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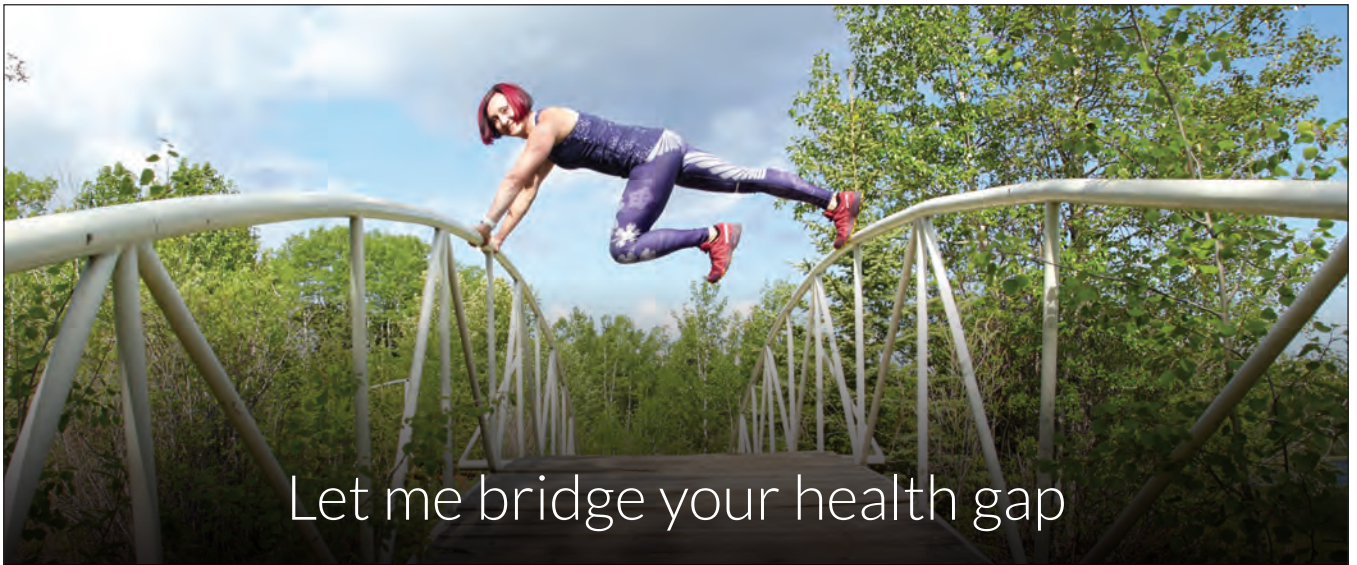
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## IN THIS ISSUE...

### Communities:

	Page
Bragg Creek.....	19
Priddis/Millarville/Red Deer Lake.....	22
Square Butte Community.....	30
Black Diamond/Longview/Turner Valley.....	34
De Winton.....	35

### Articles:

From the Editor.....	4
Artist Profile.....	4
MLA, Update <i>Miranda Rosin</i> .....	5
Bragg Creek Wild.....	6
High Country Rural Crime Watch <i>Dave Schroeder</i> .....	8
Redwood Emergency Services.....	11
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i> .....	12
Make Your Mark <i>Mark Kamachi</i> .....	13
Feeling Dizzy or Unsteady <i>Bragg Creek Physiotherapy</i> .....	14
Councillor's Update <i>Kevin Hanson</i> .....	15
Councillor's Update <i>Don Kochan</i> .....	16
The little School House.....	17
A Taste of the High Country <i>Renée Delorme</i> .....	20
Councillor's Update <i>Suzanne Oel</i> .....	28
Councillor's Update <i>Barb Castell</i> .....	29
Longview Library.....	33

### Lifestyle:

Daune Harder.....	36
Karen Horte.....	38
Mortgage Matters <i>Candace Perko</i> .....	41
ADHD and Natural Remedies <i>Roché Herbst</i> .....	42
Andrea Kidd.....	43
Laura Griffin.....	44
Kids Zone.....	45
Out of the Rut <i>Kat Dancer</i> .....	46
Classifieds.....	47
Business Directory.....	Back Cover

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## LETTER FROM THE EDITOR

As a landscaper I get to meet and work with many wonderful people. This month's front cover depicts empty potting containers which reminded me of one customer in particular. Every year she enlists us to help her prepare and set everything up. If you have ever had the privilege of being entertained in her home, her deck is absolutely stunning when the annuals are in full bloom. Although she would like to make you believe she doesn't know what she's doing and the beauty is just some miracle. I have come to the conclusion that it doesn't happen by chance, being very intentional to get consistent results.

Here are a few things that I have observed.

**Preparation:** She gives thought about pot drainage and the correct ratio of soil to manure.

**Protection:** There are deer sprinklers and plastic shields which protects from both cold and heavy rain and hail to name a few.

**Placement and environment:** Decisions are made as to whether the pot is to be placed in the shade or full sun, and the size of pot for the flowers.

**Nutrition:** From the original soil to the ongoing nutrients, she feeds the plants on a regular basis.

**Ongoing care:** There are many hours spent dead heading old flowers, watering, and just

general care of the plants. She even prays for them!

Our lives are like the pictured flowerpots. The question we should ask ourselves is what are we choosing to grow in them? Are we providing a good growing environment so that we aren't delusional about the outcome of the growth? The above thoughts could be applied to the growth of our character, our business ventures, our relationships, or any new skills we are setting out to learn. We are often trying to grow small fragile plants in our life. Unfortunately, life is a rather harsh environment. Growing ourselves requires similar care and attention as my gardening friend and customer would tell you. As we approach our much anticipated and albeit short summer, may you experience good growth in both your life and physical garden.

As always, I trust you will enjoy this month's High Country News. As these articles are written by various members of your community, I trust that you as a reader will be able find some way of thanking the writers for their commitment in writing a monthly article that benefits you. I also thank our advertisers for their ongoing commitment and investment into this unique paper. The High Country News has no outside funding or subsidy and strictly relies on the revenues generated by our advertising.

Take some time to honour your father (or father figure) this Father's Day for his investment into the growth of your "life plant".

*From my family to yours,  
Lowell Harder*



## ARTIST PROFILE

"The whole earth is full of His glory" (Isaiah 6:3) It's taken me a long time to become a painter. When I was younger and full of zeal to chart my 'career path', it seemed frivolous to study Fine Arts. Now I'm older and wiser! On his website, the great Robert Genn quoted Margot Hatting of South Africa on why we create:

"...I think creators, whether of words, music, visual art or movement are specially privileged. That privilege demands the price that we mirror back to the world, to remind everyone what is of real value, of real importance — the good to be celebrated and protected, the bad to be changed, and the ugly to be made beautiful." As a landscape artist, I flow with the seasons: everyone's planting now so I couldn't resist these pots - so full of waiting potential! (reference photo was from Vale's Greenhouse in Black Diamond. )

Sheila Rowe  
sheilarowe.com

"I not only think when I muse upon Ms. Rowe's work but I dream too."

Cathy Ostlere, writer

*We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to info@highcountrynews.ca We are looking forward to seeing what you create.*



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## MLA UPDATE - Banff/Kananaskis

**Miranda Rosin**

Last month, construction officially commenced on the Springbank Off-Stream Reservoir (SR1). I know how much the fight against this project has meant for our community, which is why I chose not to attend the groundbreaking ceremony that was held. There is not a single political issue for which I have witnessed such a unanimous outpouring of concern since my election than SR1. I want to assure you that I have been by your side every step of the way. I've felt your frustrations about the lack of regard previously given to our communities for how this project would impact them, and about the complete lack of meaningful consultation that had been conducted in five painfully long years. It was as though no provincial government in the past, either PC nor NDP, cared to listen to the people in our communities who were concerned for their livelihoods, air quality, land, community space, and way of life. It was a classic case of rural communities being treated as second-class citizens to the major urban centers. I promised you throughout my 2019 election campaign that I would dedicate my time in office to undoing the past wrongs that were committed surrounding this project. I also promised I would advocate for our new United Conservative government to consider alternatives that could better protect us from future flooding while maintaining the integrity of the communities we love and call home. This meant listening, engaging, and at times, publicly going against my own government and colleagues. My first act upon being elected was to write Transportation Minister Ric McIver about the project. I then proceeded to bring him and his team to my office in Bragg Creek to meet directly with the affected landowners and the Springbank Community Association for the first time since the project had been announced back in 2013. It is hard to believe that no prior government or minister had taken the time to do so, and while we couldn't undo their past mistakes, I wanted to ensure we did our part to remedy them and ensure you were heard. I brought the SR1 Concerned Landowner Group, who participated actively in the NRCB hearings on your behalf, to Edmonton to present to all us government MLAs who represent rural

communities in southern Alberta. They were given the floor to explain the concerns of our community, and their research on the potential detrimental impacts of the project to our local environment. I tabled nearly 1,100 of your petitions against the project in the Alberta Legislature, which are now permanently on file in the Library. And most importantly, to ensure that as many of you could voice your frustrations, fears, and questions about the dam to the decision makers who matter most, I welcomed several hundred of you to two open-mic townhalls in Springbank and Bragg Creek at which Minister McIver, a project impact assessment specialist, the SR1 project lead from within the Department of Transportation, and the two top engineers responsible for the project from Golder Associates were present to listen, and thoughtfully respond. Because the project was already seven years in the making when our government assumed office, reversing course was unfortunately always unlikely, however I wanted to make sure I fulfilled my promise to you by doing all I could to try, and at minimum, to ensure you were given the dignity of being heard, considered, and answered. While the final outcome may not be what we hoped for, I hope that with all said and done, you feel as though you were.



### MLA MIRANDA ROSIN Banff-Kananaskis

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### Spring Into Wildlife: BCW Hosts Alberta Parks

Last week saw the second in our ongoing series of seasonal presentations from Alberta Parks: This time Park Recreation & Resource Officer, Kananaskis Region Patrick Waring brought us some tips for Spring, and we'd like to share them.

Spring for local wildlife can be a stressful time. No-one likes extra stress, and we don't want to add to it. We can help by giving wildlife space, and the best chance to succeed in what they need to do in spring time.

#### Babies

Spring is a time for new beginnings. Fawns are born around the last week of May/first week of June, and need to be left alone. If you see a fawn alone in the long grass it has usually been left there by its mother. She is nearby. We can just move on and leave them to it!

Slowing down on the roads, looking in the ditches as we drive will also help keep them safe.

#### Food

After a tough winter, many of the wild animals who are our neighbours are hungry and looking for food sources. This is an important time to make sure we remove all attractants so that we don't tempt unwanted curious visitors sniffing out our compost, garbage, barbecues or bird-feeders.

#### Pets

Much though we love them, pets can also be a source of stress to wildlife, resulting in danger to both sides. They can be both predator and prey.

Domestic pets aren't a natural part of the local ecosystem, and can upset natural cycles. Domestic cats kill 110 to 350 million birds in Canada per year, and 3 billion more in the USA. Song birds are on the decline, and this doesn't help. They also kill mice, bats etc., which are natural local pollinators. Dogs that aren't controlled often chase or harass – and sometimes kill – wildlife.

Cats and dogs can be killed by wildlife – they may be easy prey to coyotes, foxes and cougars. Dogs can also bring wildlife back

to you – a dog running back to you as you hike can be chased by a startled bear, or a mother bear protecting her newborns.

#### Here are some things we can do:

- Always carry bear spray – it teaches bears that approaching humans is a bad idea
- Remove all attractants
- Slow down on roadways
- Keep pets restrained: dogs on a leash/cats indoors
- Pass on the message: remind family and friends not to be complacent – you don't have to be hiking on remoter trails to encounter wildlife in our community. Stay safe and reduce stress all round!

Let's be good stewards of the land we live on.

Patrick praised the people of Bragg Creek and Redwood Meadows and recommended the Bragg Creek Wild website as an awesome resource for responsible behaviour, best practices and resources.

Please use the website below to check for advisories and closures before heading out into Kananaskis:

[www.albertaparks.ca/parks/kananaskis/kananaskis-country/advisories-public-safety](http://www.albertaparks.ca/parks/kananaskis/kananaskis-country/advisories-public-safety)

It's also a good idea to keep these numbers handy:

**Kananaskis Emergency Services**  
403-591-7755

**Cochrane Fish & Wildlife**  
403-932-2388



### FIRESMART - CHIPPER DAYS

The dry, windy conditions we have been experiencing around Bragg Creek and grass fires in the eastern portions of Rocky View County are a reminder that the risk of wildfire is remains real. To help homeowners be proactive, Rocky View County and the Bragg Creek Fire Smart Committee are once again sponsoring Chipper Days for the disposal of branches and small trees. Four, one-day events are scheduled for the following locations.

June 11 - Fawnhills Drive

June 25 - Water Treatment Plant (Burnside Dr)

September 17 - TBD

September 24 - Water Treatment Plant (Burnside Dr)

Remember, vegetation management remains the most cost-effective way for homeowners to reduce the risk of loss. FireSmarting your property starts with moving all combustible materials such as not are firewood to at least 1.5 m from the home. The next step is eliminating a path for fire to follow up to the home. This step involves removing so-called ladder fuels out to 10 m from the home. And finally, work on the area between 10 and 30 m. In this zone provide at least a 3 m of horizontal space between evergreen trees and remove branches to a height of 2 m from the ground. For more information on how to reduce your risk see the Fire Smart Canada website ([www.firesmartcanada.ca](http://www.firesmartcanada.ca)).

### Do you want to learn more about reducing the wildfire risk for Bragg Creek area residents and businesses?

If yes, the Bragg Creek FireSmart Committee is looking for members.

Please contact Peter Dwan at  
[pdwan@icloud.com](mailto:pdwan@icloud.com) for more information."







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## Crime Perspective & Preparation

Recently I had an opportunity to look at crime in our area from an outsider's perspective. I received a call from someone looking to move here and, as part of their due diligence, they wondered what the crime situation was like.

We had a bit of a discussion after which I sent them the latest fanout of Mountie Moments that covered the last 4-5 weeks. In reviewing the Mountie Moments crime statistics, and from my recollections of the past few years, we do have property crimes, mostly theft. There are also phone scams and fraud, but these are ubiquitous no matter where you live, rural or urban.

However, crimes against persons are quite rare. I'm referring to incidences of assault, personal robbery, car jackings, and murder. So, in that sense, your personal safety is relatively secure. This is especially so if you follow the recommendations of both Kerry Sauvé (HCRCWA special speaker), and Cade Courtley in the Navy Seal Survival guide I wrote about last month.

Now, as it always seems to be the case, as I write this on the weekend of May 15 there were two incidences of personal "attacks" reported in the news. Both were in Rocky View County. One was of a homeowner

in the Uplands Ridge area who returned home and interrupted an apparent Break & Enter. He was confronted by a masked individual who brandished a firearm and forced the homeowner to the ground. The victim complied and the intruder fled.

One of the practices that you should definitely be employing is to be more aware of your surroundings. I believe this skill will become more important over time as the stresses on society increase so practice it. If you are like me, you won't always remember to look around, but when you do, take the opportunity to practice situational awareness. Hopefully over time it will become a habit. Remember don't look for stereotypes, look for suspicious behaviour, or in this case, a suspicious scenario.

The news article did not get into much detail so I don't know the particulars, but if the homeowner came home and saw potential evidence of a B&E (strange vehicle in driveway, door open, window broken etc.), one of his first reactions should have been to call 911 or the local RCMP detachment. The RCMP have said many times if you call, they will respond – as they've said, "It's their job!"

The second incident was a verbal altercation between two individuals. Eventually one of them grabbed a gun and shot the other person in the leg. The shooter then fled but returned later to turn himself into the police. Again, the article was short on details so I'm not sure what could have been done in this case. I don't know what the altercation was about – it might have been frivolous, or it might

have been more significant (eg molesting/harming a family member). In the heat of an argument, anything can happen a la Ron Burgundy in the Anchorman "Boy, that escalated quickly".

Another practice you should be starting to employ if you are serious about your safety, is to consider and preplay in your mind what you would/should do when faced with a particular situation. Navy SEAL Cade Courtley went into some detail about this concept. Of course, if you are a Navy SEAL vs a normal homeowner you have much more incentive to practice this mental preparation as you are putting yourself in harm's way. Nevertheless, there are certainly situations you should preplay so that you are mentally prepared if the situation arises.

Using the above two examples, you should preplay these situations in advance so that you will know how to react and what to do before you get into the situation instead of having to deal with things on the fly. Employ them as a Defensive Living strategy much akin to a Defensive Driving strategy. It's probably unreasonable to preplay every possible scenario in your mind and develop a plan for each one. However, I believe the coming-home-to-an intruder situation (or being home) is one that I think you should spend some time on and develop a plan. We practice fire drills and it's the same idea. All the better if you can actually act out what you (and your family) would do, like actually performing the fire drill you did at school or work.

I have personally thought about what I would do in a coming-home-to-an-intruder/being-at-home situation. I haven't completed fleshing out the plan completely nor done a "fire drill" regarding the situation yet, but I'm working through the exercise. It can be kind of fun, or at least rewarding to know you have a prudent plan to deal with a negative situation. It will give you confidence, and confidence itself is a proven personal crime prevention strategy.

Dave Schroeder  
HCRCWA Board Member



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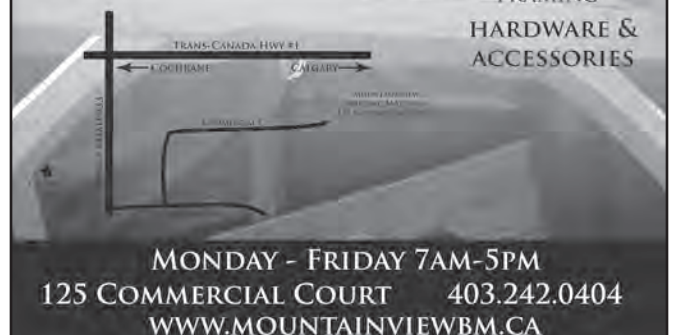
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## JUNE NEWSLETTER Judy Hunter -Ward 5 Trustee

Hard to believe that we are into June and celebration season. For many parents, that will mean shopping for graduation outfits, reminiscing what seemed like yesterday, that young person graduating was just a babe in arms.

Trustees in addition to attending graduations, we will be recognizing the significant contributions of our retiring staff for educating our youth. June 16, celebrate the ongoing professional development of our staff as they complete, degrees and certificates, all which benefit our young people and improves the functioning of our division.

As this year draws to a close, the Board is developing its budget for next year; strategic plan for the division; receiving input from parents; advocating with government for new schools or at least additional portables.

## Rocky View School Division needs more student space:

The Alberta government has increased funding to Boards by 1% on the instructional grant, and 4.6% on the transportation grant. As we are all too aware rising inflation and supply chain issues are having an impact on expenses.

**Some other highlights:** Cochrane tri-school site is to receive a new sports field. This multi-partnered project will be a benefit not only to the students of the tri-site but to the Cochrane community.

[cochranenow.com/articles/ground-to-be-broken-in-late-june-for-new-turf](http://cochranenow.com/articles/ground-to-be-broken-in-late-june-for-new-turf)

Alberta Education will be investing \$2 million over the next two years to extend access to specialized services to home education families in the province, connecting students to supports.

Since the new curriculum is being rolled out in September for Physical Education and Wellness - K-6, Math K-3, Language Arts and Literature K-3, Rocky View teachers are receiving professional development in these subjects.

Many of our school councils are looking for new members to sit on their Boards. The very important role in your child's education provides direct feedback to the school administration and to the Board of Trustee. You will meet some wonderful neighbors, and other committed parents, the work is rewarding and much appreciated. Please contact the school council chair or the principal for more information.

## Help support the Springbank High School drama program:

The Springbank Community Association is sponsoring a raffle to provide upgrades to the drama facility at Springbank High School. Our dynamic drama teacher Ms. Eva Knight is trying to build a drama program elementary through high school, but your help is needed. Last year your support raised \$15000.00 for the robotics program. We hope that your generosity will do the same for the drama program.

Tickets \$20.00. Grand Prize \$1000.00. \$6000.00 in prizes

Tickets may be purchased by visiting the link below:

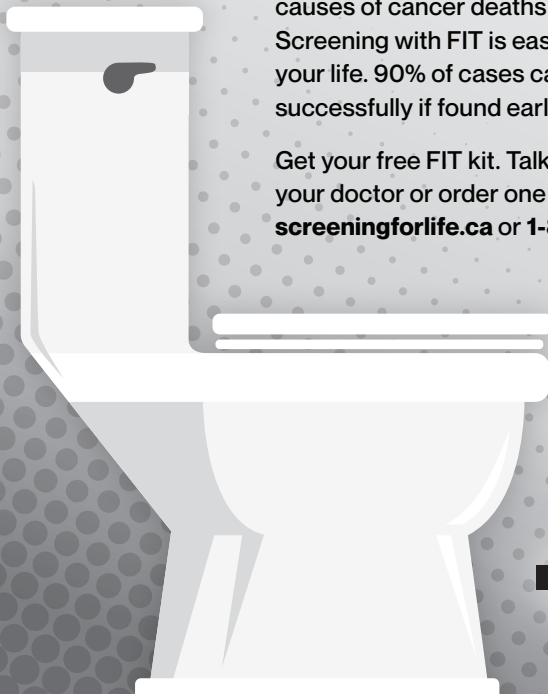
[www.springbankcommunity.com](http://www.springbankcommunity.com)

# Are you 50 to 74?

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Get your free FIT kit. Talk with your doctor or order one now at [screeningforlife.ca](http://screeningforlife.ca) or 1-866-727-3926.







## REDWOOD MEADOWS EMERGENCY SERVICES

### Hello!

Summer is a favorite time for many to head outdoors and spend time hiking and exploring. Hiking can be an enjoyable pastime as long as hikers take steps to ensure their own safety. These safety measures can help you enjoy your outdoor adventures to the fullest this summer.

**Be an Early Bird:** We know. It's summer and you don't want to have to think about waking up early. Need some motivation? 11:00 a.m. – 2:00 p.m. is peak temperature time, meaning that if you want to have a nice hike, you'll need to get an earlier start. Think about it this way: don't try to complete the whole hike before 11:00 a.m., just try to get the hard part over by the time the temperature spikes. Starting early has the added benefit that if you do need to call for help, we can find you and help you get down in the daylight.

**Dress Your Best:** The wilderness is no friend to bare skin. Between sunburn, rocks, thorns, sticks, poison ivy, and bug bites, your best bet to stay safe is to cover up. Invest in moisture-wicking long sleeve shirts and pants to protect yourself from the elements. Bring layers to ensure you're prepared for changing conditions in the mountains.

**Obey Your Thirst:** An average hike causes your body to lose approximately one liter of water every hour. In especially toasty weather, that amount can double. The solution? Bring a lot of water and sip it consistently. Your body can't efficiently absorb more than a half-liter of water every hour, so don't resort to chugging water only when you're thirsty.

**Pass the Salt:** Once you replace your body's water, don't forget to replace your electrolytes too! Pay close attention to your sodium and potassium intake while you hike. Pack some trail mix for an extended boost of energy that is fueled by complex carbs and throw some electrolyte drink mixes into your pack for a quick fix.

**Stop & Smell the Roses:** Give your body a break from time to time, especially if you're hiking in warmer temperatures! Stop and admire the view, stretch your muscles, and let your body cool down before continuing.

Bring an extra pair of socks to change out of your sweaty ones while you rest.

**Educate Yourself:** One of the biggest dangers while hiking in the summer is heatstroke. Know the early signs of heatstroke so that you can protect yourself and any others who may be hiking with you.

### Signs of heatstroke:

- Dizziness
- Nausea
- Lack of sweating (even in hot temperatures)
- Headache
- Muscle Cramps
- Disorientation

If these are present, stop hiking immediately. Focus on finding shade, cooling down, and getting off the trail as soon as possible. Don't hesitate to call 911 and get medical attention!

### Plan what you'll do in case of an

**emergency:** Before heading out, know how you will call or send for help in the unlikely event something bad happens. Will there be reliable cell service? Is someone bringing a fully charged phone and a portable charger? If not: Is someone bringing a personal locator beacon, satellite messaging device that can get emergency messages out by pinging satellites with your GPS data, or satellite phone? If you can't transmit a message, which one of you will volunteer to go get help?

### Tell someone where you'll be:

Let someone that isn't hiking with you know where you're going and when you'll be back so they can alert first responders if you don't arrive.

**Bring a first aid kit:** Buy and bring a premade first aid kit containing items like adhesive and elastic wrap bandages and antiseptic. This will help you deal with the most common hiking injuries, like scrapes, ankle rolls, and bug bites. You can find a first aid kit at a drugstore or online. Bring any medications you use on an emergency basis such as an EpiPen or allergy meds. Take a first aid course!

**Stay on the trail:** For the sake of your own safety, the natural resources, other hikers, and a potential search party, stay on that trail. Your odds of encountering a risky obstacle go up when you step off the path. It's also easy to get turned around. If you do get lost or incapacitated off-trail, a rescue mission will be much more difficult and dangerous.

**Be extra careful on the second half of the hike:** The second half of a trip or the end of the day is usually when accidents like falls, slips, and trips happen. Your energy levels are lower, your leg muscles are fatigued, and your mind might be more focused on getting to the finish than the next step. Take your time and be extra careful with your footing.

**Be ready to turn back:** You're more likely to make a poor judgment call, ignoring signs your body needs a break, pushing a straggler to keep up, pressing on when a storm rolls in, when you're hyper-focused on getting to an end point. You'll find it easier to be flexible if you keep in mind an objective besides the summit, literally or metaphorically. Remember that you're out there to enjoy yourself. Look at any obstacle in your path as "a great opportunity to enjoy the view and turn around".

*Have a great summer!*



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## The Shifting Economic Winds

By 2026, an estimated \$1 trillion in personal wealth will be transferred from one generation to the next in Canada<sup>1</sup>, the largest transfer of wealth in our country's history. This transition involves financial complexities for both benefactors and their heirs. Without planning and clarity, wealth transfer can lead to confusion and misunderstandings.

If you are preparing to bequeath wealth to your heirs or anticipate receiving an inheritance, some of the information outlined below might be helpful.

- 1. Begin with a plan:** A recent survey found that almost 73% of Canadians over the age of 45 have not started estate planning. A third of those either put it off or don't know where to begin. As you already know from building wealth over your lifetime, successful outcomes depend on a thoughtful plan. An estate plan is a road map that can maximize the lasting benefits of this hard work. Knowing how to anticipate the financial road ahead helps you to avoid expensive mistakes and establish benefits for your family for years to come. A plan developed, in conjunction with a financial planner, will assist you in which path to follow.
- 2. Communication:** Transparent, two-way communication between benefactors and heirs is also crucial, especially when it involves parents, a spouse and children. Clear expectations and open conversations can be invaluable to the transition process. Good communication helps preserve family harmony and strengthen relationships across generations. Start early and communicate often to avoid shocks. It is helpful to know what your heirs think about the process you are examining.
- 3. Choose a timeline:** Many people would rather see their family enjoy an inheritance while they are still alive. Choosing this path may inspire intergenerational financial stewardship in your family, such as learning the basic concepts of saving, spending, investing, and sharing. For parents concerned that their children or grandchildren may not

use their inheritance wisely, this could be a helpful option to consider. One option to consider is a trust, into which the assets, you are seeking to bequeath, will be held, and managed.

- 4. Tax considerations:** There are several tax considerations that should be factored into your wealth transfer plan for you and your heirs. For example, cash gifts are tax-free in Canada, which effectively creates less taxable income for all parties. There may also be significant advantages to changing ownership of qualified assets. Timing of the ownership change will be a factor. However, these are complex decisions that should be guided by professional advice, as not all qualified assets are treated the same way.
- 5. Choose your guides:** When it comes to proactive estate planning, 48% of Canadians are unsure where to turn for advice. The good news is that a knowledgeable financial advisor understands the complexities of planning and wealth transfer. They also have the expertise and neutral perspective to

help navigate healthy communication between benefactors and their heirs.

If you have not thought about your wealth transfer before today, then today is the day to begin exploring the many options outlined above.

For more information on how to grow, preserve and transition your wealth, contact my office to begin the process.

I am here to help.

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

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

<sup>1</sup> Investor Economics: Household Balance Sheet Report 2019  
[www.investoreconomics.com/reports/household-balance-sheet-report-2019/](http://www.investoreconomics.com/reports/household-balance-sheet-report-2019/)

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**Website: [www.myfinancialsolutions.ca](http://www.myfinancialsolutions.ca)**

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## MAKE YOUR MARK By Mark Kamachi

### SEO. FYI.

As I promised in my last article, I said I would get back with results of an ad campaign we produced, currently running for a retail client of ours. At the time of writing this, it is just nearing completion. I'm pleased to say they've been receiving great brand recognition using traditional mediums (radio/print) to reach an older male audience. Now the bigger question is what would be happening if we had run digital ads on social media platforms simultaneously to complement the newspaper and radio ads?

Now, I'm not going to get into the details of SEO (as I'm in no way an expert on this topic), but I know just enough to scare my team. SEO (Search Engine Optimization) is something you build into your website as specific search terms, keywords, photos, videos, responsive design, etc. Without considering SEO when designing and

developing your website content (not to mention keeping it relevant and current), you limit your ability to attract targeted customers and more business to your brand. SEO, once built for your brand, is free, but it's paramount that your website has the right SEO content, and the way you "earn" your SEO ranking is always changing.

When a person uses a search engine such as Google, it will recommend people to your website based on all of these components that create SEO: your keywords, your content, how recently you updated your website, how accessible your website is to screen readers, how long people spend on each page – and a hundred other factors. Search engines rank your website based on how many of these components you have, and then serve your website to potential matches in their vast databases of billions of people. That's right. I said billions. This is why when you search generic businesses (think Centre Street Dental), you get local results first. The more specific your SEO can be, the better your chances of appearing on the first page of a search and engaging customers.

Research shows that being listed on the first page of any search leads to more transactions.

Tell stories and entice those who end up on your website and your chances of a transaction will be much higher.

Creating on and utilizing social media platforms like Facebook or YouTube (to name just two from over a hundred), can also lead potential customers to your brand via your website. By using good or engaging content (photos or videos) on your social media channels, the chances of click throughs to your website will increase. Your SEO ranking will rise as the search engines track these "tire-kickers" seeking information.

At the end of the day, keep SEO in mind every time you add content, create a new page, update, or perform any alteration to your website as search engines comb the internet looking for the most trustworthy, relevant, and current information on endless lists of queries every second of every day. Make sure your website is designed/developed by trusted and proven creative/digital professionals to utilize SEO to its fullest potential.

*Until next month. Cheers, mark.*



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## FEELING DIZZY OR UNSTEADY? BY SARAH FEDUN

Spring is here and like many of you, I am excited about getting back into some warmer weather activities! For some people though, dizziness is a deterrent for them in enjoying their favourite hobbies.

The term dizziness can be used to describe a variety of sensations — light headedness, swaying or disorientation are some examples. Vertigo is a specific type of dizziness and it can be defined as 'the illusion of movement occurring in the environment'. Some will describe it as the feeling that they are spinning in space or that their environment is spinning around them.

According to Bernard Tonks vestibular lecturer/physiotherapist, 80% of people over 65 have experienced dizziness and with an aging population, dizziness will become a larger issue globally. Dizziness is also a problem as it increases the risk of a person falling and it has been reported to effect a person in their regular activities of daily living. Dizziness can be caused by a number of different reasons such as the cardiovascular system, neurological or vision dysfunctions, cervicogenic (neck related) or psychogenic (due to psychological factors) dizziness or it can be produced by vestibular system disorders. Vestibular disorders effect older people much more often than those who are younger; however, children with

a vestibular impairment can also have compromised gaze stability that can lead to problems with reading.

So what is the vestibular system? It is the sensory system that is responsible for providing our brain with information about head position relative to gravity and head movements - both linear and rotational. It consists of 5 organs - 3 semicircular canals and 2 otoliths - the saccule and the utricle. This system is protected by fluid within a bony labyrinth in the temporal bone of our skull and it is connected to the cochlea, part of our hearing system, thus, it is part of our inner ear. We have one on each side of our head.

Vestibular system disorders can be caused by a variety of issues: head trauma such as a whiplash or concussion, vestibular system degeneration as people age, inflammation of the vestibular nerve or labyrinth, hydrops (fluid build up in the inner ear) such as Meniere's disease and most commonly, Benign Paroxysmal Positional Vertigo (BPPV). BPPV is the cause of nearly 50% of peripheral vestibular system disorders.

So what is BPPV? In the otoliths, there are tiny calcium carbonate crystals called otoconia. They are supposed to stay here in the otoliths but if they get dislodged they can migrate into the semicircular canals where they do not belong. The movement of the crystals in a semicircular canal triggers the nerve to send off improper information to the brain which creates the sensation of vertigo, causes abnormal involuntary eye movements (nystagmus) and may lead to nausea as well. The crystals do not cause a problem in the semicircular

canal until the person changes position of their head which is typical when looking up or down, laying down flat quickly, bending forward or rolling over in bed. The vertigo created typically only happens for a short time (< 60sec) while the crystals are moving.

Fortunately, treatment can be quite straight forward for a BPPV client. The assessment starts with 1-2 tests called the Dix Hallpike test and the roll test. These are done to determine which of the three semicircular canals - anterior, posterior or horizontal is involved and on what side of the head the affected canal is on. This is done by watching for the direction of the nystagmus in the clients eyes while completing the tests. After determining which canal is involved then a particle repositioning technique for that specific canal can be used to move the crystals back to their correct position in the utricle where they belong which quickly alleviates the vertigo.

So if dizziness is effecting your daily life or keeping you from thoroughly enjoying your spring activities, do not hesitate to reach out to us to ask questions and to book an assessment/treatment so we can help you alleviate your symptoms and get you back to living your full life!

*Sarah Fedun (BSc., MPT, MCIsc.PT, FCAMPT, cGIMS)*

*Bragg Creek Physiotherapy  
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Sarah's qualifications include: manipulative physiotherapy, needling, manual therapy, exercise prescription. She also specializes in concussion and vestibular rehabilitation. As an avid skier and mountain biker, Sarah fits right into our way of life!



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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Rocky View Foundation Strategic Planning

Rocky View Foundation is the Housing Management Body for the Rocky View area tasked with supplying affordable housing for seniors from Airdrie, Bieseker, Cochrane, Crossfield, Irricana, and all areas of Rocky View County. The second session of strategic planning being facilitated for the Foundation by Bespoke Consulting was completed on May 19th with the Foundation's CAO Carol Borscheneck and the Board in attendance and participating in the planning exercises.

As part of Bespoke's planning methodology, both one-on-one interviews as well as location-specific focus groups meetings were conducted between the Board's first brainstorming session (Visioning), and our second planning and priority setting session (Strengths, Opportunities and Aspirations). Bragg Creek was very well represented with both one-on-one interview input from key stakeholders, as well as a very strong and vocal focus group with about 18 people in attendance, compared to turn outs of 6-8 people for other population areas the Foundation serves.

Bragg Creek stakeholders were heard loud and clear by Bespoke, and this critical feedback (both senses of the word – extremely important and expressing disapproval) made it unfiltered back to the board. Two universal themes emerged: 1) increase capacity for regular stakeholder communication and collaboration with directly impacted stakeholder groups; and 2) collaborate more effectively with partners, donors, funders, and the private sector to maximize impact.

With the Elbow River flood mitigation berm construction and COVID mostly behind us, many of the challenges that were in front of this project are now in the rearview mirror. While Provincial funding levels are still a question mark, growing the organizational capacity of the Foundation to execute projects continues to be a priority for the board. Moving the Bragg Creek seniors project forward is the net result, as it will be integrated as a priority into the strategic plan for the whole Foundation.

#### Short Term Rentals on RVC Radar

Short-term rentals through online services such as Airbnb or Vrbo are touchy issues in many areas of Rocky View. As a result of a robust and spirited public hearing for proposed amendments to the Cottage Club Direct Control Bylaw (DC-123) some information has come to light with respect to short term rentals.

As the Calgary Herald reported on May 13, 2022: "A decision of the Alberta Court of Queen's Bench (Condominium

Corporation No 042 5177 v Kuzio, 2020 ABQB 152) clarifies the status of short-term rental tenants, stating that such arrangements where no residential tenancy lease is entered into, results in the functional equivalent of a hotel stay, where the guests/tenants are not residential tenants of the owner, but occupy the unit as licensees for consideration. A residential lease grants certain rights in the lands to the tenant. The same is not true with licences to occupy units, as a licence creates no interest in the land itself."

The interesting result of this ruling for Administration and Council is that short term vacation rentals are essentially a commercial venture, and the tax ramifications of what is classified as a commercial development permit being granted to a RVC property owner for short term rentals will have to be investigated further.

#### Council Team Building Scheduled

The second session of Council's facilitated sessions towards building effective leadership is scheduled for June 1 & 2. This will include extensive time with our new CAO - Dorian Wandzura. It will also include some time with both Dorian and his Executive Leadership Team.

*Please email me if you would like to be added to my contact list for email and online communications -*  
*Kevin.Hanson@RockyView.ca*  
*or call 403.463.1166.*



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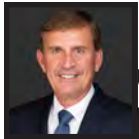
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

Hi everyone, hockey season is at an all time high with the battle of Alberta front and centre. Interesting who will end up with the bragging rights.

#### Following is an update on Council matters for your use:

##### Grain Academy at Pioneer Acres:

On May 14, Pioneer Acres had their grand re-opening after 2 years of shutdown due to COVID. Many people turned up for the event. I attended (representing Rocky View County) along with MLA Whitney Issik (Calgary - Glenmore), MLA Nathan Cooper (House speaker), and Bev Copithorne (Chair, Grain Academy). The museum is now open with an amazing assortment of machinery on display as well as educational exhibits. Pioneer Acres is just north of Irricana in Rocky View and is a must to see. Their main event of the year is the annual show from

August 5th to 7th, 2022 featuring International Harvester tractors, trucks and equipment. You can visit their website [www.pioneeracres.ab.ca](http://www.pioneeracres.ab.ca) for program event details that are scheduled throughout the summer.

##### Springbank Area Structure Plan (ASP):

There was a lot of residents interested in the sessions that were held over the last month regarding the ASP. Now that the feedback is in from the community, administration is collating the information and will provide the summaries and share the results. The timing of when the ASP will be presented to Council and hold the public hearing is still being worked on since we are also wishing to have the Minister of Municipal Affairs provide his updated approval of the Calgary Regional Growth Plan. More details of the process are posted on the County's website.

**Tax notices:** your tax notices are being sent out the week of May 23rd. Payment is due on or before June 30th. After that date a 12% penalty is applied. If you have not received your tax notice by the end of May please contact [tax@rockyview.ca](mailto:tax@rockyview.ca) There is lots of information on the

county's website regarding taxes and the method of payment.

##### Springbank Offstream Reservoir (SR1):

This is a provincial coordinated project. As you have probably noticed work has started on the SR1 project consisting of constructing an onsite detour along Twp. Rd. 242 and construction of a bridge. The work is being completed by Graham Construction & Engineering Inc. and Vinci Infrastructure. Inquires may be directed to Hubert LeMiere of Vinci Construction at 1-306-209-2121 or [Hubert.LeMiere@vinci-construction.com](mailto:Hubert.LeMiere@vinci-construction.com)

To keep informed regarding the project's progress, you may register for the updates at [springbank-project@gov.ab.ca](mailto:springbank-project@gov.ab.ca)

**Bow River Dam Options:** The province is still completing the Feasibility Study of the three options. The study is targeted to be completed in 2023. This is the link to the Provincial website regarding the options being considered.

[www.alberta.ca/bow-river-reservoir-options.asp](http://www.alberta.ca/bow-river-reservoir-options.asp)

*Enjoy your gardening time!*  
Don Kochan  
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## THE LITTLE SCHOOLHOUSE

It is hard to believe we are in our last month of school! It has been a great year at The Little Schoolhouse. We have learned new things, laughed at silliness and explored the world around us! We are currently witnessing our caterpillars transform into butterflies, planting seeds and watching them sprout and grow roots. It has sparked curiosity and great discussion as we see how living organisms change and grow!

In May each of our classes enjoyed a trip to Telus Spark! It was a fun filled day exploring the wonders of science. At the end of June, we are all heading off to explore the Zoo together. It promises to be another exciting day as we get an up-close look and learn about animals of the world. We feel very fortunate that we are able to take our students to explore off site locations as a group again! We have an amazing community of families and could not make these trips happen without their support!

We looking forward to our year end concert at the end of June. Each of our students has worked hard and they are excited to share with their families their many talents. As we prepare for some fun filled summer months we wish you each a safe and healthy summer!

Registration is ongoing please check out our website at [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca) for more information!

Ms. Shelley  
[teacher@thelittleschoolhouse.ca](mailto:teacher@thelittleschoolhouse.ca)  
403-949-3939



BRAGG CREEK COMMUNITY CHURCH PRESENTS

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## BRAGG CREEK CHAMBERS BOARD

Hello from Bragg Creek and Area Chamber of Commerce.

Thank you to those that popped by for our Chamber mix and mingle event! The sun came out and the band was able to play outside.

We have such a wealth of talent and services in our local community. Please visit [BraggCreek.com](http://BraggCreek.com) to check out just how many we have!

Next month we are joining up with BCCA to co-host an emergency prepare talk sponsored by Rocky View County. stay tuned for the date (we will send out via email newsletter), as we are waiting to confirm a guest speaker for a date in June.

By the way, the FREE Digital Economy Program through Community Futures is

still available. See [www.mydigitalbusiness.ca](http://www.mydigitalbusiness.ca). This sponsored program provides one on one consultation directly to you to support your business for online options.

As always, we are open to your ideas and suggestions as we emerge out again. Call me, Sherri Olsen, 403-519-5998 or [coach@sherriolsen.com](mailto:coach@sherriolsen.com)

Wishing you a busy summer season ahead.

*Kind regards,  
Your Bragg Creek Chamber Team.*



The Articu Ladies toasting their first ever mural work. Part of the hamlet beautification program implemented by The Bragg Creek and Area Chamber of Commerce.

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SCAN ME





## Bragg Creek Centre

We are a month away from hosting our annual Bragg Creek Days! On Saturday, July 16, we proudly welcome the entire community to join us for a pancake breakfast, parade, outdoor vendor market, family games, BBQ, beer garden and live entertainment. The festivities will begin at 8:00 am. Additional events may be added to the schedule, please watch our social media pages for updates. If you are interested in submitting a parade entry or vendor application, please contact Lily, BCCA Program Coordinator at 403 949-4277.

**Pancake Breakfast:** 8:00 am – 10:00 am

**Parade:** 10:30 am

**Market:** 11:00 am – 4:00 pm

**Family Games:** 12:00 – 4:00 pm

**Pie Eating Contest:** 12:30 pm

**Beer Gardens, BBQ & Live**

**Entertainment:** 11 am – 5 pm

Special thanks to Renate van der Zande and Lynn Gallen for taking on the task of resurrecting our community garden. With the generous contributions of area businesses and residents, we are hoping to offer the garden boxes to the community for the summer season by June 1.

Our Rediscover Play outdoor nature-based camps are filling up quickly! These week long camps will run from July 11 to August 26, 2022 and are for children aged 5 to

12 years old. Participants will be taught bushcraft, wilderness knowledge, camping skills, safe knife use and much more in an age-appropriate format. Each week will offer a different curriculum. Visit [www.braggcreekca.com](http://www.braggcreekca.com) to register.

The Bragg Creek Farmers Market will begin June 19 from 10 to 3 and run every Sunday until September 25. 20 vendors and food trucks will be onsite weekly. Free admission! Please contact Lily for vendor applications/inquiries at 403-949-4277.

The BCCA Staff & Board would like to congratulate the Banded Peak graduating class of 2022! "Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey"

~ Michael Josephson

Kim Perraton

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## A TASTE OF THE HIGH COUNTRY

### White Wine Essentials for the Summer

Did you know that the main difference between red and white isn't the colour? It's the vinification process. While red grapes are crushed and fermented with their skin, pulp and all, white wine is pressed, leaving only the juice to be fermented at a cooler temperature. As a result, white wine has virtually no tannin – that drying component you feel when drinking a full-body red wine or eating a green banana. Instead it displays high acidity. Whites are thus simpler than reds to make (generally speaking) and are available in stores near months after harvest.

White wines can be light and ethereal or downright intense and commanding depending on the grape varietal they are made with, the climate they are grown in, and the vinification process they are subjected to. In fact, white wines can be as complex and amazing as the reds. The aromatics associated with white wines include white or yellow fruits and berries such as lemon, lime, orange, grapefruits, gooseberries, peaches, melons, apples and fresh herbs.

When shopping for white wines, look for countries or regions with cool climates. That is where white grapes grow best (Yes, Canada does fine whites). Warmer regions that make big, bold reds may struggle to make crisp wines offering instead flabby concoctions.

During the summer, our go-to dishes are shifting from tasty slowly cooked, intensely savoury food to lighter, fresher styles, including greens, grilled or fresh vegetables and delicate meats, fruits, young cheeses and fresh tomato everything. Heavy, hearty red wines would drown those dishes and clash with them. However, white wines will bring freshness to the same food, complementing their flavours by adding their citrusy qualities to them.

You can more or less classify white wine into three categories; light, intense and aromatic. Light wines are naturally high in acidity and are refreshing and delicate in flavours. They are made with grapes such as Trebbiano, Pinot Grigio, Pinot Blanc, Albarino and unoaked chardonnay. They are quintessential “patio wines” and are delightful with lemon-based vinaigrettes, delicate seafood, light fish, fresh young cheeses and simple greens and vegetable dishes. Think of those wines as a “wedge of lemon” for your dish.

Heavier whites deal well with richer food such as roasted chicken, pork roast, grilled vegetables and heavier salads such as Caesar salads. They are also a match to the vegetarian lasagna, cod, and grilled vegetables and meats. Their intense white fruits, herbal hints and often bracing acidity add dimension to the dish while cleansing your palate and preparing it for the next bite. Think oaky chardonnay, whites from Côte du Rhône (Marsanne, Roussanne and Viognier grapes), Sauvignon Blanc, Riesling, Chenin Blanc and Vermentino.

Then there are the “aromatic whites.” That category of wine is fascinating – often described as “perfumed in a glass”, those wines impart intense aromas of flowers, spices such as ginger, tropical fruits, and citrus, to name a few. They are a pleasure on the nose and on the palate. Wonderful on their own, they go well with spicier, complex food such as Asian or Mediterranean dishes and in salads that feature mangos, melons, oranges and the sort. They are bolder in flavours, more likely to be lower in acidity and in alcohol, and they often have residual sugar. This explains why they counter spices and sweetness in the food so well. Try wines made with grapes such as Gewurztraminer, Muscat (Muscato in Italy), Viognier, Torrontes, Riesling and New Zealand Sauvignon Blanc. Note that some of these grape varieties also feature in the full body category mentioned above.

I invite you to consider your go-to cuisine this summer and match it with one of the three categories of white wine described above. Remember to serve the wines at their respective temperature. Light wines are best chilled to about 8 to 10°C, and heavier and aromatic wines are fine at 12 to 14°C. To put these temperatures in perspective, your fridge is at 5°C. To illustrate the importance of temperature, next time you have guests over, try this practical joke on them. Serve them “two mystery” wines (which will actually be the same wine). Serve the first glass at room temperature (i.e. 20°C) and the second at the cooler temperature (say 10°C). Ask them which wine they prefer and get the conversation going.

Cheers!



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## PRIDDIS NEWS

### Stampede Breakfast:

Stampede breakfast is back for 2022! Sunday, July 17th. Please reach out to priddissecretary@gmail.com if you are able to volunteer to help run this amazing event.

### Hall Rental Director:

The Priddis Community Association is looking for a Hall Rentals Director. Tasks include coordinating with various stakeholders and corresponding with potential renters. Majority of this position can be completed from the comfort of your own home. If you have ~3 hours/week to volunteer for your community, please email priddispresident@gmail.com.

### Communal:

We are very excited to introduce Communal, an online booking platform, to the Priddis Community. Communal will manage our memberships, hall rental bookings, program registration, and event ticket sales. If you haven't had the chance to activate your 2022 membership, please visit: [pca.getcommunal.com](http://pca.getcommunal.com), and navigate to the memberships tab.

### Priddis Garage Sale:

Due to Covid, the garage sale was cancelled the last 3 years. Volunteers worked diligently on Thursday and Friday to get everything set-up for the sale. On Saturday morning, May 7th people lined up in the parking lot at the Priddis Hall waiting for the sale to start! With all the generous donations from the community and customers finding their treasures, we took in \$2,800 minus expenses. Your donations were very much appreciated. A big thank you to Arlene Jelfs for organizing this event again. Here is her list of helpers: Carole M, Debbie B, Susie B, Judy B, Sonya M, Barb W, F & J Blatz, Rita and Jeremy B., April, Austin, Rayleen & Stan P, Sue & Paul W, and the Ackerman and Runge families with 4H. Thanks to the Heinen family for running the concession, which included home baked goodies.

We are all looking forward to the Annual Garage Sale again next year!

### Casino for PCA:

Our Casino took place on May 17 & 18 at Ace Casino, Calgary. The Priddis Community Association would like to thank the many volunteers (approximately 30 people) it took to make this casino

happen for us. Without your valued time and efforts, we would not have access to these much needed funds to keep the Priddis Hall in operation. A special thanks goes to Carmen & Wayne Heinen for doing an excellent job as volunteer coordinators.

### Summer Camps:

The PCA is beginning to coordinate youth summer camps. It is our hope that we will offer at least two weeks of multisport day camps. If you or someone you know would like to facilitate these camps in conjunction with the PCA, please reach out to Casey, priddispresident@gmail.com, with your interest. Parents, stay tuned to our social media accounts for information on dates and registration.

### Priddis Early Learning Program - PELP:

Our fundraiser is ongoing: Mabel's Labels – order your very own personalized holiday labels and stamps. Once on the website, click “support a fundraiser” and select Priddis Early Learning Program (Foothills). Website: [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com)

Please email our program director for more information: [pelppreschool@gmail.com](mailto:pelppreschool@gmail.com) [pelppreschool.wixsite.com/pelp/registration](http://pelppreschool.wixsite.com/pelp/registration)

### Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com) In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family, Business etc. Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Own your own business? Purchase a membership and receive the added perk of free advertising on our social media pages twice a year. NOTE: Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities.

### Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Your donations are appreciated but we will not accept encyclopedias, textbooks, older



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cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb. Thanks ladies, for volunteering your time to keep the library operational for the community.

#### Booking the Hall:

We are taking bookings for the Hall for 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 online. To view or book the Hall, contact the Hall Rental Director at PCAhallrentals@gmail.com Check our website [www.priddisalberta.com](http://www.priddisalberta.com) for availability, pricing, and updates.

#### Staying Connected

Did you know that along with The Priddis Community Association's webpage we have an Instagram account and 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:

- @Priddiscommunityassociation
- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- [www.priddisalberta.com](http://www.priddisalberta.com)
- [www.facebook.com/PriddisCommunityAssociation/](http://www.facebook.com/PriddisCommunityAssociation/)
- [www.facebook.com/Priddismoms](http://www.facebook.com/Priddismoms)



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## MILLARVILLE COMMUNITY LIBRARY

We're almost into summer and summer holidays (although you wouldn't really know it when you check the weather forecast. And Summer at Millarville Library means our popular and award-winning (yes we received an award from the Marigold Library system last year) Summer Reading (and fun) Program. It will be a drop-in program as it was last year. The Library has also received funding from AHS and FDS (Foothills School District) for summer programs. These programs will be for all ages

(Mom and tot, school aged, teen and adult only). Most of them will deal with Mental health, issues, bullying, anxiety etc. Watch the library FB, Instagram and website for more information or call our librarian Natasha Grusendorf at 403-931-3991.

By the time you read this we will have enjoyed our annual local Book Club Wine and Cheese. There are 12 active book clubs in the area and we invite members from each book club to share their favourites. It will be great to socialize with everyone again. The book clubs are so diverse it is a great way to hear about books that otherwise might not have crossed our radar. In next month's newsletter we will list these titles for you, just in time for summer reading!

A great new book in our library is "French Braid" by beloved Man Booker and Pulitzer winner Ann Tyler. Ann Tyler has written 20 plus book and many of our slightly maturer readers (this writer included) have read them all! This one is a funny, joyful, perspective journey deep into the foibles of one Baltimore family, from a boyfriend with a red chevy in the 1950s to a longed for reunion with a grandchild during Covid.

Full of heartbreaks and hilarity "French Braid" is classic Ann Tyler. It is an uncannily insightful novel of warmth and humour that illuminates the kindness and cruelties of our daily lives, the impossibility of breaking free from those we love and how close, yet ultimately unknowable every family is to itself.

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## MILLARVILLE HORTICULTURAL CLUB

Summer is near and our regular meetings are on hold now until September. However, that does not mean that we stop. Our upcoming Plant Sale, on June 4, 12:00 to 2:00 p.m. at the Millarville Racetrack, will offer a variety of perennials, vegetables, herbs and surprises at reasonable prices. If you or a neighbour are thinning out their garden and would like to donate plants to the sale, please contact [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com) for further information.

We are currently looking for volunteers to assist with our many projects over the next few weeks. Clean-up of the beds at the Rising Sun/Oilfields Hospital, Millarville School gardens, watering planters at MRAS and the MRAS Fair, Horticultural Section. If you are interested in spending time with a fun, knowledgeable group, please contact Gail at the number below and she will direct you to the appropriate person.

We have garden tours of our members planned as well as day trips during the upcoming months. These are open to non-members. To get your name on the list, please contact Gail Dziuba at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com) or 587-578-3798. You can also follow us on our Facebook page or our website, [www.millarvillehortclub.com](http://www.millarvillehortclub.com), for updates.



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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**Priddis Bridge Update:** After another accident in April at Highway 22 and Priddis Valley Road, I reached out to MLA Rosin to share our concerns and request an update on the status of the Priddis Bridge improvement project. As noted last year, the project has made it to the approved and funded Provincial capital projects list. MLA Rosin, along with Alberta Transportation, provided the following statements as of May 2022 (Thank you): The project includes the replacement of the Highway 22 bridge over Fish Creek that is part of the intersection and also has climbing lanes included. This project was included in the Budget 2021 Construction Program and still remains in the current Construction Program for Design. Alberta Transportation is currently undertaking engineering work, however there are several outstanding items that require finalization. These include regulatory approvals, utilities, consultation with Indigenous communities, and Right-of-Way acquisition. At this time, a planned construction date has not been finalized.

### FireSmart Recognized Neighbourhoods:

During our work with some of our northwest communities to bring FireSmart initiatives into effect this year, we heard about an interesting development within the insurance industry from an Alberta Government FireSmart representative. There is currently at least one insurer that is considering an insurance discount to residences that are part of a FireSmart

Recognized Neighbourhood. Apparently, this insurer and potentially others, may consider a 20% savings on insurance. It is a lot of work to get this designation, with the obvious benefit of reducing damage to the community and individual homes should a fire event occur. The insurance savings would be a bonus. FireSmartCanada.ca has information about the Neighbourhood Recognition Program. Our local Alberta representative can be found there or also on the FireSmartAlberta.ca website. If your neighbourhood is interested to hear more or discuss, please contact me as well... I'll also share more news on this topic again soon.

### Assessment and Taxes 2022:

On May 4, 2022, Council approved amendments to our 2022 Budget, as presented by our Admin Team, headed by our Director of Corporate Services, Christine Hummel. In a balancing of numbers, due to property assessments going up by 5.24%, Mill rates went down as a multiplier to end up with the amount of tax revenue required to pay the County expenses this year, with the expenses coming in at approximately \$81.4M. Non-Tax income will add up to approximately \$20M and the balance of \$61.4M will be distributed over the property tax rolls to bring in the required tax income. This year we will see a tax increase of about 3% to most ratepayers' tax bills. No increase was made over the period of a couple of years prior, but this year we are seeing a need to cover costs coming at us from all directions, such as increases in fuel, oil and school tax. Just a reminder that \$22.66M of the property taxes to be collected this year is the amount that we must pay for Provincial Requisitions, including School Tax, the RCMP Surcharge, Seniors Housing, etc. Foothills fairs very well in over-all taxation and municipal performance in comparison to other municipalities. An explanation

letter with more details will accompany your 2022 Tax Notice.

### Community Activity Nice to See:

May was the month of many community AGMs and meetings. It was such a pleasure to be present and enjoy the company of residents while they attended to their Community Association business in person. It is encouraging to see the work being done and events being planned, which makes our area a great place to live. Events this summer range from Stampede Breakfasts to July 1 Celebrations to Summer Camps for kids to sports and social gatherings. Check out all of our great Community Associations for more news. As we take part in these summer activities being held at our local parks, community grounds and sports fields, many volunteers and County Staff will be contributing their time and efforts behind the scenes to care for these places for us all to enjoy. Thank you to all!

**Volunteers Needed:** Across the board as many community organizations are reinitiating after some downtime, there is a need for volunteers to assist. Please consider joining with the teams in our community to make a difference and to add your valuable perspective and help. Our volunteer fire department, all our community associations and our local crime watch could use a helping hand.

**For Other News & Updates:** Facebook: [www.facebook.com/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)  
Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)  
With Best Regards,  
Suzanne





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## COUNCILLOR UPDATE Foothill County

### Barb Castell - Division 3

The month of May had some interesting weather days – sun, clouds, high winds, rain, snow, hot, cold; and that was just May 9! Looking forward to what summer brings us.

#### Good News Stories

Congratulations go out to two amazing Millarville men.

Don Ward was recognized with a Lifetime Achievement Award for nearly 30 years of volunteering with Foothills Search and Rescue. He was one of the founding members bringing his valuable experience as a former Royal Canadian Air Force pilot. Don continues to volunteer for the organization.

Ben Campbell of Tullichewan Ranch was named the 2022 Outstanding Young Farmer for the Alberta/NWT Region by the Canada's Outstanding Young Farmers Program during a two-day event in Red Deer. Ben, along with his wife Steph, ranch on the farm just south of the Millarville Racetrack, that was started by Ben's grandparents John and Elizabeth. The Campbells offer ranch tours throughout the summer where people can learn about agriculture.

#### Road Maintenance

For Division 3 residents who use 338 Avenue W from Hwy 22 to 256 Street W (Home Oil Road), and those who use Plummerville Road from Hwy 762 to 296 Street W, expect road work at some point this season as these roads are on the Public Works project list.

#### Alberta Emergency Alert (AEA)

Effective May 3, 2022, Foothills County will be discontinuing the use of the Safe Communities Alert Network (SCAN) and will be solely utilizing Alberta Emergency Alert (AEA) to provide notifications and warnings to our residents, businesses, and visitors. By downloading the Alberta Emergency Alert App, you ensure that you and your family will receive the right information at the right time, wherever you maybe.

For more information visit:

[www.foothillscountyab.ca/emergency-management/alberta-emergency-alert-aea.html](http://www.foothillscountyab.ca/emergency-management/alberta-emergency-alert-aea.html)

### Foothills County Landfill Extended Hours

The landfill offers extended hours through the summer, from May 9-Oct 6, 2022. Extended hours are Monday-Thursday, 8:30 a.m. to 6:30 p.m. and Friday-Saturday from 8:30 a.m. to 4:30 p.m.

For more information visit:  
[www.foothillslrrc.com](http://www.foothillslrrc.com)

#### Reminders - Make sure you add these to your calendar:

- Millarville Hort Club Plant Sale Saturday, June 4 from noon to 2 p.m. at the Millarville Racetrack
- Leighton Centre Clothesline Art Market Saturday, June 4 and Sunday, June 5 from 10 a.m. to 4 p.m. [www.leightoncentre.org](http://www.leightoncentre.org)
- Diamond Valley Parade Saturday, June 4 starting at 10 a.m. Black Diamond

- Millarville Golf Tournament Friday, June 10 [www.Millarvilleracetrack.com](http://www.Millarvilleracetrack.com) to register
- Millarville "Run to the Farmers' Market" Half Marathon/Millarville Farmers' Market - Saturday, June 18 at the Millarville Racetrack
- Millarville Races- Friday, July 1 Gates Open at 10:00 a.m. Race Starts at 12:00 p.m. Tickets are \$15 each (age 12 and under are free) Tickets must be purchased in advance at: [www.Millarvilleracetrack.com](http://www.Millarvilleracetrack.com) Please refer to your selected time slot for admission time.

A Happy Fathers' Day to all the fathers out there!!!

Barb Castell

Phone: 403-931-3690

E-Mail: [barb.castell@foothillscountyab.ca](mailto:barb.castell@foothillscountyab.ca)

Website: [www.barbcastell.com](http://www.barbcastell.com)

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## SQUARE BUTTE COMMUNITY

Our online Auction has been pushed forward to June 2nd to 12th. A change in dates was necessary to accommodate a fantastic auction item that will be revealed June 2nd. Visit [www.32auctions.com/SBCHSpring2022](http://www.32auctions.com/SBCHSpring2022) or email Lisa Lloyd at [dazluddirector@gmail.com](mailto:dazluddirector@gmail.com) for further information. We have some fantastic experiences such as Gourmet dinner for 4, tour and lunch, art work, local services, unique BBQ pit, history book, food and wine baskets. There will be 40 plus items that will appeal to the most discriminating tastes, at various price points.

### Square Butte Ladies Group

The season for markets is upon us. The Millarville Market opens June 18th with the running of the Marathon. The Ladies Group will have a table at the Millarville markets on July 9th, Aug. 6th and Sept. 10th. Also we will have the Raffle Quilt tickets for sale at the Millarville Fair on Aug. 20th and 21st. For those who would love to join this small group of ladies who are dedicated to ensuring the club remains viable, yes from 1941. Unfortunately we have no original members left to carry on so the next generation must step up. For further information call: Jill Fry 403-931-3420.

### History in the Making "Equal Under the Law"

I recall hearing of a law suit that culminated in a Supreme Court Judgment: *Murdoch v. Murdoch* (1975) 1 SCR 423. This was all about a ranch wife from south of Turner Valley who was trying to claim a ½ interest in their final Brockway Ranch property, following separation and divorce. They had also run a guest ranch at Bragg Creek. At the time there was little consideration for Irene Murdoch who had worked alongside her husband (James) and had also contributed money since their marriage in 1943. The Supreme Court of Canada ruled that the Brockway Ranch was the husband's ranch. After several appeals Irene was awarded \$65,000, based on a \$200,000 asset value. The court battles started in 1968 and what it did was fire up the women's rights groups across Canada.

Through the 1970's women became more aware of their lack of rights. Case after case seemed to testify to the inadequate legal guarantees against gender discrimination. In the same year the Murdoch case was heard the Supreme Court of Canada ruled that the Indian Act was valid though it denied native status to Indian women who married non-natives. (An Indian male did not lose his status by marrying a non-Indian.)

In 1980 women saw their biggest chance to change their legal standing. Prime Minister Pierre Trudeau unveiled his plan for a new charter of rights to protect Canadians

from unfair government action. The new charter would be entrenched in Canada's constitution. Influential women took on the government body who were to draft the document. It was clear a charter would profoundly affect women. Doris Anderson organized and hired a Constitutional Lawyer, Mary Eberts, as many women realized the wording had to be strong. The federal government cancelled a conference in Ottawa on the issue of women's rights in the new constitution with the assurance that "they would look after things".

Women's response was immediate. They organized their own impromptu conference, where 1000 women attended demanding equality be written into the charter and forcing the government to pay attention. As a result a "equality clause" was added. Section 28 read, "Notwithstanding anything in this charter, the rights and freedoms referred to in it are guaranteed equally to male and female persons." Canadian women were victorious. Equal rights were enshrined in the Charter of Rights and Freedom, April 17, 1982.

I thought it was important to realize that the actions of one woman contributed to the laws being changed throughout Canada. Her battle was long and hard and within the last 50 years. It is an interesting piece of local history which culminated in a movement to make change.

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

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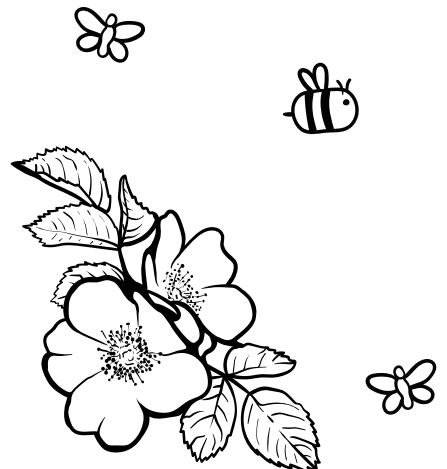
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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed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

Join us June 4 for our annual book sale. As part of the Diamond Valley Day celebration in Turner Valley on Saturday, June 4, the library will host its annual book sale 11 am – 3 pm. Doris has been diligently sorting all book donations and discarded books to make it easy for you to peruse by category and in some cases, by author. As well as books, there are jigsaw puzzles, DVDs and CDs. You never know what treasures you may discover! (Although, I'd like to think we'd be smart enough to have found any first editions before they make it to the for sale carts). All items will be sold by donation.

Time is fast approaching for our Summer Reading Program for children aged 4-10 on Wednesdays throughout the summer. Teagan is all set to provide a fun-filled hour of stories, crafts, games and activities. The first session, 10-11 am, is for children aged

four to six. A slightly longer session for seven to ten-year olds follows at 11:10am. Summer Reading Program starts on Wednesday, July 6th and will run until August 24. For more information on our Summer Reading Program please go to our website or pick up the brochure at the library.

The Bikes are back at the library and have been tuned up, pumped up and spruced up ready for the summer season. All you need to do is complete the waiver for the 2022 season and check one out on your card. Perfect for a quick trip to Black Diamond or a leisurely ride up to Sandy McNabb. Helmets and locks are provided.

Many of our programs have returned to the library over the past few months and we are pleased to announce that the Diamond Valley Songwriters will return on June 8. If you are a songwriter and would like to share your work with other like-minded people, then come along at 7:30. The group meets at the fireplace and each person shares an original song or two, depending on time, and receives feedback from the

group. While most participants bring along a guitar for accompaniment, there is a piano available with a microphone set up so we can hear you.

Jan is busy getting the fall program schedule organized. If you have a program idea or would like to run a program at the library, now is the time to drop in and discuss it with her. Our evening slots fill up quickly, so don't leave it too late. Chances are, if you are interested in a topic or class, there are others who will be as well. Program guides and brochures will be available in mid August.

For residents of Turner Valley and Black Diamond, who missed the recent information sessions at the library about the three-stream waste system, (blue/green/black carts), we do have the flyer available that tells you what items to put in each cart. This new system goes into effect June 1. Let's all work together to reduce what goes into the landfill.

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## LONGVIEW LIBRARY

The seed exchange was a fun and profitable one, with everyone coming away with lots of seeds that they wouldn't have bought otherwise. There were several door prize winners. I was one of them. It is a beautiful iron bird bath in the shape of a flower with a fat little robin perched on its side.

Spring crafts and a Lego kit were popular with our young readers during the Easter break.

One book that has made a comeback in recent week is Red Notice by Bill Browder. He was the largest investor in Russia until 2005, when he was denied entry to the country. His second book, Freezing Over is now available from Trac.

New to the library is The Paris Apartment by Lucy Foley, a thriller. The Diamond Eye by Kate Quin, and Lets Not Do That Again by Gender Grant, among others.

A good read is The Good Wife. ...Escaping the Life I did Not Chose, by Samra Zafar. It is based on an article published in the Toronto Life Magazine in 2017, and is a heart warming, endearing and empowering story. It is an account of how she and her two beautiful daughters survived a most difficult situation

*Happy Reading in the coming summer months.*

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## HELLO DIAMOND VALLEY

Hello, Diamond Valley. The month of June has arrived, and the weather has been quite fine. Here's hoping there is sunshine for our much anticipated Parade weekend. The Parade starts roughly at 10 in Black Diamond on June 4. After the Parade, there will be all kinds of fun things to see and do in Turner Valley in the Flare and Derrick and Millenium Park. Businesses in both towns will have specials as well. For the Parade route and more details, check out the town's website.

Our Turner Valley Legion writes they are so grateful to their community who continue to support them as they get back to normal. In conjunction with Parade weekend, they will be hosting an Outdoor Market in their parking lot from 10-3. Senior's dinners are back, with the next one scheduled for June 27 from 4-7. And don't miss their awesome jams, every second Saturday from 4-8. Check out the Legion's Facebook page for further updates.

The Leighton Art Centre is hosting their annual Clothesline Art Sale and Show on June 4 and 5. Alberta artists will be giving live demonstrations and their works of art will be on sale as well. There will be free tours of the historic Heritage home, live music, and refreshments will be available. Admission is by donation. For full details, visit [leightoncentre.org](http://leightoncentre.org).

It's Guy Weadick Days coming up in High River. This famous rodeo weekend runs June 24 and 25, with the Canadian Professional Rodeo Association rodeo at 6:30 both days. Camping is available and there's lots of fun for the whole family. The event will be held at the High River Agricultural Grounds. For tickets and more info, visit [highriverag.com](http://highriverag.com).

Millarville Racetrack has lots happening this month as well. The Millarville Racing and Agricultural Society will be hosting their annual MRAS Golf Tournament and Fundraiser on June 10 at the Turner Valley Golf and Country Club. There will be a 9:30am shotgun start and an online auction. The Golf Course also hosts open mic nights and pub nights at the Royalite Grill, and ladies, mens, and mixed leagues.

And their annual Millarville Run to the Market is back once again, on June 18. This half marathon is a 21.1 km run fundraiser.

If you're not quite up to the whole run, they also offer a 2 person ½ marathon relay, and the fun COBS Cinnamon Bun Run. There will be a shuttle bus to and from Black Diamond to the Racetrack. After the run, relax at the Millarville Farmer's Market. To register and for more details, go to [millarvillehalfmarathon.com](http://millarvillehalfmarathon.com).

We all enjoy a good Farmer's Market. Millarville's is open on Saturdays. If you are a hardcore Market shopper, check out the following town's Markets: Okotoks, Nanton, Granary Road, Cochrane, Claresholm, Fort Macleod, Pincher Creek, Banff, Canmore, Sundre, Caroline, Olds, Crossfield, Calgary, Didsbury, and Carstairs. All of these Markets run from May or June until September or October, so get out and enjoy our beautiful countryside and support local Markets.

Another really historically interesting place is Head Smashed in Buffalo Jump, about an hour and a half south of Black Diamond. You can see the ancient Buffalo Jump and nearby processing camps. The museum is amazing, with interactive displays, exhibits, archaeological digs, and of course the history of this ancient place. While wandering the outdoor trails and

interpretive walks, you can just feel the way life was back then.

Back in town, tennis anyone? Next to the Scott Seaman Sports Rink, tennis nets have been set up for anyone to use. You can find more free drop-in community recreation events like pickleball, ball hockey, basketball and more by checking the town's website under the Community Tab. Also, the Field of Dreams Ball Diamond located between our two towns is open for the season. The Field is open for bookings, and funds go towards keeping the Diamond available for youth organizations to play for free.

If you have any events or news for the month of July, please drop me a line before June 15 at [elaine.w@telus.net](mailto:elaine.w@telus.net). I always enjoy hearing from not for profit organizations or anyone with a bit of a story to tell!

*Enjoy your June, and  
Happy Father's Day June 19!  
Elaine Wansleebe*



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## DE WINTON COMMUNITY ASSOCIATION

### We need you!

The Board of Directors is looking for some helping hands in the running of our wonderful community. Please consider stepping up and becoming a member of our Board of Directors. As we come out of Covid restrictions, we have many opportunities to provide so much to our community.

### Our DCA Mission Statement is:

Dedicated to fostering a strong community spirit through events and programs for all within our community

For those of us who have been here for many years, the DCA has met this commitment through our very successful Playschool Program, dances, seasonal events like Christmas Craft Fairs and Canada Day Pancake breakfasts.

We are so blessed to live in such a wonderful place and we need help to continue to support and grow our community spirit. Please consider giving us some of your time so we can continue to grow and promote our strong community spirit.

We know time is a valuable commodity. As a Board we meet once a month for roughly 2 hours. In addition, each Board member often contributes time in an area which they would like to help out. (Last year I stepped up to help develop a new Communication Strategy, updating our website and streamlining all our communication contact points. Lucky for me, my neighbour Mia Staysko - who actually knows what she is doing - stepped up and was able to update our website and our social media platforms, and has been a wonderful resource. Truly couldn't have done it without her.) Yes, volunteering takes some time, but with a bit of preplanning it's not hard to do.

Please seriously consider helping out your community. If you want to talk to someone on the Board for a candid conversation about what being on our board would look like - please contact us through the Hall at [dwca@platinum.ca](mailto:dwca@platinum.ca). Our Hall Manager will ensure you are contacted as soon as possible.

### A Fun Night with PAINT AND SIP!

In the evening of April 20, at our sold-out event, a group of 21 wannabe Picassos met at the Hall for a fun night of sipping wine, munching down a few snacks and painting under the watchful and helpful eye of our

Master Painter Corey Baskin of Paint It (mobile painting parties).

We had some wonderful results and a great night out. It was such a treat to sit in a Hall with other people just chatting and having a fun time painting. Although my painting of lilacs was mistaken for a vase of asparagus ferns, no problem, it still stands proudly on my mantel at home. Can't wait until next year when I can improve on my technique!

Big thanks to Cindy Poole for organizing and Corey Baskin for all his helpful hints.

### The De Winton Community Association (DCA) - A. Walter Turnbull Award 2022

The A. Walter Turnbull Award was established by the DCA in recognition of the exceptional volunteer and community service provided by Mr. Turnbull over the many years he lived in our community. This Award has subsequently been presented to individuals and couples who have made significant and ongoing volunteer contributions within the community and the DCA. Honouree names are listed on a plaque displayed at the DCA Hall. Calls for nominations generally go out in advance of the AGM, as well as at the AGM, with the Board reviewing nominations following the AGM.

For 2022, the DCA Board of Directors is pleased to announce that Robert and Donna Poffenroth have been named as recipients of the A. Walter Turnbull Award. Robert and Donna have been pillars of the community for many, many years, having attended the first DCA Canada Day Celebration in 1980. They have remained active within not only our community, but other areas as well. During their volunteering days on the Calgary Stampede Board, they arranged for the Stampede Queen and Princesses to attend our Canada Day festivities, bringing an added level of magic to the day. Robert has helped the DCA and the community over the years with much legal support. He was critical in setting up the Digby-Hughes estate arrangement, where the De Winton Community Association and Davisburg Community

Association were bequeathed a parcel of land to manage. Both associations enjoyed proceeds from an oil well on it for many years.

Robert is also on the Pine Creek Cemetery Board, where he was recently involved in transitioning the maintenance and administration of the cemetery over to Foothills County. For years, Donna volunteered to lead a weekly stretching class at the Community Hall, bringing her experience and learnings from other classes to help keep participants limber and healthy. Donna is also a very active member of the Okotoks & District Historical Society. Her keen interest and knowledge of local history were critical to the success of the 2018 De Winton 100-year celebration. Both her and Robert's efforts on this ambitious project helped ensure that the celebration was a resounding success. Robert and Donna were both involved in the Old MacLeod Trail project, where wagon-wheel inspired signs mark spots where 19th century wagon ruts are still visible from the original trail that ran between Calgary, Fort MacLeod and Fort Benton, Montana. Robert and Donna donated the plaque marking the trail along 258th Ave West. And both have volunteered numerous times at the DCA Casino fundraiser, one of our most important fundraising efforts. (2011, 2014, 2017 & cancelled 2020 event).

Some of you may have noticed another Poffenroth name on the Walter Turnbull plaque. Walter and Jenny Poffenroth were original homesteaders in the area and helped build up the community right from early on. The apple doesn't fall far from the tree! Robert and Donna's contributions to our community, and the area, are measured not in months, or even years, but in decades. They are regular attendees of the DCA's Annual General Meeting, and can be found contributing to the DCA and community on a regular basis.

Thank-you, Robert and Donna, for all you have done for your friends, neighbours, DCA and community in general. You two make the area a better place!

## YOUR CHILDREN WILL HAVE FUN WHILE YOU HAVE A TIME OUT!

De Winton Community Preschool Registration is now open for the 2022-23 school year. Visit our website [www.dewintoncommunitypreschool.com](http://www.dewintoncommunitypreschool.com) for more information. The De Winton Community Association is also looking for a new volunteer Preschool Director. If you would like more information, please reach out to our Parent Committee at [dewintoncommunitypreschool@gmail.com](mailto:dewintoncommunitypreschool@gmail.com).

Some of our classes are already full.  
Please contact us to ensure your child gets in.



## DUANE HARDER

### The Clock and the Compass

Think about a compass and a clock two very important tools, but two very different instruments. A compass provides a sense of direction, purpose, vision, perspective, and balance. A clock measures duration and the expenditure of time. A compass determines effectiveness-doing the right tasks. A clock determines efficiency-how long it takes to accomplish a task. Both have their place. However, the compass

must precede the clock. Direction/destiny must be established before we allocate the use of our time. How I use my time must be subordinate to the priorities that I set for my life.

Think of the compass as a symbol of an internal guidance system that provides us with our values and convictions. These non-negotiables should govern our lives.

Unfortunately, convictions are being eroded and we are drifting on the sea of life without a rudder to direct us. From my perspective there are three main saboteurs of conviction.

Number one is hedonism that is encapsulated in the question, "Are we

having fun yet?" We are a culture that spends billions of dollars trying to minimize pain and maximize pleasure. In recent years our courts have been trying to assess "hedonic damages." In other words, what dollar figure can we put on our loss of pleasure. We shun perseverance and endurance in favor of immediate gain and self-indulging pleasure.

The second enemy of convictions is pragmatism. This mindset shifts us from principle to what is workable or profitable. The pragmatist is prone to say, "Nothing succeeds like success." I become the definition of my own success. The pragmatist says, "Show me the tricks of the trade." The man of conviction says,



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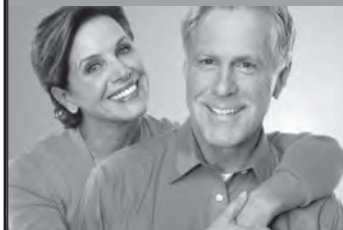
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"Forget the tricks and I will show you the trade." The pragmatist says, "Does it work?" The man of conviction says, "Was it done right?"

The third enemy of convictions is utilitarianism. When my success is the ultimate goal, I will use whatever means is possible to get there. People become stepping stones to advance my career. My relationship to you hinges on your usefulness to me.

In Rights Talk, Harvard law professor, Mary Ann Glendon says that people to day use the language of rights to give moral force to what are merely personal desires. We have moved from objective external law to subjective internal law – "Does it feel right?" "Does it feel good?" When everyone does that which is right in their own eyes we have a culture of chaos, confusion, and competition. This creates a climate for the emergence of force and power.

Convictions without a clock can lead to frustration and inefficiency. The clock helps us to keep our priorities in balance. I want to suggest three filters that help us assess the use of our time.

Number one — Adjust your definition of success. My broad definition of success is leaving a place, person, or organization in better condition than I found it. I call this the goodness filter. Does the investment of my time bring added value to where I have deposited it?

Number two — Am I in the right place at the right time doing the right job? In other words, does the investment of my time contribute to the fulfilling of my responsibility? In answering that I need to know to whom I am accountable for what?

Number three — Would I want my son or daughter to walk in my footsteps?

Does integrity permeate the whole of my life? Doing the right job must be circumscribed with doing the job right within moral boundaries.

Two essentials for life: A compass to keep us on course and clock to keep our time adjusted to our priorities. A compass without a clock leads to frustration and

the dissipation of our assets. A clock without a compass results in emptiness and disappointment. Get the two together and you will have greater enjoyment and fulfillment and I'm confident I'll see you at the top.

*Duane Harder*

**DIAMOND VALLEY DAY!**

**Saturday, June 4**

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**11am – 3pm following the Parade**

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- Bounce Houses • Petting Zoo •
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## IT'S ALL IN THE ACCESSORIES

In most homes, every bit of space matters. A well-designed home features cabinetry and storage spaces to accommodate all the accoutrements of family life, but cabinet accessories are what create, 'a place for everything, and everything in its place'!

Here are examples of must-have kitchen and laundry cabinet accessories.

### Simple Solutions to Kitchen Chaos!

- **Cutlery dividers:** Cutlery dividers can double the space in a cutlery drawer, keeping kitchen flatware organized and properly separated.
- **Knife drawer inserts:** In-drawer knife organizers not only clear counters of bulky knife blocks, but also protect blades and keep them sharp.
- **Pullout bins:** Pullout bins slide discreetly into cabinets, concealing recycling and trash.

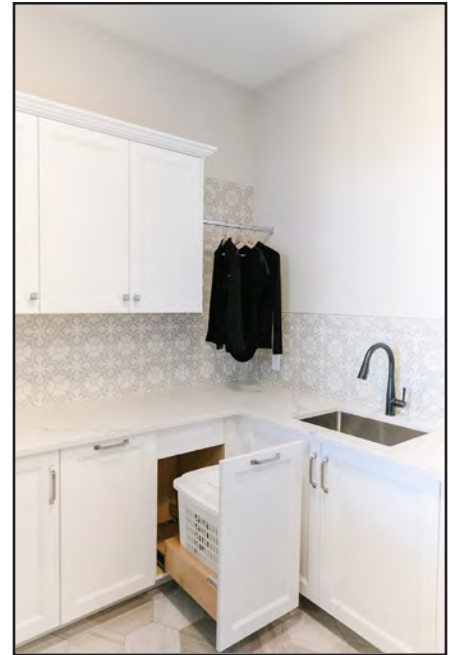


- **Sliding towel bars:** Moving forward and backward from under the kitchen sink, sliding towel bars keep tea towels within reach, but out of sight.
- **Pullout spice racks:** Pullout spice racks hold standard sized spice jars, so you can easily see and retrieve spices.
- **Slide-out (rollout) shelving:** Slide-out shelving means no digging around in the back of the cabinets for cookware, or dry and canned goods.
- **Vertical tray dividers:** Tray dividers, commonly installed above fridges and wall ovens, keep cookie trays and broil pans upright and neat.

### Laundry

Make your laundry room a purposeful, organized space. Take a tip from the kitchen, create a flat counter area with cabinets underneath, and consider these accessories:

- **Pullout baskets and bins:** Pullout bins keep unwashed laundry out of the way while you use the counter to fold.



- **Pullout shelves:** If you store linens in your laundry, combine single-height pullout shelves with double-height ones to achieve the right balance for towels, blankets, extra pillows etc.
- **Mop and broom holders:** If you store mops and brooms in the laundry, wall-mounted mop and broom holders will keep them at hand, but out of the way.
- **Pullout or fold down ironing boards:** Fold them out for use, and then tuck them away again when you're done!
- **Shelf dividers:** Separate your laundry detergent and cleaning supplies using vertical shelf dividers.

Whether you're organizing storage, or creating storage where none exists, the right cabinet accessories can make all the difference!



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KAT Automotive would like to give a big thanks to all of you that use our services. Because of your support we have now partnered with NAPA Canada and are a recognized NAPA Autocare Centre, this allows us better pricing and a better consumer warranty program. We have also established a strong relationship with South Trail Chrysler to provide any OEM products should you want to stay with original manufacturers parts.

As a result of your support we have plans to expand our services to include a waiting room and another service bay. As a result of all this growth and to help reduce our appointment booking time we are looking to hire some more staff.

KAT Automotive is currently seeking an individual who would like a career as an Automotive Service Technician, preference will be given to a current apprentice or a licensed technician. However that said most importantly we will hire the person who is the "right fit."

For any potential candidate you can go to our website [katautomotive.ca](http://katautomotive.ca) to find out more about our business. If you are or know someone who may

be interested please contact us at 403-850-1043 and please send résumés to [kevin@katautomotive.ca](mailto:kevin@katautomotive.ca). Thank you again for all your support, without you we wouldn't be possible.

*KAT Automotive*



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## MORTGAGE MATTERS

### CMHC Housing Market Outlook Spring 2022

The CMHC Housing Market Outlook provides forward-looking analysis into Canada's housing markets. This helps anticipate emerging trends in Canada's new home, resale and rental housing segments and their potential impacts on affordability and other housing challenges at the national and local level.

#### Key highlights from the 2022 release

- We expect the growth in prices, sales levels, and housing starts to moderate from recent highs but remain elevated in 2022. Robust GDP growth, higher employment and net migration will support demand.
- In 2023 and 2024, the growth in prices will moderate with sales and starts activity remaining above long-run averages. Home ownership affordability will decline with rising mortgage rates and with the growth in prices expected to outpace income growth.

- Rental affordability is also set to decline from increasing rental demand and low stocks of rental housing.
- The Prairie provinces, led by Alberta, will likely see relatively strong sales and starts levels and be stimulated by energy sector investments and higher energy and commodities prices. The growth in prices is predicted to remain below the national average reflecting more balanced supply conditions than in other regions.

#### Local area highlights

"As Calgary completes its economic recovery, housing sales and starts will continue at an elevated pace but is expected to be hampered by rising mortgage rates." Michael Mak Senior Analyst, Market Insights

- Price growth in 2022 will be supported by continued demand from job growth and migration – but will slow as mortgage rates begin to price out homebuyers.
- Growth in economic activity will support housing demand, while limited listings in 2022 will support higher prices.

- Sales activity is expected to continue at a relatively strong rate, supported at first by low mortgage rates, but later by a strengthening economy.
- Housing construction activity will continue at elevated levels for the near future before facing slight downward pressure from tighter credit conditions.

#### Upside risks to the outlook

- Consumer boom resulting from improved market sentiment and unwinding of pandemic accumulated savings may lead to higher levels of economic activity and home prices.
- Higher-than-expected increase in energy and commodity prices are an upside risk to activity in the Prairies, while lower-than-expected prices are a downside risk.

#### Downside risks to the outlook

- Emergence of new COVID variants requiring lockdowns and harming consumer confidence.
- More persistent supply chain disruptions and tighter labour markets leading to stronger than expected inflation pressures and interest rate increases.
- Higher-than-expected energy and commodity prices are a downside risk to activity outside the Prairies, while lower

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than-expected increases are an upside risk.

- Geo-political risks from the war in Ukraine, which could negatively impact confidence and world economic growth, particularly in Europe.

This is an excellent document to review in its entirety regarding all aspects of Canadian housing  
[www.cmhc-schl.gc.ca/en/blog/2022/buying-home-will-continue-get-harder](http://www.cmhc-schl.gc.ca/en/blog/2022/buying-home-will-continue-get-harder)

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## ADHD AND NATURAL REMEDIES

### Do they work?

I get asked a lot on how to augment ADHD treatment. There's no way to predict in advance if a person will be helped by any one particular approach, even medication. It is critical to monitor the person's symptoms closely in order to know what works well or not (including setbacks and side effects). Most of all, be open to a variety of changes in nutrition, exercise, sleep habits and lifestyle.

### I keep my symptoms in check by...

Implementing a multi-modal treatment plan is the key to managing your ADHD. Different strokes for different folks. Some prefer behavioral therapy or coaching, cognitive behavioral therapy (CBT) and/or parent training. Others simply watch what they eat or when they exercise, and how it makes them feel. A friend in the same boat can be invaluable to help keep you on track. Many reduce their exposure to EMF, try acupuncture or alternatives like CBD oil. For the latter, keep in mind that there are limited studies available showing different results.

### Supplements and vitamins to boost your ADHD brain

Omega 3 fatty acids, zinc, iron, protein, low sugar foods and a host of homeopathic remedies, etc. A diet that is rich with a broad spectrum of micro nutrition can be a powerful tool for managing ADHD symptoms. According to Richard Wurtman, protein triggers neurotransmitters responsible for inducing alertness, while carbohydrates trigger drowsiness. It also prevents surges in blood sugar that may increase hyperactivity. It's not called 'comfort food' for nothing. Plant-based and high fiber foods such as fruit, vegetables, whole grains and legumes help stabilize energy levels. If you take medication, a low-fat breakfast (or home-made smoothie) will maximize its effectiveness. Fats can cause the body to absorb the medication more slowly, thus delaying efficacy.

### Restorative Sleep

It is thought that people with ADHD might spend less time in the REM cycle of sleep. This is the long, deep sleep that leaves you feeling rested. Practicing good sleep hygiene, starting with a consistent

bedtime routine could prevent ADHD symptoms from getting worse the next day.

### Exercise

Short-term aerobics, including yoga has positive effects by decreasing your cortisol levels ('stress' hormone), increasing endorphins ('feel good' hormone), dopamine, serotonin and norepinephrine. Climbing stairs or walking 30-minutes four times a week will also do the trick. Green time outside will help you recover from attention fatigue. Consider simply 20 minutes in the backyard or any green open space, gardening, walking the dog, biking to school or to work.

### Mindfulness

This is an attention-awareness technique that reduces stress, develops positive emotions and strengthens self-regulation skills. The idea is to become more aware of everyday activities and to stay in the moment as much as possible. For example, check in with your biodata like breathing.

Just focus on the sound of it while walking instead of whether it's 'normal'.

### Homeopathy

Yes, it has its critics but many believe this 200 year old practice helps relieve symptoms of hyperactivity, inattention and anxiety. Consult a homeopath and ask for clinical studies to support the efficacy of recommended treatments.

*Sources: Wurtman, Richard. Nutrients that modify brain function. Scientific American, vol. 246, no.4, 1982, p50-59.*

*Mitchell, J. T., Zylowska, L., & Kollins, S. H. (2015). Mindfulness Meditation Training for Adult ADHD: Current Empirical Support, Treatment Overview, and Future Directions. Cognitive and behavioral practice, vol. 22, no.2, p172-191..*

*Roché Herbst, M. A. R. Psych.*

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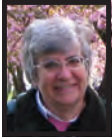
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## GOLDEN ROD by Andrea Kidd

I joined the people grouped around the Departures Board and checked my flight time. When I drifted away from the board I was in the midst of people, and more people milling around me. Some pulled their wheeled baggage with purpose, striding confidently to a known destination. Some gazed around, looking for something or someone.

I had time to spare before my flight out of Sao Paulo to Porto Alegre. My ears strained to understand fragments of conversation in Portuguese spoken as couples or families passed me by. My eyes were dazzled by the vivid colours worn by women wearing low-cut tank tops, shorts and high heels with a large “fashion statement” handbag. Frequent travelers walked with purpose, confidence and ease. Foreign speech, foreign advertisements and foreign food alerted my senses.

I saw myself in the washroom mirror and knew immediately that I was foreign. In that environment I was foreign, speaking halting Portuguese with an English accent, wearing long pants and a bush jacket. I could have been wearing gardening clothes at a wedding!

I already had my boarding pass so I wandered over to the “Lojas”. The gaudy, exotic blooms in a flower shop caught my eye. Tall stems of brilliant Bird of Paradise blooms, delicate and vibrant potted orchids! I drank in the brilliant reds and purples; appreciated the delicate intricacies of symmetrical petals. Then something caught my eye. Peering into the window, I noticed something out of place. A vase of golden rod was on display! Wayside weeds in Canada; an imported luxury in Brazil! At home we ignore it in the wasteland, pull it out if it dares to grow in our yards and avoid it if we have allergies. Here it is on show, proudly with the exotic. Perhaps, here, in Brazil, golden rod is the exotic plant.

I am no exotic beauty! I only stand out in a crowd in Brazil. At home, in Canada, I can slip in and out unnoticed. Ordinary people like me are known, recognized and remembered only by a few. Yet, God’s love extends to us, enfolds us, indwells us. We are not unnoticed by Him.

He sought me out while I sipped soup at the snack shop by the swimming pool. A stranger needed to shed a burden of overwhelming concern and she asked if she might sit at my table.

He seeks us out. He sought out a couple in a motel breakfast room. I was alone and afraid. They offered me a seat at their table. Gentle understanding in their eyes, and pleasant, non-invasive conversation brought healing to my raw soul.

He seeks us out. He sought me out when a stranger phoned to unburden her heart distressed by gross indecency perpetrated upon her. Why me? I do not offer counselling services. But I can pray. God knows my heart. And God know the hearts of others. He seeks us out and places us together.

The Lord is our Shepherd. He leads us to good pasture land. He provides living water. He restores our souls.

*Andrea Kidd*



Photo Credit - Andrea Kidd

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## BALD EAGLES- A CASE OF MISTAKEN IDENTITY

By: Laura Griffin

When film makers are tasked with showing the majesty of the wilderness there is one species that tends to get the limelight, the bald eagle. These fierce raptors are shown perched high above their territories emitting a fierce cry (which is more often than not a redtail hawk on the soundtrack) or soaring through blue skies evoking feelings awe and honour. They are revered in many cultures for their ability to soar closest to the heavens. They are also the only eagle found exclusively in North America.

At four and a half kilograms with a two-meter wingspan, they are impressive predators; the brilliant white heads and tails that they are named for and bright yellow beaks and talons only add to their formidable look. However, these features

themselves are a rite of passage as the eagle must be between 5-6 years old before the white head feathers grow in. Given their magnificent plumage, I can only imagine that feathers get a little ruffled when the eagles discover they have been misidentified as bald. The term bald is used to describe the contrasting colours of the white and dark brown, not the lack of feathers.

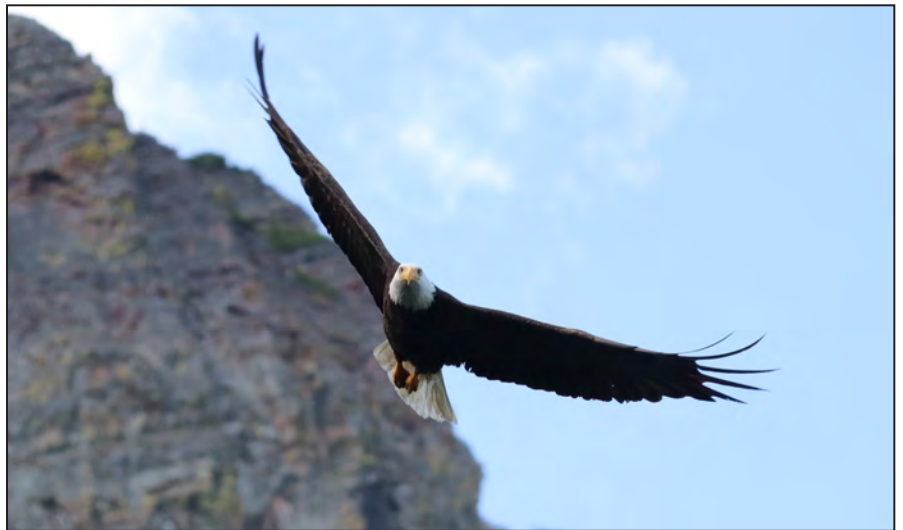
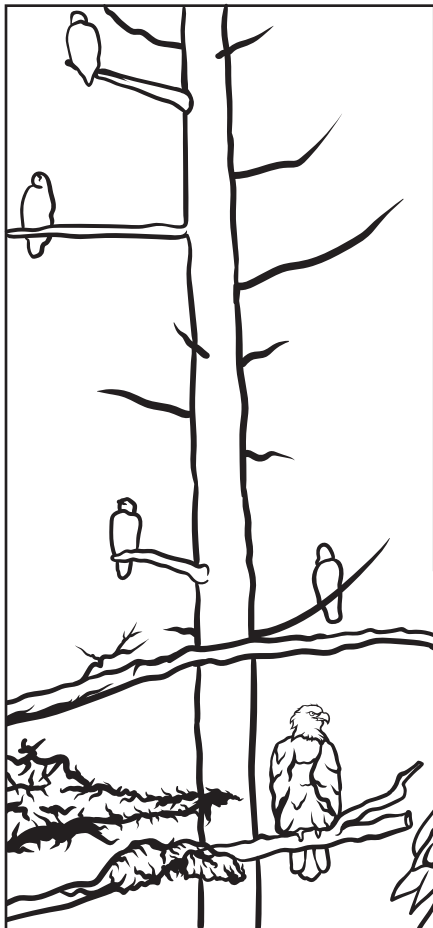
Young bald eagles are often mistaken for golden eagles because of the mottled brown of the juvenile plumage, including on its head. I don't know how many times I have been enthusiastically shown a "photo of a bald eagle sitting in the same tree as a golden eagle", and then had to deliver the news that the person had actually captured a family portrait. If you are trying to determine the difference between the two eagles, the juvenile bald eagles have moulted white on their bellies and wings, the golden eagles have the white on the base of the tail and underside of their wings only. Also, the bald eagles have their yellow ankles showing whereas the golden eagles have feathers down to their feet.

Regardless of where the feathers stop, they both remain "talon-ted" birds of prey.

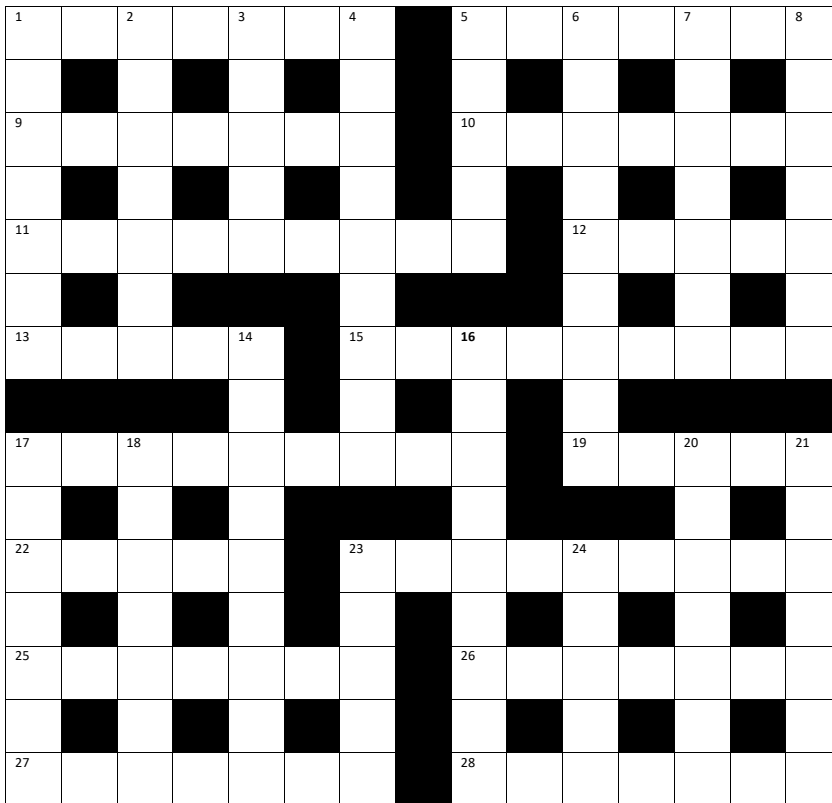
Putting looks aside, bald eagles play an interesting role as top predators. They can eat over 400 species, their keen eyesight (eight times that of a human) means they can spot prey from 3 km up in the air and dive at speeds between 120-160 km/ hour to catch it, faster than most cars on the road. Even the scentless deer fawns hiding in the grass can be included on the menu once "spotted". Luckily for the fawns, bald eagles prefer fish and are often spotted beside rivers and water bodies looking for a meal. Bald eagles are also excellent scavengers and have been seen sitting on top of very large dead animals like elk to get an easy meal. Their talons and razor-sharp beaks can handle frozen animal carcasses allowing some of the eagles to overwinter here rather than migrating south.

Remember to keep your eyes peeled when around a river for these magnificent birds. The white of the adults certainly make for easy identification but challenge yourself to identify the juveniles as well.

*Laura Griffin*







### Across.

1. Robert gets nothing but a spasm which makes him stiff. (7)
5. Rue slim chance of having anarchy happen. (7)
9. Even in a divine garden, a sour tasting liquid may be found. (7)
10. Footwear for ballerina that Spooner would show too. (3,4)
11. Warm colour has range after renovation. (3,6)
12. Filthy sin taught in Religious Education initially needs a wash. (5)
13. In the east, great yellow pyramid tombs are primarily found in this country. (5)
15. Self-assured, if returned between studies before time. (9)
17. 4 down is found in old one of these. (9)
19. Drag Her Majesty to a tall structure. (5)
22. I'd see my French self reflected in this saying. (5)
23. NE Irish county's team creates a kitchen utensil. (9)
25. War machine turret worn by men or women. (4, 3)
26. Musical gets one more accomplished actor. (7)
27. Notices defects lose first of the first to be replaced with last of the last. (7)
28. Dopes are repeatedly caught wearing this swimwear. (7)

### Down

1. Back track about poetry. (7)
2. Travel by drone to see result of drought. (4,3)
3. This animal is not seen in the Serengeti. (5)
4. After church, Ron is put in charge of the French Biblical history book. (9)
5. Come trekking, in which you will cover this short distance. (5)
6. Find culinary herb using a long-shafted weapon and money maker. (9)
7. Hug nine to make someone mentally unbalanced. (7)
8. This can be found on either a stove top or a table, periodically. (7)
14. Messy attic gets right around Uma which is disturbing. (9)
16. Dipping repeatedly into sour tin will make you infamous. (9)
17. Dickens protagonist gets editor to be perverted. (7)
18. Turn on the World Wide Web to find a small harpsichord. (7)
20. Fretted over fight returning with dire consequences. (7)
21. Prizes concerning hospital rooms. (7)
23. Sleeveless cloaks worn at the headlands. (5)
24. Sharp increase of this Volleyball serve. (5)

Answers:  
Across  
1. Robotic 5. Mistrule 9. Vinegar 10. Toe Shoe 11. Red  
Orange 12. Rinse 13. Egypt 15. Comediant  
17. Testament 19. Tower 22. Idiom 23. Corkscrew 25.  
Tank Top 26. Olivier 27. Detects 28. Speedos  
Down  
1. Reverse 2. Bone Dry 3. Tiger 4. Chronicle 5. Metre  
6. Spearpoint 7. Unhinge 8. Element 14. Traumatic 16.  
Notorious 17. Twisted 18. Spinnet 20. Worried 21.  
Rewards 23. Capes 24. Spike

Cryptic Crossword #13 By Jan Burney

# KIDS ZONE

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

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## OUT OF THE RUT

### Chapter 142

#### **Egad! What is your relationship with fear like?**

That's a question that doesn't come up in conversation too often. I heard this recently on a podcast, an extremely interesting and thought-provoking podcast. We talk about love all the time, we – generally – understand that love is the foundation for so much of what drives us to do things. Love is what binds a family together, a relationship, a practice of an art throughout a lifetime. Through love we can achieve anything, bring happiness, peace and contentment to ourselves and others. With love we can build communities, families, businesses, organizations and adventures.

The other side of love is fear. With fear, we are driven to do things we may later regret, with fear we are driven to do things we may later look back on with immense pride. With fear we are driven to hide aspects of our lives that could well do better under the bright light of day.

Everything hangs in the balance between love and fear, it's not what happens, it's how we react. When I first began writing this column, I was swathed in layers of fear and anticipation. I was leaving Canada for Thailand, I was also leaving my home, my then husband, my thriving practice... to abandon all and see what the universe had to offer. Much fear.

I described it back then as stepping off a cliff, arms wide, accepting the fall and anticipating the catch (as opposed to the splash & smash at the bottom). Fortunately for me, the flying fear approach worked out ok. I was swept away in the slipstream

of Fantuzzi and the new world I had discovered, and with that energy and a resistance to fear, I was able to launch myself into a myriad new experiences and friendships over the ensuing years.

Much as it was when we decided to leave England for Canada, a fear-fuelled adventure in itself. On my last tour of my office in the quaint (ish) town of Gerrards Cross, one of the older employees there asked why I was moving to Canada. I had a momentary hiatus of thought... what kind of a question is that? Of course, if you have never considered emigrating, it's a perfectly logical question. For someone on the cusp of stepping on the plane to begin that adventure, it's quite a strange one. Why move to Canada? Overcoming fear. Fresh air, wide open skies, horses and countryside, large wild animals, astonishing geology and topography, incredible history (even though many Canadians feel as though they haven't got much history)... opportunities to learn, to travel, to discover, to work and play with people from different walks of life, a much better standard of living, space to breathe. Yes, why would one consider moving?

So nearly 30 years later, I still feel as though I'm on the cusp at times. This Canadian adventure has powered my blood with untold adventures, images and beautiful scenery and sounds. The eerie call of a Loon on a lake in northern Ontario is something to be experienced in the misty early morning hours. The call of the wolf or high thin scream of a hawk in the midst of the mountains is another.

The heart-bursting sensation as I ride over a ridge looking at the Rocky Mountains trying to imagine what this same experience would have felt like one or two hundred years earlier. Or the subtle sense of immeasurable time sliding by as I sit on the banks of the Elbow, absorbing the sounds and smells of the rocks and earth, birds and trees.

I'm afraid. I'm afraid of the time when my beloveds will no longer be at the end of the phone or the next flight. I'm afraid of the time when my body will no longer do what I ask (sometimes that is right now these days). I'm afraid that my intentions will be misread or misheard. I'm afraid that I may not get to do the things that are yet bubbling on my 'to-do' list. I'm afraid that fear may get in the way and stop me doing things I really do want to do. I'm afraid that my best intentions will wither on the vine and I will fail to realize my ambitions... such as they are.

On the other hand. I LOVE this place, my friends, family, supporters. I love the animals with whom I am blessed to spend time. I love the work I am able to do and the way in which I am able to support others through this work. I love the compassionate horsemanship I'm now exploring more deeply. The ways to listen, connect, understand and relate with another being are endless.

I love the discovery of Thai Massage. What an incredible blessing that was – to find, late in life, a beautiful harmonious means of connecting, supporting and sharing. Thai Massage represents the integration of heart, mind, body, soul, all energy flowing in all the right places and directions. With good touch and great intention, Thai Massage helps a body restore and repair, helps muscles and mind let go of tension and anxiety. Thai Massage helps me release fear and uncertainty, helps me remain focused, present, in tune with the body on the mat, to meditate; the entire process, the Dance Of Thai Massage, is a movement meditation. What a privilege to be here, now.

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

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



*"The natural healing force in each one of us is the greatest force in getting well"*  
Hippocrates



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