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Diamond Valley Parade Day!

Saturday, June 3, 2023

Pancake Breakfast at Oilfields School 8:00 AM

Parade in Black Diamond 10:00 AM

Festivities in Millennium Park 11:00 AM - 3:00 PM

**Information and registration
www.diamondvalley.town**





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LETTER FROM THE EDITOR

Happy Father's Day

For me, this Father's Day is extra special. My second chance at life has deepened my appreciation for my children and grandchildren (yes, I have 3). It has made me realize the privilege it is to have the opportunity to be a father and husband. If you are a dad, I trust that you can celebrate this day and appreciate the relationships of your children, grandchildren, and wife.

I have been informed by my youngest son that June 1st is National Dinosaur Day. (Also celebrated on the 15th of May). To celebrate this fact, I thought it fitting to include in the paper a picture of a painting submitted to me from a young artist, Alayna Smith, on page 46. When I showed my son the picture, he enthusiastically told me that I just had to put that into the paper.

An activity of note is the Diamond Valley Parade on June 3rd. This is to celebrate the amalgamation of the old towns of Black Diamond and Turner Valley. This will be a fun filled day full of great entertainment, so come out and join the festivities!

There are many other community events taking place. Please read through our paper

to see something that would be a fit for you. Also be sure to upload your community event to our calendar at highcountrynews.ca/events/.

When talking about community, often we give it a blanket statement of the overall vibe we feel when in a town. We use terms like "artsy" or "outdoors", to describe the feel we get. We go to great lengths to bring definition to who we are. To really understand a community, we must get to know the people that live in the area. This collection of people is what really brings definition to the identity of our community.

For example, I recently learned something new from a person I have known for over 2 years. This gentleman has over 300 unique varieties of peonies in his garden that he personally has cultivated. When you stop and ask the right question, and are ready to listen to the response, a wealth of knowledge can be shared.

The more we can appreciate and learn from the values and diversity of the people that make up our community, a new feel or vibe will begin to take place. As we get to know, learn and receive from those around us, our communities will feel more welcoming, unified, like a good home.

*From my family to yours,
Lowell Harder*



ARTIST PROFILE

"Cover Me in Sunshine" - 30" x 40" Acrylic on Canvas

My client, Deanna Lavoie, spent a beautiful June day with her two sons - a perfect time to celebrate their Mother/Son relationship and make memories.

This piece incorporates many of her favourite wildflowers from the reference photos supplied and expresses a bountiful day well spent in nature with loved ones. Wishing you all bountiful days making memories.

Longview artist - www.DeannaLavoie.com

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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COWBOY CROQUET OPEN FUNDRAISER

Join ROARR for the Cowboy Croquet Open Fundraiser!

ROARR is thrilled to invite you to our Cowboy Croquet Open Fundraiser on June 11th. It's a day filled with fun activities for the whole family while supporting a great cause.

Highlights of the event include:

Croquet Tournament: Gather your team of four and compete for Gold, Silver, and Bronze medals. The tournament is open to all ages, so bring your friends and family for a friendly competition.

Vendor Market: Explore a variety of local artisans and vendors offering unique products and crafts. It's a perfect opportunity to find something special while supporting small businesses.

Live Entertainment: Enjoy live music and performances throughout the day, creating a vibrant and festive atmosphere.

Kids Zone: Keep the little ones entertained with a dedicated kids zone featuring games, activities, and more. There will be plenty of smiles and laughter!

Stampede Royalty Visit: Get a chance to meet and greet the Stampede Royalty, adding a touch of western charm to the event.

Beer Gardens: Relax and unwind in the beer gardens, where you can enjoy refreshing beverages and socialize with friends and fellow attendees.

50/50 Draw and Raffle Baskets: Test your luck and enter our 50/50 draw for a chance to win exciting cash prizes. Don't forget to check out the raffle baskets filled with amazing goodies.

Make a difference in the lives of seniors in need and at-risk youth by participating in this incredible fundraising event. All funds raised will support our programs aimed at providing essential services to these vulnerable groups.

Mark your calendars for June 11th and join us at Busted Shoulder Lodge for a day of laughter, entertainment, and community spirit. Together, we can make a positive impact!

For more information and to register your croquet team, visit www.ROARR.org. We look forward to seeing you there!

Event Details:

Date: June 11, 2023

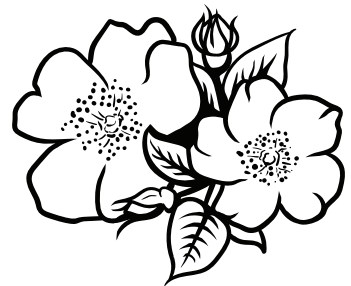
Time: 11:00 AM - 5:00 PM

Location: Busted Shoulder
Lodge, Springbank

Admission: Free (registration fees apply for croquet teams) & BBQ Lunch sponsored by Cochrane Toyota

Website: www.ROARR.org

Contact: Tracy Brooker, info@roarr.org

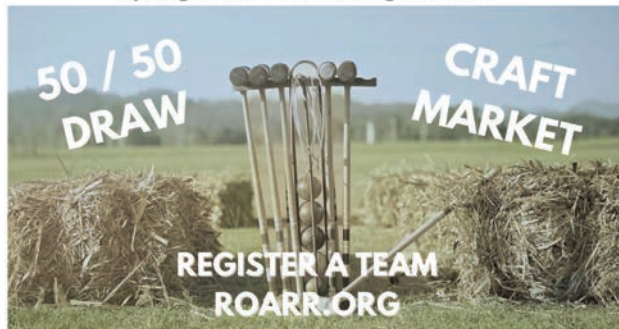


COWBOY CROQUET OPEN SPRING FUNDRAISER

SUNDAY, JUNE 11, 2023

11AM - 5PM

Busted Shoulder Lodge
Spring Bank Road & Range Road 35



Croquet Tournament, Raffle
Basket Draw, Kids Zone,
BBQ Lunch, Beer Gardens,
Live Entertainment,
Stampede Royalty & More!





COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

Development Permit Processing - There have been ongoing discussions over how Administration can provide greater access to information on development permit decisions within the County. Under the current process for approved development permit applications, the County sends an Adjacent Resident Package, including information about the proposal, a location description, and a site plan to all landowners within the circulation area defined by Council Policy C-327 (Circulation and Notification Standards). Information alerting residents and the wider public of development permit decisions is also posted on the County's website and in the Rocky View Weekly newspaper. Upon residents seeking further information on a development permit decision, Administration recognizes that it has previously been inconsistent in what information it releases, and also what process residents have had to go through to obtain this information. Moving forward, Administration will be providing a clearer process for the public to obtain documents related to development permit decisions:

- As of May 30, 2023, copies of the development permit Notice of Decision (with attached conditions) for approvals within the appeal period will be accessible online through the County website. Letters to adjacent landowners will include guidance on where to find the Notice of Decision.

- Where adjacent landowners require additional development permit approval documentation, they can now submit requests directly to the Development team, rather than being directed to submit a record request to the County.
- The Development team has been directed to provide all information which helped inform the development permit approval review process.
- Information released may include approved technical studies, operations and management plans, and other relevant supporting plans and documentation.
- In releasing the development permit application and approval details, staff will ensure that any personal or financial information is redacted.

In addition to facilitating greater access to development permit decisions, Administration is continuing to assess how it can provide better access to both planning and development applications prior to decisions being made on these files. Further review of the County's processes on disclosure of planning and development documentation will be undertaken in the coming weeks to ensure that the County is providing all the information it can to the public in alignment with Council's Strategic Objective of enhancing transparency and communication. Further updates will be provided to Council and the public on improvements to planning and development application information sharing as progress is made in this area.

Springbank Area Structure Plan (ASP)

– Administration presented an updated ASP to the Governance committee on April 4th. Although changes have been made, questions on cluster residential, employment areas and development

expansion areas needed more clarification and community input regarding these points. Administration is finalizing the planned public engagement materials and revisions to the draft Springbank ASP document. Updates to the previous 2018 servicing study are also being undertaken to accommodate the revised land use strategy.

The next round of community engagement is planned to include the following:

1. An overall summary on how the plan has been updated since the last draft to take into account residents' feedback.
2. Updates on how the Calgary Metropolitan Region Growth Plan has affected the future planning of Springbank.
3. Updated information on how the ASP area is proposed to be serviced for water and wastewater.
4. Information on the concept of Open Space Development which is proposed to be explored in two areas of Springbank.
5. Details on proposals for the County to lead the detailed planning of key areas in Springbank, using a design-led Conceptual Scheme approach. These areas include lands along Range Road 33, around the Springbank Airport, and the Open Space Development areas.
6. Commentary on how river access might be planned for within Springbank.

Engagement is currently proposed to be undertaken through an in-person open house, focused discussions with landowners and residents within and near to the key development areas of Springbank, and online surveys. Updates to the project webpage on



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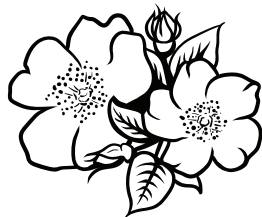
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the County's website (www.rockyview.ca/SpringbankASP) and email notifications will be sent out once dates have been confirmed for engagement. Administration is planning a presentation of the final draft plan to Council by October/November this year. Costco Application at Bingham Crossing– On February 7, 2023, the Development Permit for the proposed Costco warehouse within the Bingham Crossing development was conditionally approved by RVC's Development Authority. This approval was appealed by two parties and the matter has been heard at the Subdivision Development Appeal Board (SDAB). The hearing underwent two days of testimony and the hearing was closed on May 11th. A decision will be provided within 15 days of closing.

Take care!

*Don Kochan – Division 2 Councillor
kochandiv2@gmail.com*



ROCKY VIEW COUNTY

Join Division 1 Councillor Kevin Hanson to hear the latest news, ask questions, and provide feedback. Everyone is welcome.

Wednesday, June 21
6:00 to 8:00 p.m.
Bragg Creek Community Centre
23 White Avenue

Light refreshments will be provided.

For more information, contact bscott@rockyview.ca



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Key Ideas For Wealth Building Success

I have identified two key observations that can impact your efforts to build assets and wealth over time.

The first is the way many individual investors place one-way bets on their market investments. As long as the investment is making money, all is good. But the minute the investment sinks for a couple of days or goes negative, they quickly sell.

As famed investor, Warren Buffet says, in the short term the investment markets are voting machines and in the long term they are counting machines - for your wealth. In other words, being too emotional and impatient in the short term may cost you returns and wealth-building opportunities in the long run. Buffet says the real rewards come over longer periods of time by investing in quality companies where profit growth inevitably leads to wealth growth of investors who own these companies via mutual funds or segregated funds.

The second observation is that many individual investors tend to expect that economic news is absorbed by economy and investment markets relatively quickly. These investors expect that new information is "priced" into markets almost instantly.

The challenge with this second observation is the "transmission effects" that determine the time it takes for economic changes to be felt at the household level.

During times of economic uncertainty, my advice is to stay focused on the long term as the economy absorbs news or changes. The basic rules of investing remain the same and will seldom change as quickly as market conditions change.

The other chatter in financial news is about how quickly things will return to a pre-Covid "normal". There are several factors to consider when contemplating these ideas:

#1 - Rising inflation and rising interest rates are likely to affect overall economic activities for at least several more years. Governments globally are likely to create more money to meet budgetary and debt servicing needs. Since the start of the Covid crisis, the US alone issued the equivalent of about 40% of all the US

government debt accumulated from 1776 to the present.

#2 - The USD is increasingly being replaced as the primary global trade settlement instrument. The recent rise of the BRICs currency regime is foreshadowing the likely continued decline of the USD as "King" of the global trade system. This new trading bloc is using other global currencies, such as the Chinese Yuan, and gold, to settle trade amongst their members.

#3 - Globalism - as an economic operating model - is increasingly being replaced by trade groups and blocs. This long-term shift will likely impact trade flows and the cost of goods for a decade or more. For example, the US is moving to "re-shore" some of their manufacturing capabilities - such as producing basic medicines and the mining of rare earth minerals - to replace Chinese facilities and supplies.

#4 - Governments are also increasingly playing a larger role in their economies. Government GDP activity (as a share of overall economic activity) is increasing just about everywhere. The Canadian federal

government accounts for about 40% of economic activity, and also, for the largest proportion of new jobs created since the Covid Pandemic. In England, the number is about 54%, France about 65% and the US is closing in on 40%. This rise in Statism - and the belief that Governments can solve all of society's challenges - is leading to an increasingly centralized command and control approach by governments around the globe.

For all these above reasons, in the years ahead it will be even more important to have a carefully planned strategy for building and maintaining wealth.

Please call my office for an appointment should you wish to discuss how these and other issues may impact you personally.

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

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MAKE YOUR MARK By Mark Kamachi

Let's have a coffee

This month I'm stepping away from social media and getting physically social. What do I mean? I mean to get out and meet people the old-fashioned way. Starting conversations with a simple "hello" or a handshake. Or in some countries, a nose rub.

I'm talking about in-person or face-to-face marketing. Conversations over a beverage, meal or even a game of golf. It's a way to get to know a person. None of this online "hide-behind a profile picture". Instead, you make the effort to meet in-person.

Whoa! In-person? Face-to-face? Within spitting distance? That's right. Even before the days of the pandemic, we've been distancing ourselves from interaction. Whether it be professionally or socially, it seems, as a species, we're communicating farther apart from each other, blame

technology, germs, bad breath, or lack of time. Now there are advantages to online forms of communication, but I'll stick to the good old-fashioned method in this article. We've been communicating face to face for thousands of years and face to screen for less than 30.

When it comes to your business, what better way to get to know your customers than to hook up with them in person (not that kind of hooking up). Myself, I love meeting folks at industry conventions, seminars, trade fairs, and my favourite, over a round of golf (although golf is considered a second date).

Now for those who know me, I'm a bit of an extrovert, so I don't mind starting conversations. Ideally, if I find myself in a situation that calls for a name tag, all the better. These situations are intended for socializing. After all, the name tag says "Hello, I'm..."

When you sit down with someone, you get to really know that person. Their body language, facial expressions, tone of voice, etc, are telltale signs of compatibility. Or incompatibility. It's up to you if you want that "second date" or to bring them into your business. Much easier to determine

than over a Zoom, phone or email conversation. No "reading between the lines" involved.

Like many, I've been caught in online conversations where the recipient took my remarks in an unintended way. When we press keyboards to talk to someone, we take away the emotion in our words. Or add too much. In person, it's evident in the conversation what is being said, good or bad.

After a term in politics, I discovered how speaking and/or confronting people face-to-face resolves issues intelligently and respectfully. The same goes when speaking to clients and customers. The personal relationship that you build can be a lasting one. And profitable.

I don't know about your business, but I'd rather surround myself with people I want to be around than to have to navigate my way around customers I couldn't care less for. Build genuine and lasting friendships with those who seek your brand and your business will prosper. Isn't running a business that keeps you uplifted and positive the reason you started it in the first place?

Meet you on a tee box, mark.

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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Hello to all from Bragg Creek and Area Chamber of Commerce:

My personal motto for my role this term has been: **CONNECT, COLLABORATE** and **CONTRIBUTE** all through the lens of the Chamber's mission to support business and tourism.

I'm so happy that our Member meetings have been well attended, informative and fun. The magic of being together and meeting one another has a ripple effect of good for our businesses, and our community. Thank you all for coming out.

Rocky View County has contributed funds to allow us to finish projects. Soon you will see a new look on the Kiosks at BCCA, along Balsam and White. We are updating our maps so businesses can help out our visitors, and banners along the light poles. Ideally we can add some sign posts to point out walking paths, the river, and sitting areas. We are thankful to Rocky View County for their continued support.

Welcome to all new members! We have placed a few ads in the Redwood Chatter to encourage our neighbours to be a part of our Chamber. You are welcome!

Rocky View Councillor Hanson

Open House: June 21 at BCCA, 6-8 PM.

Arts, Eats and Beats festival Sept 16:

Another fun day is in the works, so mark your calendar. Do think about what special feature you want to advertise that day.

If you know a musician, we would like buskers throughout town and acts for the main stage. Please have them reach out to us at office@braggcreekchamber.com.

Free business lunch sponsored by the local Church, located at 224, 7 Balsam Ave happens the last Wednesday of every month. 11:30-1:30.

Please submit your events so we can all plan our summer accordingly. I see High Country News has one as well. On that note, thank you Lowell for your

continued support to run this article in your publication.

The Chamber Board making all of this happen consists of these volunteers: Ian Greenhalgh, Neil MacLaine, Joanne Birbeck, Sunil Mattu, Taylor Clarkson, Brett Schönekeess, Harmke de Bruin, and Sherri Olsen. Thank you Board for your dedication.

*Sincerely,
Sherri Olsen President*

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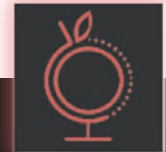
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GREEN THUMBS...AND KNEES... AND BACKS

By Jennifer Gordon

You may think GARDENING couldn't possibly be "exercise". However, your body is bending, twisting, reaching and doing motions you likely haven't done in a year! Shoulder tendonitis, knee issues and lower back strains are common problems seen with the rigors of gardening. Save your back and the environment with these helpful tips:

- Warm up with a light walk around the garden to limber up and reduce the chance of a muscle strain
- Back bends – place your hands on your hips with your feet shoulder width apart and gently bend backwards at the waist. Hold 2-3 seconds, repeat 5x. If standing is uncomfortable, this can be done laying on your stomach and propped up on your elbows. This gentle back extension will warm up your lumbar discs. This is also a good one to do after gardening or yard work to avoid stiffness.
- Chest stretch – place hands at shoulder height on either side of a doorframe, your feet staggered. Gently lean through the doorframe feeling a comfortable stretch across your chest.
- While digging – lean forward with a straight spine, bend at the hips and knees and avoid twisting your back to throw the dirt. Stand up, move

your body and turn the shovel to rid of the dirt.

- While lifting – use a wide stance and bend at the hips and knees, keeping your spine long. Keep objects close to your body to avoid reaching and straining your shoulders and back.
- Use a bench or table for smaller projects and knee pads or a cushion when kneeling.

It's the prolonged positions of bending forward, reaching and kneeling that really become a problem 1-2 days later. Often you can manage in the moment, but notice stiffness and pain the next day. This can be reduced if short breaks are taken every hour or so and a few stretches are done. Stand up, roll your shoulders, circle your arms, and stretch your back. These small moves will benefit you in leaps and bounds and keep you out of trouble in the long run.

Here are a few tips to keep you safely enjoying other activities you might enjoy this summer. We see an increase of overuse injuries at this time of year from excited adventurers who jump out on the trails to bike, hike run, or go golfing. Rain or shine, it is just a treat to be rid of some snow – so I know you are eager to get out there and enjoy these few months! Whatever your activity of choice, staying hydrated, flexible, warmed up and well conditioned is paramount. Here are a few common activities we tend to see overuse injuries from and some helpful tips to keep in mind...

When it comes to GOLFING - stretching, warming up and some light workouts will have you hitting stronger with less effort. Key areas to stretch are torso rotation,

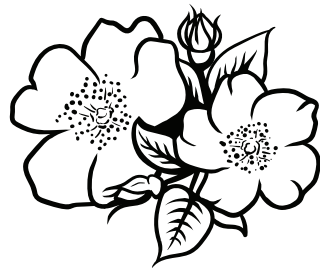
shoulder circles, hamstrings and a lunge stretch for the calves and hip flexors.

Oblique abdominal sit ups and the side plank will give your back more power and stability in the downswing and follow through. Standing on one foot (try closing your eyes) will challenge your balance and joint awareness and benefit your golf swing.

While HIKING out on the trails, protect your knees and avoid slips and falls by using walking poles. Assisting your balance and keeping you standing taller will save your lower back and take stress off your knees. Stretching your calves, glutes and hip flexors after your hike will help avoid that delayed muscle soreness you typically get on Monday!

These are just a few tips to get you ready for summer. Enjoy the activities you love, set a new fitness goal or simply enjoy some fresh air. If you are interested in resolving a current injury or getting set up on a personalized fitness program– there is still time and we would love to help! Hope to see you out on the trails!

*Jennifer Gordon
(BScPT, GunnIMS, Medical Acupuncture)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.com*



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The importance of Habitat Connectivity

One of the principal factors to the success of nature's timeless renewal process rests on accessing sufficient spaces safely. Habitat connectivity is considered a cornerstone of a healthy ecosystem. Without it, Wildlife, plants and, ultimately, humans cannot thrive.

The National Wildlife Federation reminds us of the importance of habitat connectivity and its opposite - habitat fragmentation: "Wildlife moves both daily and seasonally to survive. However, the habitats animals rely on continue to be fragmented by housing, roads, fences, energy facilities, and other man-made barriers. As a result, animals are struggling more and more to reach food, water, shelter, and breeding sites."

Spring is a key time for Wildlife. Mammals are on the move in search for food after a lean winter. They are looking for shelter to birth and protect their young. Migratory birds are returning, settling along waterways, into birdhouses and forested areas. Pollinators, birds, bats, butterflies, moths, flies, beetles, wasps, small mammals, and most importantly, bees begin their part in plant rejuvenation. They visit flowers to drink nectar or feed off of pollen and they transport pollen grains as they move from spot to spot providing essential food to wildlife and humans alike.

The good news is we bipeds can help our wild neighbours.

Drive mindfully, May to the end of June are the deadliest months. Fawning season modifies wildlife behaviours and increases their susceptibility to vehicle collisions. An eye on the ditch, slower speeds, and a readiness to stop immediately saves lives. Road crossings happen throughout the day with dawn and dusk bringing the greatest movement.

Fence friendly, a fence can be a barrier to wildlife migration, some are wildlife traps. The friendliest fences are highly visible, they allow wild animals to jump over or slip under the wires or rails. It is heartbreaking to witness an animal entangled in a wire fence or a baby

stuck and unable to get to the adults on the other side. Wildlife Friendly Fencing by Alberta Landholder's Guide. Check out this excellent resource, you can find it on our website.

Man's best friend, can pose peril for wildlife. Dogs can cause disturbance, stress, habitat destruction, predation, disease transmission, and the spread of invasive plant species. Dogs should be under control in wildlife areas and leash areas respected, especially during breeding seasons. Training is key. A well trained dog will respond to recall commands and will not chase wildlife. Training is all part of the fun and an important piece in practicing responsible dog ownership (Note: recently there have been daily reports of dogs roaming our roads on local social media. Dog owners, let's do our bit to change this). Consider installing a dog run or an invisible fence to keep your pet home.

Feline friends, can be both victim and predator. Cats are best kept indoors for two reasons, to protect them from being hunted and to protect the wildlife they hunt. A simple action with a win-win result! Cats kill est. 350 million birds every single year in Canada.

For more information, please visit our wild smart page on our website braggcreekwild.ca/wild-smart-ressources

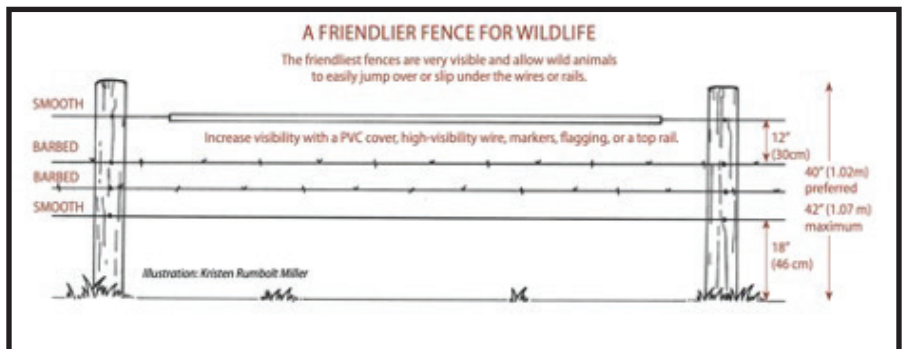
Report a wildlife-vehicle collision to RCMP Cochrane 403-851-8000

Report an injured/orphaned wildlife to Cochrane Ecological Institute (CEI) - 403-932-5632

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

Bragg Creek Wild
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People and wildlife living in community





BRAGG CREEK TRAILS

Trail Etiquette: The Basics

Spring is finally here! As the season's change, so do our outdoor activities, so it's always important to review trail etiquette to ensure all users have an enjoyable time out on the trails.

The trails at West Bragg Creek (WBC) are multi-use, meaning you could encounter any number of different users while exploring. So, with all those users, who has the right of way? Cyclists should yield to all other users while hikers yield to people on horseback. As with most things though, there are some situational conditions where the right of way may be altered. Although bikers should never expect hikers to yield to them, if a biker is slogging up a tough incline the considerate thing to do would be to step aside and let them continue. A general rule to follow, for both hikers and cyclists, is the uphill party has the right of way over the downhill

party. If encountering equestrians on the trail remember to speak calmly when approaching, avoid abrupt movements, and step off on the downhill side of the trail, whenever possible, to let them pass. It's also common courtesy to let faster individuals/groups pass you, if you're moving slower than they are.

The WBC trailhead and surrounding area is a Provincial Recreation Area (PRA), meaning dogs are required to be on leash. Once past the PRA boundary signs, however, you are no longer within the PRA's limits and dogs are allowed to be off-leash, provided they are kept under control, meaning they are not harassing livestock, wildlife, or other trail users. Always pick-up after your dog and ensure the bagged waste is not left on the trail and is disposed of properly.

In addition to the above, there are a few more etiquette rules to follow, most of which can be attributed to the seven principles of Leave No Trace. Remember to pack out all garbage/food scraps that you brought with you, stay on the trail instead of creating shortcuts that

ultimately lead to trail braiding and soil erosion, avoid using trails in soft/muddy conditions, be prepared for rapidly changing weather conditions, emergency situations, and wildlife encounters, follow trail signage, slow down at intersections, and avoid using portable speakers as they have a tendency to annoy other users and are not effective at deterring bears. In case of an emergency, call 911 (there's a cellular hotspot located at the Trails Centre entrance) and ask for Kananaskis Emergency Services.

Lastly, be friendly. We're all out there to have fun, get some exercise, and connect with nature and you'd be surprised how far a quick 'hello' to passing groups can go!

We'd also like to take this opportunity to invite you to our AGM, happening on June 7th from 6:00-8:00pm at the Snowbird's Chalet in Bragg Creek.

Tyler Dixon



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BCCA

Hard to believe summer is almost here! We are excited to offer two summer camps this year. All registrations are now online: www.braggcreekca.com

Peak Ambition Multi Sport Summer Camps:

Build confidence, coordination new friendships and a lifelong appreciation of sport. A wide range of sports, a little bit of movement through dance, hikes, outdoor activities and more! The week will end with mini-Olympics. Ages 5 - 15. 9 am - 3 pm. \$250/week. \$200/4 day weeks indicated with an asterisk.

After care \$50.

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July 10- 14

July 17 - 21

July 24 - 28

July 31 - August 4

August 8 - 11* (4 day week)

August 14 - 18

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Exploration Camps: Register today for an amazing adventure outdoors, learning bushcraft/wilderness skills, experiencing team challenges, hikes, plant ID, outdoor cooking, nature salves, nature crafting, gardening (specific sites) and so much

more! Ages 3 - 15. 9 am - 3 pm. \$300/week. \$240/4 day week. After care \$50

July 10 - 14

August 8 - 11 * (4 day week)

August 21 - 25

Movie Night - Avatar 2: The Way of Water

Friday, June 9

6:00 pm - 9:00 pm

Members \$2/Non-members \$5

Bragg Creek Farmers Markets:

Every Sunday! June 18 - Sept 24
9 am - 9pm.

Bragg Creek Days: Parade, vendor market, live music on the Calgary Stampede Stage, beer garden, family games & more!

Saturday, July 22

10:30 pm - 5:00 pm

BCCA has recently added a new registration and event software. All registration is now online. An email was sent to all members requesting they activate their account. Please take a moment to respond to this email. If your activation has expired, please contact Amanda at 403-949-4277 for a new activation link. We are truly hoping to make registration easier and reduce the amount of paper the office uses!

The Bragg Creek Community Association



THE LITTLE SCHOOLHOUSE

What a great year we have had at The Little Schoolhouse! All classes have grown so much and are ready for summer sunshine and adventures.

We have a busy and fun month ahead! We will be going on a field trip to Granary Road and will also participate in a special visit from an Indigenous Educator, Cheryle Chagnon. Cheryle is a Cree Elder from the Muskeg Lake Cree Nation. All our classes are looking forward to her sharing her culture with stories, songs, and drumming.

We will conclude our month with a Year End Concert put on by our students for our families. This is always an entertaining and adorable way to end our year!

All of us at The Little Schoolhouse wish you a summer of safety and sunshine. We look forward to greeting all our new and returning families come September.

If you would like to join us in one of our classes for September, we would love to have you!

Please see our website thelittleschoolhouse.ca

Ms. Shelley and The Little Schoolhouse team



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REDWOOD MEADOWS REPRESENTED AT TAE KWON-DO CHAMPIONSHIPS

Joining 10,000 martial artists from over 20 countries, students from Redwood Meadows Tae Kwon-Do are headed to Coventry, England this summer to participate in the Tae Kwon-Do International (TI) World Championships in July.

Redwood students including head instructor and 7th degree black belt Jason Smith will test their skills in sparring matches, patterns divisions, and board breaking competition during the massive three-day event. Throughout this past year, students have been training as members of the United Traditional Tae Kwon-Do Canada (UTTC) team to prepare for this high-level competition.

For the last 28 years, Redwood Meadows Tae Kwon-Do instructors have been sharing their knowledge with a focus on the “art” of the Korean martial art. Although opportunities for competitive tournaments are available, the emphasis is on traditional technique and personal development along with the lifelong enjoyment of training for its fitness and social benefits for all ages.



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REDWOOD MEADOWS EMERGENCY SERVICES

Redwood Meadows Emergency Services wants to ensure you have an enjoyable and safe summer. Here are some good tips to keep in mind:

- Keep children and pets away from fireworks, stoves, grills and campfires.
- Bring a fire extinguisher or fire blanket with you on outdoor trips. This way, you can easily extinguish the fire before it grows out of hand.
- Before you use a grill, first check the connection between the propane tank and fuel line to ensure it isn't blocked or leaking. Be sure to not overfill the propane tank.
- Douse hot coals with plenty of water before disposing of them. Never put them inside plastic, paper or wooden trash bins or containers.
- If you build a campfire during a picnic or camping trip, keep it small and douse it completely with water using the "soak, stir, soak" method to put it out. Check for fire bans at albertafirebans.ca.
- Formulate escape routes for houses or cottages. Practice fire drills at least twice a year. Leave emergency numbers near the phone.
- Use barbecue grills away from the house, from the tent or anything that can catch fire.
- When checking in at a hotel, Air BNB or renting seasonal property, don't forget to check fire safety of the place. Examine if there are fire exits, fire extinguishing equipment, working smoke detectors and clear signage of the escape route.
- When using a lawnmower, never fuel it while it's still hot. Give it a few minutes to cool down.
- If outside and your clothes catch on fire, use the STOP, DROP and ROLL method. Use a fire extinguisher to put out a small fire that isn't spreading. Call 911 immediately.

Until next month, stay safe!



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A TASTE OF THE HIGH COUNTRY

Have A Taste Of Bragg Creek's Very Own Distillery

When you think of it, the progression from pharmacology to distillery makes perfect sense. Brett Schönekeß' doctorate gave him an understanding of chemistry and microbiology few distillers can claim. And so is Bragg Creek craft distillery -- the result of Brett's erudition paired with a passion for quality spirits, hands on learning with fine distilleries and a keen sense of entrepreneurship.

Brett started in 2016. Phase one of the distillery consisted in contracting the distillates out of two separate facilities in British Columbia, utilizing his unique recipes and specifications. This year, Brett is completely hands-on distilling in his facility in Calgary. His new line of spirits - "The Hut" - is now available in Bragg Creek's coolest tasting room, a small log building with a mysterious past.

The "Hammill Cabin" is probably as old as Bragg Creek. The Hammill family purchased the property in 1951 and in the 1960s dug a cold cellar beneath the cabin.

In doing so they found a human skull. In honour of the deceased, the Hammills thought it fitting to display the skull, they named Charlie, on the mantel complete with a top hat, sunglasses and an old port cigar. Fast forward to 2007, and in keeping with the theme, the cabin became the setting of a murder scene in the Netflix cult series Fargo (Season 1, Episode 10). How cool is that?

Today the cabin is still tucked in tall evergreen trees on Burnside Drive, across the road from the main shopping area, the small three-room log cabin boasts the original stone fireplace, has low windows, and is furnished with cozy sofas, arm chairs and a raised bar. It is a perfect place to relax and engage in a tasting of fine spirits or elevated cocktails. The cabin extends outdoors in the summer with a patio shaded by the tall trees. Brett and a team of enthusiastic bartenders engage guests in all matters of spirit making and spirit tasting. When not open to the public, the tasting room is available for rent for private gatherings. The room accommodates 10 people, and the patio 22. Food such as charcuterie boards can be ordered to complement the selection of beverages.

Tasting Bragg Creek's spirits revealed pleasant surprises and some wow factors. The Hut whiskies are delicate, smooth

and balanced. The flavours hover between floral, fruity, and nutty, with hints of smoke and spices. The whiskies are single malt and aged in various old wine barrels, each imparting unique aromatics and flavours. This is why the whiskies are referenced with their barrique numbers.

The Snoday vodka is smooth and silky, while the gin is defined by its classic botanical and heavy citrus notes. Many have already received accolades and awards for their quality and distinctiveness.

Bragg Creek Distillery's spirits can be purchased on-site or ordered online. I however recommend visiting the old cabin with friends to enjoy a tasting of the products and indulge in a cocktail. This way you will become acquainted with the offering and your final selection will be satisfying.

Brett is committed to all that he does. His venture thrives in the minutia of the fine art of spirit-making. He is also committed to the community and the natural environment he and his family feel privileged to share. For this reason, Bragg Creek Distillers recently offered to share some of their sales revenues with Bragg Creek Wild, a new community-based organization committed to building a safe and sustainable environment where



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wildlife and humans can thrive. It is a collaboration the local organization welcomed wholeheartedly.

To find out more visit:

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| Iron/Sulphur Filters | Mineral Bed Replacement & Control Valve service | Every 3 – 5 years | Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming |
| Ultra-Violet Sterilization System | UV Lamp & Sleeve Replacement | Annually | Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc. |
| Well Shock Chlorination | Correct dosage of chlorine injection into well & flush | Annually <i>(as per Alberta Environment)</i> | Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces |
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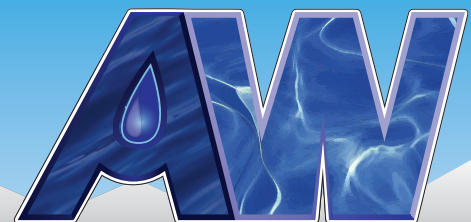
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AirTags, Smartags, Tiles

In my last article on Auto Theft, I described an occurrence where a stolen vehicle was tracked and intercepted by police with the use of a "tracker app". The article from which I took this incident did not state which tracker app was used. In this column I will introduce some relatively new tracker technology that may affect you whether you want it to or not.

The technology is that of tracking devices and their related apps. I will focus on the Apple AirTag as one example as I don't have space to describe all of them. Related products include Samsung's SmartTag, a product called Tile, as well as tracking options installed by vehicle manufacturers.

The AirTag is a small device that can be slipped into, stuck on, or otherwise paired with any object or person. It is about the size of a thick Toonie. It came out just a couple of years ago and was preceded by similar products such as SmartTag and Tile.

An AirTag is registered/tagged with your iPhone such that the AirTag then becomes a remote tracking device for you. It was

intended as a way for people to track items if they were stolen or as a means to know the whereabouts of your child (by putting it in their backpack or elsewhere on their person).

Once the AirTag is paired with something, it sends out a Bluetooth signal that can be detected by other nearby Apple products. In other words, an AirTag uses the location capabilities of other Apple products (iPhones, Apple watches) to determine its location thus avoiding the installation of a pricier GPS system. The AirTag owner can then use the Find My app on their iPhone to see where the AirTag, and whatever they paired it with, is.

The AirTag does have many legitimate uses such as finding lost luggage, stolen vehicles, ATV's, lost pets, etc. However, criminals are using the AirTag (and its equivalents) for not-so-legitimate purposes.

For example, criminals can go "shopping" for a vehicle in a mall parking lot, and when they find one they like, they place an AirTag somewhere on the vehicle. Then when the vehicle is driven home by its owner the criminal can steal the vehicle while they are asleep. Apple has tried to counteract this by giving you an alert (a sound) on your iPhone (it may work on Android phones too) that you have an AirTag that is not yours, somewhere nearabout. You can then use the Find My app on your iPhone to find the location of the unwanted AirTag on your vehicle.

You can disable the AirTag once you've found it by twisting it, which opens up

the AirTag. Then you can remove the battery. The battery can last from six months to a year.

In a YouTube video by David Manning, he says the police can use AirTag's serial number to track its association with the Apple product it is connected with. Once the ID of the Apple product is known they can find the individual responsible.

Another nefarious way that an AirTag can be used is to stalk someone. A criminal will slip this into someone's purse or pocket and track them without having to physically follow them. If you get a notification on your phone that a tracking device is on you, the proper protocol in this case is to NOT go home (because then they know where you live), but to go to the nearest police station. Then, as described above, the AirTag can be tracked back to the criminal.

You should at least be aware of how AirTags can be used against you. If you are interested in learning more about the use of AirTags, there are many good YouTube videos to get you educated. Because this is relatively new technology, it is evolving as manufacturers and criminals try to counter each other's advancements.

One interesting aspect of AirTags is that if you are in a rural area, Apple products can be few and far between making tracking of an AirTag much more sporadic and unreliable. It is almost impossible if there is no cell service.

Dave Schroeder
HCRCWA Board Member

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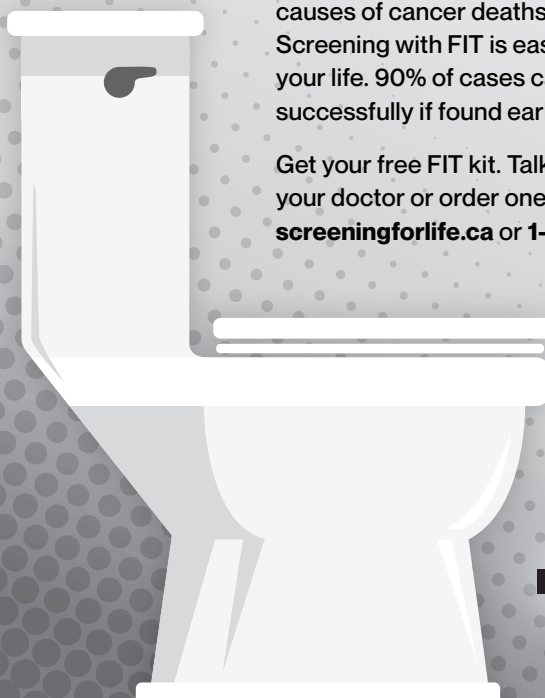
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MILLARVILLE COMMUNITY LIBRARY

One more month of school and regular library hours - how did this year go by so fast?! For the months of July and August the library will be open Tuesdays (9-12 and Wednesdays 10-7.30. The Summer Program for kids will run Wednesdays 11-4 all summer long. This will be a drop-in program except for special programs which will be by registration. More details will follow as the summer gets closer. Check our FB and Instagram pages.

Our Millarville library workshops are winding down with cupcake decorating and Quigong in May and our annual book clubs get together. There are around ten active bookclubs in our area and they send representatives to a wine and cheese evening where each group shares their favourite two books. These will be posted on our Instagram and FB pages to help with your summer reading choices. We are looking for new ideas for adults' and kids' classes, workshops and activities for next fall/winter. Please call (403-931-3919) or email (amclibrary@marigold.ab.ca) your suggestions to the library. And remember you can continue to order a wealth of books and other materials through tracpac.ab.ca.

Lots of exciting new books and audio books will be in the library by the time this is published. And we now have a limited selection of Xbox games available to borrow.

This time of year we all get excited about gardening. And here are some new gardening books in our library.

No-till Organic Vegetable Farm by Daniel May outlines how to start and run a profitable market garden that builds health in soil, crops and community.

Gardening for Everyone by Julie Watkin is all about the planning, planting and harvesting of vegetables and herbs at home.

Grow More Food by Colin McCrate and Brad Holm (the founders of the Seattle Urban Farming Company) is a vegetable gardeners' guide to getting the biggest harvest possible from a space of any size.

Pruning Simplified by Steven Bradley covers basic pruning techniques, optimal tools for the job and when and how to prune.

And if you're all about post-covid travel this summer, have a look through another new Millarville Book, **The National Geographic Complete National Parks of Europe**, featuring 460 parks, including their flora and fauna, historic sites, scenic hiking trails and more.

Have a great, safe, smoke-free summer everyone!



MILLARVILLE-STOCKLAND 4-H CLUB



Summer is here! The Millarville-Stockland 4-H Club has finished our Achievement Day and now members are looking forward to attending the 4-H on Parade Show at the Calgary Stampede Grounds the first weekend in June! Cows and calves, sheep and lambs and the 4-H Members will be heading to the city to strut their Stuff.

Are you in need of some great beef for BBQ season? The Millarville Stockland 4-H Club Steer Project Members have 10 market steers that will be for sale during our online auction on June 8th 2023. Head over to the Millarville -Stockland 4-H Club Facebook page to find the link to the catalogue of steers available to purchase. You can register as a bidder through www.dlms.ca and take this opportunity to fill your freezer with some awesome 4-H Beef. If you have any questions about the sale please reach out to the club: Millarville.stockland.4h@gmail.com or 403-931-3487 or www.facebook.com/millarvillestockland

The Members, Leaders and Parents of the Millarville Stockland 4-H Club would like to say a big THANK YOU to everyone who has helped and supported the club this year. Everyone helped the club succeed this year; some by donating a trophy, others by sharing expertise as a clinician, volunteering to judge our public speaking or the many other ways the community supports our club. We simply could not do it without you! Thank you to our wonderful community here in the Foothills from the bottom of our boots!

*Have a Great Summer Everyone.
Submitted by Joseph Arkes, Club Reporter*



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LONGVIEW LIBRARY

The Annual Seed Exchange was a great success. Winners of the door prizes were Karen Wight, Lisa Teichroeb and Helen Stobbe. Thanks to a kind donation from West Coast Seeds, seeds will be available at the library all season long for free.

We are now accepting gently used books for our book sale at Longstock in August. Just drop them off at the library or in the book bin outside the library door.

The library would like to welcome our new friends from Eden Valley Day Care who plan to visit us once a week.

New books in the library are: The unlikely Lawman by Steve Kelton, and Homecoming by Kate Morton, and The Prairie Gardener's go-to for Perennials by Janet Melrose (1954).

The Guardian has posted a list of ten novels honouring motherhood and Mother's Day. Three of the them are 1) Beloved by Toni Morrison. It is a classic and was made into a movie starring Oprah Winfrey. 2) The Lost Daughter by Elena Ferrantes and 3) Night Waking by Sarah Moss. The books extoll the pleasures and joys of being a Mother, but also the strain and angst that goes along with it.

Happy Reading

Sylvia Binkleysliv@telus.net



PRIDDIS COMMUNITY

Hello Priddis! There are a number of items that the board is working diligently towards in an attempt to ready ourselves for the summer break. Please reach out to priddispresident@gmail.com if you have any questions or comments:

- Priddis Preschool and summer camps, both hosted by Rediscover Play, are open for registration. Visit Rediscover Play's website for more details and registration. Summer camp spots are filling up fast!
- Playing Card/Game Night will be hosted on May 30th and June 15th, 7-9pm. We plan to have tables set up in the hall and residents can bring any game they want to share. Both evenings will be a by-donation event with snacks available for purchase. Please BYO drinks and positive attitude!
- Stampede Breakfast is quickly approaching on July 9th. Breakfast will be served from 8am-12pm with tickets available at the door. Please come early

as each year this event sells out. Tickets are \$5 for ages 7+, and kids are free with the purchase of an adult meal. We are looking for a number of volunteers to help. If you are able, please sign up here. All volunteers will receive a free breakfast as well as a warm, fuzzy feeling in their heart.

- Priddis Panthers are looking for a new director to join the PCA board. After serving a three year term, Kyle McGill will be stepping down. We cannot thank Kyle enough for his efforts in running the program. If you would like more information on this position, please reach out to priddishockey@gmail.com.
- The Board of Directors are on the search for an Executive Director to join our amazing team. This is a paid opportunity. For further details, and to apply to the position, please visit Indeed.

Please be advised that the next board meeting will be held off-site. Any members hoping to attend the meeting, please reach out to our president for more information.



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SHEEP RIVER LIBRARY

Our 40th anniversary celebration exceeded all expectations. We were thrilled to commemorate the day with over 320 community members and dignitaries who enjoyed our displays, demonstrations, and performances. Here's to another wonderful 40 years of bringing exceptional library service and programming to our community. Thank you to everyone who worked so hard brining such a wonderful event to fruition. We will be leaving our library timeline display up in the glass case for a few more weeks, if anyone is interested in taking a walk down memory lane.

We are fortunate to have so many dedicated volunteers and donors in our community such as Mark and Rachelle at AG Foods in Black Diamond. Due to their passion for literacy, they will pay for a family membership for any family that has school-age children in the area. We encourage all families to take advantage of this generous offer by either renewing a current membership or taking out a new one.

Another diligent volunteer who has donated many hours of her time is Cheryl Bain. Cheryl has been working on scanning and collating many of the historical documents that have been donated to the library over the years. We are soon approaching the time when we will have this information available in binders on the local history shelves. Some of the topics include: the Turner Valley Pool, the old Turner Valley Ski Hill and memoirs from pioneer ranching families.

June 3 is our annual book sale. This is a great opportunity to pick up some light summer reading or hunt for a long-sought treasure. Books will be pre-sorted into categories prior to the sale. All items are sold by donation and all proceeds will be used to fund programs and operations at the library. If you are attending the Diamond Valley Day event in Millenium Park, make sure you stop by the library to take a look.

On May 10, a few staff and board members attended the annual Marigold Library System Workshop. There were many informative sessions, and we came back with lots of ideas for future projects. In the coming months we will have some items in the collection specifically for

patrons who struggle with dyslexia such as audio and book combos, plus books written particularly for reluctant readers. We also want to add more programming for our teen patrons. Teagan is interested in hearing from any teenagers who would like to form a Teen Advisory Board to start talking about what our teen programming might look like. Other sessions dealt with issues such as censorship and intellectual freedom. We were treated to a very informative keynote session by Prof. Timothy Caulfield on the role of social media in the spread of misinformation.

If you are interested in any of these topics, please contact the library staff who will direct you to some helpful resources.

As we head into the last month of school, we want to remind parents to sign their children up for the weekly summer reading program starting July 5 through to August 23. There will be two sessions each Wednesday for ages 4-6 and 7-10 comprising of crafts, games and stories. Call the library for more details.

We will be closed from July 1-3 for the Canada Day long weekend.

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. What a beautiful spring it has been. At the time of writing, we have put away our snow shovels and planted the garden, as the May long weekend forecast for once did not include snow. So if it did snow you all can certainly blame it on me! I hope everyone enjoyed the long weekend. The official start to summer is June 21 with the Summer Solstice.

The first Saturday in June is Diamond Valley's annual Parade Weekend. Start off the day with a Pancake Breakfast at Oilfields High School from 8-10. Bring a lawn chair and pick your spot early for our annual Parade, which starts at 9:30, in Black Diamond. You can find the Parade route online at the town's website. Remember there will be road closures during the Parade. Afterwards head over to Turner Valley in Millenium Park for all kinds of family fun, including bounce houses, Lion's Club BBQ, and much more. The Sheep River Library is also holding a Book Sale that day.

Also on Parade Day, the Sheep Creek Arts Council will be hosting their annual Rhubarb Bake Sale, with lots of rhubarb pies and other baked goodies. This is their only fundraiser for the year, it runs from 11-3, if you would like to contribute baked goods, please call Bill at 403-880-6048. The address is 133B Sunset Boulevard. The Diamond Valley Quilters also hold their annual Quilt Show the same day, from 11-4, and here you can find amazing quilts, and also see the quilts they have made for Rowan House, the Children's Hospital, and the Pregnancy Care Center. Anyone wishing to enter their own quilt for a chance at a blue ribbon, call Sheila at 403-931-3985. The Quilt Show is right next door to the SCAC at 133A Sunset. Also the Valley Neighbours Club will be hosting a Plant Sale.

June 10 in the Diamond Valley promises a lot to see and do, starting with the Diamond Valley Community Garden Plant Sale, which will be held from 10-2 in the parking lot of the AG Foods in Black Diamond. The Griffiths Centre in Black Diamond, on Government Road, will be hosting another Repair Cafe from 11-3, please email for an appointment for them to look at and hopefully repair your item. Email is itsasustainablelife@outlook.com.



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Then head up to the Rona for a BBQ in support of health and wellness. The BBQ is only \$5 and all funds raised will go toward funding health and wellness programs and equipment in the Foothills. The BBQ runs from 11-2.

Another great fundraiser for health and wellness is the annual Sheep River Health Trust's Radiothon on June 22 from 6am-6pm. Tune into the Eagle 100.9 FM where they will be live broadcasting health and wellness initiatives. The Eagle and the Sheep River Health Trust has supported many great projects in the Foothills over the years. Join them at the Eagle on that day for hourly prizes, food trucks, a vendor market, along with displays showing support for the SRHT. The Eagle is located at 22 Elizabeth Street in Okotoks.

It's also that time of year for the Millarville Run to the Farmer's Market on June 17. Partnering with local charities and organizations, this fundraiser is very popular, and the bonus is that the Farmer's Market opens that day, so after your run you can relax with some breakfast and do some shopping and strolling. To register, donate, sponsor, or to find out more, please visit millarvillehalfmarathon.com.

It's National Indigenous People's Day on June 21. One famous Cree was Chief Maskepetoon (Broken Arm), who was born in 1807. He was the chief of a small Plains Cree band. Chief Maskepetoon went from a fierce warrior to a strong warrior of peace, and helped many Indigenous people during his time. He also was known to have met and spent time with President Andrew Jackson, and John Palliser the Explorer, and the Swiss Prince Maximilian. There is

untold amounts of history in our Indigenous Peoples, check out the Sheep River Library for reading material on this subject.

You have probably all seen the results of the brush fire we had on the northeast side of the highway between our two towns. It goes to show you how careful we must be with fire, as the wind can whip up at any moment and very quickly spread an ash into a major fire. Our hearts go out to Drayton Valley residents and all the other fires that have been burning out of control, and thank you to all the volunteer firefighters who rallied together to help. For up to date information on fires in our province, go to alberta.ca/wildfirestatus, and for road closures, call 511 Alberta. You can also sign up for emergency alerts at Alberta Emergency Alerts. Please have a grate over your firepit or burning barrel, don't throw your cigarette butts out the window, and when camping, make sure that fire is completely out before leaving or going to bed at night.

Turner Valley will be getting a set of traffic lights where the four way stop is now. And we welcome the new businesses in Diamond Valley, try to pop in and support our local businesses.

Happy Father's Day June 18, and if you have any news or events for the month of July, please drop me a line at elaine.w@telus.net. The deadline for this issue is June 15.

Elaine Wansleebe



Memory Cafe



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DIAMOND VALLEY PARADE DAY

Diamond Valley Parade Day will celebrate amalgamation

May 19, 2023 – The Town of Diamond Valley invites you to join in the excitement of the annual Diamond Valley Parade Day happening Saturday, June 3rd. This highly anticipated event promises a day filled with festivities and entertainment, and is a cherished tradition within the community; this year celebrating the 55th anniversary of the parade!

This year's theme, "Amalgamation Celebration", marks the first Diamond Valley Parade Day organized under the new united Town. Integral to the success of this year's event is the Town's partnership with BGC Foothills (Boys and Girls Club), who have taken on the coordination of the ever-popular parade. The Oilfields High School Leadership Program students and the Foothills Club are also contributing to the food and fun.

The day kicks off with a delicious pancake breakfast, hosted at the high school by the talented staff and students at Oilfields High, happening from 8am to 10am, or

while supplies last. Arrive early to indulge in a scrumptious meal that will fuel you for the day ahead.

At 9:30 am, roads along the parade route will be temporarily closed and rerouted in preparation for the start of the parade at 10 am. The parade makes a large loop around the vibrant community of Black Diamond, and promises a spectacle including vibrant musical performances, creatively decorated floats representing local community groups and businesses, as well as the charm of horseback riders and horse-drawn wagons.

Once the parade concludes, the festivities continue at Millennium Park in the Turner Valley community from 11am to 3pm. Diamond Valley Day offers exciting activities for residents and visitors of all ages. Delight in the bounce houses, engage with adorable animals in the petting zoo, get all dolled up at the face painting booth, make a splash at the dunk tank, explore the artisan market, savour delicious eats at the Lions Club barbecue, join in the action at the energetic dance party, and take part in the Jr. Firefighter Challenge hosted by the Diamond Valley Fire Department. This event is the perfect opportunity to meet up with family and friends, bask in the sun, and create lasting memories.

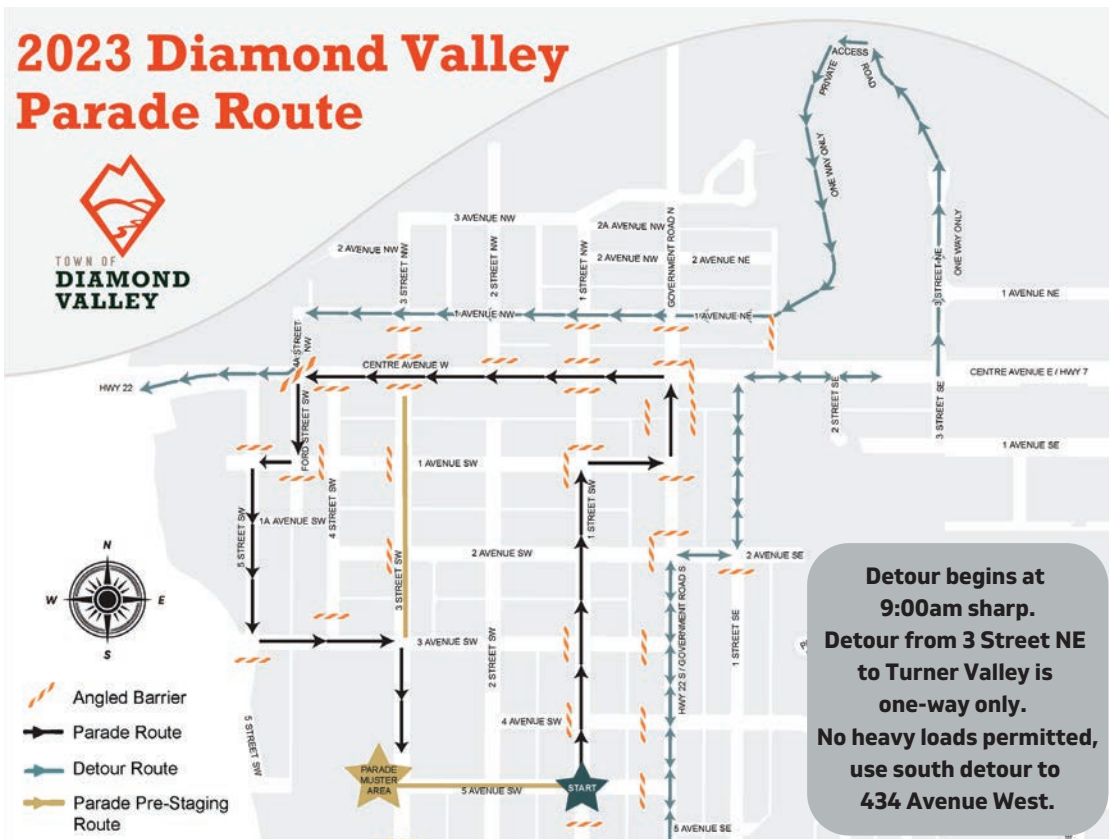
The celebration doesn't end there!

Various complimentary events are taking place throughout the Town, allowing everyone to find something that captures their interest. The annual Sheep River Library Book Sale, Valley Neighbours' Club Plant Sale, and the Sheep Creek Arts Council Bake Sale and Quilt Show are among the activities scheduled. Be sure to explore these events and discover the hidden gems of Diamond Valley.

BGC Foothills will be operating a free shuttle bus service between the Black Diamond and Turner Valley communities. Take time to visit the many great stores and restaurants offering outstanding shopping and dining experiences in our cool little Town.

There is still time to register to participate in the parade, register as a vendor, sponsor a portion of the event or be part of an amazing group of volunteers. The 55th year of the Diamond Valley Parade promises to be a true celebration of the community's spirit and creativity. Don't miss out on this cherished tradition that brings people together, showcases local talent, and fills the day with joy and entertainment.

For more information, visit our website www.diamondvalley.town.





FIRST TYSON MEMORIAL MUSIC FESTIVAL

The Diamond Valley Chamber of Commerce, in partnership with the Town of Diamond Valley, is excited to present the 1st ANNUAL IAN TYSON MEMORIAL MUSIC FESTIVAL - "FLY SPIRIT, FLY" to be staged at the Irma Joy Brown Park in the community of Black Diamond in Diamond Valley on July 30, 2023 from noon to 9pm (TBC).

Our goal is to bring together the community, tourists, and visitors from surrounding areas for a day of entertainment, fun, and local economic stimulation. We are placing the utmost importance on presenting a family-friendly, welcoming and accessible event, providing an outstanding fundraising opportunity for the Chamber, and spotlighting our community as a summer festival destination.

We have had the opportunity to book nationally-renowned musical acts to kick-off this homegrown event, setting the tone for a landmark annual music festival that honours the legacy of Ian Tyson, bringing festival-goers from all over the province to the Town of Diamond Valley. Our headline acts will be JOHN WORT HANNAM, recent winner of two Canadian Folk Music Awards, and Peter North's highly-acclaimed Ian Tyson tribute show known as "THE GIFT", featuring former members of both Ian Tyson's touring and studio recording groups.

SAM KING FROM RIDE THE VIBE, will be presenting his outstanding motorcycle stunt show and sure to WOW the crowd providing an element of unique excitement for the festival attendees, both children and adults alike.

To ensure our one-day festival is all-ages family-friendly, we are currently sourcing children's performers featuring colourful characters, music, and group sing-a-longs for the younger children, to begin the day, as well as roaming circus performers to circulate throughout the site.

For refreshments, we will have an open-air Beer Garden, featuring beverages from our local brewers and distilleries. As well, a variety of food and drink vendors, featuring the Big Burly Chef and others, with local artisan food offerings such as Black Sheep Coffee and Longview Jerky being provided with priority space and local business community members benefitting from a "no vendor fee" policy. If you are interested in getting more information regarding Food Vendor opportunities, please email the Chamber.

The event will be staged at the Irma Brown Joy Park, where our Canada Day Celebration was held in 2022, providing ample space for the various activities we have planned. We are confident that the festival will not only be an enjoyable experience for local residents, but attract many day-tourists to the area, coupled with the Foothills Lions Club Car Show happening in a different part of town. Going forward in coming years, we believe that the Chamber in partnership with the Town and local businesses could create an impactful annual festival, encompassing musical performances at other venues around town and in Longview, and potentially Priddis and Millarville, over a weekend creating great regional excitement that would be a valuable contribution to the local summer economy.

The majority of the festival labour will be covered by volunteers in exchange for festival entry, so if you are interested in helping us set-up, stage, and break-down within our various committees, please head to our DiamondValleyChamber.com website and fill out a Volunteer Application.

We believe that this event will have a lasting positive impact on the local community by attracting visitors to the area who are making the festival and the Lions Car show the primary reason for their day trip, with great retail opportunities for local businesses. We would expect to attract a minimum of 1000 attendees to the area for the day.

In addition to the economic benefits, increased tourism exposure spotlighting our newly-amalgamated community of Diamond Valley, the event will also provide a valuable opportunity for residents to come together to enjoy a day of entertainment in their "hometown", an event to be proud of.

Mailing Address: PO Box 61, Diamond Valley, Alberta T0L 2A0 / Email: DiamondValleyChamber@gmail.com Website: DiamondValleyChamber.com / Facebook: Diamond Valley Chamber

We are funding the festival start-up costs through our partnership with the Town of Diamond Valley, and through corporate sponsorships. If you are interested in learning more about Sponsorship Opportunities for this event which we anticipate will be receiving substantial media attention through radio, print, and social media and promotional channels, please email the Chamber.

While we don't have a definite date for our ticket release, please be advised that we will make the event affordable for families, and will be pre-releasing tickets for our local residents prior to the tickets going live on social media for purchase by the public. Please note that Chamber members will have the opportunity to purchase tickets at a reduced rate. Please follow us on Facebook and Instagram @DiamondValleyChamber, or visit our website to get regular updates.

We are committed to making this event a success, and we believe that we can achieve our goals enriching the reputation of the Diamond Valley and surrounding areas of Longview, Millarville, and Priddis in the "West & Wild", "Cowboy Trail", and "Cool Little Towns" traditions.

We are happy to answer any questions you may have, providing additional information as we progress. The Diamond Valley Chamber of Commerce looks forward to working with you to bring this event to Diamond Valley.

1st ANNUAL IAN TYSON MEMORIAL MUSIC FESTIVAL - "FLY SPIRIT, FLY" Sunday, July 30th, 2023 - Irma Joy Brown Park, Diamond Valley, Alberta



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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Where to find info on wildfires?

Although there is lots in the news about the wildfires in Alberta, there are some helpful resources that you may or may not be aware of. You can find the tally of wildfires, whether they are in control or out of control, and find their location. For those of us living in the West Foothills area, you may be interested in checking out the BC wildfire situation, since that also has a huge bearing on air quality for us. In case you are travelling, you can check road closures and conditions. As of the writing of this article, Foothills has upscaled to a "Fire Restriction", which calls for the extinguishing of any burn permits. You can see the latest fire status on the County's website homepage.

View these pages for the most up-to-date details:

<https://www.alberta.ca/emergency.aspx>

<https://www.alberta.ca/wildfire-status.aspx> (see map)

<https://511.alberta.ca/map#:MyRoutes>

<https://firesmoke.ca/forecasts/current/>

<https://wildfiresituation.nrs.gov.bc.ca/map>

Community Guide to Wildfire Smoke and Health: Foothills County and other partners collaborated with the Calgary Region Airshed Zone to produce this recently-released guide, which has been created to support communities during smoke and poor air quality events. The aim of the guide is to provide consistent Alberta-specific messaging, resources, and information to help organizations and citizens plan for and prepare for

wildfire smoke events. Topics include composition of wildfire smoke, monitoring, health effects, air quality health index, communication, air quality forecasts, at home, clean air spaces and resources. Find this guide and more air monitoring-related news and data, here: <https://craz.ca/>

RCMP & Highway 762 Update: Foothills County Council and Admin met with RCMP representatives on April 19, 2023. At this time, we were introduced to Don Racette, the new Staff Sergeant stationed at the Turner Valley RCMP Detachment. Barb and I had the opportunity to acquaint the new commanding officer with concerns about the continuing break-and-enters in the area, plus the increasing pressures and conflicts occurring on Highway 762. Since the public meetings and communications in 2022, there has been concerted effort of patrolling the highway. We look forward to the new commander continuing to make this a priority enforcement location. Since the April 2023 meeting, I have heard reports of the RCMP showing up on Hwy 762. Next, I hope to arrange a meeting with the new Staff Sergeant Racette and residents, over the summer. Will keep you posted about the meeting.

Please also note that "Mountie Moments", with stats and tips, continue to be authored by the Turner Valley (now Diamond Valley) RCMP Office and are shared through Foothills County and the High Country Rural Crime Watch via email, Facebook and websites. Also, a reminder that residents can call in situations to 9-1-1 as they are happening, or afterwards to share concerns through the 24/7 RCMP complaints line: 403.933.4262.

Foothills County – West Foothills Water Treatment Plant (WFWTP) Update: Upon review (in 2023) of the previous engineering studies and areas (near the West Foothills Water Treatment Plant, where interest in piped-water service has been identified), we share the following comments regarding a public system extension. Cost estimates remain the

same as previously calculated for the area directly north of the WFWTP, assuming there are two hook-ups per property, and all landowners are included in a local improvement project (tax). Due to the resident response regarding the price tag of approximately \$62,500, the County recognizes that there is a preference for the option of having a GRANT to reduce the cost of this public system extension. The County continues to search for grants. Once we see that there is a possibility of applying for a grant, when one becomes available, we will send a mailout to residents to determine interest and potential route(s).

2023 Community Activities 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 of you!

For Other News & Updates: Facebook: www.facebook.com/CouncillorSuzanneOel
Email: Suzanne.Oel@FoothillsCountyAB.ca

*With Best Regards,
Suzanne*

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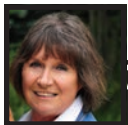
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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

June is a busy month for everyone. I hope you can make time for all the fun things happening around Foothills County.

Landfill and Resource and Recovery Centre (LLRC)

Landfill hours –Extended Hours will return again this year from May 1 to Oct 5, 2023.

Extended hours help reduce lineups at the landfill on Saturdays during our busiest months.

From May 1 – October 5, 2023, the landfill will be open Monday to Thursday 8:30 AM – 6:30 PM.

From 4:30 PM – 6:30 PM the landfill is closed to large commercial loads, so, the extended hours are only for household garbage and landscaping loads going to the Throw & Go or Bin Area. Friday and Saturday, the landfill runs normal hours of 8:30 AM – 4:30 PM during this period.

Regular hours of operation at Foothills County transfer stations:

Priddis Transfer Station
SE-29- 22-3- W5M (264 St. W. & 178 Ave)
Open Tuesday and Saturday from 10:00 a.m. to 4:00 p.m.

Diamond Valley Transfer Station
SE-17- 20-2- W5M (168 St. W & 402 Ave) west of Black Diamond
April 15 – Nov 15: Open Monday-Tuesday, Friday-Saturday from 10:00 a.m. – 4:00 p.m. During this period, branches, grass clippings, and leaves will also be accepted at the Diamond Valley Transfer Station

*Bags can be purchased at the Priddis transfer station for \$2 per bag. Bags for use at the transfer stations are also available

at Millarville General Store, Hi Ho and the Esso in Diamond Valley. Sale prices of bags at retailers is at the discretion of the retailers and may be more than \$2 per bag. Please note that these bags are only accepted at the Foothills County transfer stations in Priddis and Diamond Valley, if they are brought to the landfill, standard charges will still apply.

For more info: foothillslrrc.com/hours

Priddis & Millarville Fair Book

The Fair book is ready! You can start planning your entries. The Fair Book can be found around the community, online, or right at the MRAS office. Volunteers will take the books to places like the Millarville Store, Priddis Store, various shops, and venues in Millarville, Priddis, Diamond Valley, Okotoks, High River, Longview, etc.

Here is the online version:

www.millarvilleracetrack.com/wp-content/uploads/2022/05/2022-Fair-eBook.pdf

Millarville Horticultural Club Plant Sale

Thursday, June 1 from 7 p.m to 7:45 p.m.

Millarville Racetrack Quonset

Perennials, annuals, and surprises.

CASH only. All plants are from our Horticultural members. Rope drops at 7 p.m. Sharp.

Diamond Valley Parade

The parade starts at 10 a.m. on June 3.

For more information go to:
www.diamondvalley.town/477/Diamond-Valley-Parade-Day

Leighton Art Centre's 36th Annual Clothesline Art Sale

June 10: 10:00 AM - @ 4:00 PM

June 11: 10:00 AM - @ 4:00 PM

Welcome to Leighton Art Centre's 36th Annual Clothesline Art Sale!

Between 10 am and 4 pm on Saturday June 10th and Sunday June 11th, local artists will be set up outdoors, presenting

their original artworks for sale. Inside the Leightons' heritage home, you'll discover a wide selection of unframed art from our Clothesline Online Art Sale, and a great selection of art and fine craft throughout the gallery and shop. Bring the whole family (except Fido) and show your support for our local artists. Explore our 80-acre property, choose your favorite view, make some art en plein air and enjoy one of the best picnic spots in Alberta!

Admission by donation.

No smoking, alcohol, or dogs are allowed on the property.

** Don't miss our Clothesline Online Art Sale, at shop.leightoncentre.org, June 1 to June 30, 2023. **

Millarville "Run to the Farmers' Market" Half Marathon/Millarville Farmers' Market

On Saturday, June 17 the Farmers' Market opens at 9 a.m. and goes until 2 p.m. at the Millarville Racetrack

Entry is by donation. That same day you could witness the runners come into the market from the Half Marathon race.

On that same day, there is the long-awaited Grand Opening of the Millarville Agriculturally Themed Playground. The exact time was not available at the time of this Newsletter.

Millarville Races

DATE: JULY 1, 2023

TIME: GATES 10AM, RACES 12PM

GENERAL ADMISSION: \$16.50 (12 AND UNDER FREE)

Tickets can be purchased online at:

millarvilleracetrack.ticketspice.com/millarville-races-2023

Happy Fathers' Day on June 18th to all the fathers out there!!!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca



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DEWINTON

The De Winton Community Association (DCA) - A. Walter Turnbull Award - 2023

The A. Walter Turnbull Award was established by the De Winton Community Association (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 is presented to individuals and couples who have made significant and ongoing volunteer contributions within the community and the DCA.

Honoree names are listed on a plaque displayed at the De Winton Hall. Calls for nominations generally go out in advance of the AGM, with the Board reviewing and voting on nominations following the AGM.

On the evening of March 23, 55 members of our community joined together for an evening of fun at our Membership Appreciation Night. The highlight of the evening was when Alan Alger, DCA President, presented Dave and Joyce Metcalfe with the A. Walter Turnbull Award.

Dave and Joyce moved to the community in 1988, and right from the start, they were involved in volunteering in the area.

Since 1992, when Dave took over the "new" griddle duties from Gardy Shaw, he has been a fixture at the DCA's annual Canada Day breakfast. Every year, Dave provides the equipment, fuel and supplies to ensure that the pancake magic goes off without a hitch. Under his direction and guidance, volunteers work hard so that 400 hungry Canada Day celebrants get a belly full of pancakes and a smile on their face! Without Dave, either the pancakes wouldn't happen, or the cost to rent the equipment would put us in a large deficit.

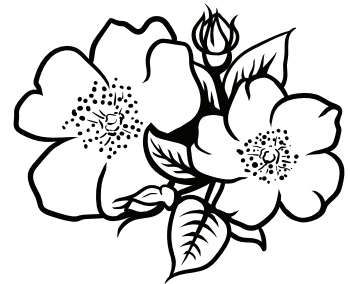
We're not quite sure what the connection is between Dave's career as an explosive's expert and pancakes, but we understand that the original griddle, that Dave volunteered with, was a monster that leaked and burned the legs of the people using it. We can only assume that this griddle instilled a level of self-preservation and a safety-first attitude that Dave utilized throughout his career!

Joyce was a volunteer at the Preschool during the years that their son Alan attended. Joyce was also the Secretary on the Board when the Hall burnt down.

After the firefighters left, she took it upon herself to rescue the water-logged records from the basement and laid them throughout their home to dry. If not for her efforts, important Hall records would have been lost forever.

Dave and Joyce have had a long history of volunteering with the DCA. They both regularly volunteered at the monthly dances and socials, as well as at casino fundraisers.

On behalf of the Board and Association, thank- you Dave and Joyce, for all you have contributed over the years to our community and to the DCA.



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(8 per pack)
3 packs of pork chops
(2 per pack)
1 package of smoked
farmers sausage
2 packs of smokies (4 per pack)
4 striploin steaks
4 rib steak

**15 lb Lean Ground
Beef Box - \$75.00**

1 Pound Packs

10 lb Porkchop Box - \$29.99

2 Chops per package



Paint and Sip Night

So much fun – again! On the evening of April 19, 16 budding Picassos come together for a fun night of painting and sipping some wine. Under the watchful eye of our painting muse Corey Baskin of Paint it! the group put together masterpiece after masterpiece, along with some good laughs and conversation. Thanks to all who attended.

DE WINTON COMMUNITY ASSOCIATION

**CANADA DAY
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De Winton Community Hall
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FOR FURTHER INFORMATION



DUANE HARDER

Will The Real Man Stand Up!

On June 18th we celebrate Father's Day. Unfortunately for many, it is a day when painful memories of childhood abuse resurface. Years ago, in a US prison for men, the inmates were given a choice of three cards: a Mother's Day card; a Father's Day card and a blank card. 85% of the inmates choose a Mother's Day card, 10% a blank card and 5% a Father's Day card. Unfortunately, the stats were similar for women inmates. The stats seem to indicate that we have a problem with the disappearance of manhood.

Years ago T S Elliot highlighted the problem in his poem *The Hollow Men*.

*We are the hollow men
We are the stuffed men
Leaning together
Headpiece filled with straw. Alas
Our dried voices when
We whisper together
Are quiet and meaningless
As wind in dried grass
Or rats' feet over broken glass
In our dry cellar*

*Shape without form, shade without colour,
Paralyzed force, gesture without motion;
Those who have crossed
With direct eyes, to death's other Kingdom
Remember us - if at all - not as lost
Violent souls, but only
As the hollow men
The stuffed men.*

*An Anthology of Verse Toronto Oxford
University Press, 1964*

Famed anthropologist, Margaret Mead stated: "Man's role is uncertain, undefined, and perhaps unnecessary. By a great effort man has hit upon a method of compensating himself for his basic inferiority."

Gilder in his book *Naked Nomads*, says the single man in general "is disposed to criminality, drugs, and violence. He is irresponsible about his debts, alcoholic, accident prone, and venereally diseased. Unless he can marry, he is often destined to a Hobbesian life - solitary, poor, nasty, brutish, and short."

If men want to come out of the shadows and have a voice that is more than a whisper, there are three idols that must be removed.

The idolization of success. Sports, entertainment, business, the arts, and a variety of other disciplines present our culture with multiple heroes. In one sense, those heroes are the idols we import into our lives. The character of the person is often over-shadowed by their achievement. While we recognize the discipline that is needed to "reach the podium" or win the championship, **it is important to realize that a person's inner life is really the measure of who they are.**

The idolization of strength. Back in Greek mythology, Zeus placed judgment on the lesser god, Atlas and assigned him the task of holding the earth in space. This feat of strength became the inspiration for an Italian "weakling" to develop a system of body- building that would catapult him to world fame. Until his death in 1972, Charles Atlas, alias Angelo Siciliano of Italy, was the model of human strength. He was the icon of male strength. **The real strength of a man is measured in his ability to acknowledge wrong and show kindness.**

The idolization of sex. Alfred Kinsey took sexuality from under the cloak of Victorian secrecy and made it common. Hugh Hefner appeared as the male liberator. He said, "I don't want my editors marrying anyone and getting a lot of foolish notions in their heads about "togetherness" home, family and all that jazz." Writer Myron Brenton called Playboy the "Bible of the beleaguered male." Tragically we want passion without care, privilege without commitment, and pleasure without chastity.

Real men are successful — but that success is not measured in position, power, or possession. It is measured in our ability to make others successful.

Real men are strong — they are men of principle who are like a steel peg in frozen ground. They will not bend, twist, or tamper with truth to accommodate their behavior. They use their strength to protect others from damaging philosophies.

Real men are sexual — They know that intimacy thrives within a framework of trust and transparency and is reserved for a relationship of covenant love.

Take your place as a real man and I'll see you at the top.

Duane Harder

STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the **TOP 3 THINGS** that make your plumbing repair more expensive than it needs to be.

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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COW PAT CRITTERS

There is more to a cow pat than meets the eye. Over 300 insect species can be found in cow dung on Canadian pastures; mating, eating dung, laying eggs, eating each other – all while providing valuable ecosystem services.

Dr. Kevin Floate, an Agriculture and Agri-Food Canada scientist at the Lethbridge Research and Development Centre, has developed the first comprehensive guide to discover and understand the dung-dwelling insects that provide big bug benefits. *Cow Patty Critters: A new guide on Canada's faecal friends* highlights the valuable pasture ecosystem services and insights into animal health that this often unsung community provides and a foundation for future studies.

To learn more about Dr. Floate's free, accessible and comprehensive guide about dung insects in Canada, read: **Cow Patty Critters: A new guide on Canada's faecal friends** - agriculture.canada.ca



Above: Dr Kevin Floate speaking to students
Credit Dr Cameron Goater U Lethbridge

Right: The dung beetle
Onthophagus nuchicornis



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HAVING THE TALK

Adhd Diagnosis – Now What?

When a child receives an ADHD diagnosis they often take home a prescription for medication and maybe a hand-out titled “What is ADHD”? That’s it. Rarely do they get a clear, fact-based explanation of what it means to them. As a result, many children, teens and parents feel confused, stigmatized and ashamed of the diagnosis.

How To Explain It To Your Child

Be positive in your approach. You may have to modify this general explanation of ADHD based on your child’s age and cognitive ability. The part in your forehead is the ‘operating system’ of your brain. It’s developing a few years slower than the rest of your brain. Everyone’s brain has things that are easier or harder to learn. If you’re playing Minecraft on a 2017 computer, it may be “glitchy” because it’s an older operating system. ADHD is kind of the same thing. The operating system of your brain is playing catch-up and makes it harder for the rest of your brain to do certain things. I know you can tell time, but feeling time is different. When you’re doing something you really enjoy, it might feel like you’ve only done it for a few minutes when you’ve actually been at it for half an hour. On the other hand, having to do something like take out the garbage actually only takes five minutes. For you it could feel like it could take half an hour because it’s not interesting.

Use Your “Brain Coach”

This is a term used for self-directed talk which does not come naturally to ADHD children when compared to their typically developed peers. Your brain coach is the voice in your brain that helps you get through things that are boring or difficult; to figure out what to do next; to identify what is a little, medium or big problem; to think about someone else’s thoughts before you say or do things. Have you ever yelled at your parents and realised afterwards that it was actually a small problem and then you feel bad afterwards? Your brain coach is like a YouTube video where you can see five seconds into the future. ADHD can turn its volume down.

Downside Of “Sugarcoating”

Be direct and help them to advocate for themselves. Most children will come to realise that ADHD is not a ‘super power’

or a ‘gift’, given the challenges it presents. A super power is not something you need or take medication in some instances for in order to manage your daily activities. However, I do acknowledge the ways that hyperfocusing and abundant creativity can be helpful.

How They Can Tell Their Peers

Give children the language to explain their ADHD. If not, they can turn it into negative, self-defeating comments onto themselves. The idea is to take the focus away from your child and to focus on their behaviour within the context. For example “my brain makes it hard for me to picture what I’m supposed to be doing and to pay attention to things that I’m not interested in.”

How To Tell Family And Friends

I often hear ADHD is just an excuse for bad parenting. This is false. Simply explain that ADHD is a neurodevelopmental condition. It means that the frontal lobe or the ‘self-control’ part of the brain is developing about three years behind the rest of the brain. You can’t speed up the development of the frontal lobe by being stricter, or by punishing, or by telling a child to try harder. If your child had autism (which is also a Neurodevelopmental condition), would others be saying this?

Sources:

Saline, S. & Markhaam, L. (2018). *What your ADHD Child Wishes You Knew*.
Price, S.E. (2015). *ADHD: How to Parent a Happy, Healthy Child With ADHD*.

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Foothills Youth Mental Wellness Summit

June 6, 2023 • 9 a.m.—3 p.m.

Foothills Centennial Centre, Okotoks

You are invited to a one-day summit to explore how to build community-based youth mental wellness hubs for youth in our community.

Our objectives are:

1. Build partnership and collaboration between youth serving partners.
2. Report on outcomes from last Summit.
3. Understand and create a plan to bridge the silos which exist in the communities of the Foothills.
4. Identify and expand on opportunities to build sustainable youth and family friendly settings and service in our communities.

Lunch will be provided. Please [RSVP](#) by May 23, 2023.

Bridging Our Silos

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MORTGAGE MATTERS by Candace Perko

What is best for you? Rent vs Buy ... or?

Should you rent or should you buy a home? It's a good question, but with no clear answer.

Upside to Buying

- Offers long-term benefits of security, equity and potential growth in personal wealth. Also, a home's equity value may appreciate over time - when it comes time to sell, you may earn a profit.
- A house is your legal property, which allows you greater freedom than a rental property. You can alter the property, including decor changes, landscaping and renovations, to suit your needs and your style.
- You have the option of becoming the Landlord by renting a portion of the house or the entire home. This allows you to generate income and help pay the mortgage.

Downside to Buying

- It's a big financial responsibility.
- There are additional costs to homeownership - taxes, insurance, and maintenance.
- You run the risk of not making any profit through resale.
- You are less mobile than a tenant.

Upside to Renting

- Flexibility. Renting requires no long-term commitment from a Tenant, and is the best option if you don't intend on staying in one place for a long time.
- As a Tenant, there is the possibility of living in an area in which you could not afford to buy.
- The only insurance you need is to cover your contents.

Downside to Renting

- You are bound by the rules of the lease agreement, which can impact the freedom to use or renovate the property.
- Renting offers no wealth creation or return on investment. You are helping to pay the Landlord's mortgage.

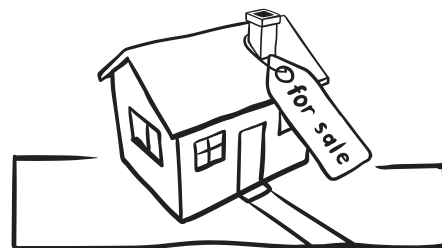
- You have no control over annual rent increases.
- There is no guarantee that a lease will be renewed when it expires.

Or ... Both, Rent to Own

A Rent-to-Own is a lease (regular rental agreement) plus an option agreement & deposit, which gives you the right (without obligation) to purchase the property within a specified period, usually 3 years or less, at a price or price formula agreed-upon today. The tenant/buyer pays fair market rent plus an additional rent premium, accumulating as down payment to be credited against the purchase price.

If you're thinking about buying a home in the new future, please reach out to your bank or favourite mortgage broker to discuss your options.

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OUT OF THE RUT

Chapter 154

I am so far out of the rut right now I'm positively cosmic. These past few years have been yet more wild adventures of strange and unexpected twists and turns, isolation, depression, revelation, sickness, health, crazy sleepless nights and wilder days tramping through our Canadian wilderness – long may it continue and don't pave the trails into the wilderness please.

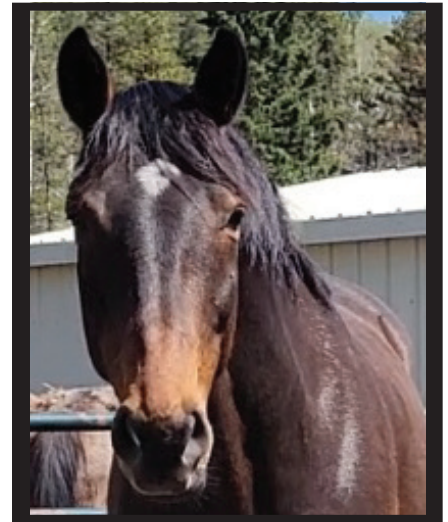
In order to preserve our health and sanity, we must preserve the wilderness around us. It has been shown time and time again that quiet solitude in nature's arms is the most healing place to be. This is an important thing to remember.

The universe, in its magical capacity to always throw the biggest cosmic curve balls, announced my return to full-on equestrian happiness last year. Diving into this work, my decades of experience with horses and with yoga and Thai Massage, with travel, people of all backgrounds and ages, and the ever-changing demands of our bodies and souls... all now meld together in an occasionally brilliantly powerful manner to help connect horses and humans in a more gentle, mutually respectful and fun-filled way.

Each day I find myself slowing down and seeing more. I am finding horses turn toward me and follow me for more of whatever it is flowing through to them. I am finding people blossom under the gentle spotlight of those juicy little "Ah-Ha!" moments as something clicks into place, or their four-legged partner suddenly offers something previously unattainable.

As I have recently been doing a lot of looking and test-riding in search of appropriate partners for clients, I am quite staggered at the number of horses out there. There are glorious horses all around, beautiful trail horses, kids ponies, jumping prospects, graceful dressage dancers, all-around rodeo magicians. The different styles of riding, harness, tack and turnout, the different approaches to each issue, all fascinating stuff and a never-ending source of new learning. Amid all this, the hard part is seeing the number of horses that are suffering the indignity of never being heard... this makes it a challenge at times to keep looking.

While taking on these challenges for others, something came across my desk I did not expect...and morphed into another gift from the universe; a challenge and a potentially life-changing partnership. I am now the extremely proud guardian of an enormously tall sport horse. He is a force indeed. He is simply, king. On introduction to our herd of large horses, he made a magnificent sight, exuding absolute self-confidence, such presence. The others, after



initial introductions, spurned his inclusion so he now begins to form his own new entourage before which he may hold court.

There are issues to be dealt with and a history that makes the future look even more interesting. My Cy. He's going to fill my heart, head and many hours of my time. Let's see what happens next.

Stay safe out there. Breathe like your life depends on it.

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HOW ABOUT SOME CHOCOLATE? by Andrea Kidd

Nobody had offered Bertie chocolate before. His mother had never allowed him to have chocolate. And quite right, too! Bertie was not quite seven years old. Obesity and diabetes are not good for anyone.

But one day, he was out with Stuart and Stuart said to him,

“How about some chocolate?”

‘Chocolate?’ said Bertie... Bertie looked at the trays of chocolate bars... He hesitated, and then made his choice - a bar of gold-wrapped Crunchie with peppermint-flavoured air holes.”¹

I met Bertie in the novel *The Importance of Being Seven*.

As I was washing dishes after reading about Bertie and his Dad, my mind drifted into the Twenty Third Psalm. This psalm is such a comfort! It’s like a bar of chocolate – exuding with the peace and contentment of having your deepest needs satisfied.

No danger threatens and all is right with the world.

That is, until you reach verse five. “You prepare a table for me in the presence of my enemies”! What would it feel like to be sitting down for a wonderful, delicious meal (or a bar of chocolate) with someone you were on the outs with?

I imagine gloating over the blessings poured out upon me by God while my enemy sits on the floor in the corner with a crust I throw in his direction. The imp inside me says, “Yeah! Hand him a glass of vinegar to wash it down.” But Jesus did not gloat. He sat at the same table with Judas and passed him good bread and good wine. Judas was included in the Last Supper with all the other friends. So, probably, the one I am not getting along with is sitting at the banqueting table with me, by my side, or facing me instead of watching me from the corner of the room.

But then, could I really relish the delicacies prepared for me with love? Or would I have a tight knot in my stomach and be unable to lift my head to look that person in the eye. Would I pick away at food, trying to swallow tasty morsels that had lost their appeal? No! I don’t want to go to such a banquet! I would rather stay away.

However, the banquet table referred to in Psalm 23 has been prepared for me by my Maker and Jesus has invited me to sit with Him. How can I refuse such an invitation?

Alexander McCall Smith, who wrote about Bertie, also thought about difficult relationships. Sometimes it is easier to make an enemy than a friend; it can happen without even trying.

He went on to say,

“How about some chocolate? It was not a complex phrase, but its power, its sheer, overwhelming sense of gift and possibility filled Bertie with awe. Well might more of us say these words to others, and more frequently – how healing would that prove to be. ‘Look, we’ve had our differences, but how about some chocolate?’ or: ‘I’m so sorry: how about some chocolate?’ Or simply: ‘Great to see you! How about some chocolate?’”²

I hope there is some chocolate at Jesus’ banqueting table, nice dark chocolate with almonds. I could pass the plate and say, “How about some chocolate?”

¹ McCall Smith, Alexander, *The Importance of Being Seven*, Vintage, Canada, 2012, p. 244.

² Ibid.

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DEAR DEER MICE

by Laura Griffin

With the arrival of June and the summer all sorts of mammals seem to reveal themselves out in the woods and fields, including humans. However, the most abundant wild mammal in this area is seldom seen outdoors due to its small size and nocturnal nature. That animal is the deer mouse. You may find up to twenty-two per two acres of these adorable little neighbours. They don't mind sharing their dens with their fellows or even other mice species. The only exception is a female with a fresh litter of pups (baby mice). But even she will let the father return after a few days to help clean and raise the young. He will even take them out on father-child foraging expeditions, another reason to think of deer mice in June near father's day.

A deer mouse is most recognized by its two-tone colouration of brownish grey on top and white underneath. I like to think of it as having recently walked through a puddle of milk. The colours are where its name come from as it resembles a deer. Other distinguishing features include the big beady black eyes and big round ears. Even those in the profession of removing mice from homes can admit that the deer mouse is cute. The tail, which is also two-toned, is at least half the size of its body or longer depending on the subspecies. This tail can also be semi-prehensile, meaning it can be used to help grab branches and grass blades while the mouse balances.

Deer mice are herbivores but can also eat insects. They will forage through the fields collecting up seeds and storing them in their cheek pouches before depositing them into their caches (the equivalent



Photo Credit: L Griffin

of a mouse pantry). They play a big role in moving the energy from the plants up into the food chain. Several predators rely on the abundance of deer mice to keep them healthy, from fish to squirrels to even bears. And they make up a large part of the nocturnal owl species' diet.

Now before you start welcoming the deer mouse into your house (where they often show up in the winter months) it should be noted that they can be transmitters of the Hantavirus, around 30 % are carriers. It is best to remove their access into your home and make sure you clean up any mouse dropping by wearing a mask and wetting the droppings first.

If you would like to catch a glimpse of the elusive, yet abundant neighbourhood deer mice then I would suggest doing a Seton Watch around dusk. This is where you find a comfortable spot to sit quietly and wait outside in a natural area. After several minutes the wildlife will begin to think of you as part of the scenery and slowly start to go about their business. You can often be rewarded for your patience by the sight of emerging deer mice and other small creatures heading out on their nightly forages from their nests. Deer mice are quite tolerant of human observers and will usually provide a good show. Happy Seton Watching.

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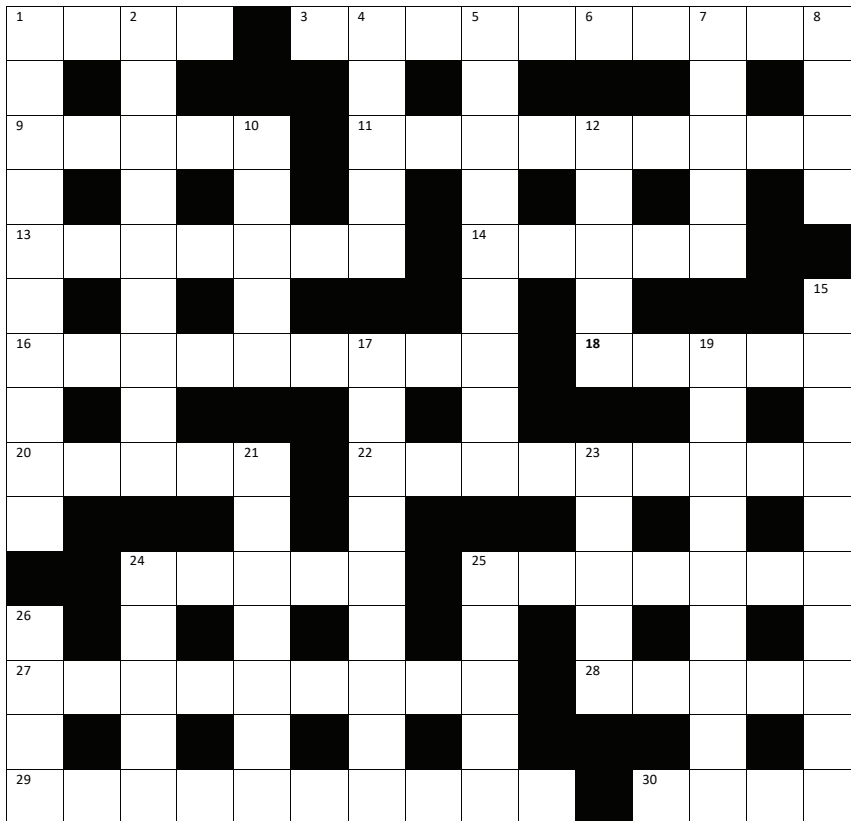
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Across:

1. Musical break for the others. (4)
3. It's pleasing on a short Sabbath to be getting right out of grilling. (10)
9. Impassive at first, secondly takes on irate countenance. (5)
11. Shopping location to the east can be flexible. (9)
13. Is this what one wears to court? (7)
14. Girl gives thanks at the beginning of a meal. (5)
16. 'til I scope out in letter form. (9)
18. Sense of style? (5)
20. Conservative and Liberal money exchange create a divide. (5)
22. Cheeky impudence I have half politely discovered at WW 1 battle site. (9)
24. Ian follows audio visual of all things aerial. (5)
25. I appear twice in badly but slightly burned illusion. (7)
27. Ruin race after hot storm. (9)
28. Endlessly tempt one to play at various speeds. (5)
29. Disease around Lent Bay characters puts players in quarantine area. (7,3)
30. Article about negative unknown author. (4)

Down:

1. Withstand difficulties about one found in quietude. (10)
2. Now with SE disturbed, this fairy-tale character appears. (4,5)
4. Let in myriad mittens. (5)
5. US soldier found in the Italian pub? That's irrational. (9)
7. How to permeate when I'm beginning University exams. (5)
8. Cultivated in the odd garden to the West. (4)
10. Cold oxidation forms earth's outermost shell. (5)
12. Former legislation is precise. (5)
15. Beginning of French portion surrounding four Romans. (10)
17. Fabled limb reportedly in Northern Ireland walled city. (9)
19. A cyclist? So, he says. (9)
21. Four or six Romans in an ordeal seems inconsequential. (7)
23. ID required to come up to one fool. (5)
24. Protective garment found at an aerodrome? (5)
25. Communist inside company affirms philosophy. (5)
26. Use an axe in each operation. (4)

Cryptic Crossword #24 By Jan Burney

Answers Down:
1. Resilience 2. Snow White 4. Admit 5. Illogical
7. Imbue 8. Grew 10. Crust 12. Exact 15. Derivation
17. Legendary 19. Spokesman 21. Trivial 23. Idiot
24. Apron 25. Credo 26. Chop

Answers Across:
1. Rest 3. Grace 11. Malleable 13. Lawsuit
14. Rest 16. Epistolic 18. Taste 20. Cleft 22. Gallipoli
24. Avian 25. Chimera 27. Hurricane 28. Temp 29.
Penalty Box 30. Anon

KIDS ZONE

KIDS!

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

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DID YOU KNOW?

June 1 is Dinosaur Day

We're celebrating this month with a dinosaur themed word search and by showing you this awesome painting of a dinosaur skull.

Cold Blooded Colossus

This 3ft x 3ft oil painting was created by Alayna Smith. Alayna is a 21-year-old artist based in the Calgary region. Living in Alberta has inspired Alayna with painting and drawing dinosaur skulls. She is building a growing audience on Instagram and recently launched an art shop on Etsy!

To see more of Alayna's work, go to the etsy and website links below.

www.alaynascreations.com

www.etsy.com/ca/shop/CreationsOfAlayna



Happy Dinosaur Day Word Search

| | |
|----------|-------------------|
| Reptile | Shovel |
| Fossil | Rock |
| Badlands | Meteor |
| T-rex | Skull |
| Teeth | Prey |
| Predator | Raptor |
| Eggs | Dino |
| Jurassic | Horns |
| Claw | Flora |
| Fauna | Roar |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| X | P | A | C | O | C | L | A | W | R | O | T | P | A | R |
| A | R | E | P | T | I | L | E | L | O | Y | F | V | B | O |
| Y | E | K | U | R | S | P | D | E | G | B | C | A | P | M |
| M | Y | A | E | T | S | H | O | V | E | L | X | O | R | S |
| F | A | U | N | A | A | M | R | L | N | R | P | O | E | A |
| R | E | W | S | S | R | P | D | I | N | O | L | F | D | U |
| P | E | M | R | H | U | L | S | D | K | C | U | L | A | R |
| H | B | E | M | S | J | A | F | E | E | K | N | U | T | L |
| I | H | T | E | E | T | P | L | O | S | S | I | M | O | L |
| N | R | E | G | G | R | L | O | V | S | I | P | T | R | E |
| G | L | O | V | A | E | K | R | L | L | S | C | V | L | R |
| R | E | R | O | M | X | H | A | C | F | A | I | L | O | G |
| E | G | R | B | N | D | S | S | E | L | C | U | L | C | H |
| A | G | P | Q | H | O | R | N | S | C | K | H | P | I | U |
| T | S | D | N | A | L | D | A | B | S | D | X | L | A | W |

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(East of Fish Creek Ranch Water Fill Station)

We are new owners of lot 2 at 194 Ave W, and we are reaching out to inform you about some important matters regarding restrictive covenants on the land. As we plan to initiate a home building project, we kindly request that all residents at 194 Ave W get in touch with us at your earliest convenience to discuss these covenants in detail.

It is crucial for us to engage in open communication and address any concerns or questions you have about the restrictive covenants. By working together, we can ensure that our plan align with the community guidelines and maintain the harmonious living environment we all value.

Please reach out to us using the contact information provided. We greatly appreciate your prompt response and cooperation in this matter.

Best regards,
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