insolvent in the next 24 months. Higher scores indicate a lower risk. The score for both mortgage holders (938) and non-mortgage holders (923) reached the highest level over the past five years. This suggests a lower probability of bankruptcies.

Mortgages accounted for a larger share of consumer debt

Newly originated mortgages as a share of all mortgage loans edged up to 4.94% from 4.39% the year prior. New mortgage loans accounted for 6.93% of outstanding mortgage dollar balance compared to 5.73% in Q4 2019.

Interested in more housing & credit data tables? Visit www.cmhc-schl.gc.ca



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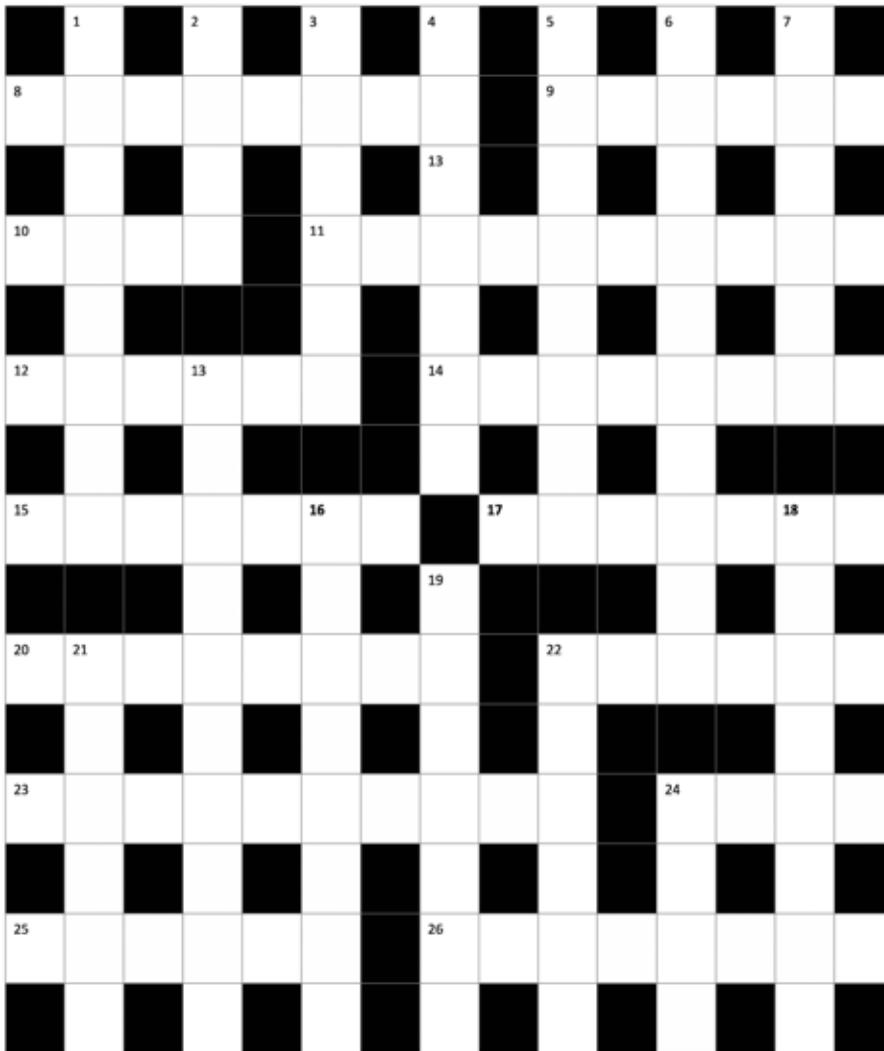
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Across:

8. Hospital room where a gown is kept in a closet. (8)
9. Found in polar regions and popular at Tim's. (6)
10. Primarily, word horse-rider often articulates to stop. (4)
11. Backwards growths on Chuck's surname make a tasty summer fruit. (10)
12. In favour of young dog to stop falling. (4,2)
14. Puts this on the tree or get name and New Testament. (8)
15. Is year of our Lord appropriate for headless conformist? (7)
17. Big wave to star with French friend after tea. (7)
20. Large crazy tart was reliable. (8)
22. Styles ahead of their time are the most demure. (6)
23. Time is taken by my serious enigmatic situation. (10)
24. Ribbon, so it is said, worn by a lover. (4)
25. I can go land in this African country. (6)
26. Carried out sentence of death. (8)

Down

1. Dreadful hatred for example is collected. (8)
2. Almost ideal thought. (4)
3. Go south to partake in casual conversation. (6)
4. Low dam built over rising earth for eccentric people. (7)
5. Competes with part of bird for showings. (8)
6. Discourage pit for daughter who is resolved. (10)
7. Sterile nobleman, I hear. (6)
13. Soda for you, half a latte for I, on inhabitants. (10)
16. O bank era maybe what Ross said to Rachel. (2,1,5)
18. Sounds like girl was kidnapped, but I could be wrong. (8)
19. Upwards bus stations get nothing but bent over. (7)
21. Striving whilst taking case to court. (6)
22. Medium sized flower for the young lad? (6)
24. Despondent colour. (4)

Cryptic Crossword #1 by Jan Burney

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

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Answers
Across: 8. Wardrobe 9. Icecap 10. Whod 11. Strawberry 12. Prop up 14. Ornament 15. Adaptor 17. Tsunami 20. Stalwart 22. Modest 23. Mysterious 24. Beau 25. Angola 26. Executed
Down: 1. Gathered 2. Idea 3. Gossip 4. Weirdos 5. Viewings 6. Determined 7. Barren 13. Population 16. On a break 18. Mistaken 19. Stopped 21. Trying 22. Master 24. Blue

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