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From The EDITOR

As we go to press, I wonder if we are going to need to evacuate, or will things be okay?! My closest experience with a forest fire was when managing a Sears Catalogue delivery in Salmon Arm during what was called the "Silver Creek Fire". It was an eerie experience working in a city and rural areas filled with smoke and some "no go zones".

It does force oneself to evaluate our possessions and make that call as to what

should be set at the door, and what should be left behind.

Our photos and possessions bring us a sense of security. They remind us of where we have been and life's journey. But regardless of the things we possess, our relationships are what matter most.

Being faced with the potential of a very serious situation, and only one way out of West Bragg Creek, I trust that this situation will give us the resolve to see full flood and fire emergency access resolved and the proper infrastructure put into place.

One can't put a price to human life. While on a rant, if I can put a plug into the Maclean Creek flood mitigation solution I will. What an ideal location for water access in the

event of another fire incident in the foothills area. Not to mention the recreational boost it would give the area, drought mitigation to downstream water users, and last but not least – flood mitigation.

There is a saying "the righteous sees the evil and hides himself".

One should never have a fear mentality as that can lead to paralysis, however, we should always weigh the hazard, and ensure the proper precautions within reason are in order. Preparing proactively is never a bad thing, especially if it comes to pass.

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca

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Bragg Creek 4-Way Stop Update

Another busy tourist season is upon us and our community and its visitors will continue to face the frustration of traffic backlogs and long lineups at the 4-Way Stop. People will continue to avoid the traffic congestion on weekends and holidays, further impairing our community's economic recovery following the 2013 flood.

The Bragg Creek Revitalization Committee (BCRC) has been continuously lobbying our local MLA (Cam Westhead), Alberta Transportation (Minister Brian Mason) and Rocky View County for almost 2 years in an attempt to have the 2 proposed traffic roundabouts funded and constructed (Alberta Transportation initially conducted a study of the 4 Way Stop some 6 years ago; in October, 2012). The BCRC's efforts are supported by the Bragg Creek & Area Chamber of Commerce and the Bragg Creek Community Association. Progress with

Alberta Transportation has been slow and, at times, frustrating.

Both Alberta Transportation and Rocky View acknowledge that the 4-Way Stop needs to be upgraded. In particular, Rocky View realizes the importance of a new intersection as a means to the sustainable revitalization of our community. This infrastructure project was specifically highlighted in the December 2015 Bragg Creek Revitalization Plan; which Plan was subsequently approved and adopted by Rocky View.

The BCRC has recently been advised by Rocky View that Alberta Transportation is moving forward to secure a design consultant that will finalize a cost estimate for the 2 roundabouts. Once the cost estimate is completed, a joint cost-sharing structure must be negotiated between Alberta Transportation and Rocky View (that time-frame is uncertain). Once this step has been completed, the proposed construction of the 2 roundabouts must be submitted by Rocky View into Alberta Transportation's 3-year Capital Plan. Construction cannot be physically commenced until this project receives Capital Budget approval under the 3-year Capital Plan.

While the BCRC acknowledges that Capital Budget approvals between the 2 different levels of government can be cumbersome, it goes without saying that this road

infrastructure project has not received the level of urgency that it deserves. It has been 6 years since the initial study identified the 2-roundabout solution for Bragg Creek. Now, a joint cost-sharing arrangement needs to be negotiated. Then, the project must go through the 3-year Capital Budget approval process.

The BCRC respectfully submits to Alberta Transportation that the residents of Bragg Creek and surrounding areas are growing weary of the lack of urgency being placed on this vital road infrastructure project by the Alberta Government. In the absence of any meaningful and timely progress, voters will have the opportunity to act accordingly come the Provincial election in 2019.

The BCRC strongly encourages all users of the 4-Way Stop to directly contact the Minister of Transportation (Honourable Brian Mason; email: edmonton.highlandsnorwood@assembly.ab.ca, phone: 1-780-427-5041) and the local MLA (Cam Westhead; email: banff.cochrane@assembly.ab.ca, phone toll free: 1-866-760-4513) expressing your concern regarding the lack of urgency by the Alberta Government in the funding and construction of the 2 proposed roundabouts.

*Michael Shea
Chairman of the
Infrastructure Sub-Committee
Bragg Creek Revitalization Committee*

Through A Dog's Eyes

Spring has sprung, and with the nice weather, we all like to get outside more. For those of us with dogs, that means taking them along for outdoor activities or just taking them out for a nice long walk.

We want to make these outings as enjoyable as possible, and many believe an off-leash romp and run is an excellent activity for our dogs to burn off some excess energy. While there's no doubt a good freewheeling outing is a fun time for both our dogs and us, enjoyment of the outdoors and safety for everyone around us should be our priority.

Not everyone loves our dogs as much as we do. Some people are afraid of dogs and don't appreciate off-leash dogs running up to them. Some dogs are also afraid of other dogs, and they don't enjoy off-leash dogs running up to them either.

For everyone involved, we need to keep our dogs under control, and we need to respect other people's personal space while we're out and about. After all, everyone deserves to be outside and enjoying themselves in their chosen way.

Unless we're in an area that allows off-leash dogs, a dog park, for example, having our dogs leashed is not only the respectful thing to do - it is the safest thing to do.

I love dogs. Dogs are my life, but even I do not appreciate dogs I don't know running up to me, and I especially don't appreciate it when I have my own dogs with me. I've worked with sensitive and fearful dogs for my entire career in dog behaviour and training, and I am abundantly aware of how quickly - a split second - things can change in a dog's mind.

In today's society, there are more and more dogs who are not confident or well socialised. In fact, fearful dogs are becoming almost an epidemic around the world. Backyard breeders and puppy mills are more prevalent nowadays, and thousands of poorly bred puppies and dogs are available on Kijiji and Craigs List each and every day.

Dogs are highly social animals, and they have chosen to live among us. They are also highly intelligent animals, but we need to remember - they are still animals. Animals see the world and the activities going on around us more in black and white than the million shades of grey we humans perceive in life.

A dog is more likely to see a situation as either safe or not safe, and they need to remember what's safe and what's not - forever - or the result (from the animal's perspective) could be a loss of life.

Many behaviour issues affecting our dog's welfare can be attributed to stress and fear.

Just like in humans, many attribute aggressive displays as signs of strength and character. In reality - those displays are an expression of feeling unsafe or feeling threatened. A confident and well-adapted person or dog rarely needs to resort to aggression, but when animals are anxious and/or afraid, they will use whichever tactic, flight or fight, that will 'work', and feeling safe again is their number one priority.

According to Roger Abrantes, PhD, Evolutionary Biology and Ethology, the need to feel safe is more important to health and survival (for every living being on earth) even over food and water.

So please, when you're out with your dog(s) keep them under control with a leash. Your dog may be the most friendly and social dog in the world, but there are many, many out there who are not, and it's those dogs, and their people, who will suffer in the long run.

Dealing with behaviour problems in dogs who have come to believe their environment is not safe can be a long, hard road. Many of those problems can be prevented - just by keeping our own dogs under control with a standard 6' leash, so they're not infringing on others, people or animals, and creating problems that someone else will end up taking home to have to deal with.

*Lorraine Brown, ISCP.Dip.Canine.Prac
Canine Behaviour Practitioner*

MLA Update *Chestermere/Rockyview*

By Leela Sharon Aheer, MLA

Hello High Country News readers! It is fascinating, at least to me, how fast our world changes around us. I know that sounds strange, as we all know that. We notice that our loved ones grow up, graduate, get married, have children, and we have dear family members and friends pass on leaving behind memories and hopefully books of pictures that will give our future generations insight into who we were, and why we did what we did. I genuinely want to understand what this snapshot in time in Alberta will look like to us in a few years. I wonder how often governments that are in power look at their recent history, as a snap shot and I wonder if they are able to recognize that puzzle they have created and their attempts to put all the broken pieces back together do not add up, and sometimes cause significant grief not only to the magnificent people of this province, but moreover to future generations. My assumption is that every person who has been elected has good intentions, myself included. The question is for me everyday, can I look at my family and my communities and know that I tried to do what was in their best interests. This brings me to pipelines of course. Did you ever think in your lifetime that you would know the names of pipelines, their contents, their destination and how the success of a pipeline is tied directly to the success and prosperity of our country? The silver lining of all this discussion is that we are all a little more engaged than we once were. This alone is a win in my eyes. Our children will be better educated on this file and it (at least in my house) becomes table conversation, or lunchtime conversation with our friends at work. Those conversations become rallies and the voices of the people become impossible for governments to ignore. This in itself is amazing. The voices of the prairies, and those of the folks in BC are starting to go from a low buzz to a roar. This is truly powerful and we should never forget as the electorate how powerful our voices are. The pipelines are attacked

because the negative rhetoric around them has been allowed to be the dominant voice. What will our grandchildren learn about this event, and this time in Alberta and Canada's history? Vancouver Mayor Gregor Robertson believes that Canada should "get off fossil fuels", and truly believes that our resource industry only brings in in his words "a tiny fraction of the overall economy and job count" (the Vancouver Province, Kenneth Green and Elmira Aliakbari, May 13, 2018). The voices of Canadians will soon prove this to be the wrong direction as we see increased support for pipelines in BC and in all provinces. And just to be clear, the energy industry through direct and indirect jobs employs almost a million people, and that includes many First Nations peoples as well. Kenneth Green and Elmira Aliakbari go on to explain that our resource industry brought in 19 billion dollars in revenue and accounts for 18% of Canada's exports. We here in Alberta have paid over 220 billion more to the federal governments than we have received back. This province, its access to tidewater, and the new and improved pipelines are a little more than just a job creator. This is about our prosperity, our identity as the cleanest producers in the world. Now suddenly as the puzzle starts to take form we see that our government is now going to use your hard earned tax dollars to buy a pipeline that until a month ago was funded by the private sector with no actual cost to you and I. What politically motivates delays and decisions like this? I wish I knew. Why would both our provincial and federal governments pay for a project that simply takes the OK from our Prime Minister? Kinder Morgan has already been approved. What is going on? This is creating instability, and we are showing to the world that we are unable to keep our promises. There is no strong leadership, and so the world shrugs its shoulders and looks for somewhere else to operate, and those jurisdictions are waiting with open arms, less regulatory burden, worse environmental records, and in many cases atrocious human rights records. This is what "carbon leakage" will buy us. Carbon leakage simply means that if we are not allowed to sell our clean, ethical, energy resources to the world somebody else will certainly do it. The views of the environmental movement and the targeting of the Oil Sands, the hiring of anti-oil activists by our own

Alberta Government just over a year ago, and the Prime Minister's desire to be seen globally as some sort of environmental savior has destroyed 2 pipelines to tidewater: Northern Gateway and Energy East, and delayed Keystone. The potential tanker ban just seals the deal. The Federal Government is being sued by First Nations who argue, correctly, that this tanker ban shuts them out of hundreds of millions of dollars in economic benefits and employment opportunities for their children. Even more confusing is the Federal Government's willingness to allow Premier John Horgan of B.C. to run roughshod over the Constitution and clear Federal authority. The Federal Government needs to stand up for this country and this province. Watch out, folks. Alberta is just the test case, and to those in our country who think they are immune from these destructive policies, beware, you are next on the activists' lists, and you might want to get in the fight now, because your turn is coming. Its just a matter of when. As always we love to hear from you

As always we love to hear from you.



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MLA Update

Banff/Cochrane

By Cam Westhead, MLA

What would you say if your MLA didn't show up for work?

Every four years or so, Albertans go to the polls to elect MLAs to represent their interests in the legislature. Political parties and candidates put forward platforms on which they intend to govern if elected. This is an essential part of our democracy. But democracy doesn't just happen during elections. Each time MLAs engage in debate and vote on legislation, they are participating in the democratic process of representing their constituents.

That's why I was so utterly disappointed that, even before debate began on Bill 9, the Protecting Choice for Women Accessing Health Care Act, UCP leader Jason Kenney and his caucus walked away from debating and voting on this important piece of legislation.

Bill 9 would safeguard women who choose to access abortion services, as well as abortion clinic staff, from protests, interference, bullying and intimidation. The bottom line is women should feel safe when choosing any legal health service in Alberta, including abortion. That's what this bill is about.

I know constituents in Banff-Cochrane — and for that matter all Albertans — work hard to earn their paycheques, and they rightly expect and deserve politicians who will do the same. Agree or disagree with how your MLA votes, they are elected to do a job and show up for work. It's a responsibility I take seriously and one reason why I was appointed as the Deputy Whip for the government caucus.

The Official Opposition plays a critical role in our democracy: holding the government to account and representing dissenting voices to government legislation. In one fell swoop, Jason Kenney and the entire UCP caucus have not only turned their backs on the rights of women to safely access legal healthcare services, they have also shrugged off their democratic duty to represent their constituents. And it's not the first time.

Not just once but twice, the UCP voted against additional funding to fight rural crime. In early March, we announced a \$10-million, seven-point action plan to combat rural crime. This strategy was developed alongside our partners at the RCMP, who work day in and day out to keep us safe. It puts more crime-fighting tools in the hands of law-enforcement agents and more boots on the ground, which I wrote about in detail in the April edition of High Country News.

We will not turn our backs on our front-line officers and rural Albertans as the UCP has

done. UCP members talk about this issue, but when it comes time to vote, they don't vote to support our RCMP officers or rural Albertans. And when it comes to women's rights, they don't even show up to work.

I take my job as MLA for Banff-Cochrane seriously. You put your trust in me to not only show up to work, but to also fight for good jobs, pipelines, health care, and education. I won't let you down. I meet regularly with constituents in my office and across the constituency to learn about your priorities, like addressing rural crime. As always, I welcome your input and look forward to hearing from you.o.

Sincerely,

Cam Westhead

MLA for Banff-Cochrane

CAM WESTHEAD Banff-Cochrane MLA

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Finance 101 For Women: Part 1

Today we start a two-part series on women and finance.

Women today are playing financial catch-up and they're winning. Whether young and starting their first jobs; re-entering the job market; or recently widowed, women are starting to prepare for their first entrée into the world of investments, insurance and taxes. They're learning that if they want to travel the road to financial security, they had better learn to map the trip themselves.

Why is financial independence so important? Unfortunately, most women still leave the investing responsibilities to their husbands, or even worse, face a crisis before they start taking the reins, leaving them unprepared to handle their financial affairs. According to a Business Week article "Ninety percent of all women, either through divorce, widowhood, or because they have never married, will be in charge of their own finances at some point in their life."

Women are in a unique financial situation. They usually earn less and live longer than men. In addition, they haven't been taught to take control of their money. Women typically make 60% to 80% of what men earn to do the same job, take more time off to raise a family, which cuts into their pension savings, and on average live seven (7) years longer than men. For women, this makes taking control of their financial situation even more essential.

Mistakes some women make in their approach to managing money:

1. "I don't know where to begin," is a common theme that I hear all too often. A number of women, especially those in their 50s and older, never learned about money. Many are not successful with their financial planning, because of outright terror of money topics and the mistaken impression that 'everyone knows more than I do.'

2. The "Prince Charming" myth. Historically, women have tended to abdicate responsibility to their husbands, a male family member, etc. They do this as opposed to taking responsibility for their finances by seeking professional financial advice.

3. Women tend to be savers, less willing to take risks. Men invest to grow their principal; women, on the other hand, invest to protect it. As a result, they often don't get the kind of returns they need to build wealth. There is some good news though: Once women start investing, they tend to trade less than men and consequently may earn higher returns.

A man typically buys life insurance to protect his family, replace lost income if he dies, provide for his own retirement security, etc. Life insurance pays off mortgages, funds college educations if the income earner can't

be there. It can guarantee that the spouse won't have to sell the home or otherwise suffer a severe drop in standard of living. The decision to purchase insurance reflects a loving commitment to family and recognition of the need to meet other financial responsibilities.

Why do women buy life insurance? For those very same reasons! Life insurance has always been one of the most cost effective ways for men and women to protect their loved ones in the event that anything should happen to them — as well as provide for their own futures.

But there is a problem. Historically, women were almost never adequately insured. Women are listed as the life insured on just 29 percent of policies purchased. More telling: Coverage on women accounted for just 15 percent of the total dollar amount of protection.

In Next Month's Issue

Next month we will cover ten steps that women can use to build wealth.

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

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Bragg Creek Artisans

Well, aren't we all glad that the beautiful summer weather is finally here?! The Bragg Creek Artisans take the time to enjoy the nice weather where we all have more opportunities to be outside and exploring our natural habitat, always looking for new things to inspire us. So our next meeting, Wednesday June 7th, 7pm at the Community Centre, will be our last one until we reconvene Wednesday September 5th. I'm not sure yet what amazing workshops we will be participating in for the fall, but you can stay connected to us via our Facebook Page at www.facebook.com/braggcreekartisans.

We look forward to visiting with you at our June meeting and staying connected over the summer months on Facebook.

by Artisan
Jeri Kerluke



Chamber Update

I would like to share with you a couple of updates within our business community.

The new chamber website is now live. Please visit www.braggcreekchamber.com

A big thank you to the wonderful work Michele has co-ordinated with Good Company. If you see any information about your business that needs to be updated please email us at office@braggcreekchamber.com

Mobile Visitor Information Centre

We have hired Isabella Pilz (Izzy) again this summer to run our new mobile visitor information centre.

She will be cycling around in the community, West Bragg Creek Parking area, and the Provincial Park handing out information on the local businesses, and answering general questions as to the local services and amenities of our local community. Izzy has a great personality for the work, and has already engaged with both the visitors and local establishments to get information to our guests.

Thanks to Charlie, Suzanne, and Jen in their efforts to get this grant funded initiative going.

Join us for our last meeting before we break for the summer at the Country Wood on June the 20th (3rd Wednesday of the month) for updates, envisionment, great time of networking and refreshments catered by one of our local restaurants.

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PROFILE

Born and raised in Regina, Saskatchewan, making art was a large part of Deanna's life as long as she can remember. She graduated in 1994 with distinction from the Alberta College of Art & Design (ACAD), in Calgary, where she majored in printmaking. In 2002, she achieved her Bachelor of Fine Arts from ACAD. Deanna's work has been included in exhibitions and collections in Canada, Australia and New Zealand.

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A Brief History

(compiled by Fay Hodson and Joan Fileccia based on the writings of Joan Merryfield, archives, interviews with and feedback from members including Bob Treacy, Wendy Mahtoy, Lauchie Fleming)

Roots of the Bragg Creek Painters go back 40+ years, to a weekly, informal gathering of three local painters. Patricia Barnes, Ida Shoults, and Joan Merryfield, painted in oils and watercolour, exchanged ideas and knowledge, and jokingly

called themselves the “Group of Three.” Their first show, 1976 in the Shoults’ Bragg Creek garden, was so well received that Sig Bradshaw proposed a larger group – one to encompass many artistic interests of local residents: painting, ceramics, weaving, singing, performing arts, etc. Thus, was the Bragg Creek Artisans formed. The Painters, as with several groups in the Artisans, were integral to community development, contributing to building the original Community Hall.

Over time, the number of painters increased. The Painters became an offshoot of the Artisans in 1984 and subsequently known as the Bragg Creek Painters. Meetings, sales and shows were held in venues, such as the Redwood Meadows Community Hall and the Snowbird’s Chalet. Membership varied at times from 20 to 30 participants of varying levels of skill. Our current core of long-term members includes some who were with the group at inception.

Members organized workshops and plein air sessions, sometimes enlisting instructors. Most

importantly, we drew upon the support and wealth of knowledge within our membership. To cite a few examples: Stan Perrott, retired from heading the Alberta College of Art, generously shared his knowledge and insight honed by years of experience teaching art students; Elaine and Lauchie Fleming, professional painters and owners of an art gallery in Canmore, offered advice about techniques and marketing; Bob Treacy, Joan Merryfield, and Jackie Robinson graciously shared their love of painting and kept us aware of how important the arts are for us as individuals and for our community. The list is too long to acknowledge everyone’s important contributions – our sincere thanks to all.

A common love of painting brought us together, peers and mentors, learning and benefitting in a strong social network. All good things have their time. Therefore, we have decided that to hold one last show and sale.

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Small Town Breeds Big Ideas

Is Bragg Creek an idea hub of talent? Kurt Archer thinks, maybe so. He grew up in the town, and is now the co-chair for the 9th Annual TEDxYYC, an independently organized TED event in Calgary.

"The big thing is – ideas worth spreading. So, we have a wide diversity of speakers. From Indigenous art to artificial intelligence – and so many issues in between," he says. "It's an event to hear everyone explore, connect and discuss topics that aren't in the mainstream."

TED stands for Technology, Entertainment and Design, and began as a conference to promote ideas in those areas. Now, it's expanded globally, and is best known for TED Talks, or short topical discussions.

Archer isn't the only Bragg Creek connection to the Calgary event.

Speaker Eric Jardine also grew up there, and plans to discuss the dark web in his presentation, asking the audience – how much do you really know about cybercrime? Bragg Creek resident Timothy Harder sits on the TEDxYYC board, and a

former speaker, Dr. Breanne Everett, was also raised in the small town.

TEDxYYC is June 22 at the Jack Singer Concert Hall at Arts Commons in Calgary. Tickets are still available at tedxyyc.ca.



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Bragg Creek Gets A Taste of South Korea

The new owners of Creekers Bistro in Bragg Creek have brought the flavours of South Korea with them. Sean Cho and his wife June Kim took over the restaurant in March. Since then, they've slowly introduced some new dishes, while keeping around some old favourites.

"We're working thirteen hours a day, but we're still excited," Cho says. He's hired a chef with more than ten years of experience cooking Korean food, and hopes guests will enjoy specialties like their new k-pork wrap – spicy marinated pork, veggies, rice and a sauce of your choice, all rolled in a tortilla.

But Cho and Kim's recipe for success may go well beyond their ingredients. Their goal is to "make guests happy," and to get to know them on a personal level. "I feel more at home here. The nice people give us motivation to provide good service and food," Cho says with a wide smile.

You can get a k-pork wrap with a smile on the side from 9:00 to 8:00 every day at Creekers, except Sunday when they close at 5:00. They serve breakfast, lunch and dinner; as well as refrigerated grab-and-go snacks.

Faith McLean, HCN Staff
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Upper Crossed Syndrome

If you happen to have read my article a few months ago about Lower Crossed Syndrome, this may be a bit familiar to you! The Upper Crossed Syndrome (UCS) is very much the same concept, but in the upper body.

This is a common muscle imbalance pattern we see in the neck, shoulder and chest area. The pattern is characterized by a forward head posture and rounding of the shoulders. Common symptoms may be stiffness and pain in the neck, headaches, tension along the shoulders, sore upper back, and reduced shoulder range of motion. It may also present with neurological symptoms such as tingling or pins and needles to the arms, hands and fingers.

There are some common issues that can arise from chronic Upper Crossed Syndrome. These may be decreased lung capacity, muscular trigger points, rotator cuff strains, migraine or tension headaches, and referred symptoms to arms and hands from nerve compression or impingement.

Upper Crossed Syndrome is most commonly found in individuals who work at a desk or who sit for prolonged periods of time and continually exhibit poor postural habits. In this postural position, the muscles at the back of the neck and the front of the chest get tight, as we sit with our shoulders rounded forward. The tight muscles at the back of our neck and upper shoulders are the upper trapezius and levator scapulae. Along our chest area, the pectoral muscles are tight and shortened from rounding the shoulders forward. This leaves our anterior neck muscles (the deep neck flexors) and the upper back muscles (lower trapezius, serratus anterior) to become lengthened and weak. This pattern of imbalance can create joint dysfunctions in our neck and thoracic joints. There are some key areas of our body that are most affected. These

may be C1-2, C4-C5, the cervicothoracic joint (C7-T1), the glenohumeral joint (the shoulder) and the T4-T5 segment.

Ergonomics in your home or office is integral to alleviating some of these issues. A great place to start is setting up your office area properly. Here are some tips on proper ergonomics when using a computer:

1. The top of the monitor should be positioned at or just below eye level. Your eyes should look directly forward, often 2-3" below the top of the monitor. It should be positioned roughly an arms length away.
2. Increase the font, adjust the lighting and sit squarely in front of the screen.
3. The keyboard should be at a level such that your elbows are bent at 90 degrees, shoulders are slightly back and wrists remain in neutral.
4. The feet should be planted on the ground, hips (90-120 degrees) and knees at 90 degrees and the back erect and supported.
5. Move around frequently – aim for every 30 minutes.

Treatment for UCS is generally to stretch what is tight and strengthen what is weak! However, if this pattern of imbalance has been chronic, there will undoubtedly be trigger points in muscles that may need deep tissue massage, acupuncture / IMS or active release techniques. If there are joint dysfunctions (stiff, "stuck" joints) manual therapy, joint mobilizations and myofascial release can be beneficial. Other modalities such as acupuncture, TENS, and ultrasound may help to diminish painful symptoms, speed healing and decrease radiating pain symptoms.

Here are a few exercises that can help get you started:

1. Doorway Stretch – stand in the middle of a doorway with one arm on each side of the frame. Stagger your feet to protect your lower back, slightly tuck your chin down and lean through the doorway feeling a nice stretch across your chest.

2. Neck Stretches – for the upper trapezius muscle, drop your chin slightly and let your ear side bend towards your shoulder. For the levator scapula muscle, look down towards your armpit area.

3. Wall stand – stand with your back up against the wall. Try to rest your lower back, shoulder blades and back of your head against the wall. Slightly tuck your chin, which will help to strengthen your deep neck flexor muscles. How long can you hold this position?

4. Seated row – tie an elastic theraband onto a doorknob and hold an end in each hand. Sitting up tall in a chair, shoulders down, arms outstretched in front of you. Like a row motion, pull your arms back (as if trying to touch your elbows behind your back) and feel your shoulder blades squeeze together. Repeat 10x. Keep your shoulders away from your ears!

5. Roller – have you ever rolled on a foam roller? It's medicine for your neck and lower back! Place a roller on the floor, perpendicular to you. Lay onto the roller at your mid back, support your head in your hands and lift your hips up off the floor (knees are bent). Slowly roll along the roller from the top of your shoulders to the mid back (avoid rolling onto your lower back)

All of these exercises are best taught with some guidance and technique. If you think you may have UCS or suffer from any of the symptoms above, it is best to be properly assessed by a physiotherapist who can help you identify the cause and teach you the best techniques for your body. If any of these exercise tips worsen your symptoms, please stop and book yourself an appointment! We would love to help.

*Jennifer Gordon (BSc.PT, ACFI, BA Kin)
Physiotherapist, Bragg Creek Physiotherapy
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Redwood Meadows Update

Council Update: In May Council met once again, May 1st and facilitated the Annual General Meeting on May 15th. Council would like to announce that Neil Thornton resigned from his position on Council on May 1st. Council has opened nominations to replace the two vacant positions via a by-election. Nomination forms will be accepted until June 4th and forms are available at the Townsite Office. The Annual General Meeting was held on May 15th at Redwood House. There were enough residents to meet quorum, and as such the Audit was passed via motion for 2017.

Infrastructure: The Lift Station that has been scheduled for install since the fall of 2017 is finally operational, just in time for our high water season. A big thank you to our Operations Manager Rocky, for toughing it out and seeing the project come to fruition. There are 5 main infrastructure projects scheduled for this year. Councilor Allen will be overseeing the rehabilitation of our skating rink, the building of our new maintenance building, the changing over of our street lights to LED bulbs, security camera installation at the Townsite entrances, and the improvement of our drinking water intake system.

Emergency Services: The Emergency Preparedness Training Day was held on May 26th. Training was a cooperative effort between Townsite volunteers, our emergency services department, and other emergency services partner agencies. Training was primarily on our tiger berm equipment, a temporary and portable flood barrier that the Townsite owns.

Our Townsite Operations Manager is keeping a close watch on the river for high water and the spring melt for our community's safety. There are daily and weekly updates given to our Townsite Manager and to Town Council.

The speed sign purchased by the Townsite is now operational and is in use in our community. Residents are reminded that the speed limit is 30km per hour. Slow down, be safe, and share the roadways with all our residents.

Financial: The Audit for 2017 was presented and approved at our AGM on May 15th. Copies of the Audit can be obtained at the Townsite Office.

Communications: Our Emergency Services Open house was held on May 12th. A big thanks to those who came out and presented and those residents who attended.

Redwood Meadows is pleased to announce the awarding of 13 scholarships to 13 community members of Tsuut'ina Nation. A luncheon was held on May 23rd at the Grey Eagle Casino to award the scholarships. A big thank you to our Indigenous Awareness Committee for the work they did in making this happen.

Lease Updates: As the lease negotiations move forward the agreed upon negotiations

will be based on four main pillars: the Stewardship Agreement, Taxation, infrastructure, and valuation and finance. To support these pillars and their related discussions a preliminary appraisal and a phase I Environmental Assessment has been completed and the reports will be available in Late June or early July. Both these reports were cost shared equally between the Nation and Townsite. Other areas that are being addressed and collaboratively worked on through this process is the ongoing relationship Building with the Nation, Public Safety & Emergency Management, mutual agreement on Flood Mitigation and the position on SR1, the Scholarship Program (as mentioned above), June 21 - National Aboriginal Day, and the annual Powwow July 27-29. By having a collaborative working and trusting relationship both parties are moving forward with clear target dates and achieving the required key milestones.

If you want further updates, please come out to the Lease Information Nights. This is a chance for our LAWG group and Town Council to inform residents in person, and to answer any questions. The next Lease Information Night will be on posted on our website and community boards in the near future.

Council Meetings: Council meetings are held on the first and third Tuesday of every month at 7pm at Redwood House. Meeting agendas are available to the community on the Redwood Meadows website prior to the Council meeting. If there is an agenda item that you would like added, please forward this to Julia, our Townsite Manager, on/by the Friday before the scheduled Council meeting.

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Bragg Creek Local Receives Digital Short Film Grant

Emily Perley, Bragg Creek native, is part of a team that has received a \$10,000 grant from STORYHIVE to produce a digital short film:

Red Water Valley: A Western Thriller following Tanner and his widower father Clyde, who struggle to repair an imploding relationship on their isolated farm.

Out of over 300 entries, this team was selected as one of 47 Top Awards from B.C. and Alberta. Each winning team will receive \$10,000 to produce their digital short. The final projects will be available in Fall 2018 on TELUS Optik™ TV On Demand and on STORYHIVE.com.

Since 2014, STORYHIVE has proudly supported compelling original storytelling reflecting a diversity of voices, ideas and views. Providing funding, distribution and customized career training for content creators and screen-based storytellers across BC and Alberta to hone their skills, take risks and bring the projects they care about to life. STORYHIVE understands why it's so important to provide funding, support and distribution opportunities to local filmmakers in B.C. and Alberta.

Bragg's "Beauty, Bollywood and Beyond"

In her mid-50s, Theresa Puskar made a big move. "I decided to quit corporate America and get to the top of my bucket list," she explains. That meant walking away from her job, packing her bags, and hopping a plane to India – all in search of a spiritual awakening. Finding it, though, has only led the Chicago native on a larger journey of self-awareness. Her latest stop? Bragg Creek.

Puskar brought her one-woman show "Beauty, Bollywood and Beyond" to Bragg last month, and had the audience soul searching along with her. "I like helping

people feel like they're not alone, like, let's try to see beyond all of this," she says. For the audience, it's relatable. For Puskar, it's about finding a deeper meaning, while spreading a message of truth.

In October, Puskar will take her show on the road to New York City. She's excited, but says she struggles a bit with self-promotion and marketing. Her response to these challenges? A shrug. "Life's lessons," she says. "Life's lessons."



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Hello Community!

And hello summer! We hope that you are starting to prepare for a warm and fun month that might involve time on the trails, and out in the woods! If you're planning on getting out and enjoying the wilderness, we have an Outdoor Chef Class coming up to take your camping cuisine past hot dogs and s'mores to delicious gourmet that will make all your friends jealous! Happening June 21st at 7pm (please register by June 13th).

If you are looking to get those kiddos registered in local summer camps, head to the BCCA website for details on many summer camps that will be happening in and around the Hamlet! If you are running a summer camp, email outreach@braggcreekca.com to get it featured on our website.

It has been awesome to see so many

friends and neighbours out enjoying the Bragg Creek Community Park already this year, and we want to mention a special thanks to Matt Weiers and his family for taking the time to pick up garbage and make the park nicer for everyone! We sure have a lot of great folks out in these woods!

Did you know, we are only A MONTH AND A HALF AWAY FROM BRAGG CREEK DAYS!! We cannot wait for another amazing outdoor event!! The Market Square registration is now open for any vendors interested in being a part of this exciting community event, and you can apply by emailing info@braggcreekca.com or calling the office to be sent the vendor package.

If you are wondering how YOU can get involved in making our community even

more awesome, you can volunteer at Bragg Creek Days! Happening on Saturday July 21st and Sunday July 22nd, there are lots of volunteer options available ranging from a couple hours, to all weekend! Email outreach@braggcreekca.com to find out how you can support this volunteer-driven, 50+ year tradition!

We wish everyone a safe and sunny June, and hope to see you around the Hamlet!

Sincerely,
Shaye and the BCCA

Mary Neufeld: A Celebration of Life Sat, June 2, 2-5 pm at Bragg Creek Roundhall

It is with deep sadness we announce Mary Neufeld passed away peacefully in her sleep at her Bragg Creek home on April 21, 2018 at age 79. A talented sculptor, weaver and photographer (and passionate movie and television background actor), she was extremely active in Bragg Creek's early arts scene: as an original member of the Bragg Creek Artisans and Sheep Creek Weavers. Victor, David and Michael Neufeld invite all those who knew her to join them Saturday, June 2, 2-5 pm for a Celebration of Life at the Bragg Creek Roundhall: 57 Bracken Road. Come share stories and have a dance in her honour.



Learn to make pies with Mary Ann Watson Monday June 4th 7pm
Treat your spouse to a homemade pie for Father's Day!
Enter a pie in the Priddis & Millarville Fair!
It will be a hands on fun & casual demo/class. Take home a small pie & the knowledge to make pies on your own.
Supply list: rolling pin, med bowl, measuring cups & small glass pie plate (will have tin foil ones supplied)
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Please RSVP by June 1 shannadunne@gmail.com

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Our morning will start with live music performed by local musicians Taken By Sanity and Max Mann. Then Michelle Mann-Donagan will lead you through a 90 minute yoga class suitable for all levels and ages, while Lindsay Brandon of Bodybeat performs her healing mantras. Join us and experience the amazing energy that arises when yoga is done in the beauty of nature, amidst a community of fellow yogis. Be a warrior!

Warriors of Hope is a group of caring, community minded yoga enthusiasts who recognize the health benefits of yoga. By sharing our passion for yoga in a beautiful setting we hope to bring together people who care about their community and want to raise funds for organizations that make a difference in the lives of others.

Wings of Hope is a 100% volunteer run registered charitable organization. The funds we raise will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer patients are unable to work during their treatments, Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries.

Saturday June 23, 2018 9:00 AM - NOON
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Lyme Disease by Dr. Annalies Noordman

People can get Lyme when they get bitten by a tick carrying the bacteria *Borrelia burgdorferi*. A tick is a little spider-like animal that attaches to the skin. It needs to be attached to the skin for at least 36 hours to be able to pass on the infection.

Anxiety around Lyme disease is high. The chance of getting Lyme is very low though. In 2016, 2781 ticks were investigated by the submit-a-tick program and only 35 of them carried the bacteria. Between 1991 and 2016, 87 cases of Lyme disease were reported in Alberta, all of those acquired the disease outside of our province.



A rash can show up within days to weeks after infection. It's called a bull's eye rash, because it starts as a red spot, which grows and clears up in the centre. Patients can also develop a flu like illness with fatigue, sore muscles and joints, headache and fever. Later on they can develop neurological symptoms and heart problems. Arthritis can occur up until a few years after infection. You should see your doctor as soon as you notice a rash or symptoms.

Blood tests are not always necessary to diagnose Lyme disease. Initially blood tests can be negative and even after effective treatment blood tests can stay positive for several years. Lyme disease can be treated with antibiotics.

The best way to prevent disease is to protect

yourself from ticks. When you are going to be in wooded and grassy areas cover up as much skin as possible, wear a hat and use bug repellent. Check your skin afterwards and remove a tick as soon as possible. Grab it with a tweezer as close as possible to your skin and gently pull it straight out. Wash your skin with water and soap and disinfect it. Save the tick(s) in a clean, empty container or ziploc bag and add a small piece of lightly moistened tissue or cotton ball to prevent it from drying out. You can bring the tick to the clinic so we can send it away for investigation.

If you have any questions or concerns about possible Lyme disease ask your doctor. Care in the Creek Medical Centre is accepting new patients and we have evening and weekend appointments available. You can book your appointment at 403 949 2457.

And don't forget to register on greatcyclechallenge.ca/teams/careinthecreekmedicalcentre, bike during the month of June and help us fight kid's cancer!

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Updates from Division One

I can't believe it's June already. Where did May go? Time to bring you up to speed on what's happening.

Flood Mitigation: Despite the Statements of Concern from our Tsuut'ina neighbours and the Don't Dam Springbank group, Rocky View County (RVC) continues to move ahead with its plans to implement berms for flood mitigation. RVC's emergency response staff and associates will continue to monitor waterway and snowpack conditions daily. Please sign up for the Safe and Sound systems available on the RVC website (<https://www.rockyview.ca/CountyServices/SafeSound.aspx>) to get the latest info and alerts concerning any emergency in RVC.

FireSmart: We can now boast that RVC has formed a FireSmart Committee to bring some serious attention to this matter. I'd like to congratulate and thank David Rupert, Gary Nikiforuk, Mark Betts, Michele Longo, Peter Dwan, Jorge de Freitas and Roche Herbst for stepping up to the challenge. Our main goal is to educate all residents to take steps to FireSmart your property.

We've seen in the past how quickly a wildfire can destroy neighbourhoods. The committee is planning several initiatives in the near future such as a Demo Day and Chipper Day. It's

about educating those of us who choose to live amongst forests and grasslands. In the meantime, did you know you can call RVC to request a free walkabout where fire services personnel will make a hazard assessment of your property?

Rural Crime Watch: Show your support and become a member. The more "eyes" we have assembled, the safer we are as a community. There have been too many instances of crime in the past months. We have to look out for each other. And for \$15 bucks, that's not a lot to ask. Also, please, please, please, should you ever sense that something is not right, call 911 and report the incident. If law enforcement aren't made aware, nothing gets done. And please, please, please, don't ever attempt to confront suspicious activity on your own. Let the professionals take the steps to keep us safe.

Finally: With Council's approval, RVC is helping to fund the guardrail and pedestrian bridge on West Bragg Road, bringing this project to a close. RVC has now created a world class asset we can "bragg" about. Huge round of applause to the Greater Bragg Creek Trails Association for this tremendous effort over the years.

Now let's get growing. Sensibly.
Cheers, Mark

f COUNCILLOR MARK KAMACHI
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outofthemendingbasket.blogspot.ca/2015/09/an-empty-but-finished-cabin.html
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Our Forest, Rangers & Fires: Part 3 of 3

The concern or fear of fire is very real and over the last hundred-plus years, five fires, now six as of May 27th, 2018 have been documented in the Bragg Creek area. In 1910, just after the first survey that created the Forest Reserve along the Elbow, a major fire started in June and continued through to August, burning most of the area between the Elbow and Sheep River headquarters to the east forestry boundary.

The year 1919 saw two fires: the first starting on the headwaters of Canyon Creek extending through the watershed to about a mile west of the Elbow Ranger Station. The other started north of Gooseberry Flat on the south side of the Elbow, burning in a southeasterly direction outside the forest boundary. This was the area's worst fire, requiring every available man in the country on the fire lines and firefighters from Calgary sent by both the Province and Dominion. Circle 5 Ranch (Elkana) was the headquarters and supplied saddle horses to get men to the lines. Fighters hauled water in barrels, cleared trees, and plowed the ground to create a barrier to prevent fire from spreading.

The fire started in early July, burned east into the Priddis area, then drew back, jumping the Elbow River in front of Stanley Fullerton's homestead (now Matthews) devastating miles of land to the west and north. It moved east, closer to the hamlet, with ashes and sparks travelling through the air so homesteaders covered their roofs with blankets and hauled water up ladders to keep them wet. Families kept bundles of bedding and clothing tied and ready to run with to the safety of the river's gravel bar. The heat was oppressive as the fire burned through the summer without a drop of rain. Even Bragg Creek went dry, except for a few potholes of stagnant water. Everything, including vegetation and buildings, was covered in grey ash and the sun was not seen for weeks because of the low-hanging smoke.

When the rain finally came in early fall, firefighters started to straggle back in, covered in soot, singed hair, and burn blisters. Still burning underground in willow

of the Elbow, were said to be responsible for the destruction.

Another fire at Ford Creek, in late July 1954, burned about 640 acres on the north side of the Little Elbow River. This one followed the same general path of a 1936 blaze that burned 60,000 acres of virgin forest. It was spotted by Moose Mountain Lookout and believed started by a bolt of lightning. This fire is remembered for its crowning, as it raced along the top of trees showering the area with sparks. Locals were again recruited and no one was exempt, not even the two Sunday School teachers visiting from the Daily Vacation Bible School. This fire was extinguished in just two weeks.

And, another major fire in 1981, was caused by brush clearing in November for the new road across Rainy Creek Summit, just west of Beaver Flats (now Hwy#66), on the knoll of land between the Elbow River and Powderface Ridge. The embers

and tree roots, the fire never completely died out until snowfall. Buildings had been burned to the ground, livestock was lost and the community was exhausted. Fishermen, who had left an unextinguished campfire on the banks

from burning excess brush blew into the surrounding trees. This was a hard fire to stop because of downed timber and sub-zero temperatures. By now, Forestry was using aircraft, but erratic winds restricted firefighters from getting helicopters in to dump water. The wind also grabbed embers and created new flames. A command centre camp was set up at Cobble Flats (formally Quirk Creek) to manage the process and together, Alberta Parks, local contractors and the community rallied. The fire was under control in a few days, but hot spots needed constant tending.

This fire burned over 20 acres and some timbers can still be seen today, more than thirty years later. Despite their devastation, good things can come out of fires that support the forest's health. As evidence, feral horses are often seen grazing on Rainy Creek Summit taking advantage of the rich vegetation.

That was the end of the story until almost deadline. The history of the 2018 McLean Creek fire will be written.

Michele McDonald

References: Our Foothills. Calgary, AB: Friesen, 1975; www.albertaparks.ca; Laka, Myron, Calgary Herald, Forestry Men Battle Blaze, July 31, 1954; Dorothy Martin, Interview March, 2018; Dan Martin, Interview March, 2018; Sam Fullerton, Interview, May, 2018, notes from Mary Elsdon, July, 1954.

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The Little Schoolhouse News



As always, this school year has flown by in a flurry of wonder and excitement! In preparation for our Celebration of Learning, we have spent time reflecting on our shared experiences and tremendous growth from those first school days up to these last few weeks. Relationships have been built, skills have developed and confidence in learning about the world around us has exploded before our eyes. We are immensely

proud of our young learners in kindergarten and preschool.

With graduation just around the corner, we are ready to celebrate! Our final fieldtrips to the Calgary Zoo and Granary Road will bring our studies of animals and the environment to a close. It has been an interesting year of exploration and adventure for all of us!

Thank you to our amazing parent board and all The Little Schoolhouse families for their unending support of all that we do. We couldn't offer the programs we run without you all, thank you for another amazing year!

We have space available in both our kindergarten and preschool programs. To register, please go to our website at www.thelittleschoolhouse.ca. For information on programming please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher



Bragg Creek Community Centre June Events

May 31 - June 1st Mental Health First Aid for Adults
 Saturday, 2nd Tunes for Trails
 Wednesday, 6th Artisans Monthly Meeting
 Friday, 15-16th Vintage with Flair
 Tuesday, 19th Acrobatic Studios Gala
 Thursday, 21st Community Group - Outdoor Chef
 Friday, 22nd Soup & Pie - Ladies Auxiliary
 Friday, 22nd Family Movie Night - TBA



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Friday
 June 15 | 4-8pm
 &
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 June 16 | 9am-4pm
 \$4.00 Door Entry

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This weekday church service will be held once per month, occurring on the second Tuesday of the month 10AM - 11AM

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BRAGG CREEK community church

The Springbank Creative Arts Club

Their MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

The Spring Fling has held May 5th at the Springbank Heritage Centre. The venue is wonderful and the vendors with their sets ups and displays put on a great sale. Many thanks to the people who came out to shop and visit, the support is appreciated.

Feedback regarding the sale is welcome. Do you want to see something at future events? Let me know by email: yjo999@gmail.com

Preparations are in the works for the Springbank Christmas Market Nov 3 and 4th held at the Springbank High School Gym. Get some awesome products and support local artists, artisans and crafters at the same time! Vendor applications are now being accepted for this event. Email requests for applications and a sample of pictures featuring your handmade items to yjo999@gmail.com. Only handcrafted products will be accepted.

Next scheduled social evening is June 9, 5:00-8:00 pm: J Lambert's home. Aug. 10, 7:00 -11:00 pm: Stoneware Mug Painting at the Long Grass Studio and Sept 13, 7:00 pm at Harmony Discovery Centre. Are you new to Springbank? We welcome new members to come out and join us, this is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 3 & 4th, 2018 or membership email yjo999@gmail.com. Have a great summer everyone! Follow us on facebook.com/springbankchristmasmarket

*Submitted by
Yvonne Bamlett
Springbank Creative Arts Club*

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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Important: High Country Rural Crime Watch Event on June 9: We want to fight back against the current Crime Climate by giving you information on how to protect yourself. So, our local Crime Watch is bringing in a guest speaker, Kerry Sauve, to teach us about "Removing yourself and your property from the victim pool". Please join us on Saturday, June 9, 2018, from 10:00 am to 12:00 noon at the Priddis Community Hall. We are asking for a donation to cover our costs: \$5 per person. And there is a special bonus: A PDF copy of Kerry's book, "StreetSafe 360", will be shared with those in attendance.

Kerry Sauve was referred to HCRCWA by the Red Deer County Rural Crime Watch. He has an incredible background of training special forces, working in the security field, working as a first-responder and is a veteran Correctional Peace Officer with over 20 years of front line experience working with gang members. Part of his portfolio is providing gang prevention and intervention programs to the youth incarcerated in the facility where he works. A second service he provides is awareness training for community partners, law-enforcement and the public. He shares his vast knowledge to help people learn, prepare and get a plan in place.

Our June 9 event will include a

presentation session on "Removing Yourself and Your Property from the Victim Pool", including learning to see things from the criminal perspective. We hope to follow up soon after with a second presentation on "Personal Protection/Defense" at a date TBD.

Kerry's HCRCWA Presentation Content will include: Crime and Violence - Myths and misconceptions, The Personal Safety Triangle, The Crime Chain, Predator Dynamics, Situational Awareness, Target Hardening, Behavioral Profiling, Surveillance and Counter-Surveillance, Technology the double-edged sword, Bill C26 - The Citizens arrest and Self Defence Act, Use of Force Model.

Lively topics out for Public Consultation: In June 2018, the M.D. of Foothills will be hosting a series of public engagement sessions on a number of topics that will be relevant to landowners throughout the M.D. These open house events are scheduled from 4-8pm on the following dates:

- MONDAY, JUNE 11 - EAST LONGVIEW HALL THURSDAY
- JUNE 14 - SCOTT SEAMAN SPORTS RINK
- MONDAY, JUNE 18 - PRIDDIS COMMUNITY HALL
- TUESDAY, JUNE 19 - CRESCENT POINT FIELD HOUSE

At all four events, information will be presented and feedback requested on the following topics:

- Proposed name change to Foothills County
- Proposed changes to the M.D.'s Dog Bylaw
- Changes to the M.D.'s Community Standards Bylaw
- Policy direction regarding secondary suites
- Policy direction regarding the sale and consumption of cannabis

We will also be inviting the local Rural Crime Watch Associations to offer memberships, signs and information about crime prevention in rural areas. For more information visit mdfoothills.com

Fish Creek Stewardship Group: Local area landowner, David Swann, would like to meet with other Fish Creek and Priddis Creek neighbours to start a "Fish Creek Stewardship group" for the purpose of learning and better protecting the Creek, a vital resource. The hope is to tie this group with existing watershed stewardship groups, such as Friends of Fish Creek (within Calgary) and the Bow River Basin Council, since no stewardship group is currently active on this reach of Fish Creek. An introductory meeting is planned for Thursday, June 14, 2018, 7pm, at the Priddis Community Hall. Please join us.

Alberta Transportation Notice of Construction on Highway 762 and Highway 549: Construction on the full length of Highway 762 (23 km) is expected to start in May 2018, and go until June 29, 2018, weather permitting. Includes: overlay paving and line painting. Highway 549 construction will include 350 m and bridge repair.

Connect to Innovate Federal Grant approved for Millarville. It's a start! Thought you'd be interested to hear about this. Our teamwork with Rigstar, Foothills, Councillors, Residents and GoC Grant Decision-makers has led us to a project. A meeting will be set up soon to work out details in the Millarville to Kew area project, which will hopefully spin-off and go north on Hwy 762 in the future... FYI - of the \$500 million in federal grant funding, \$22.5 was awarded to Alberta projects (\$217,000 for our Kew project). More details are included in these links: www.rigstar.ca/2018/03/28/rigstar-industrial-telecom-awarded-funding-for-government-connect-to-innovate-project/

www.canada.ca/en/innovation-science-economic-development/news/2018/03/rural-and-remote-communities-in-alberta-will-benefit-from-faster-internet.html

*For Other News & Updates:
Please visit my website: suzanneoel.com
www.facebook.com/CouncillorSuzanneOel
With Best Regards, Suzanne*



Save the Date!

Medieval Day 2018 is coming July 21!

Step back in time with the Cochrane Public Library Medieval Day on July 21st from 10:30-4:30! Experience how life was once lived as you journey through Viking villages and Medieval tents, see brave Knights take one another on in armed combat, listen to Medieval music, and be regaled with glorious tales of times gone by. Come shop in our vendors village and par-take in some delicious food with local food trucks. Bring

your kids by the Cochrane Fun Van for interactive, Medieval-themed activities and then for a romp in the bouncy castle. Don't forget to also swing by our craft room complete with a Minecraft station! For the adults, our Medieval Ale House and Meadery will be back once again featuring brews from Half Hitch Brewery and Fallen Timbers Meadery. There is truly something for everyone in this free, all-ages welcomed event.

The Cochrane Public Library is also proud to announce that we will be hosting a story contest for youth with a chance to win a cash prize, and be knighted by the Medieval Day royalty. Stories will have to be carefully researched and submitted on June 30 for consideration.

Fiction, poetry, and non-fiction will all be accepted so start your research and get writing!

The Cochrane Public Library is so excited to once again bring the magic and excitement of Medieval Day back and we are confident that all attendees will truly feel as though they have stepped back in time. Come down, dress up, and immerse yourself in Medieval Day!

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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. Unfortunately, our nemeses have been exceptionally busy these past few weeks in Eden. Last March, sometime in mid-afternoon, thieves used a crowbar to break through a door and frame of a garage attached to a residence in our area. They tracked in much mud as they went through the entire house, ripping apart everything they could find. When they found anything with cash, they took the whole item: jewelry, backpack, camera, and other cash. They spread mud everywhere.

One of the homeowners arrived home around 4:15 p.m., probably less than an hour after the thieves had left. He immediately reported the incident to the R.C.M.P., who came less than half an hour later. The police then went through the house, taking pictures of the footprints in the mud and on the carpets,

to start a file on the incident. They conjecture that the perpetrators were probably on a four-day high based on meth, just driving around to break into houses looking for valuables. So far, the R.C.M.P. has apparently not been able to discover anything more about the break-in. We publish this information here so that readers realize that this sort of thing can happen to anyone. Be prepared!

On a happier note, for several months residents living on a single street in our area have been calling the R.C.M.P. to complain about noisy parties being held on a vacant property of a couple who had passed away. In response to those complaints, last month (May) the police went to the property and there discovered two stolen all-terrain vehicles. We congratulate those neighbours and all other persons who let the R.C.M.P. know what is happening amiss in their community.

Now for some good news: We are

inviting all the readers of this column to an important High Country Rural Crime Watch event to fight back against the current crime climate. We want to give you information on how to protect yourself. We have invited Kerry Sauve to teach us how to remove yourself and your property from the victim pool. Here are the coordinates of the event:

Saturday, June 9, 2018
10:00 am to 12:00 noon
Priddis Community Hall.

We are asking for a donation of five dollars per attendee to cover our costs. There is a special bonus: a PDF copy of Kerry's book, StreetSafe360 for those in attendance.

The Red Deer County Rural Crime Watch suggested that Kerry would be an excellent speaker for this event. He has an incredible background of training special forces, working with both security and as a first-responder. He is a veteran Correctional Peace Officer with over twenty years of front line experience dealing with gang members. Part of his portfolio is to provide gang prevention and intervention programs to the youth incarcerated in the facility where he works. A second service he provides is awareness training for community partners, law-enforcement, and the public. He shares his vast knowledge to

Cindy Wilson

Chartered Accountant

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The event will include learning to see things from the criminal perspective. We hope to follow up soon after with a second presentation on "Personal Protection/Defense" at a date to be determined.

Kerry's presentation will include: Crime and Violence - Myths and misconceptions, The Personal Safety Triangle, The Crime Chain, Predator Dynamics, Situational Awareness, Target Hardening, Behavioral Profiling, Surveillance and Counter-Surveillance, Technology the double-edged sword, Bill C26 - The Citizens arrest and Self Defence Act, Use of Force Model.

If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. Thanks to the work of a few volunteers and a grant from Legacy Oil, membership brings these advantages:

1. It is free.
2. Members have no obligations.
3. Members receive regular notices of criminal activity in our area. The information we publish regularly in this column is but a small fraction of the news circulated more frequently to our membership about crime in this area.
4. New members who live within our boundaries get a free High Country Rural Crime Watch Association sign.
5. We often have free tutorial presentations on how best to protect your property.

The only disadvantage with membership is that if you are struthian (ostrich-like, with your head buried in the sand), you may not want to know about the reality of criminal activity around here.

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

So that's the news from the High Country where all the grown-ups are young at heart, and each child is smarter than all the other children.

John Robin ('J.R.') Allen
Membership Coordinator, H.C.R.C.W.A.

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Multi-Purpose Building Project Update

PCA is planning construction of a Multi-Purpose Building

Have fun & help us build our project!

You are invited to join us
at our Fundraising events

Poker Night:
June 1, 2018
At the Priddis Hall

Golf Event:
Sept. 2018, TBA



Concept

- Will serve the growing needs of area residents
- Will bring recreation opportunities to Priddis
- Will connect families & community members
- We need your help to reach our goals!
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Councillor's UPDATE

M.D. of Foothills

Jason Parker, Councillor, Division 3

Responsible Dog Ownership and Community Standards Bylaw Updates

On May 9/18, MD Council had a presentation from the Director of Community Services, Ryan Payne and Protective Services Coordinator, Darlene Roblin to discuss and review proposed changes to both the MD's Dog Bylaw and Community Standards Bylaw. Council provided feedback and authorized administration to proceed with the public consultation process prior to submitting the Bylaw with amendments to Council for approval. To get feedback from residents, Open Houses will be held at different locations around the MD. For dates and times along with locations for the current bylaws, visit: dog-bylaw.JasonParkerMD31.com

Provincial "Emergency Preparedness" funding

On May 1/18, the Government of Alberta announced it was investing an additional \$10 million for emergency preparedness (original announcement can be found at bit.ly/flood-preparedness). Of the \$10 million dollars announced by the province, the MD of Foothills will be the recipients of \$3 million. The funds will go towards a Provincial stockpile of equipment and supplies (i.e.: pumps, hose, sand bags and other supplies for flood prevention) that will be stored in the MD of Foothills for use during emergency situations. MD staff is still in conversation with the Province as to exactly what will be purchased and included. They are also discussing with the Province ways to make distribution of the supplies in the state of emergency more seamless.

If you would like more detail on this, I shot a short video you can find at: emergency-preparedness.JasonParkerMD31.com

Millarville Racing and Agriculture Society (MRAS) Updates

In March, the riding arena at MRAS suffered significant structural damage. Thankfully, no people or animals were injured. They are still in discussions as to what steps forward will be however, for the rest of the grounds, it is BUSINESS AS USUAL. The hall, Quonset, office and other buildings are still open and available for use.

The MRAS needs our community support now more than ever! Below are a few of the events that are happening shortly so be sure to come out and participate.

- June 15th - 5th Annual Golf Tournament - This is a great event that is used to raise funds for different projects at the MRAS.
- June 16th - MILLARVILLE "RUN TO THE FARMERS' MARKET" HALF MARATHON - An extremely popular and well attended event. For those of you that enjoy running, there are a number of different distances and types of events you can participate in (including the ever-popular COBS Cinnamon Bun Run 8 miler).
- June 16th - Millarville Farmers Market Opening Day
- July 1st - 113th Running of the Millarville Races - There is no better way to celebrate our Nation's birthday than the races. Whether you partake in the "Millarville Derby" and get dressed up in derby western attire, the multitude of children's events or just want to enjoy the excitement of the horse races, this event is great for the entire family!

Details for all the events can be found at: www.millarvilleracetrack.com

Internet Update

The Kew area of the MD of Foothills (west of Millarville) has been the recipient of \$217,000 in Federal Funds from the Connect to Innovate (CTI) \$500 million Grant to improve connectivity in the area. The application was prepared and submitted with the help of Rigstar Industrial Telecom. They are in the process of identifying locations for towers and will be in communication with local area residents to get feedback. Once they have completed public engagement, they will make application to the MD. For more information, visit: internet.JasonParkerMD31.com

Highway 762 and 549 Construction

Highway 762 from 549 to 22 - The final lift will be put down the full length of Highway 762 and lines will be painted starting May 15th and is scheduled to be completed by June 29th (weather permitting of course) so expect delays.

Spring Coulee Bridge on Hwy 549 near Okotoks - Repairs are to be completed on the bridge so you may experience delays.

Millarville Water Line update

On Mar 23/18, Council awarded the Millarville Water Supply Contract 1 - Pipeline tender to complete the installation of infrastructure for the pipeline to go from Turner Valley to Millarville. The contractor has been awarded the tender and construction should start the beginning of June.

The Request for Quotation (RFQ) for the second part of the project (for mechanical upgrades) has been prepared and should be awarded soon.

The project has a planned completion of October 2018. The pipeline is to service the residents along the route between Turner Valley and Millarville in addition to residents of the hamlet of Millarville in this and future phases.

The project has been funded with Federal, Provincial and Municipal funds (a third from each). The municipal portion is to be cost recovered through connection fees.

Seaman Sports Park - Northwest Foothills Recreation Board Update

The snow has finally melted and the Seaman Sports Park ball diamonds are finally open for use and the ball season is well under way. The diamonds are open for booking, visit millarvillesports.ca for availability and booking.

Summer Vehicle Weight Order

As of May 25/18, spring road bans have been removed and summer road bans come into effect.

Go to: www.mdfoothills.com/services/public-works--engineering.html for details on which roads are still banned.

Landfill Extended Hours

From May 7 - June 7, the Foothills Regional Landfill is extending its hours of operation to:

- Monday-Thursday 8:30 am - 6:30 pm
- Friday - Saturday 8:30 am - 4:30 pm

For more info, visit: foothillslrrc.com

To be kept up to date on the latest in our area "Like" my page on Facebook at www.FB.me/JasonParkerMD31. Additionally, enter your email in the box on the top right corner of my website www.JasonParkerMD31.com to sign up to receive updates.

*All the best,
Jason Parker
Division 3 Councillor
M.D. of Foothills No. 31*



I would like to thank all PCA Board members and volunteers, past and present, for their support of community and active participation in Board activities including: management of access to the Community Hall; support of children's and adult educational services; organization of community activities and events; maintenance of the rink, tennis courts and playground; as well as fund raising to make this all possible. The MD of Foothills has also played a key role in funding and participation in various projects that have improved the utility of PCA properties and helped special projects that look to the future well-being of Priddis and the surrounding area.

Those valued contributions are consistent with the objectives of the PCA which are to promote educational, cultural and recreational activities for the benefit of all community residents and to provide and maintain facilities to achieve the above referenced activities. The Board and many volunteers' focus is on meeting those objectives on an ongoing and consistent manner.

The Priddis Community Association is a licensed charity managed by volunteers. As

such, the PCA must be operated in a manner consistent with common law principals used by the Supreme Court of Canada. Those principals identify four categories of classification used to determine what constitutes a charitable object or purpose: relief of poverty; advancement of education; advancement of religion; and other purposes beneficial to the community. The PCA's affairs are managed with these principals in mind, with reference to Canada Revenue Agency requirements for the administration and the record keeping associated with the operations and reporting of charitable organization financial affairs.

The PCA does not exist alone. Other affiliated groups work with the Board, and the Board with them, to deliver our stated objectives. Some of these affiliated not for profit organizations include: Priddis Early Learning Program (PELP), Priddis Panthers, Priddis Millarville Fair, Scouts and Beavers, WESTOE Women's Institute, Ridge Riders, Teen Challenge, and the Men's' Breakfast. Other individuals and groups have traditionally provided support for and participation in the PCA mandate.

To keep the doors open, the PCA sells annual memberships to individuals, families and businesses. There are approximately 260 active members or approximately 20 percent of the population in the Priddis area. The PCA, because of its' charitable status, can participate in Alberta Gaming and Liquor Commission casinos which are allowed every three to four years. Over 30 volunteer members donate

personal time during the two-day casino fundraising event. Other key sources of revenue include: hall rentals, MD of Foothills grants, social events and fund raisers. All require an active roster of interested community member volunteers of all ages.

Our monthly PCA Board meetings are held on the second Monday of every month, except for the summer months. Meetings are open to the public. Members are invited to attend and volunteer for any number of activities and initiatives. Nominations for open Board Director positions are three-year terms and are held at the Annual General Meeting each fall. Executive positions, or Officers of the Board, are elected by the Board for a one-year term. The year end is October 31.

The PCA addresses many topics throughout the year. Topics of a recent meeting included:

- Application of the new fee structure for Hall rentals;
- Use of Hall and grounds by renters;
- Port-a-potties and cyclists;
- Impact of Fish Creek runoff water on the Hall potable well water supply;
- Multi-Purpose Building Proposal;
- 2018 tennis season membership opening day meeting;
- Public awareness programs.

On the topic of hall rentals for 2018, most rental arrangements now at hand were made in 2017 at 2017 rates. Those agreements will be honored. Where longer term agreements have been in place but expire in 2018, the new rate schedule will apply going forward. Priority is always given to members as the rates for hall rental are discounted substantially from those presented to the non-member public. Special provisions are also granted to non-profit endeavors that meet the mandated objectives of the PCA. For-profit use of the Hall and grounds, which is rare, full rental rates will apply.

The MD of Foothills is working on a guideline for safe use of the Hall and grounds. In the past, renters have "camped out" over the weekend, built fires, plugged in to electric outlets, and partied through the night. Since this is not a supervised campground, there are liabilities associated with this type of practice. The Pioneer Park fire pits have been removed by the MD following last year's fire season scare. The PCA Board is not looking to PCA volunteers to supervise and police this type of use. The MD of Foothills will provide guidelines in the near future which reflect government policy and unsupervised use of public spaces. Policing can then fall to other enforcement agencies.

As we all know, the Priddis area is popular with cyclists. Of late, the parking lot has been occupied mostly by cyclists out to enjoy the Priddis environment and use our paved and well-maintained roadways. The cost of servicing toilet facilities for these visitors is about \$2000/summer. They are about the only users during the warmer months. As the Hall is booked for the summer weekends, this creates



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a potential conflict between paying customers and cyclists. Support for cycling fits the mandate of the PCA but not to the exclusion of all else. Parking around Priddis is limited. A few proposals are being reviewed, including an upgraded parking area at the corner of Hwy 22 and 22X to take some of the pressure off the Hall parking lot. Toilet facilities are another matter. Paid facilities are not really an option since the collection of monies would have to be managed. The PCA has no staff to do this.

Recent potential flooding of Fish Creek has brought focus to the source of well water for the Hall. Situated adjacent to the Hall and a short distance from the Creek in either a gravel or fractured bedrock aquifer, the dirty waters of spring runoff are a real threat to well water quality. Drilling a deeper well would have significant cost implications. Options are being examined by the MD of Foothills to address water quality and quantity issues in the Fish Creek valley and Priddis area.

The Multi-Purpose Building proposal has moved into the field with door to door canvassing taking place across the 1000 homes situated in the Priddis area. Preliminary results show 88 percent support for the project. With only 20 percent of the populace members of the PCA, work needs to be done to sign-up new members. The canvassing has had one major benefit already – getting to know neighbours. There are many energetic and skilled people in the Priddis area. The MPB project has brought some of them together to work on a common goal and has raised awareness as to the wealth of skills available in the Priddis area. The project itself has been a real learning experience as to what it takes to construct a community facility in today's regulatory environment. We will have a team of experts by the time this project is completed.

The Priddis Tennis courts are open. Check our website, www.priddisalberta.com for details of meetings and tennis related activities.

The MD of Foothills has several outreach programs scheduled at the Hall in June. Councilor Suzanne Oels' initiatives include: Rural lighting "Dark Skies", Defense of Properties, Land Use and Firearm Concerns, Fish Creek Watershed Management, and Cannabis Legalization and its' impact on the Priddis area. Visit www.suzanneoel.com for more details. Check www.priddisalberta.com for dates and times of some of these sessions.

The PCA Board, members and affiliates are very active. Those interested to contribute, are invited to bring your ideas and interests to Board meetings and volunteer to actively participate in your community. You will make new friends, use your skill set to the betterment of Priddis, and meet and work with community active people. Upcoming events in need of significant volunteers include: The 2018 Priddis Stampede Breakfast on Sunday July 8th (1000 in attendance last year) and the AGLC Casino on September 20 and 21, 2018.

Ed Osborne, PCA President



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Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville church house. Our annual plant sale is on June 7, 2018 at the Millarville Racetrack Quonset at 7pm sharp. You can come early at 6:30 to check out the plants. The plants are supplied by the club members and are Chinook hardy and potted up, ready to plant. Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information, email svirgo@mithril.ca or call Sheila at 403-931-3989.

Millarville-Stockland 4-H Beef Club News

We started March with our first meeting on the 11th where we marked all the beef and sheep records. Our Grooming Clinic March 24th at Watkins barn was a success and well attended. A big thank you to Pete Watkins for instructing the clinic. We also had a sheep clinic on March 21st. Thank you to Nick Clarke

from HiPro for talking to the kids. On March 30th, our sheep members went to the Cranswick farm and had Kathleen Arkes do a very informative clinic for them. A huge thank you to the Cranswick family and Kathleen for all their hard work. Our meeting on April 25th is when we organized what we are going to do for barn display using the theme of 4-H of the future... Come check out our fun ideas at the Agriculture Pavilion in Stampede Park the first weekend of June. We also had

another successful Highway clean up on May 5th thank you to Jane's Restaurant in Priddis and their staff for the wonderful pizza lunch. Watch for our Achievement day results in the next report. We also have 12 steers that are being sold at 4-H on parade on Sunday, June 3rd call Susan Jeffery (403-931-3132) for more information about the purchase of 4-H

Beef. Support your local entrepreneur youth. Your purchase of Millarville Stockland Beef can be donated to Charity for a full tax receipt, divided amongst a group of friends, or gifted to your staff members.

Clay Jardie, Club Reporter



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We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

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Upcoming Events and Programs:

Qigong Drop In

Mondays at 9:30am

Location: Upper Room

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness! More info, Darlene Abraham dhabraham@shaw.ca.

Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and explore our faith. It's part community,

part Bible Study, part coffee break! Just bring yourself!

Pub Night

Monday, June 11 at 7pm

Location: Hudson's Canada Pub in Shawnessy

Join us at the pub for a night of good people and good conversations.

It's a chance to meet some other people, ask big questions, and explore our faith, life, & spirituality.

Craft Day

Saturday, June 16 at 10am

Location: Midlands Link

Please join us for a day of fellowship and a potluck lunch while working on those uncompleted projects you would like to get finished. Door is open by 10am and we would love to have you come and share all or part of the day with us.

Playtime

Saturday, June 16 at 10:30am

Location: Lower Hall

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup of coffee or tea and chat. We have a small

bouncy castle and some ride-on toys for the children available. Sandwiches will be served and you are welcome to bring a kid-friendly snack to share. It is a great way to have a laidback conversation while the kids burn off that extra energy!

Dealing with Differences Workshop

Sunday, June 17 at 12pm

Location: Sanctuary

Check our website for more information coming soon!

Triple F


Saturday, June 23 at 12pm

Location: Midlands Link

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come for -- food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new).

For more info about our programs and events please call the church office or check out our website.

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Hello, Turner Valley. Well it sure feels like summer at the time of writing, the 15th of May. I see everyone getting their yards cleaned up and the gardens started. The rains have not started yet. It's been a difficult time in the past years, we either flood with too much rain or not enough which puts fire bans in place. Hopefully Mother Nature will be somewhere in between and we can relax and enjoy a lovely summer.

It's Discovery Days weekend again! Head over to Black Diamond for the 50th annual Parade, which starts at 10:00. There will be a shuttle bus that runs back and forth throughout the day between our two towns, which is quite convenient. Then head back to the Valley for tons of fun things to do and see.

There will be an Artisan Market held on June 2nd at the Flare and Derrick Community Hall, and in Millenium Park there will be bouncy houses, face painting, a petting zoo, climbing wall, Zorb balls, and an antique car show. A variety of local culinary vendors will be on site offering burgers, poutine, Glory Bowls and tasty treats in the Flare and Derrick Community Hall parking lot.

Head over to the Sheep Creek Arts Council on Sunset Boulevard for their annual Rhubarb Festival and Tea. And right next door to the SCAC is the Valley Neighbours Club, who will hold their annual Plant Sale on June 2nd as well. A complete list of times and events for the Discovery Days weekend is available at turnervalley.ca.

Our swimming pool is open for the summer. Dr. Lander Memorial Pool is a much loved outdoor pool built in 1963 and named to honour two area physicians, Drs. Harry and David

Lander. The pool is located on Main Street and is open, weather permitting, from May to September. They offer different swims, such as public, family, and lane swims, as well as swimming lessons, early morning Aqua Fit, and birthday parties. Drop by and check out the schedule. Passes are available.

Right beside the Pool is the Sheep River Library. They offer a Drum Circle the first Friday of the month. Release some stress and unleash your creativity on a Friday night! No drumming or musical experience is required. Come open minded and open hearted as you draw upon your own natural rhythms and learn to have fun making music together with others. Participants must register at the Library. Suitable for ages 6 and up, and the fee is by donation. For more information, the Library's number is 403-933-3278, and the Drum Circle starts at 7:00.

Sheep Creek Arts Council's Bobbi Dunlop will be teaching To Paint the Flower Garden en plein air classes this summer. She is happy to welcome any oil and acrylic painters with some experience. The first class will be held on June 16th, with the location to be announced, in a garden. You must have a SCAC membership for this class and the many others they offer,

but membership is only \$10 a year. For more information, contact Sheila at 403-931-3989, email her at svirgo@mithril.ca or check out their website at sheepcreekarts.ca. The SCAC is located on Sunset Boulevard in Turner Valley, just west of the 4 way stop.

Turner Valley is the birthplace of Western Canada's Petroleum Industry. The Gas Plant will be holding tours again this summer. Imagine how life was back in 1914 when the first producing well, DIngman #1, came into production. The tours run on Saturdays, Sundays and statutory holidays until September 3rd, from 10-5. For more information, visit turnervalleygasplant.ca. And for interesting, local, historical information about the gas plant and the history of the area, visit turnervalleyoilfieldsociety.ca.

If you have any events happening June 28th – July 30th that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is June 15th. We love to hear from our not for profit organizations and clubs, there is no charge for letting us know what goes on, so we can pass the word to the Foothills community.

*Happy Spring,
Elaine Wansleebe*

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Soda Shop in Black Diamond Keeps on Rockin'

Walking into Marv's Classic Soda Shop, the first thing you may notice is the authentic 1950's memorabilia. The second thing? Marv Garriott's greased handlebar moustache. The friendly shop owner looks like he stepped right out of a James Dean movie and into the restaurant business.

Marv established the shop in 2000, and says it wasn't a soda shop at first. "I opened it as an antique shop, and then the rest just showed up. I started with just three flavours of ice cream. Then hot dogs. Then the whole kitchen just came along," he jokes.

Now, you can find Marv behind the counter cooking up everything from bacon cheeseburgers to his specialty – fried

chicken. Pair any of his dishes with a classic shake or a handmade soda from what Marv calls "the only operating soda fountain that I know in Canada, from the 1920's," and you've got a meal fit for Fonzie.



Marv Garriott hosts rockabilly band Peter and the Wolves July 29th at Marv's Classic Soda Shop in Black Diamond.

While you're eating, you'll be treated to tunes from the 1957 Seeburg jukebox. Marv was a musician and entertainer himself for 25 years, so he knows a good song when he hears one. On July 29, you just might get a chance to hear him sing, as he welcomes rockabilly band Peter and the Wolves to the restaurant.

Marv's Classic Soda Shop in Black Diamond is open most summer days until 8pm; 9pm for ice cream.

Faith McLean, HCN Staff
faith@highcountrynews.ca



Castle Parks Plan Released

The provincial government has released a final management plan for the Castle Parks. Along with the establishment of Public Land Use Zones in the Livingstone-Porcupine, Alberta Wilderness Association (AWA) recognizes the significant progress that has been made to protect the headwaters of the Oldman River.

"The Castle wilderness is truly a one-of-a-kind treasure in Alberta that will be enjoyed by all for generations to come," said Joanna Skrajny, AWA Conservation Specialist. "The Castle Parks hold cultural significance and will protect grizzly bears and native trout, while providing spectacular recreation opportunities." The government's plan acknowledges the overwhelming body of science that shows off-highway vehicles are not compatible with conservation goals and headwaters protection.

"It's clear that the final Castle plan reflects concerns raised in the consultation process and the wishes of Albertans to see this region protected. The plan is guided by science-based decisions and the impacts of motorized activity are acknowledged," Joanna added. "We expect the same science-based decision making will be applied as the plan continues to unfold."

"It's clear that the final Castle plan reflects concerns raised in the consultation process, the wishes of Albertans to see this region protected, and is guided by science-based decisions," Joanna added. "We expect the same reasoning will be applied to all vehicle use in the parks - no matter their use or purpose, the impacts must be acknowledged and considered."

The recent designation of motorized recreation trails in the Livingstone-Porcupine provides appropriate areas that do not impact other recreational users, vegetation, water or wildlife.

The Castle Wilderness contains critical habitat for threatened westslope cutthroat trout and is recognized as core grizzly bear habitat. This is a region of outstanding ecological and indigenous value. With numerous overlapping ecosystems in one relatively small area, the Castle Wilderness contains significant animal and plant species diversity and provides essential headwaters for the Oldman River basin.

For more information contact: Joanna Skrajny, Alberta Wilderness Association, 403.283.2025



Castle River. Photo: Alberta Wilderness Association

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Pronunciator is a new e-resource from your local public library and Marigold Library System. It provides both a guided and self instructed instruction for 80 languages, and ESL for 51 non English languages. Pronunciator uses a variety of tools, drills, quizzes, feature films and music with lyrics.

We have received a very large donation of DVDs, with lots of children/family movies. Come in and check them out.

There is a movement afoot to have a beginner class in the game of Mahjong in June. Watch the bulletin board for more on this.

For adult fiction we have *I've Got My Eyes on You* by Mary Higgins Clarke, and in DVD, *The Shape of Water*.

There is a common idea floating around that Libraries are obsolete.

Nothing could be further from the truth. The notion that Kindles and the Internet have replaced them is false. Libraries are no longer just warehouses for books, where one had to tread softly and not speak above a whisper. They are now a vital part of our communities, offering programs, art displays and lectures. They let the world in rather than shut it out. Libraries are implementing the newest technologies and offering other electronic media. We have five computers for our patrons in our little library in Longview.

Books still dominate our reader's choice, despite the growth of e-books. Libraries are our new community centres and technological hubs. When you come to our library, you will very often find a group sharing their thoughts about a book they have read and recommending others. It's a truly fun, social place to be.

A lovely read is *Setting Free The Kites* by Alex George. It is a coming of age story of a young boy who brings to mind Holden Caulfield in Salinger's, *The Catcher in the Rye*. The novel is a

touching portrayal of childhood and parenthood.

Also, *The Sea Captains Wife*, by Beth Powning, a Maritimer, is nautical historical fiction that takes place in the late 1800's. A new wife longs for a life beyond tea parties and sewing circles and so she convinces her husband to take her on his merchant sailing ship to foreign ports around the world. The book is about their adventures, keeping you enthralled and very thankful that life is so much easier today.

Lullabies for Little Criminals by Heather O'Neil is the story of a twelve year old girl living on the feral streets of Montreal in the 1960's. It is a raw, gritty saga about a very brave heroine and her loving, but irresponsible father. The book won the Governor General award as well as Canada Reads. The depiction of life on the streets, its language and culture is very moving.

Happy Reading!
Sylvia Binkley
sliv@telus.net



ART WALK JUNE 9 & 10 - 10am to 5pm both days

Longview Art and Culture Connection is a non-profit corporation dedicated to promoting arts and culture in the Longview area. The upcoming June art walk will have Longview Art and Culture Connection member galleries participating. These currently include the Lost American Art Gallery, Prairie Light Gallery and Garside Wilson Gallery. They envision their group to continue to grow and include other local businesses. During this art walk the Longview Community Hall will also house twelve participating local and surrounding area artists for the weekend. Some of the twelve participating artists include, Indigenous artist, Keevin Rider, painter Mady Thiel-Kopstein, Western Artist Patrick Landes, leather

work by Porter Custom, and author and artist Wendy Dudley. The Galleries will be showcasing many of their own local artists, as well.

Stop by the Lost American Art Gallery during ART WALK, to see beautiful new pieces by artists Bill Duma, Trish Purcell, Happy Barlow and Harry Irving. Also featured will be local artists Rich and Jan Roenisch, Gaile Gallup, Penny Corradine, Paul Rasporich, and BC artist Denise Lemaster. Specializing in landscapes, wildlife, and some western themed pieces, you will find a good selection in a variety of mediums and price ranges. Also for sale are Pendleton Blankets and the best selection of Native American made turquoise jewelry this side of the 49th parallel. They also carry all thirteen of Ian Tysons CDs, and a variety of books which have been written about this western legend.

Prairie Light Gallery is open for the season and looking forward to the June ART WALK with new works by Deanna Lavoie, Sandra Stahl, Robin Read and Dave Marshall. The opening show, the Route 66 Exhibit features photography from Dave's

new book Route 66, A Last Look. As well as mounted photos, the book, t-shirts and posters will be available. Deanna extends her garden series of acrylic paintings with a look at the bright red dragonflies that were abundant in her garden last year. Sandra has brought us a new large acrylic with her impressionistic view of Spring and Robin has been touring France again and brought back images caught on his film camera. A new addition to the gallery is a film camera store, the only one of it's kind in the Calgary area.

On now at the Garside Wilson Gallery in Longview "Best in Show"

A collection of award winning pieces. Old favourites and new creations. Including Debra Garside's wild horse photography, handwoven wearables by Elizabeth Ellis and introducing, ceramics by Joe Bentley of Black Diamond.

There will be more details regarding the June 9 -10th Art and Culture Walk on their Facebook page @LongviewArtandCultureConnection or the group can be contacted by emailing LongviewArtandCulture@gmail.com

BLACK DIAMOND *Digest*

Hello, Black Diamond. What glorious weather we have had so far during the first part of May. Finally all the snow has melted and the garden centres have opened, now we'll just see about how much rain we'll get these next couple of months. Hopefully it won't rain on our Parade.

Yes it's Discovery Days time again, and this is our 50th anniversary of the Diamond Valley Parade. It will be held in Black Diamond as usual, with a start time of 10:00, on June 2nd. For those of you new to our area, bring a lawn chair and a hat, and get your spot early as the Parade Route roads are closed off early to get ready. Check out the Parade Route online at the Town's website.

Start Parade Day with a Pancake Breakfast hosted by Oilfields High School, the breakfast will be held in the parking lot

of the Oilfields Arena. Following the Parade, there is tons to do in both towns and a free shuttle bus will run back and forth throughout the day between Black Diamond and Turner Valley. Featured activities in Black Diamond will be live music, a pop-up market, and businesses will be open with sidewalk sales and specials. Head over to Turner Valley for more events, please check the Turner Valley column in this issue for details.

Also on June 2nd, the Town of Black Diamond is pleased to present their Family Movie Night. It will be held in Maplewood Park at dusk, and the movie will be Disney Pixar's Coco. Bring your lawn chair and sit under the stars to enjoy the movie with your family. Maplewood Park is located east of Government Road up along 4th Avenue, about two blocks up on the south side.

Auditions for our annual Diamond Music Fest will be held on May 27th and June 3rd at the Woodstock Hotel in Turner Valley. The Town of Black Diamond, along with LYX Studios and the amazingly multi-talented Deni Kobi, is highlighting and harnessing the immense musical and artistic talents that we boast in our region. Auditions will be held at 2:00 pm, for more information, visit Facebook at Diamond Music Fest.

The Music Fest will be held on June 30th and July 1st, Canada Day. Admission is free with a suggested donation of \$10/person or \$20/family. The most important thing is to show up, slow down, and get down to the fabulous music. Your presence and support are priceless. The Diamond Music Fest features two days of music, is family friendly, with games, food and market vendors, and beer gardens. The Fest

will be held at the Erma Joy Brown Park (up behind the Oilfields Regional Arena). Vendors are also encouraged to apply for a spot at the Fest, for more details on vendors, contact Kelly Tuck at the Town of Black Diamond, at kellyt@town.blackdiamond.ab.ca.

Saturday, June 16th marks the 37th season opener of the Millarville Farmer's Market. This is also the day for the Millarville Run to the Farmer's Market happens. Start at the Oilfields Arena in Black Diamond for the 21.1 KM Run through our beautiful Foothills, and end at the Market for refreshments, entertainment, and shopping. Shorter runs are available, and a shuttle bus will run pre and post race. For more information, or to register, visit millarvillehalfmarathon.com or give the Millarville Racetrack a call at 403-931-3411.

Also in the area south of Black Diamond is the Leighton Art Centre. They will be hosting their 16th annual Juried Members Show exhibition until June 3rd. And June 2nd and 3rd they will be holding their Clothesline Festival and Art Sale, with live music, local food vendors, artist demos, kids' activity tent, and more. Over 1200 original works of art and fine craft will be available for viewing and for sale, and admission is free. For more info, visit leightoncentre.org.

Foothills Country Hospice Society will be holding their annual General Meeting on June 21st at 7:00 pm. The Hospice is proud to be in their 10th year of operation, during which time they have provided expert care and compassion to more than 1000 patients and their loved ones. As a result of the dedication of many highly skilled health care professionals and volunteers, the hospice has developed a reputation of excellence within our community. If you would like to be part of this dynamic organization, please contact their Executive Director, Dawn Elliot, at 403-995-4673 for more information. The hospice is located at 322001 32nd Street E, outside of Okotoks, for directions or more details about the meeting, visit countryhospice.org.

Well that's about it for this issue, if you have any events happening June 28th – July 30th that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is June 15th.

Happy Spring, Elaine Wansleben

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SHEEP RIVER LIBRARY

"If you're brave enough to say goodbye, life will reward you with a new hello." - Paulo Coelho, Author

Saying goodbye to people to whom you have grown close, because they are moving away is never easy, whether it is friends, family or co-workers. We must deal with feelings of loss and the anxiety that change often brings. This month, at the library, we have bid farewell to a much loved and long serving staff member, Sheila Ewasiuk. Sheila began her career here as a volunteer in 2008. In 2009, she joined the staff as an associate. Over time, her skills and knowledge of library operations led her to become the "Queen of Courier" – making sure that patrons got the books they requested in a timely fashion. Sheila also took on the job of processing all the Audio-Visual materials: DVDs, CD and audio books. To say she will be missed is an understatement. To honour Sheila's many years of service we will be having a farewell afternoon tea on Sunday, June 3 at 2 pm at the library. Anyone who would like to come and extend their best wishes is welcome to drop in.

The not so "new hello" we have been rewarded with is Teagan who will take over Sheila's roles. Teagan has been on staff since 2014. Many of you will recognize her as our Summer Reading Program and Spring Break Children's Program Co-Ordinator. Teagan has also worked the circulation desk on Wednesdays. We are thrilled to have her involved more and to have had such a seamless transition. (Cuts down on the aforementioned anxiety).

As part of the Discovery Days celebration in Turner Valley on Saturday, June 2, the library will host its annual book sale from 11 am – 3 pm. Doris has been diligently sorting all book donations and discarded books to make it easy for you to peruse by category. You never know what treasures you may discover! (Although, I'd like to think we'd be smart enough to have found any first editions before they make it to the for-sale carts). All items will be 25c but larger donations will be accepted with gratitude.

The Bikes are back at the library and have been tuned up, pumped up and spruced up ready for the summer season. All you need to do is complete the waiver for the 2018 season and check one out on your card. Perfect for a quick trip to Black Diamond or a leisurely ride up to Sandy McNabb. Helmets and locks are provided.

With the arrival of summer our role as the Visitor Information Centre for the Town kicks into gear. This means that on long weekends we will be open on Saturdays and the statutory holiday (usually a Monday) from noon to 4 pm. All library services are available during these hours.

If you are currently a resident of Black Diamond and would like to play a more active role in the library, there are two

positions vacant on the Library Board. Due to members moving out of the area and Board terms expiring, we now need to fill these two spots. If you would like to contribute to our continuing success as a vital community hub, life-long learning centre and library then please call the library at 403-933-3278.

Jan Burney



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Four Friends of the Cross

Raven: YaYaYhaawwn, six o'clock in the morning... Alright time to get up. Spread the stiff wings; the early bird gets the worm.

Rat-a-tat-tat

Oh hey Pileated, how are you doing today?

Pileated Woodpecker: Hey Raven, not so bad, waking up late I see?

Raven: You can say that. Already eating breakfast I observe.

Pileated: Yes, it was a long winter which killed off a few of the older Trembling Aspen trees. Carpenter Ants have been moving in like crazy!

Raven: I thought I felt ants in my pants. That was a long winter; the weather has been unpredictable lately. Then it gave us that faint glimmer of spring before it was like "nope, not yet".

Red-Tailed Hawk: That was a cold winter;

I thought my wings would fall off at one point.

Raven: What are you talking about Red-Tail? You weren't even here. You were somewhere down south hunting rodents in the heat.

Red-Tail: Well, I can't help that. I have to ride the wind man, see the grasses bend under my gaze, unearth the barren beauty and see where my prey will be nestled and neat.

Pileated: Okay, we get the point.

Raven: Red-Tail we have missed your unwaveringly large head around here, so glad you're back.

Red-Tail: My large head? You're the one with the slightly larger brain to body size ratio. Anyways, who do I see copying my acrobatics in the sky? Sometimes you even fool the summer leaders of the Cross into thinking that you are a Red-Tail. Not the kids though; they never miss a wing beat!

Pileated: Speaking of kids, what activities are coming to the Cross for the summer? What can we look forward to?

Raven: The Tree Swallows will know, here comes one now. They always get the word on the hills. They put on a show for the kids when they swoop down over the pond looking for insects.

Tree Swallow: Hey look it's the... Swoosh Raven. How are you doing buddy?

Raven: I'm doing pretty well, thanks. And you?

Swallow: Spectacular! There are some fun days coming up for the Cross.

Raven: That is great! What activities do we have lined up?

Swallow: Well for one, BioBlitz will be happening on June 9, from 2-4 pm. This is the FREE event where families help the Cross find as many species as they can along the hiking trails. But you have to RSVP to Laura. There were some trooper families last year who even came out in the rain.

Red-Tail: Sounds like fun. What else is coming up?

Swallow: We also have our Day Camps ages 6-12 and Leadership Camp ages 13-15.

Raven: Sounds great! It will be fun to see some old faces and some new faces come out to the Cross in the hopes to explore the wildlife, the history and the land. Can I register my chicks?

Swallow: Not unless you can figure out how to email Laura at lgriffin@crossconservation.org or dial 403-931-2042 on a lost phone. I think you'll have to stick with making an appearance at the BioBlitz instead.

Pileated: Hey, does anyone want to hear a knock-knock joke?

All other birds: Groan and fly away.

Zachary Mager

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*Welcome
to our Church*

The Leighton Art Centre Takes Flight

After 25 years as the school principal in Turner Valley, Millarville, Longview, Black Diamond and High River; you might think Jim Critchley would be spending his Saturday afternoon relaxing in his retirement. Instead, he's lacing up his hiking boots, adjusting his field hat, and slipping on his binoculars to lead a bird watching expedition for the Leighton Art Centre.

As a Leighton volunteer and board member, Critchley runs all types of outdoor workshops at the site, which sits on 80 scenic acres near Millarville. The former original home of artists Barb and AC Leighton houses rotating art exhibits, so not surprisingly, much of the centre's outreach focuses on art. But, with one of the best panoramic views of the Rocky Mountains in Alberta, organizers have expanded their programs to include nature as well - and that's where Critchley comes in.

With a background in biology, Critchley is a natural at nature. On this day, he leads the group of around 20 through the basics of birdwatching. "I'm back to my roots to walk around and show people the natural landscape," he says, adding now is the time to keep an eye

out for all types of Alberta birds, as they are nesting; especially robins, mountain bluebirds and swallows.

Other tips from Critchley if you'd like to take up birdwatching:

- Try not to disturb nesting birds. Watch from a respectful distance (binoculars are great).
- Look up high to see swallows and gulls eating high-soaring insects. Hawks are also on the prowl there looking for prey on the ground.
- Take time to listen to the birds' songs. They are vocal right now, telling the world about their claimed territory.

Leighton Art Centre's yearly fundraiser, The Clothesline Festival and Art Sale, is June 2 and 3.

Faith McLean, HCN Staff
faith@highcountrynews.ca



Volunteer Jim Critchley teaches Ronan Ayers, 4, how to spot birds as a part of a Leighton Art Centre birdwatching workshop.



Tree swallow at Leighton Art Centre



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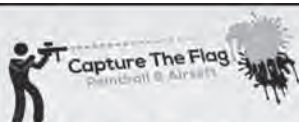


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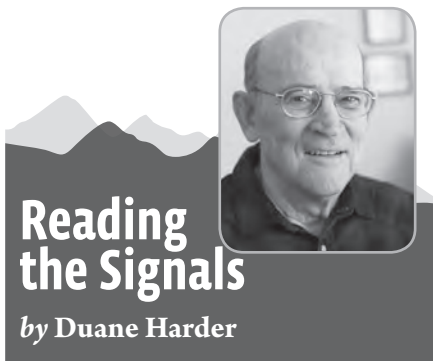
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Back in 1954 the US and Canada agreed to a project called the DEW line. This was a series of radar installations along the 69th parallel that would give advance notice of a Soviet strike on North America. Fortunately, the system was not put to the test.

Human relationships are not impervious to ballistic missile attacks. Unfortunately, many marriages and business partnerships are destroyed through ignorance and disregard of the danger signs.

A man sat in my office and lamented, "I had no idea she was having an affair. She doesn't want to see a therapist, she just wants a divorce!" This man's story is duplicated many times over. I have heard the words many times: "I didn't see it coming." "I thought we had a good marriage. What happened?" "What went wrong?"

Let me suggest some early warning signals.

"Ouch, That Hurt"

There is good advice in the statement: "Beware of the little foxes. The little foxes that spoil the vine." We have all been hit with the little jabs: "That was certainly a thoughtless comment." "How could you be so naïve?" "Are you missing some cards in your deck?" "Why can't you get good marks like...?" These kinds of comments place a small emotional barrier in a person's life.

The Fog of Fear

When hurt is left unaddressed it usually results in a growing fear. We are left in a place of uncertainty and doubt not knowing where we stand in relationship to the person who made the comments or acted inappropriately. Fear leads us down multiple paths of potential outcome and increases our search for "a way out."

Anger, the Red Light on the Dash

Anger is a slow burning fuse connected to a very destructive bomb. Anger is like the light on the dash that indicates something is wrong. Anger is not the problem, it simply indicates that there is a problem. Anger is usually our response to a basic human violation. To be dishonored, disrespected, marginalized or denigrated is a violation of our person. When our value or identity is trampled on, or even mildly disregarded, there is a corresponding anger that rises within us. This is the Creator's way of helping us identify how we have been wronged. Stored, unresolved or repressed anger can lead to depression or explosive outbursts. Don't ignore the red light! Take time to discover and resolve the real problem.

Sweet Revenge

Or is it? The more we harbor the hurt and replay its affects in our life, the more we become like the person who hurt us. Our focus on the hurt morphs us into the character we despise. The cry for justice can place impossible expectations on those who are closest to us. We become the judge of their motives and the evaluator of their words. Unresolved hurt can cause the circle of our friendship to narrow. People just don't like being around us.

The Defensive Game

"I was wrong!" The three most difficult words to say. After spending considerable time with a couple and seeing very little progress, I turned to the husband and said, "Do you see any ways that you contribute to the breakdown in your

marriage?" After a short silence he responded: "I know that I am not perfect, but I believe that once my wife gets her problems sorted out, things will be okay." It is easy to see the fault of another person but difficult to see our own. Hurt that has been allowed to fester, increases the blind spots in our own life. We magnify the wrong of the other person and minimize our own wrongs.

The Blame Game

Blame traps me in a perilous cycle of victimhood. It leaves me in a constant state of powerlessness. Any recognition of wrong on the part of the offender never matches the enormity of the pain and emotional upheaval that I have suffered. Victimhood blinds me to the sincerity of any restorative action on the part of the offender.

Is There Light at The End of the Tunnel?

One man said, "Of course there is." Only to discover that the light was a train.

Friends, there is light at the end of the tunnel. Your situation is not hopeless.

- Keep short accounts—don't bury things, put them on the table. Where you have buried something, acknowledge your wrong in placing more value on your self-protection than the growth of your relationship.
- Ask questions for clarification—"When you said . . . what did you mean?"
- Remember, you have control over your own words, attitudes and actions. No one has the power to make you think, feel, speak or act contrary to your convictions.
- Be willing to own where your own words were wrong, actions were wrong, or attitude was wrong. This must be done without blaming people or circumstances for the choices you have made.

And above all, don't be afraid to ask for help. Whatever you do, don't be like the little boy who prayed, "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."



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Perceived ADHD Advantages

by Roché Herbst, M. A. R. Psych.



IS THERE ANY BENEFIT TO HAVING ADHD?

ADHD is not always a walk in the park. There is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

A DIFFERENT PERSPECTIVE

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

UNDENIABLE POWER OF ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are aware of the positive aspects of ADHD can nurture and hone their unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

THE HIDDEN POSITIVES

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

- Grit - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. "We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears" (Linda Roggli, ADHD Coach).

- Ingenuity, creativity - no, not just for starving artists and broke writers. Some of the most successful people in the world value the importance of thinking outside-the-box.

- Spontaneity, a love for new experiences - okay, sure...sometimes a little forethought goes a long way, but you are a quick starter, jump right in and do not get stuck in analysis paralysis.

- Laser focus - getting in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.

- Constant surprises - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

ADHD QUOTES

"I was trying to daydream but my mind kept wandering" - Steven Wright

"To invent, you need a good imagination and a pile of junk" - Thomas Edison

"I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting... remarkably at the same time" - Frank Coppola

"The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) ADDitude: Inside the ADHD mind. Monthly subscription magazine.

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Mortgage Matters

By Candace Perko, Mortgage Broker

The Growth of Private Mortgage Lending

Getting a mortgage from a bank or a non-bank lender is more challenging. The new mortgage rules have tightened qualifying guidelines, and have impacted renewals, refinances and new home purchases.

However, banks or a non-bank mortgage lender are not the only options for a mortgage. In addition to some credit unions that have not changed all their lending guidelines, there is now a growing group of alternative or private lenders who are flexible and open to reviewing a variety of situations. While many home buyers and property investors consider private lenders a last resort, the new mortgage rules have created an opportunity for a variety of specialized lenders to enter the market.

Private lending is excellent for:

- Fix and flips
- Draw mortgages – willing to provide draws based on need vs. completing a clearly defined milestone (i.e.: lock-up, ready to paint, etc.)
- Solving CRA back-tax issues
- Improving cash flow and helping get debt paid down faster; even if the interest rate itself is comparable
- Investors holding larger portfolios of property

Many private lenders put more weight on the equity in a property, rather than on the work you do or on the credit challenges you may have. However, the downside can be higher interest rates and lending fees.

Smaller institutional lenders, however, are offering specialized lending with affordable interest rates, reasonable lending fees and flexible underwriting.

A few benefits of specialized lending:

- Quick closings: The key to a quick close is having your financing set up quickly -- specialized lending can make that happen.

- Terms of the loan: These loans are for short periods of time, usually no more than one to three years, which gives you time to get into a position to qualify with a conforming lender.

- Great for investors: Because specialized lenders have flexibility, they will look at those fixer-upper rental properties with a keen eye and may fund both the purchase and the home improvements. Also, there is more flexibility with regard to the number of properties allowed in an investment portfolio.

- Diverse repayment options: This is especially helpful for entrepreneurs. Payments can be structured more creatively and may include interest-only payments, prepaid interest, and balloon payments at the end of the term or on closing of a sale.

- Construction financing: Bank construction financing can be riddled with red tape and warranty requirements. Private lending may get the borrower more money, and quicker access to construction draws, which in the end, could save time and money when building a home.

While qualifying has become more challenging, there are still options.

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Mother's Milk

by Andrea Kidd



My ribs heaved to take another gasp. Weight compressed my chest. My tongue, a dried up sponge, searched my parched mouth to work up saliva. I wondered how long I could endure the heat.

I was lying on my back in the hot desert sand, but, gradually, I became aware of a different reality. Yes, I was suffocating with heat and pressure on my chest, but I was lying on my back in my own bed at home in Ontario. More importantly, someone was trying to get my attention. Someone desperately wanted to be close, very close to me. Someone was remaining so close to me they were in my face.

Fibres annoyingly tickled my chin and another's short panting breaths wisped across my dry lips and into my mouth as I took another gulp of air. Wet with perspiration, I opened my eyes and saw my cat staring at me. Then her eyes took on a glazed, faraway look and her body heaved with hard labour. She had been invading my world, impressing her own reality upon me. She was earnestly seeking my attention in her hour of stress.

I shifted her firmly to one side, got out of bed, emptied the bottom drawer of my dresser, lined it with old, soft towels and placed her in it, stroking her back and speaking words of encouragement. She accepted my offer of understanding and persevered through her labour. A while later a little wet sac, encasing a blurry form, slipped out onto the towels. She licked it, the kitten stretched, and, suddenly, the membrane burst, and she licked some more. She rested, mouth open, panting. Suddenly she squirmed and strained as muscles contracted and another little wet body plopped into the soft bed. As the night progressed,

three more wriggling bundles of wet fur were thrust into the world. I watched with wide-eyed wonder; their eyes were tightly-sealed. The kittens groped relentlessly for the warmth of their mother, coveting the close contact, the connectedness of belonging, only content when they could remain suckling on a nipple, gaining nourishment and peace. Their mother licked continuously, but finally, exhausted, she slept.

Amazed again at the miracle of birth, mothering and the creation of new life, I went back to bed and slept till rays of sunlight shone onto my bed. Quietly, I peered into the drawer that my cat had accepted as her bed. Now, seven kittens were struggling with weak muscles to nuzzle up to their mother, pushing one another aside to access her life giving milk. Their mother, contentedly and constantly, licked herself and her kittens. Then she lazily stretched, paws above her head and rolled on her side to ease the congestion of little bodies striving to feed.

Life and health and strength flowed from her. The results were obvious in the coming days. Eyelids opened to reveal shining, smoky blue eyes that peered out at the world; wobbly legs became steady, leading to successful scrambles to a vacant teat; a decided shove with a paw could now dislodge a kitten that had suckled long enough; heads turned to follow movement, especially a waving tail, and a kitten was able to pounce, grab and nip. Habits useful to adult life resulted from the constant source of nourishment supplied by the mother. As long as those little balls of black and white fluff remained with her, they were nourished by her free flowing milk and they thrived.

My spirit needs that same kind of nourishment in order to thrive. The pure warm milk of Jesus' spirit feeds my soul, pouring His love into me so that I can love, forgive, and hope again, and again and again.

Jesus said, "Remain in me, as I also remain in you." (John 15:4a)

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Speaking of Photography by Peter Gold

Many people, especially former film shooters, look down on digital photography and the computer enhancement that can be applied to the images. They feel that present day photography isn't as pure as it was in the past.

Well, I for one, spent a good thirty years of my photography career exposing film, developing it and then printing it in my personal pro lab, complete with three 4x5 enlargers, a 24" colour processor and a full black & white film lab. Depending on the effect we wanted to project, we chose the appropriate film that offered the needed tonal quality, selected the right development time, the print paper that produced the right

contrast, and then exposed the image with the enlarger while burning in areas, dodged other areas, using filters to further enhance the final photograph, all before developing the print in chemistry. Very rarely was there ever a negative that needed absolutely no print enhancement.

Our brain can process a huge dynamic range of light values in a landscape, for instance, and we can mentally process every bit of the varied exposure. While a light meter, handheld or in camera, reads the many values in the same landscape, and averages everything and generates a single exposure value. There might be a 10 stop difference between the highlights and shadows, but the camera, film

or digital, can only make one exposure each time the shutter is triggered.

In the film days, the darkroom work strived to pull all the tones closer together so that it was able to be printed on photographic paper. We were able to purchase chemistry and other gadgets to aid in producing the final photograph. Photographers worked hard to create a print that resembled what they were able to visualize at the moment they pressed the shutter button.

With today's digital cameras, we obviously

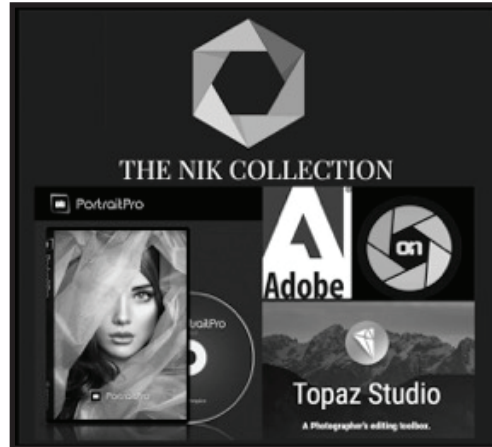
don't need to spend countless hours in the dark, locked away from civilization while we tweak our photographs. The actual photographic exposures still rely on understanding shutter speeds, apertures and ISO to capture the situation as best as the camera can. And then, we enhance the images with computer software to bring it all together. The primary software packages are made by Adobe; Photoshop and Lightroom. Each one offers something different. Both have similar RAW processors. I personally use Photoshop 100% of the time. It is a more comprehensive software package that allows you to enhance the image to the max as needed. You can download both Photoshop and Lightroom from Adobe for \$10 USD per month. As they develop new features to these packages, they upgrade your software packages for free.

You can also download additional enhancement packages that can either run inside the Adobe programs as plug-ins or they can run on your computer as stand-alone software packages. There are many software suites available, but you can get overwhelmed if you download too many. The ones that I use include Nik Software Suite (should be a free download), On1 Software Suite, Portrait Professional (overuse of this one can make people resemble Walmart manikins), and the Topaz Suite. All offer 30 day free trials. Try before you buy. See which ones produce the style and tonal qualities you can relate to.

If you have any questions, let me know.

Until next month,
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Out of the Rut Chapter 93



Volcanic activity, Samosas and more...

Just last week Fantuzzi was back on the Big Island of Hawaii attempting to clean up his place and find a new renter, but Pele, the goddess of the Volcano, had other ideas. She'd been grumbling for a while, suddenly got pretty excited, shrugged up a few earthquakes and then started fluffing up her skirts resulting in some fairly exciting fireworks just down the road from the man's house. To get an idea of the distances involved - let's hang out at the 4-way stop in Bragg Creek, while Wintergreen pops up a few lava flows and we can consider our options.

Despite these events, for most people it was pretty much life as normal on the island. Onlookers get more 'exercised' over these events than the folk who live there, but this time it was quite sudden, dramatic... and there is so much unpredictability on what may happen next. I caught up with Fantuzzi at his place where he was attempting to retrieve a few things & evacuate the area as it's right in the danger zone. We spoke very briefly - he told me there were explosions and people running around, sirens etc. He went to retrieve his car keys to have them at the ready... and I didn't hear from him for a couple of very anxious hours. Fortunately he was well away from the danger area when I tracked him down, and the next day boarded a flight to the mainland and other duties.

Some friends were evacuated on the first eruptions, others evacuated in the middle of the night a week later due to dangerously toxic air. Another couple of fissures spouting lava and noxious gases had opened and the winds swung around to take the gases directly in our friends' direction. Many more are uprooted, all things are flowing as freely as the lava for a couple of thousand or more "Punatics". On the whole people are stoic and positive. I'd like to share a post by one of Fantuzzi's musician friends who is now without his Hawaiian home:

"As Pele chose 'our property' for her grandest dance/eruption (fissure 17/18) I feel called to share with great humility what I sense is her message: 'No nation, no peoples, no religion, NO-ONE OWNS THE EARTH.' This message brings into question all of the wars and borders that have been created and denounces them. It forces us to confront the fact that we must learn how to live together or perish. The Earth is calling for us to unite and to create a new relationship with her and with each other. If we cannot do this, nature will continue on its journey of evolution without us. Nothing states this message more clearly than losing what you thought you owned to an act of nature. When I was a younger man living in Africa I was walking with my teacher one day when the beaded necklace I had been given by him broke scattering the beads across the ground. When I fell to my knees to retrieve the scattered beads, my teacher gently put his hand on my shoulder and said 'those beads are the earth's now.' In the same way I choose to see the 15 acres and the structures that were just engulfed by Pele as an offering to her and Mother Earth. That was the first thing I thought when I saw the smoke rising from the burning spirit house that was once on the property. I have been struggling with feelings of loss and despair.



It is true that this is a lot of destruction for a humble artist of my

m e a n s . But as the smoke clears we can either be angry and defeated or humbly

lift our prayers up with this grand offering. It is our choice to see this as destruction or the creation of something new. In the end I have been left with her fire inside of me. This fire is inspiring me to create and to be a voice for her and for the earth like never before. My family is not cursed but instead blessed with one of the greatest missions and messages of our day. My final prayer is that Pele's kiss will make my words bite with her passion and fierce love, that her power may live in my song as I give human voice to that which does not have one. I



write this bursting with gratitude as the depth of this experience is worth more than anything I thought I owned." - C.B.

On a completely different note, we have so much to enjoy all around us. The magical transformation into a green world full of birdsong, sunshine and rain, deer mowing the grass, horses, bikes, hiking boots, camping and all those fun things that warm weather brings for us.

I took a trip to Okotoks a few weeks ago, making random turnings at each intersection, arriving at the wonderful Chin Up Cafe in Turner Valley. This is a fantastic little gem of a place, worth a trip all on its own. Raj, the owner, is delightful. She makes such extraordinarily delicious and healthy food, one can taste the love in each bite. I'd stopped in for a Chai, a truly scintillating combination of fresh spices made from scratch. She makes several versions to suit all tastes. When I turned around from ordering, I saw a friend sitting behind me sporting an enormous grin - how good to see you! We stopped to catch up and I ended up hanging out there for a good while, chowing down on a delicious veggie wrap and marveling at the fact that more people don't know about this place. We determined to change that!

The reason I first went to Chin Up Cafe last year was because a friend from Calgary took me - she drives all the way out to hike and enjoy the riches of Raj's kitchen. Extraordinary. When I set off on my road-trip down through the States last February, I made sure to stop in Turner Valley and get a huge Chai that kept me going almost all the way to the US border. I confess I also took some fantastic goodies from the Yoga Heart Cafe in Bragg Creek.

When I find something I truly value and enjoy, I love to share it, I think that's a fairly common human trait... except for those troubled souls who think they should hoard and hide(!) In yet another demonstration of the Universe's subtle sense of synchronicity, John Gilchrist of the Calgary Eyeopener just published a glowing review too. How strange and fascinating the world is.

Back in the Creek, I'm weaving a complex dance between the fun places we have here to enjoy food, drink and merriment of many kinds.

*With gratitude and love, Kat Dancer
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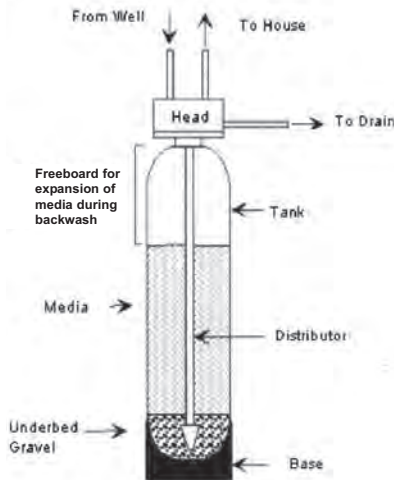


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A Filter removes one or more unwanted substances from our water by preventing the passage of those elements namely, iron, manganese and fine sediments beyond the filter medium. It's important to choose the proper filtration mineral based on the element you wish to extract from the water.

Filter Anatomy



Catalytic Iron Filters: The most popular catalytic iron filter media uses a mineral called pyrolucite. It works on the principal of a catalyst reaction, but itself remains relatively unchanged over time. It works to remove iron, manganese and hydrogen sulfide gas which are the three most common consumer complaints in rural Alberta. Only periodic backwashing is necessary to purge the mineral bed of accumulated material; no chemical regeneration is required and nothing is imparted in to the water. Unfortunately, the mineral bed does require replacement every 3 to 5 years on average due to a slight loss of catalytic reaction ability, but mostly due to eventual overloading of sediments and possible solidification of the mineral bed.

Oxidizing Iron Filters (Manganese Greensand Filters): Oxidizing Filters also remove iron, H₂S gas and sediments affectively from the water. Oxidizing Filters require backwashing and regenerating with a chemical called Potassium Permanganate (that purple stuff). This type of Filter is generally less desirable due to its harmful effects on septic systems and the environment in general. It is highly recommended that Owners of these types of Filters insure that the backwash effluent is not directed in to their septic tanks. The chemicals contained in a typical backflush of approximately 200 gallons, may destroy the bacterial action in the septic tank. It's also extremely important to make sure the filter is maintained yearly by a professional. Carry-over of chemical residue from a plugged mineral bed can impart minute amounts in to your water stream. Sometimes chemical may not get completely rinsed after the regeneration cycle is complete due to weak pressure from pump, well running low on water, or interruption of rinse cycle due to other treatment equipment backflushing or general low pressure.

Cartridge Filters: The most popular Cartridge Filters have gained the nickname "Big Blues" due to their blue colour and large capacity sump housing which is about 4.5 inches diameter and 20 inches long. This brand is popular due to the large surface area of the filter element which can be either made of a pleated cellulose material or a spun wound polypropylene material. The pleated design has considerably more surface area and is the better choice in most cases. These Filters can be put in series and used to remove sediments down to the 1 micron range (human hair is 75 microns). A typical set up would use 3 of them to remove up to 2 parts per million of oxidized iron the first element being a 5 micron size the second being a 1 micron size and the last and final being a 0.35 micron size. These Filters are great as long as the mineral to be removed is in an oxidized state. Un-oxidized iron will travel right through these types of filters. Element replacement frequency is around the 6 month range.



Iron can exist in water in one of two forms or both. Treatment depends on the form of iron present. Waters containing ferrous iron are clear and colourless when drawn. Exposure to air converts ferrous iron in to the insoluble reddish brown ferric brown.

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