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From The EDITOR

One of the primary aims of a community paper is to connect residents with the various events that are happening in the community. This edition has a number of events to take note of. I trust that you will be able to find ways to connect and take part in a few of these. Finding ways to bring individuals together is a way that we can build a healthy community.

On another note, the High Country News has a new website: Highcountrynews.ca

If you have something to sell, or a service to provide, our online classified section can help.

As winter seems far from over, I trust you will be able to continue to enjoy the winter activities our communities have to offer.

Skiing, x-country skiing, fat biking, skating, and snow shoeing are just a few of these fantastic pastimes, or alternatively, there is nothing wrong with continuing your hibernation beside your fireplace with a good book.

*From our family to yours,
Lowell Harder*

For more from the Editor, visit highcountrynews.ca



Artist

PROFILE


Chandra Garland is a mom with three kids, originally from Jakarta, Indonesia. Moved to Calgary in 1995. Her late father was an artist and she is following his passion.



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Letters To The EDITOR

Southeast Rancher Hung Out To Dry By Government

In December, Alberta Environment and Parks (AEP) sent out letters advising Albertans that water license applications submitted over 15 years ago were being closed and water access related to those applications revoked. Southeast rancher Aaron Brower, whose ranch has been operated by his family for generations, was one of the recipients of the letters. Mr. Brower was told his application filed in 2001 by his father was being closed because the application was deemed incomplete and his traditional access to this public asset was cancelled.

To claim that a form filed with the government over 15 years ago has only now been deemed incomplete, therefore causing his file to be closed, is outrageous. Mr. Brower made several attempts to have the issue resolved with the AEP in good faith, but AEP soundly refused, forcing Mr. Brower to proceed with a time consuming and costly appeal to the Environmental Appeals Board.

Despite the ranch operating in the area for generations where traditional water usage was guaranteed, the Provincial Government is now attempting to usurp this traditional access through questionable means. It is disturbing to think that that the Government did not seek a mutually agreeable solution before taking such drastic action. Now Mr. Brower will be paying legal fees and taking time away from his ranch to challenge the decision with the Environmental Appeals Board.

A local rancher is left without critical water access for his livestock because of repeated bureaucratic bungling by this Provincial Government. Albertans know that water is essential for our ranchers, for the success of their business, and the ability to support their families. With the stroke of a bureaucrat's pen a ranch that has been in continuous operation for over a century is under threat.

Unfortunately, this appears to have become a common theme in the Milk

River Basin. Several Ranchers in the area have had their livelihoods threatened by an unreasonable and incorrect interpretation of the Water Act, or in the case of Mr. Brower, had their file arbitrarily closed without any consultation or attempt to find an equitable solution.

The Official Opposition will be raising this very serious issue in the legislature when the session resumes in March.

Submitted by Pat Stier, MLA

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MLA Update Chestermere/Rockyview

By Leela Sharon Aheer, MLA

Hello High Country News readers! I hope you have been enjoying the marshmallow piles of the cold white fluffy stuff that seems to be growing from piles into small mountains outside of driveways and houses. We can barely see our neighbours, and it has been so cold. It is, however, so pretty, and when the sun shines and it sparkles, it actually lifts my heart and I feel so blessed to live in such a magnificent part of the world. Our earth, air and water are so pristine, and the people I have the pleasure of representing in this province, realize what a gift it is.

There are so many things that have happened since we last connected, it is difficult to know where to start. We have had a BC wine ban, which has now ended, we have seen the Prime Minister disrespect our Veterans, people willing to die to keep our freedoms intact, saying they are asking for more than the government can give right now. What does that mean? Well the

present government promised to replace the lump sum payments under the old system during their campaign. Veterans have been in legal battles over these payments, and the Federal government is actively fighting against certain Veterans' groups. The new government promised that these legal battles would end. I do not pretend to understand everything about these issues. I'm quite certain there are many complexities. However, here is what really aggravates me. We have the Federal Government spending \$950 million on "super clusters". Andrew Coyne put out an interesting article on February 16 in the National Post that I think is worth a read. If you run your own business, believe in the market, and the market's ability to boost economic activity when it is not a false market, please read this article. Instead the Federal government is picking who will succeed, and funding these clusters with taxpayer dollars. These Super Clusters will not need to meet the market's needs, or yours for that matter, As Andrew puts it, subsidies are about governments thinking they know better than private investors. If it is not economical, then why is the government funding something that has not been tested for market failure? This is your money, and I am truly shocked at this level of arrogance.

The Prime Minister is in India wearing our traditional outfits. In my experience, as a person of Indian heritage although born and raised in Alberta, I have always taken every opportunity to dress myself, my family and my friends of all different backgrounds in our gorgeous clothing. From a personal perspective when we as politicians have gone to events that are cultural events, I have always made a point of asking what is appropriate, and what is most respectful of the traditions of that culture. I actually adore seeing people take the time and effort to wear, dress and feel like they are part of something that they would not normally participate in. It is one of the greatest privileges of this position. Here is why people are upset. The Prime Minister did not do his research to see what would be appropriate. He and his advisors just worried about their photo opportunities, and not the actual privilege of being invited into another country and the savvy that goes along with understanding what is appropriate. Now this dress faux-pas is small potatoes compared to the next 2 items. To refer back to my previous concerns with respect to our Veterans, how is it we do not have enough money to support our Veterans, but we have enough of our hard earned tax dollars to fly celebrity chef Vikram Vij to cook for Indian diplomats in INDIA? How disrespectful to the amazing



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chefs in the country of India, and believe me, I would happily have suggested to have the amazing cooks in my extended family sprinkled all across the country cook for him if he wanted the authentic experience. I guarantee that any Indian diplomat sitting with the Prime Minister would have picked their home cooked food made with love by a family member over even the brilliance of Vikram Vij to showcase their own food in their own country by their local chefs.

Most disturbing, we have convicted Sikh terrorist Jaspal Atwal being invited to dinner (and photo ops!) with our Prime Minister while in India. This is not a joke folks. This man attempted to assassinate a visiting Indian politician on Canadian soil. Malkiat Singh Sidhu was visiting to go to his nephew's wedding when he was attacked. Jaspal Atwal was tried and convicted in Canada, is a criminal, and that has nothing to do with his culture or his religion. This is a person who did not renounce the violence he perpetrated, nor did he show any signs of remorse. He has been involved in car theft and fraud to add to the list, and he is invited to meet with our Prime Minister when our Veterans can't even count on the Prime Minister to help them out as they fight for our freedoms? Honestly, there is no way for any of us regular everyday Canadians to know every person who comes to our

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political events, or know every person who donates to our campaigns, or who wants to show up to our events. But this is the Prime Minister, who I suspect would be surrounded by people who are paid by the tax payer to make sure our leaders are not only dressed up, but that they are also

aware of terrorists in their midst. This is truly disturbing and raises a lot of questions about the Prime Minister's judgement.

Finally, we hope that as we enter Chinese New Year, the Year of the Dog, that we as a nation grow closer together. That prosperity is yours, that you have good

fortune and excellent health as we go forward to a year that will hopefully unite us as a province and as a country through our generosity, our compassion, our resilience, and our dedication to our families and our loved ones.

As always, we love to hear from you.



Albertans have always been good stewards of the environment. This is especially true in the foothills where people live side by side with nature in some of our province's most iconic landscapes. Environmental stewardship is in our DNA. We clean up after ourselves, and know that the cost of pollution isn't free. We also know that the environment and the economy go hand in hand.

To that end I'm often asked how Alberta's Climate Leadership Plan (CLP) reduces greenhouse gas (GHG) emissions and how it impacts our economy. There are several important elements to the plan that not only reduce GHG emissions, but also help create jobs, help our energy industry be more competitive, and help Albertans save money. Two of the main elements are a cap on emissions from the oil sands and energy efficiency programs.

The Climate Leadership Plan includes a 100 megatonne cap on emissions from the oil sands. It is important to distinguish between emissions and productivity. That is, productivity can continue to increase while emissions remain under the cap

through efficiencies and taking the carbon out of the barrel. The Carbon Competitiveness Incentive (CCI) program is a made-in-Alberta plan designed in consultation with industry to do just that.

The CCI program provides incentives to producers to invest in innovation and technology to create jobs and reduce emissions through a \$1.4 billion innovation package, which includes \$440 million for oil sands innovation alone. The incentive package is funded by revenue generated through the carbon levy. CCIs are expected to cut emissions by 20 million tonnes by 2020, and 50 million tonnes by 2030 – about the same as total emissions from Manitoba, Nova Scotia and New Brunswick combined.

A second way that the CLP reduces GHG emissions is through residential, commercial, non-profit, municipal, Indigenous, and agricultural energy efficiency programs, which are also funded by carbon levy revenue. In the first year of these efficiency programs alone, Albertans saved an impressive \$300 million in energy costs, have received \$45 million in instant savings and rebates to purchase over nine-million energy-efficient products, and are avoiding almost three million tonnes of GHG emissions.

Across the province more than 1,100 home improvement companies and 200 retailers have helped deliver energy efficiency products and programs. Province-wide over 500 households and businesses have applied to participate in the Residential and Commercial Solar Program, and when all approved installations are complete, this will represent 16 MW of new energy – enough to power 2,700 homes for one year. Approximately 1,200 private sector jobs are expected to be created thanks to these energy efficiency programs.

Albertans know that climate change is real and we must do our part in addressing this global challenge. Effectively reducing GHG emissions through the CCI and energy efficiency programs wouldn't be possible without revenue generated by the carbon levy. The federal government has made it clear that Canadian provinces and territories must have an emission reduction plan in place by 2018 or Ottawa will impose a plan on us. Our made-in-Alberta plan is leading the country, and is designed to work for our economy. We're acting today, before the federal government acts for us, and we will continue fighting for access to new markets through pipelines like Kinder Morgan's Trans-Mountain expansion so we get the best return for our energy products.

CAM WESTHEAD *Banff-Cochrane MLA*

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The Springbank Creative Arts Club mission is "to encourage the development of arts and crafts within the Springbank community and schools."

A new year and new items on the agenda: Ursula Pegenkopf has submitted her resignation as the treasurer for the club. We would like to thank her for her 34 year membership, for her services as the treasurer and wish her well with her future endeavors. There are several positions available for any members to fill on the executive for 2018.

Our next scheduled meeting is Feb. 28, 2018, 7:00 at the Harmony Discovery Centre.

Please contact Janice at janice3lambert@gmail.com for any new business to be introduced at the meeting.

There is talk of a Spring Fling Sale and the details are being worked out, the Facebook page will have the details, once things are finalized.

We are a small but enthusiastic group and would 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. Stay warm everyone! Follow us on facebook. com/springbankchristmasmarket

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*



FRIDAY, MARCH 9TH RUSTIC SIGN NIGHT

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Speaking of Photography by Peter Gold

Whenever I'm on a photography assignment out of the studio, especially since we're located in Bragg Creek, I always pack duplicate equipment just in case something malfunctions, I have a backup on hand. It saves driving back to the studio to pick it up. I also want to take everything with me on a vacation.

Before we discuss camera bag options, if you are looking for the right bag solution, you should pull out everything that you plan to take with you. Divide it into different piles; equipment you definitely always need access to, like camera bodies, your favorite lenses, meters, etc.

Have another pile for specialty lenses that you might use sometimes. In this pile might also go a tripod or monopod that you might use occasionally. A third pile, especially with the advent of digital cameras, is a bag for all the chargers, cables, portable image storage unit, cleaning kit, etc. Now that you have everything broken down into different priority groups, you can look for the appropriate bags to hold it all.

For the camera equipment you definitely need by your side during your whole trip, you have a choice of backpacks of assorted sizes (some even capable of holding a sizeable laptop in a padded compartment), over-the-shoulder bags, sling bags, as well as a variety of fanny packs.

Backpacks in general hold a lot of equipment and are comfortable to carry because they spread the load over both shoulders. Great if you're planning to walk a lot. The only drawback is that whenever you need access to your equipment, you have to stop, take the case off your back, put it down somewhere flat, open it up, change your equipment, and repeat the steps in reverse. If you frequently like to change your lenses, etc., this could be really irritating after a short time.

On the positive side, backpacks do spread the load. The better ones have padded shoulder straps and also include a waist-level belt to stop the bag from shifting as you walk. Some even have small luggage wheels and a pull



handle when you have to travel through airports. All-weather styles come with pop-out nylon rain protector covers that seal your case from rain.

Shoulder bags come in a variety of sizes. Choose one that is well-padded, has Velcro adjustable partitions, and is comfortable resting on your shoulder. The all-weather feature is also available in this style as well. Make sure there is plenty of space in the case so the equipment isn't banging against each other.

Modular cases that are designed to hold individual lenses, etc. can be attached to your main bag when you plan on using them. Otherwise, they can stay at the hotel or in the car.

A Utility bag can hold all the cables, chargers, cleaners, etc that you need to keep your equipment running properly but not stuff that you really need to be carrying around with you all day. This bag could be an older camera bag or even a large Ziploc freezer bag. Actually, keeping an extra large freezer bag is also useful to keep in your main bag in case your equipment needs quick protection from the weather.

If you're planning to be in conditions hazardous to equipment, like in a kayak or in monsoon rains, a Pelican case might be advisable to keep all your sensitive equipment dry when you're travelling. They come with foam inserts or Velcro-adjustable partitions. It's a hard case that is well-sealed from the elements once it's closed. The case will even float if tossed into a river. Might be the perfect case to travel with on an airplane as well. You can change over to the soft case when you're on the ground.

Remember to try on the bags to make sure they are comfortable. Try all your equipment in the bag to make sure that everything will fit efficiently. There is no point in a bag that requires you to remove half the contents to get at a piece of equipment.

The cases that I do not hesitate to recommend are made by Think Tank, Peak Design, Lowepro and Tamrac.

My personal preference is using a Think Tank Airport Roller Derby to transport all my gear to the final destination. It's airlines carry-on approved. That way I know I have everything I could possibly need with me. I also like this bag because it has adjustable Velcro partitions. When each space is sized for a particular piece of equipment, it's easy to see what's missing before you leave for your trip home. Then I bring the super light Peak Design Everyday Sling 10L, a small day sling bag (empty) in my luggage too. When I arrive, I chose the equipment I want to use that day and load up as needed. The rest stays in the hotel room. This system works for me.

If you have any questions about camera bags, drop me an email.

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What Is A Baker's Cyst?

A Baker's cyst, also known as a popliteal cyst, was originally named after the surgeon who first described it, William Marrant Baker (1838-1896). It is not a "true" cyst, which is described as a closed capsule of air, fluid or other material. A Baker's cyst is a bulging or swelling at the back of the knee. An excessive build up of synovial fluid, that is normally lubricating our knee joint, gets pushed into the cavity at the back of the knee. This may be in response to osteoarthritis in the knee, a meniscal injury, cartilage damage, rheumatoid arthritis or any knee condition that causes joint inflammation.

The knee joint is comprised of the femur (thigh bone) and the tibia (long shin bone). Between these bones are two round discs of cartilage, called the meniscus, that act as a shock absorber during weight bearing activities. Wrapping around the whole joint is a strong connective tissue, called the capsule, that surrounds the joint complex. Behind the knee, lie a few small fluid filled sacs called bursa. These bursa, which surround all our joints in the body, are designed to reduce friction between adjacent bony structures or soft tissue layers.

We may have damage to the knee from repetitive or prolonged activities, excessive weight bearing or twisting motions, degenerative changes or a traumatic event such as a fall. Swelling may accumulate and get pushed into the bursa at the back of the

knee (the popliteal space), which becomes a Baker's cyst.

Symptoms may include tightness or stiffness behind the knee, pressure or pain with knee flexion, calf pain, or increased swelling and discomfort with standing. Sometimes the pocket of fluid behind the knee can break and drain into the lower leg. This may cause swelling and redness in the calf. It is important to differentiate this condition from a deep vein thrombosis. If you have insidious onset pain in the calf, redness, tightness, pain with walking but relief with rest – you must seek immediate medical attention as this could be the symptoms of a blood clot in your lower leg. Especially if these latter symptoms have arisen after a recent traveling experience, please seek attention immediately!

A Baker's cyst typically feels like a firm bulge at the back of the knee. As the condition worsens, you may experience pain or pressure with bending or straightening the knee. These symptoms may also be associated with clicking, grinding, locking, limping, sharp pains or pain with certain activities (kneeling, twisting, squatting). A thorough subjective and objective examination by a physiotherapist is helpful to diagnose a Baker's cyst and the underlying cause of the condition. This is the key phrase here – the underlying cause! Often a Baker's cyst is secondary to an underlying injury, imbalance or condition in the knee. Other investigations such as an ultrasound, X-ray, MRI or CT scan are used to confirm a diagnosis.

Treatment primarily involves treating the underlying cause of the condition. Some Baker's cysts require no treatment and cause little or no symptoms. Generally, the initial phase is to follow the RICE regimen (rest, ice, compression and elevate) in the first 48-72 hours. Anti-inflammatory medication may also help to hasten healing and recovery by reducing the pain and swelling. One should perform pain free range of motion at the knee and strengthening exercises to help facilitate joint lubrication and muscle flexibility. Targeting the quadriceps, hamstrings, gluteals and calf muscles will help to improve the control the knee joint with weight bearing activities. A treating physiotherapist can advise which exercises are most appropriate and when they should be commenced. We may also integrate soft tissue release, joint mobilization, dry needling techniques, acupuncture, taping / bracing, and education on biomechanical corrections and muscle imbalances in the body.

Patients that are not responsive to appropriate physiotherapy treatment may seek other options such as a cortisone injection, aspiration of the fluid filled sac, or in rare cases, surgery.

If any of this information sounds familiar to you and you think you may have a Baker's cyst, we would love to help you and get you back to feeling your best and enjoying your favorite activities!

Jennifer Gordon (BSc.PT, AFCI)
Physiotherapist
Bragg Creek Physiotherapy
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Adult ADHD (Attention Deficit Hyperactivity Disorder) by Roché Herbst, M. A. R. Psych.



Many adults struggle with symptoms such as sustained attention, distractibility, focus, forgetfulness, organization, restlessness or impulsivity since childhood, but may not have considered the possibility of ADHD.

What Are The Symptoms Or Signs?

Most problems occur with time management, planning, organizing and the ability to complete tasks and goals. Always being late, missing deadlines, procrastination, little concept of time, etc.

It appears people with ADHD/ADD underestimate time. They tend to postpone things and wait until the last minute to deal with it. They begin to plan for an inevitable event, but feel they cannot quite complete it until it is the eleventh hour. Everything in life becomes a crisis as they seem to 'live in the moment'. Others would say the person with ADHD/ADD could have avoided the crisis, but somehow chose not to. They are perceived as having a lazy, care-free, careless attitude that they could change at any time if they want to.

The truth is that the executive functioning area of the brain which is responsible for decision making, planning and time management, fails to work effectively. The person has an inability to accomplish all of the things they intended to do. ADHD/ADD can be seen as a performance disorder. It is not a knowledge disorder. You know what to do, but not always how to get it done.

Adult ADHD/ADD Coping Skills And Strategies

The easiest thing to do is to whip up a list of time management strategies. Unfortunately, the reality is most of it will not be used. Why not? Well, the piece of paper with the list on will probably be lost on the way home or to work, or blow under the front seat of the car, or you will forget it is there. If you do remember, you might tape it on to your refrigerator door but won't look at it. If you do look

at it, you will be telling yourself that you should really do something about it.

For any strategy to work, it must relate to something real and important in the person's life. The key to getting something done, lies between the emotions and the consequences. ADHD/ADD is an internal, neurogenetic executive failure. Nothing gets done because the person cannot self-motivate and plan like others do. A very useful strategy is to change your immediate environment i.e. cut out distractions and put a big visible timer where you can't miss it. Tackle the smallest task first. Create positive or negative little consequences as motivators so as to be more productive and effective. Note how it makes you feel as you go along.

Myth Vs. Fact

Myth: ADHD is over-diagnosed and over-treated.

Fact: Despite the serious consequences, studies show ADHD remains under-diagnosed and under-treated. Less than half of those with ADHD receive appropriate treatment.

Sources:

Barkley, Russell. A., *ADHD Handbook for Diagnosis and Treatment*, 2015. New York: Guilford Press.

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

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Millennial Money Mistakes

Investors who start saving at a young age automatically have one of the most powerful assets on their side: Time. To get ahead financially, young adults should beware of some of the most common pitfalls discussed below that can all too easily sabotage a financial success strategy.

Not Taking Saving Seriously

At the dawn of the 21st Century, there has been an alarming trend of “millennials” (people who have reached adulthood after the year 2000), who have not been growing their money through careful and diligent investing. According to a recent article, only 5% of millennials¹ aged 25-34 are matching the current \$5,500 contribution limit to their TFSA.

The aftermath of the 2008 financial crisis took its toll on the millennial generation, with a staggering report that only 61%² of millennials invest while the other 39% keep their assets in cash and only 19% prefer equity investments. Saving is difficult because it involves delayed gratification, which calls for discipline and self-control now to reap the benefits later.

One of the easiest ways to save is with automatic TFSA and/or RRSP investing. The money is automatically deducted from your paycheck and put in your investment account, hassle-free. If your employer offers contribution matching, you get an instant 100% return on your investment.

Spending Money on Unimportant Things

Every now and then, there is no harm indulging in amenities such as coffee and/or muffin. However, purchasing small items excessively can begin to add up down the road, such as the cost of a single muffin every day for a year. A simple \$2 muffin can easily become a muffin budget of \$500 over a year. Identifying unimportant purchases can go a long way to saving money.

Buying Risky Investments

While many millennials are risk-averse, the ones who are in the equity market are too aggressive. Instead of taking a long-term approach, they look to getting rich quickly by taking on increasing financial risk. Unfortunately, this does not always work out: one study³ analyzed a set of portfolios from a sample of millennials and discovered both higher risk and lower returns. In investing, slow and steady wins the race.

Avoiding Insurance

Millennials are in their physical primes and have a mindset of “invincibility,” which can lead to a false sense of security and a refusal to purchase life, critical illness and disability income replacement insurance. They have the mistaken belief that nothing bad will ever happen to them. Declining insurance is one of those decisions that can

seem like a great money saver at first – until life proves otherwise.

Taking a Casual Approach to Learning about Finance

Instead of seeking professional advice, millennials might just ask their friends about what they are doing. A report⁴ by the Investor Education Fund (IEF) discovered that 64% of millennials surveyed said they do not even understand the financial terms used by their investment advisors.

Not being serious about money can be very expensive.

Call us today for a review of your current or expected retirement income planning strategy!

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

Footnotes:

¹Business News Network, April 2015

²The Motley Fool, April 2015

³Business Insider, December 2014

⁴Business News Network, November 2014

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Radon: Is It In Your Home ?

What is Radon?

Radon is a radioactive gas that occurs naturally when the uranium in soil and rocks breakdown. It is invisible, odourless and tasteless. When radon is released from the ground into the outdoor air, it is diluted and is not a concern. However, in enclosed spaces like homes, it can sometimes accumulate to high levels, which can be a risk to the health of you and your family.

Radon gas breaks down or decays to form radioactive elements that can be inhaled into the lungs. In the lungs, decay continues, creating radioactive particles that release small bursts of energy. This energy is absorbed by nearby lung tissue, damaging the lung cells. When cells are damaged, they have the potential to result in cancer when they reproduce.

Exposure to high levels of radon in indoor air results in an increased risk of developing lung cancer.

Radon exposure is the number two cause of lung cancer, after smoking. 16% of lung cancers are estimated to be from radon exposure, resulting more than 3200 deaths in Canada each year.

All homes have some level of radon. The question is how much, and the only way to know is to test. Radon in homes can vary significantly over time so you need to do a long term test, for at least 3 months, ideally during the colder months.

Submitted by:

Greg Romp
The Home Inspection
Company Inc.
403-816-9502

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PLEASE JOIN US FOR A THANK YOU BREAKFAST



Date: Wednesday, March 28th, 2018
Time: 7am - 9am
Place: Texas Gate (Cochrane Hotel)
 304 - 1st Street West, Cochrane

RSVP by March 21st.
assistant@helpinghandscochrane.ca

Breakfasts includes:
 1 egg, toast, hashbrowns and your choice of
 ham or sausage, coffee or tea

Redwood Meadows *Update*

In February council met twice, February 6th and February 20th. The goal for the Town Council over the next few months is to be ready for the Annual General Meeting on May 16th.

Our infrastructure and communication team reached our goal of 290 subscribers for the AXIA Fiber initiative. We are working with AXIA on next steps to make Redwood Meadows a Fiber Town and will let the community know the final pieces of securing this opportunity for our Townsite.

With Spring around the corner, Townsite is reminding residents to ensure that home flooding mitigation is on people's radar. Ensure your sump pumps are operational, and that you have a 48 hr. livable emergency kit

ready. The townsite is confident that the work in the community after the devastating flood of 2013 will be of great value. The work included raising and repairing the berm to a 1 in 500 yr. flood level, installing a new lift station at the north end of town to alleviate ground water concerns, and the purchase of over 2km of emergency/temporary flood berm materials. There is also an emergency fan out system that has been tested and is ready to be operational if needed.

The Townsite is pleased to announce the annual Easter Egg hunt and Pancake Breakfast will occur on March 31st from 10:30 am-12 noon at Redwood House.

A big thank you to the Bragg Creek Community Association, the Redwood Meadows Community Association, and the Bragg Creek Community Church for their help in putting this event on.

With the abundance of snowfall this year in and around the community we are reminded that we live in a natural setting. Local wildlife is finding it

easier to be out of the deep snow inside the community. Residents are reminded that although well intentioned, feeding the wildlife is not helpful to them. They become reliant on our food sources and become habituated to people. This also brings larger predators that follow the food source, mainly deer and other smaller mammals. There have been numerous bobcat sightings within the community. There have also been cougar sightings in the area.

Redwood Meadows will be having an evening presentation on "Living with Wildlife" in the month of April. Check out the Town's website for an exact date.

The Redwood Meadows Annual General Meeting has been scheduled for May 16th at 7pm at Redwood House. Residents are encouraged to come out and see the work that council wishes to accomplish in the coming year.

Mike Decore
Redwood Meadows Councilor



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Bragg Creek Artisans

We had an amazing time and there were some amazing designs created at our February meeting where we learned some of the basics of sculpting. It will be interesting to see how our members use these skills and apply it to different projects in the upcoming months. Once again we were joined by some new faces and we are always very happy to welcome any and all creatives that live in Bragg Creek and area. I've had conversations with people who are a little reluctant to join us at first because they are not "established artists". The Bragg Creek Artisans is a collective. We are here to share ideas, knowledge, support and learn to explore our creativity. Many of our members excel at their chosen mediums and are in fact established and well known artists. We are truly blessed to have so much talent. Other members are creatives that are working and experimenting with many different mediums and just enjoy the art of creating and learning new skills and techniques. So wherever you are on your creative journey, just starting out and feeling a little intimidated or a leader in your field, we have an open door policy and we invite you join us. We meet the first Wednesday of each month at the Bragg Creek Community Centre 7pm. Membership is \$20 per year and we are a friendly, welcoming group. Follow us on Facebook for more information on who we are and what we do.



CHRIS'S REASON



future

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Hello Community!

It's March! Let's hope that means Spring might possibly be in sight soon. This month, the annual Easter Egg Hunt & Pancake Breakfast will be on March 31st at the Redwood House! Also, coming up in April, get ready for something for everyone: there will be a Spring Break Camp run by Nature Connections from April 3rd – 6th for ages 5-10 (pre-registration required, book early), and everyone's favourite food-filled Friday returns: Taste of Bragg Creek will be hosted by the Bragg Creek Chamber of Commerce on April 13th! Check out the Taste website for details: www.tasteofbraggcreek.ca.

We are already gearing up for summer, and one of the things we want to do is ensure our community has high-quality summer programming for the little ones. If you or someone you know is looking for space to rent to run a summer program, pop in to the Centre and speak with Russ – he can offer some great deals to ensure awesome programs can run in our community. Russ can be reached via email at: program@braggcreekca.com.

If the winter blues are getting to you, come on over to the community centre for one of our adult programs: Artsy Afternoon on Mondays from 1-4pm, Pickleball on Tuesdays at 7:30pm, or Badminton on Wednesdays at 7:45pm! Speaking of pickleball, a huge thank you goes out to Mike and Lily Frena for all of their help building this program! And, speaking of badminton, thank you to the Redwood Meadows Emergency Services for all their help! What a vibrant community we live in!

And if you are still loving that outdoor environment, come on out to the Bragg Creek Community Rink, maintained by the awesome volunteers on the Bragg Creek Rink Committee! And thanks to Bob Jackson for all his time on the rink, and for always going above and beyond to help with the Centre's maintenance needs.

Thanks also to all the volunteers who came to help with the Family Valentines Dance! Jane, Julie, Shannon, Neepin & Gil, Ashlynn-Rose, and John – we so appreciate your time and talents!

If you happen to be in the Centre this month and notice something missing, that would be Shawntel – our awesome Community Outreach Manager is currently away for her well-deserved honeymoon! We look forward to welcoming her back later in the month.

Wishing you a fun and interesting March,

Shaye and the BCCA Board



Candace Wray
Lawyer



Paul Manning
Lawyer



Erin Barvir
Lawyer

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Youth Drop-in Sports Nights
7:00-9:45 • Bragg Creek Community Centre

Come on the first Friday of the month for drop-in floor hockey, basketball, and nine square in the air for youth ages 13-18
Dec 1 • Jan 5 • Feb 2 • Mar 2 • Apr 6

Snacks and refreshments will be provided with each evening wrapping up with a short life talk

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tim.braggcreekcommunitychurch@gmail.com

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by Annelies Noordman

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There are 9 risk factors for this cancer that can be altered with lifestyle and 7 that unfortunately cannot. In Alberta, it is estimated that over half (57%) of colorectal cancer is linked to the factors related to lifestyle.

Fortunately there are now screening tests for this common cancer and these tests have significantly contributed to early detection and decrease in the number of people dying from this cancer.

If you are over 50 years of age or have a concern about your risks for colorectal cancer, it is recommended that you talk with your doctor at Care in the Creek Medical Centre about screening tests.

If you do not have a family doctor call Care In The Creek Medical Centre today!

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The Bragg Creek and Area Chamber of Commerce has taken a lead sponsorship role this year with the Taste of Bragg Creek. The partnership will bridge the tourism focus of the event with our local business community. Paired with our other amazing sponsors we will offer a world-class experience for vendors and attendees, that will leave a lasting impact on our hamlet. The event is a fundraiser for the Bragg Creek Community Association and The Bragg Creek & Area Chamber of Commerce.

Bragg Creek's unique, world-class culinary scene and this exceptional family-friendly event is sure to please foodies and newbies alike. See you April 13th, 2018! We are hoping for warm weather again so attendees will enjoy strolling around the shops and store fronts of Bragg Creek and taking in all the unique vendors this year.

We as a chamber are pleased to announce the new chamber executive serving the board of directors, and chamber members. They are, myself (Lowell Harder – President), Neil MacLaine (Vice President), Gord McDonald (Treasurer), and Kathleen LaPlante (Secretary).



The other board members are Charlie Holschuh, Gail Gold, Stacia Hemmet, Michele Longo, and Suzanne Jackett (Past President).

We are looking to fill a part time position that will assist in our communications and administration.

It is an honour to serve our community in this manner, and we look forward to working with you. Our goal is to act as a resource that supports and advocates for the business community in Bragg Creek and the surrounding area.

Our next meeting is Wednesday March 21st, 7:00 pm at the Countrywood.

There is a time for networking and refreshments following the meeting.

Anyone is welcome to attend.

Sincerely,

*Lowell Harder, President
Bragg Creek & Area Chamber of Commerce
visitbraggcreek.com
403-949-0004*

PANCAKE BREAKFAST & Easter Egg Hunt

SATURDAY, MARCH 31st
~ Redwood House ~

PANCAKE BREAKFAST
\$5/Person or \$10/FAMILY
10:30AM-NOON

EASTER EGG HUNT
FREE | 10:00AM SHARP! | AGES: 0-10
Dress for the weather (the hunt is outside) & make sure you bring your own basket!

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Bragg Creek Community Association

FOR MORE INFO OR TO VOLUNTEER, CONTACT:
programs@redwoodmeadows.ab.ca | 949-3563

Bragg Creek Community Centre March Events

March, 2nd Youth Activity Night (FREE)
Monday, 12th Lego Club (FREE)
Monday 12th Nature Connections Camp
Thursday, 15th Wild Life Distillery Tasting
Friday, 23rd Soup & Pie | Movie Night
Saturday, 24th BCPA Fred Penner | Laila Biali
Monday, 26th S.T.E.A.M Club (FREE)
Saturday, 31st Easter Egg Hunt & Brunch (Redwood)

Outdoors In - Nature Connections

PD DAY CAMP!

March 12th | 9am-4pm | \$40 | Age 5-10

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speaking on (naturally)

"Exploring The Elbow River Watershed"

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David Jacobs: Correction

Oshweken is located near Brantford, Ontario NOT Brampton, Ontario as stated in last months text.

Brantford is named for Joseph Brant - a renowned Mohawk chief who served as a British military officer during the American Revolutionary War.

*Best regards,
Michael Mace*

The Little Schoolhouse News



Science is all around us! The Kindergarten and preschool students at The Little Schoolhouse are immersed in a study of life in the world's oceans. We have learned about many ocean animals, their characteristics and behaviours, as well as how to sustain our oceans for generations to come. It is exciting to see these young conservationists take on the challenge of caring for the planet. We cannot wait for our school field trip to Telus Spark to take in the Whales Tohora exhibit!

In kindergarten we are quickly becoming writers and readers.

Through our daily journal work and home reading program, we are immersed in literacy. It is so wonderful to see young children cuddled with a book that captures their curiosity, fully engaging in the reading process. The children's journals reflect vivid imaginations and theories about their world. In numeracy studies we are looking at graphing, printing numerals and number games to build our mental math skills. Our recent artwork reflects diverse painting and drawing techniques.

The preschool classes are discovering letters and numbers in their world and representing their ideas through a variety of media. Painting, drawing, collage and sculpture have become favourite expressions. We provide our students with a variety of natural and manmade materials to explore and create with in the classroom. Their admirable passion for telling stories and building relationships amazes us as we document their works of art. Such an exciting time in these young lives!

Thank you to all who supported our Rustic Sign Making Fundraiser. Our parent board's ticket sales, all the silent auction donations and volunteer time have a great impact on our school. We appreciate this generous contribution to our programming, special projects and materials for the classroom. Thank you!

Registration for the 2018-19 school year began on January 16th at our Registration Night, and is now ongoing. Please visit our website at www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 9-11:45am and afternoons from 12:30-3:15pm. For information on programming please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher

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Bragg Creek and Area Chamber of Commerce Administrator & Public Relations Specialist

The position of Administrator & Public Relations Specialist for the Bragg Creek & Area Chamber of Commerce presents an exciting opportunity to represent and present Bragg Creek and Area to the public, business community, existing & potential residents and investors. The successful candidate will play an essential role in creating and maintaining the image of Bragg Creek and Area so must exhibit excellent leadership skills and have a distinct passion for all facets of Bragg Creek and Area. This position comes with interesting professional opportunities and requires a self-starter who is passionate about community development, digital marketing and connecting with people on an emotional and intellectual level.

Job Responsibilities

Administration

- Attend monthly Chamber Board meetings and Member meetings
- Assist the Board of Directors in carrying out their duties and functions for the benefit of the membership
- Liaise with the Alberta & Canadian Chambers of Commerce as necessary
- Update membership information
- Maintain database (CRM) through Constant Contact

Public Relations

- Manage Social Media accounts: FB, Twitter, Instagram, Google+, WordPress, YouTube
- Create original content and utilize key words and material for effective SEO
- Daily content research
- Manage Website related to content and contacts
- Create and Distribute Monthly Newsletter
- Develop media contacts to promote Bragg Creek & Area (festivals, etc.)

Visitor Services

- Manage the Visitor Information Centre (to be located at the BCCA)
- Gather information from retailers/groups and ensure visitors receive information
- Assist with the maintenance of the facility
- Distribute Map and Brochure to storefronts/kiosks on a weekly basis

Other

- act in alignment with the Vision, Mission & Values of the Bragg Creek and Area Chamber of Commerce and must follow all policies and procedures as may be set out from time to time by the Board of Directors
- complete other duties which may be reasonably requested by the Board of Directors

Job Qualifications

- 1-2 years of general administrative experience
- 1-2 years of social media experience
- Content writing
- SEO experience
- Database (CRM) maintenance
- Strong communication skills
- Excellent organizational skills
- Media Relation/Public Relations

Remuneration

- \$20.00 CDN/Hour
- 30-50 hours per month

Please contact: Suzanne Jackett suzanne@braggcreekchamber.com

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Updates from Division One

Hello everyone and thank you for tuning in. I want to congratulate the new board members of the Bragg Creek Chamber of Commerce: Lowell Harder (President), Neil MacLaine (Vice President), Gordon McDonald (Treasurer), Kathleen LaPlante (Secretary). Thanks to all for your energy and dedication to our community.

Speaking of which, we are in the midst of creating a couple of committees to get a jump start on several key issues that affect our community. First is the FireSmart Committee, being initiated by Randy Smith, Fire Chief and Director of Emergency Management/Fire Services for Rocky View County. This committee is being formed to guide the community planning process and to provide advice on issues related to wildfire threat and community protection.

Given the wave of criminal activity that has been occurring in our division, a rural crime watch committee is being formed with the assistance of the Cochrane Foothills Protective Agency who works with the RCMP. This is in its early conception so please stay tuned for future FB posts for more information. In the meantime, if you see anything out of the ordinary, call the RCMP. One key strategy of crime prevention is to report suspicious activity and to also know your neighbours and your neighbourhood.

In addition, several local organizations have come together to research and find ways to deal with our lack of internet/cellular infrastructure. I have spoken with fellow councillors and Telus, so hopefully we will be able to find solutions to what should be a necessity given where we live and the amount of visitors we receive daily. Safety is our number one concern.

If you are interested in any of the above initiatives, please connect with me and I will provide contact information.

In other news..

Flood Mitigation: Not much has transpired since my last report. Negotiations with property owners continue. The Don't Damn Springbank group are conducting their own engineering studies and will meet with Rocky View County engineers (AMEC) in the near future to compare notes. Also, Alberta Environment is working to complete technical studies of their own. Rocky View County is aware that with the snow we've experienced this winter we need to get moving on this soon. As it stands now, the earliest we can see any signs of construction would be early fall. The plans and timelines will be updated shortly on the RVC website.

SRI: An Environmental Impact Assessment (EIA) is being resubmitted by Alberta Transportation that will go to the Canadian Environmental Assessment Agency (CEAA) because they were not satisfied with the last submission. Discussions continue.

Finally, the Reeve and I had a productive meeting with the senior management team from Resorts of the Canadian Rockies and RVC Planning to keep the conversation going in terms of a possible development in Wintergreen. Furthermore, the Bragg Creek Brewery is still on the table so keep an ear to the ground for further details.

We need "sensible" development in our division in order to help with our water/wastewater infrastructure, more density to help our businesses/services grow and more neighbours to help keep eyes on each other. Until next month stay warm.

Cheers, Mark

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Responsible 12yr old babysitter available, can get to/from you plus cost of fuel. I've completed the Red Cross babysitter course. I love kids! Call Dustin at 403.931.1740 or email livudrm@gmail.com for rates and availability.

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Looking for help in Math or Science? Lexi is a qualified and experienced tutor that loves working with kids and teenagers. She has a Bachelor of Science from Queen's University and is currently working on her Master's degree in Chinese Medicine. She has experience tutoring grades 7, 8, and 10 in both Math and Science. Located in the Springbank area and willing to come to you, Lexi charges a competitive fee of 45\$ an hour plus 10% prep time per week. Lexi has vast experience working with children, from volunteering as an Educator to being an aid for children with special needs - she's sure to meet your needs! Contact 403-614-6600 for more information.

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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

**Greetings! Sharing my News Update:
Public Engagement on Secondary Dwelling
Units, March 2018:**

Details on this topic can be found in my Feb 2018 HCN column. Just wanted to let you know that 1 of 3 public engagement sessions will be held on Monday, March 26, 2018, from 4:00 to 8:00 pm, at the Priddis Community Hall. See you there!

Increasing Police Presence – Foothills Council Discussion:

On Jan 31, 2018, our Foothills Council invited RCMP representatives to speak with us about “enhanced policing”. Due to an increase in property crimes, we want to have the discussion about what it would take to reduce the criminal activity in our area. In addition to working with our 3 Rural Crime Watches and pulling together a community meeting planned for April 10, 2018, we are looking at the cost and effect of hiring 1 to 3 officers to specifically work on crime reduction in

the Foothills area. For more info, search online: “MD considering increased police presence” (Western Wheel). Thanks to Inspector Shane Ramteemal (Edmonton) and our RCMP detachment COs for attending. Also, I have posted 6 slides with recently compiled crime stats for the whole municipality, including info from the 3 RCMP detachments: Turner Valley, Okotoks and High River. Visit: www.facebook.com/CouncillorSuzanneOel

Municipal District of Foothills No. 31 To Become “Foothills County”:

(excerpt from news release by Leslie Lambert): The name Municipal District of Foothills No. 31 is changing to “Foothills County”. Council passed a resolution to submit an application to the Province to change the name on February 7, 2018. The title of “county” is recognized nationally and internationally. Foothills County is a name that distinguishes what the municipality represents. The name is easy to find, remember and say. This is a benefit to the municipality as we continue to encourage industrial and commercial growth - provincially, nationally and worldwide. Renaming to Foothills County brings the municipality into alignment with the majority of other rural municipalities in Alberta that are recognized as counties. It does not affect existing policies and agreements. Costs associated with changing the name will be minimal. The name within the logo is what is changing; the logo and brand remain the same. Existing gateway signage on the

main highways is old and plans to replace the signage are in place, making this an opportune time. Other costs such as stationery and print material will be incurred only when existing materials are used up and reprinting is required. Decals identifying municipal vehicles will be replaced on a needs basis.

Evaluating 70 km/hr Speed Limit On Highway 22X:

On January 23, 2018, in response to numerous resident inquiries, I approached the SW Calgary Ring Road Construction Team about changing the speed limit back to 90 km/hr when no construction is going on. My request was shared, but they wanted more people to speak up if this was really the desire of more than a few people, in order to evaluate it further. So, I posed the question on my Facebook page and received an overwhelming response of people on the topic. The post reached 17,095 people, was shared 165 times, had 253 reactions, plus many emails and phone calls went out. First of all, thank you to everyone who expressed your perspectives and communicated to the SWCRR Public Engagement Team on this matter! As a follow up to your communication, I also spoke with a representative from Alberta Transportation. In response

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to our inquiries and comments, Alberta Transportation has evaluated the conditions of Hwy 22X and the speed limit, and prepared the following statement as of Friday, Feb. 9, 2018 - AT: "An investigation was conducted (Feb. 1) on Hwy 22X within the SWCRR project limits to determine whether or not it would be feasible to increase the speed limit along the corridor. The project limits of the SWCRR on Hwy 22X is east of Macleod Trail for the east end and 69th Street SW for the west end. This stretch of highway is a construction zone in which the SWCRR Contractor had implemented a posted 70km/h due to the activities taking place and the changed conditions of the highway. It was noted that from 37th Street SW to 69th Street SW there are no visible construction activities taking place. This stretch of highway was further reviewed to determine if it was feasible to increase the posted speed limit. In the East Bound direction, there is an existing 70km/h school zone that had been implemented prior to the start of the SWCRR project in order to provide a safer access to the educational institutions at 53rd Street SW. Looking at the West Bound direction it was found that the clear zone available would only accommodate a 70km/h posted speed limit. As such the posted speed limit on Hwy 22X in the EB and WB direction will remain at 70km/h throughout the project limits to reduce the safety risks to the travelling public." SO: Again, thanks for making the effort to request the evaluation! And watch out for enforcement, as that appears to be the only action that will be taken...

For Other News & Updates:

Please visit my website: suzanneoel.com
www.facebook.com/CouncillorSuzanneOel

With Best Regards, Suzanne

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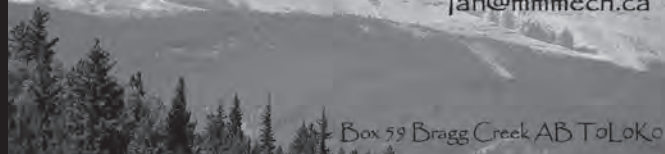
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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

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. Each year in March, the H.C.R.C.W.A. holds its A.G.M., and this year the meeting will take place on Thursday, March 8, 2018, at 7:00 p.m. in the Priddis Community Hall. Guests Presenters include the R.C.M.P. (with a crime update), Foothills Search & Rescue, and the Safe Communities Alert Network. You are invited to attend, and refreshments will be served.

Our local R.C.M.P. continues its Sisyphean task to thwart local criminal activity. Last month the Western Wheel noted that in less than twenty-four hours after a mailbox theft, the Turner Valley R.C.M.P. caught the thieves and have laid 102 charges against Randy Boehner (of Calgary) and Tamara Villneff (of High River), seen throwing mail out of a car

window. The police subsequently found stolen letters in their car, now returned to the intended recipients.

As we inexorably move nearer to tax time, phone scams increase in number and in sophistication. They would like to get your coordinates so they can get your tax refunds, before you have filed your own returns. A basic, general rule to follow is never give any personal information or money to unsolicited phone calls. Instead, when you need to give information or money to a legitimate enterprise or charity, initiate the call yourself, and be sure you have the correct number, not a number that the caller may have given you.

Some scammers try to trick you into saying "Yes" so that they can record your voice and use it to "prove" you had ordered some unwanted item or subscription. They say something like

"This is xxx. Can you hear me?" If you answer "Yes," they have caught you. Personally, if a caller (i.e., robot) asks me whether I can hear him clearly, I just say "No!" and hang up.

A new trick I have recently experienced twice purportedly from two respected charities is a computer that pretends it is a person phoning. It starts with a message like "I'm so happy a real human answered. So many of my calls today have been to answering machines." It pauses to let you answer, and then it goes into its pitch, a minute or so to explain why you should buy something or contribute to some charity.

It is easy to find out whether this is a robot or a person: just say something while it is making its pitch. If it ignores your words and continues to talk, just hang up. There is no human on the other end of the line, so you are not being impolite. The human is supposed to come on only after the robot has finished its spiel. I subsequently contacted one of those 'charities' and they assured me that that robot call did not come from them. One presumes the other call equally did not originate from a valid charity. They would prefer their

Cindy Wilson

Chartered Accountant

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victims send their contribution to a site not connected with any charity.

Some good news: On February 15, the Alberta R.C.M.P. and the Alberta Rural Crime Watch Association signed an official partnership, a Memorandum of Understanding that outlines the role each organization will play to keep our communities safe. Rural Crime Watch is a community-led program with volunteers who assist the R.C.M.P. gather relevant, actionable intelligence and educate neighbours on how to secure their property and be aware of potential threats. This collaborative approach includes citizens, health, and mental health service providers, law enforcement, and government to help keep our communities more resilient to breaking the cycle of criminal activity. We are pleased to be a part of this provincial organization and hope the partnership brings more awareness and support to our organization and other local Rural Crime Watches. We look forward to building relationships to help fight crime.

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 is free. Your obligations are nil, and you will get mail or phone call fan-out messages describing recent and current criminal activity in our area. New members also get a free High Country Rural Crime Watch Association sign. 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. To join, phone me at 403.931.2407 or visit our website for: 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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Happy St. Patrick's Day!

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

The Men's Breakfast meetings at the Priddis Hall have been put on hold as volunteers are needed to help with prep and cooking breakfast. Future meeting details will be updated on the Priddis website.

'80's Dance Square Butte Hall March 10th: Make it a night to remember at Square Butte's '80's Retro Dance. It's a community affair and our community is inviting your community. We've had so many mutual events in the past, thought it was time for another. This is a private party so please check out the events section of our website: www.squarebuttehall.com for details. On March 10th we'll have a DJ to provide the dance music and some local talent as well. Check out our website or call Karen @ 403.931.2771.

Parent & Tot Coffee Morning: The next dates are Wednesday, March 21st and April 18th, to meet at 9:30 am at Jane's Café in the Priddis Mall. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddisalberta.com. Contact Lindsay Flynn at 403.813.3263 for more info.

Priddis Early Learning Program (PELP): Open House for registration is March 22nd at 7:00 pm at the Priddis Hall. The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. Information about this program is available on the website at pelppreschool.wix.com/pelp.

Contact PELPpreschool@gmail.com with any inquiries about the program or to register. The Director is Kate Berkan. She can be reached at 403.808.3988, email: kj.berkan@icloud.com.

Meota Gas AGM: The AGM for Meota Gas is Monday, March 26th at 7:30 pm at the Priddis Hall. All members are invited to attend. Refreshments will be served.

Priddis Panthers Hockey League: With the colder temperatures, the ice has been great again thanks to the all the hockey parent volunteers.

Adult drop in hockey is every Tuesday at 8:30pm (providing there is ice at the rink). No equipment is required but helmets are mandatory. No fee to play, just need to have a Priddis Community Association Membership. Public skating is open to community members except for these practise times:

Monday: Panthers practice 6:00-8:30
Tuesdays: Panthers practice 6:00-7:15
Wed/Thu: Panthers practice 6:00-8:30

For more information, contact Joey Duzlemic at priddishockey@gmail.com. or 403.891.4766.


2018 Casino: This is the year for our next casino. Exact dates are not known, but will be in August or September. Approximately 40 volunteer positions need to be filled for the two days. This event is our main fundraiser. The casino funds are crucial to running the Priddis Community Association. If you are interested in co-ordinating this event, please contact Ed Osborne at 403.931.2923.

Millarville Half Marathon Run - June 16th: The run is Saturday June 16th and starts at Oilfield High School in Black Diamond and "runs" to the Millarville Farmers' Market along Race Track Rd. Register on the website: www.millarvillehalfmarathon.com

If you're not a runner, not a problem. We are looking for groups or individuals who would like to be part of our 150-strong volunteer team. Volunteers get a commemorative "Race Crew" T-shirt and a breakfast coupon at the Millarville Farmers' Market. Our event is crazy early, winding up by 10:30 am, giving you plenty of time to enjoy the rest of your day. Contact us via millarvillefarmershalf@gmail.com to volunteer. If you or your organization would like to donate prizes or money, please contact Stephanie Fitzgerald at 403.797.4363. The run is happy to advertise and post your logo/signage at the event in return. Thanks for supporting the Millarville Farmer' Market.

"Warriors of Hope" - Yoga Cancer Fundraiser at Priddis Greens - June 23rd: Mark your calendar for this fun yoga fundraising event, "Yogis R Warriors of Hope" taking place at Priddis Greens Golf Club on Saturday, June 23rd from 9am - Noon. Participant registration is \$30.00. Bring only a yoga mat. There will be a silent auction and food served.

Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised will assist in supporting people living with



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March 11th • 9:15am
HOLY COMMUNION

March 18th • 9:15am
HOLY COMMUNION
Passion Sunday

March 25th • 9:15am
HOLY EUCHARIST
Palm Sunday

March 30th • 3:00pm
GOOD FRIDAY
Christ Church, Millarville

April 1st • 9:15am
EASTER SUNDAY

April 8th • 9:15am
HOLY COMMUNION

Connect at Facebook.com/meotaparish
and @meotaparish on Instagram

breast cancer in Calgary and area. Many breast cancer patients are unable to work during their treatments. Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries. For more information contact Lori Colwell at 403.472.5349.

Canada Post Parcel Pick-up in Priddis: Updated Canada Post hours are Monday, Wednesday, Thursday and Friday from 9 – 5 and closed for lunch from 12:30-1:30. New hours on Tuesday, 11am - 7pm and closed for lunch from 2:30-3:30. Also open on Saturday from 10am - 2pm. Priddis parcel pick-up is at the Priddis Business Connection, Suite #6, in the Priddis Plaza. Stamps, prepaid envelopes and flat rate shipping boxes can be purchased. Contact connect@priddisbci.com or 403.931.7191 for more information.

1st Priddis Scouts and Cubs meet at the Hall on Wednesdays at 6:30pm. To join or for more information contact Stan or Raelene Prokopishin at 403.201.0438.

Priddis Library: Note the new winter hours at the Priddis Library in the old-school house are on Tuesday and Friday from 3 - 5pm. There is a great selection of children's books and a play area. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine and Carol for volunteering their time to keep the Library operational for the community.

Millarville Library: Millarville Community Library is attached to the Millarville School. Membership is \$5/year or \$10/year for families. It is part of the Marigold Library system. You can order books etc. in the library or online, access and download e-books and audio books. Sign up for various activities at the library: volleyball, pickleball, crafts and other classes requested by members. There is a newly revamped "Kids Corner" offering monthly story times and a Summer Reading Program. Millarville Library hours are: Monday, Tuesday, Thursday: 9am - 3pm Wednesday: 9am - 7:30pm, and Friday: 9am - Noon. Check out the website at www.millarvillelibrary.com or their Facebook page.

Booking the Hall: To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at PCAhallrentals@gmail.com or call 403.975.8487. Check the website for availability and updates.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.PriddisCommunityAssociation

The Priddis Post is published twice yearly – Spring and Fall. Want to place an ad in the next issue? Please contact Sue Warren for rates and timelines at sue.warren@telus.net

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Not a Runner? Not a problem. The Millarville "Run To The Farmers' Market" Half Marathon is looking for groups or individuals who would like to be part of our 150-strong volunteer team on Saturday, June 16. Volunteers get a commemorative "Race Crew" T-shirt and a breakfast coupon at the Millarville Farmers' Market. Our event is crazy early, winding up by 10:30 am, giving you plenty of time to enjoy the rest of your day. Contact us via millarvillefarmershalf@gmail.com



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YOGIS R WARRIORS OF HOPE FUNDRAISER FOR WINGS OF HOPE BREAST CANCER FOUNDATION



Join us for a morning of yoga June 23, 2018

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.

Yoga is known to be beneficial for the emotional and physical recovery of cancer patients. For our Inaugural event, Warriors of Hope has selected Wings of Hope Breast Cancer Foundation to be the recipient of the funds raised. Our goal is to raise \$10,000 for Wings of Hope.

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
Priddis Greens Golf and Country Club
Register early as space is limited
Tickets \$30 available at BrownPaperTickets.ca
Find us on Facebook and Instagram for more info
@Yogis R Warriors of Hope



Saturday March 10th

Doors open at 7:30pm

Square Butte Community Hall ■ Hwy 762



80's Retro Dance

■ DJ ■ Local talent ■ Prizes ■ Cash bar ■ Midnight lunch

\$25 per person, tickets are limited

(Must be 18+ to attend)

www.squarebuttehall.com or whitlie@explornet.ca

We Are Red Deer Lake United Church!

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

We believe this is what Jesus is all about.

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!

On the Edge Concert: ReMix

Friday, March 9 at 7:30pm

Location: Sanctuary

ReMix is an extraordinary group of 13 singers based in Calgary. They are members of Revv52, Calgary's Vocal Energy. ReMix is in demand in Calgary as a unique entertainment group, combining incredible vocal power with beautiful blended harmonies. ReMix will be singing current and classic Pop, R&B and Jazz hits with members of the Revv52 band - including unique arrangements of classic songs like Frank Sinatra's "Come Fly With Me", Leonard Cohen's "Hallelujah", Lighthouse's "Sunny Days", Lady Gaga's "Born This Way" and many, many more! Come experience a night of incredible vocal energy and fun with ReMix: Powered by Revv52.

Saturday Morning Coffee

Saturday, March 10 at 10am

Location: Lower Hall

Looking to explore faith, life, and spirituality, ask some big questions, and do it with some greater people while drinking great coffee? Who isn't? SMC is a chance for parents and working professionals to get together on a Saturday morning and do just that. Whatever your questions, wherever you're at with your faith, come on out and join us. Child care is provided.

Connect

Sunday, March 11 at 12pm

Location: Multipurpose Room

We know that coming to a new church can be tough. Connect is a chance to learn about who we are and what we're about, and meet some other people in the community. If you're church shopping, just joined us, or have been with us for awhile but looking to learn more, this is for you. Join us for some coffee, hanging out, and getting connected after worship.

Movie Night

Friday, March 23 at 6:30pm

Location: Sanctuary

Doors open at 6pm

Be comfortable! Bring snacks, blankets and pillows! Wear your PJs! Donations are gladly accepted. Any proceeds, after covering expenses, will be donated to Kidz. Loonie & twoonie concession for snacks.

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

Your Friends at Red Deer Lake United Church
403.256.3181
office@reddeerlakeuc.com • reddeerlakeuc.com
Instagram @RedDeerLakeUC
Sunday Worship: 10:30am

PRIDDIS EARLY LEARNING PROGRAM

Open House & Registration Night

Thursday March 22, 2018

7pm

Priddis Community Hall

The Priddis Early Learning Program is pleased to be hosting an open house and registration night for the 2018/2019 school year. We hope you can join us to learn about the program, meet the teacher, ask questions and see the school space. You will also be able to submit your forms and pay your registration fee at the meeting. The registration package can be found on our website to fill out ahead of time. Please contact us if you have any questions

<http://pelppreschool.wixsite.com/pelpp>

PELPPreschool@gmail.com





ReMix

PRESENTS: POWERED BY REVV52



FRIDAY, Mar. 9 - 7:30 PM - Red Deer Lake United Church
Doors Open - 6:30 PM - Light meal for purchase
Tickets: Adults \$25 • Youth \$10 • 12 yrs. and under free
Phone 403.256.3181, ext. 5 for the ticket line, or purchase on line at reddeerlakeuc.com

On the Edge Concert Series wishes to recognize these valuable groups for their support of live music.








Join us April 7 for a Stellar Event at the ASCCA

Roll out the red carpet because the ASCCA is preparing for another star-studded evening. And who better to invite to such an evening than an organization celebrating its sesquicentennial, the Royal Astronomical Society of Canada (RASC)? The origins of this organization was a modest group of eight men from Toronto, who despite push back from other scientific societies of the time, decided that yes, astronomy deserved its own separate society. As such, in 1868 the "Toronto Astronomical Club", which later became known as RASC, was formed. And in case you were ever curious on how they received the word "Royal" added to their name, apparently all you must do is have enough guts to ask King Edward VII for the regal designation.

Please join Steve Donaldson and his enthusiastic volunteer astronomers from the RASC for an evening dedicated to the real stars of the galaxy. Steve will guide us through what is in our current night skies from deep sky objects, the moon and everything in between. Afterwards, telescope viewing will be done outside Belvedere house with the volunteers. Although this is not an official 150th year RASC celebration, it still helps us support their endeavours to educate the public about all things astronomy related. If you are interested in other RASC 150th year celebrations, please go to www.rasc.ca/2018. Happy birthday RASC!

We are also planning on screening our Nocturnal Preserve video that was made possible by the Young Professional Stewardship grant provided by the Prairie Conservation Action Plan (PCAP). This video is aimed at creating a desire for people to embrace the dark and change the way they think about light pollution. It is our hope that by sharing this video with school children we will encourage more people to join the "Dark Knight" out here at Canada's first Nocturnal Preserve. We would like to take the opportunity to thank Gord Hayes, the RASC Calgary Chapter, Lisa Dahlseide, Suzanne Oel, the Calgary Wildlife Rehabilitation Society and of course PCAP. Without your support, contributions, footage and volunteer time this video would not have been possible.

The evening will run in and outside of Belvedere House (the education building) at the top of 160 St. just south of 22x. Refreshments will be provided.

Time: Saturday April 7 from 7pm-10:45pm

Admission: FREE. We hope to see you there, neighbour!

We will be accepting donations at the door. Any money raised at this event goes towards

our conservation education programs. These award winning programs help us to continue to fulfil Ann & Sandy Cross' wishes to promote conservation and help inspire the next generations of stewards in Alberta.

RSVP by April 4 to info@crossconservation.org or call 403-931-1042.

For more information please visit www.crossconservation.org
Laura Griffin

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The Boot

As I laced up my boots, I was thinking of the last time I conquered this strenuous trail. For the next 4 to 5 days we would be trekking a total of 75 kilometres up and down ladders, across the ocean floor and through some of the toughest and unforgiving terrain in Western Canada.

As the sun was coming up, we could see the ferry making its way across the cove to come and take us to the trailhead. I was proud of my parents for joining us on this adventure and was looking forward to spending some quality time with them.

As we loaded our packs onto the boat, we said goodbye to civilization and hello to the unbridled wilderness. The first day was definitely the hardest. The steep terrain, muddy bogs and thick bush...I am sure I was not the only one thinking, "What have we got ourselves into?"

Throughout the next couple of days, our bodies adapted to the weight of our packs and our legs seemed to get stronger with each step. We all enjoyed the beautiful scenery. We viewed humpback whales breaking through the waves, bald eagles soaring high above and at one point, we came across a baby seal as it was soaking in some sun on the hard packed beach.

By the third day we were half way through our journey. To mark this milestone, we decided to stop early so that we could have

a nice fire on the beach and dry out some of our drenched belongings. The rain had been sporadic, but the streams running into the ocean had sometimes been hard to pass without getting our footwear completely wet.

As I undid my shoelaces and pulled off my boots, the water poured out from within. "Wow!", I thought to myself "How could this have been comfortable?" There seemed to be enough water to make a big pot of spaghetti! I pulled off the rest of my wet garments and started to hang them close to the already well lit fire. I located a nice 'drying' rock and carefully placed my footwear so that they too would be dry by morning.

That night we had Beef Stroganoff. It was dehydrated and just required a little hot water to make a decent gourmet meal. We scoffed it down, had a couple sips of whiskey and watched the sun set. We were exhausted. As soon as my head hit the pillow I was out like a light.

The next morning, we awoke to a beautiful day. We had a quick breakfast of granola bars and dried fruit, then proceeded to tear down our camp. The tent was starting to get easier to stuff into our packs and our clothes were perfectly dry.

As I sat down to put on my footwear. I noticed my right boot seemed a bit disfigured. I attempted to jam my foot into it, but was unsuccessful. I examined it closely and determined the fire had melted my boot. It was totally ruined. The hard plastic shell had completely caved in on

itself, making it almost impossible to get my foot into it. I attempted to cut it, fix it and I even tried to melt it back. But to no avail, the boot was ruined.

I was lost for words. What was I to do? We had 35 kilometres left to hike and my pack was still quite heavy. We were just over half a day's walk to a checkpoint, where we would have to wait and see if I could get rescued by a boat or helicopter. Both options seemed expensive and disappointing. I wanted to finish the hike.

I decided I would have to toughen up. I pulled off my socks, threw the pack over my shoulders and started to head into the forest trailing behind my worried parents and wife. I lasted 100 meters. My soft Canadian feet were no match for this terrain and the pain was excruciating. I stopped and resorted to my camp booties, which are light weight miniature sleeping bags for my feet. I would have started with them, but wanted to see if I could do it without. They provided some comfort, but I was worried I would not be able to make it to the checkpoint.

After about 30 minutes I had to stop and take a break. My feet were sore and the lack of support was starting to affect my back. By this point we were all concerned. What was I to do. I was slowing down our group and my body was getting worse. After a few sips of water and a break from being on my feet. We started to march again. The trail was narrow with dense bush on both sides, we were hiking over dangerously exposed rocks and roots.

As we came over the next hill, I didn't notice it, but my wife did. There was something buried in the trail. It looked like a old piece of leathery bark sticking out of the ground. I thought it was just a piece of trash, but my wife insisted we stop and dig it out. It took several minutes, as it had probably been buried there for decades. As we exposed more of this hidden treasure, we realized it was a boot.

My heart leapt! "Was this a dream?!" I shook my head, "It couldn't be.." We cleaned and inspected it. It was a right footed boot. I tried it on and it fit. None of us could believe it. This was a miracle. The boot was more comfortable than the one I had on the previous morning. It must have been over 50 years old.

We made it to the checkpoint and I looked over the boot closely. I believed this boot would carry me the rest of the way. I decided to finish the hike. Two and a half days later, we made it to the end of the trail. My foot felt great and as I pulled off the boot for the last time, it seemed to fall apart in my hands. I kept the remains off the boot as a constant reminder that sometimes even your smallest dream can become an unexpected reality.

Stephen MacArthur
Turner Valley

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Customize mortgage for you. All mortgages are not created equally. Depending on your financial goals, a Broker will ensure the mortgage you receive helps you move closer to those goals, whether borrowing to purchase, to renovate, or to invest, the mortgage you have helps achieve these financial goals.

From start to finish: After a smooth closing, a Broker's job is still not complete. After closing we are still available to discuss your mortgage and any changes that may occur.

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| Raw Well Water Testing (Provincial Lab) | Obtain water sample & submit to lab | Twice per year (as per Alberta Environment) | Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc |

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TURNER VALLEY Times

Hello, Turner Valley!

Hello, Turner Valley. Brrrr it's been a colder winter than usual. We have had blizzards blow in and out as quickly as they came, tons of snow, and it gets a little depressing looking outside and seeing the white winter. Unless it's really cold, I try to get outside a few times a day anyway so as not to feel housebound. There was a huge pile-up on Stoney Trail a while ago, it looked like something out of a movie. The Canadian coverage of the Olympics was fantastic. I've been staying warm inside watching the Olympics, Canada is doing pretty darn good, so I guess all that snow and ice comes in handy sometimes!

Our local Scouts, Beavers, Ventures, and Cubs will be holding their bottle drive on Saturday, March 24th from 9-12. This is a major fundraiser for the groups, which are held twice a year, once in the spring and once in the fall. It is important to note that all funds raised are used locally, and fund programs for the kids. Please leave any bags outside marked SCOUTS if you won't be home. They will not take any bags not marked for them. If you are unable to leave your bags outside, please call Daryl of 1st Oilfields Scouts at 405-560-4447 and he will arrange a pick up the week of the drive.

Our local Brownies/Sparks hold their meetings on Thursdays at 6pm at the United Church in the Valley. Beavers are held there too on Wednesdays at 6pm. The United Church is located at 125 Royal Avenue in Turner Valley, across from the field at Turner Valley School. Bring a donation for the Food Bank as they are located at the Church as well. For more information, the Church's Office

phone number is 403-933-4114 and the Office is open Tuesdays and Thursdays from 8:30-3:00.

The kids will be off school for Easter Break from Friday, March 30th – Friday, April 6th. The Turner Valley Legion generally hosts a Children's Easter Party, at the time of writing they were still working on the date, so please give them a call to find out, at 403-933-4600. The Legion has a fabulous chef and I cannot believe the amazing variety of meals that are coming out of the kitchen. Such talent and taste, and a very reasonable price, you don't have to be a member to come to the Legion, and the atmosphere is very family friendly. Check out all the programs the Legion has to offer, such as darts, pool, and cards, and more.

If you're looking to get out for some fresh air, exercise, and good company, check out the Sheep River Ramblers. You may have seen groups of people walking about and on the Friendship Trail. The Ramblers invite people of all ages and abilities who enjoy walking to come join them. The Ramblers operate out of the Sheep River Library. The Library also offers U WALK. You can borrow a U WALK pedometer kit from the Library and find your stride. Track your activity online at UWALK.ca or download a personal activity log. For more information on these items, drop by our beautiful library and talk to our friendly librarians or give them a call at 403-933-3278.

Ladies of the Foothills, save the date of August 13th for the 11th annual Foothills Ladies Compassion Cup Golf Classic. Over the past 10 years they have raised over \$230,000 and with your help, they can do it again. They are currently accepting charity recipient applications. If you know of a charity that can use their help (and don't they all), please contact them at foothillsladiescompassioncup@gmail.com to receive application forms or for more information. The deadline for applications is March 15th.

Sheep Creek Arts Council in Turner Valley offers several programs this spring. Advanced Colour, Texture, and Acrylic Inks runs March 3rd from 10-4. On March 17th they will hold a scrapbooking

fundraiser for Rowan House. This event always sells out fast. Beginner oil painting series starts March 24th from 10-1, these classes are a basis for some outside classes that will be held in June and July in local gardens. Their clubs are ongoing and always welcome new members, and membership is only \$10 a year. Some of their clubs are quilting, painting, and knitting. I stopped in there a while ago and was amazed at the beautiful artwork the members are putting out. For more information, please call Sheila at 403-931-3989 or visit sheepecreekarts.ca. SCAC is located on the south side of Sunset Boulevard, just a little bit past the 4 way stop heading west.

Right next door to the Sheep Creek Arts Council is the Valley Neighbours Club. They offer many different programs and classes as well and are a very friendly bunch. They offer line dancing, exercise classes, bridge and cards, a garden club, bingo, and much more. For more information, drop by or give them a call at 403-933-4445.

Beneath the Arch Concert Series is pleased to present Sultans of String on Sunday, March 11th. Tour the world through music – Celtic, Gypsy Jazz, Arabic, Cuban, and more by five masterful musicians. Doors open at 2:30 with the show starting at 3:00. For tickets or more information, visit beneaththearch.ca.

The Arch also offers a bursary every year for young performing artists. A total of \$1500 is available for one or more bursaries. These bursaries are designed for young performing artists in any creative endeavor such as dance, voice, music and theatre and the monies are to be used for lessons, equipment, fees, and the like. They are available for youth in the Diamond Valley area. Application packages must be received before March 31st, with the winners announced before May 31st. For more information, visit beneaththearch.ca.

If you have any events happening April 4th – May 2nd 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 March 15th.

Happy St. Paddy's Day March 17th!

Elaine Wansleeven

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Longview Library

The draw for the the socks and scarves was won by Jubilee, Leona and Diane. Lynda, our librarian, brought in the game Kerplunk again from Marigold. It is one of the games that our disabled patrons can do independently. It is very popular, as are the Legos, which will be coming in on March 6th. The library had a Q-tip winter tree painting session in January. The craft box will have the makings for Valentines in the next two weeks. Olympic and Canadian flag crafts will be available for our young patrons after that. Lynda is bringing in a button maker kit for a week on February 13th.

An oil painting class will be given by Lisa Penner in the month of February. Check the bulletin board for date and time. Freedom to Read Week is from Feb. 25th to March 3rd. There will be a banned and challenged book display during this time in the library.

Just a reminder that our hours of operation are Tuesdays, Wednesdays and Thursdays from 10 a.m. to 5 p.m. Our phone number is 403-558-3927 and we also have a Facebook Page.

New books to the library:

Fire and Fury (the White House) by Michael Wolf

Shooting Kabul (Young Adult) by N.H. Senzai

Lunch Hour Embroidery: Embroidery Basics (Non-Fiction)

Architectural Magazine: the international magazine of interior design.

Morrison by Susan Raby-Dunne (Resident of the Village of Longview)

Some suggestions for your fireside reading: *The Lost Diaries of Suzanna Moodie*, by Cecily Ross, writer for the Globe and Mail, MacLeans, Zoomer and Harrowsmith. It is an enthralling story of a woman's struggle for survival in the remote backwoods of the Canadian wilderness in the late 1800's. The diaries are drawn from the diaries of the renowned author and pioneer, Suzanna Moodie.

Goodnight from London by Jennifer Robson, author of *Somewhere in France*, is a story of a female American journalist covering the Second World War in London. It is an ode to the heroines of the War, of whom little is known. It is also a touching love story.

The Secret Wife, by Gill Paul, is a story that moves across the centuries, the past merging with the present. It blends fiction with historical fact. The novel is of the love affair between the Grand Duchess Romanov and a cavalry man in the Russian army. The great-granddaughter of this soldier discovers evidence in upper New York State of this love affair, and in doing so, unearths a long sought-after mystery.

Happy Reading!
Sylvia Binkley
sliv@telus.net

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BLACK DIAMOND Digest

Hello, Black Diamond!

Hello, Black Diamond. Well we sure got some more winter the last month. Lots of snow with some nice warm days here and there. I heard the old groundhog saw his shadow, so six more weeks of winter. Big surprise. Remember Daylight Savings Time begins on March 11. Spring ahead!

With so much snow, it was nice to see neighbours helping each other out shovelling. It was also nice to see Snow Angels in action, I know several people who went over and shovelled people's walks that were unable to do so themselves. If you are one of these people, please call the Town of Black Diamond and they will put you on a list for Snow Angels to help you out. Or if you would like to help out and be a registered volunteer (you wouldn't be given more than one house), give the town a call as

well at 403-933-4348, and thanks to those who lend a hand in a time of need.


Alberta Campgrounds will open their registration lines on February 20th. Most campgrounds generally open in the middle of May or so. Some campgrounds do not take reservations, as it is first come, first site. If you are dreaming about sunshine and camping, check out reserve.albertaparks.ca.

Business owners are invited to participate in the BIZ KID\$ Business Mentoring Program, offered in partnership with Oilfields High School. The program gives business owners in the area the opportunity to play an important role in the life of a young entrepreneur. Students of the program are paired up with a mentor to ask questions about your business. Students are ages 10-16. For more information or an application form, please call Suzan at the Town Office at 403-933-4348 or email at SuzanN@town.blackdiamond.ab.ca.

There will be a Social Media Awareness/Parenting the Digital World Program coming up for all Foothills School Division parents of school aged children and youth. With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach

them responsible and appropriate use of technology? Join other parents at the Oilfields High School for an informative presentation which covers social media updates, digital footprints, video games, brain development and technology, and more. There will be two presentations available, March 7th and 8th, both at 7:00 pm. Please RSVP to reserve a seat at brummelhuism@fsd.38.ab.ca. There will no school for the kids on March 9th.

Another presentation will be held in connection with the Foothills Children's Wellness Network and their 4th annual Report to the Community. Learn more about anxiety in children and teens. The presentation will feature Dr. Sandra Clark, a clinical psychologist who has been working at BC Children's Hospital in the Anxiety Disorders Clinic for over 20 years. She will talk about how anxiety presents itself, what it looks like, and general coping skills, strategies for parents, and taming the Worry Dragon. The presentation will be held at the Turner Valley Golf Course, in the Clubhouse, on Thursday, March 22nd, with the doors at 6 and the event at 6:30. There will be appetizers and non-alcoholic beverages served. The presentation is free, but please RSVP before March 12th, to ensure a spot, at Eventbrite.ca and search Foothills Children's Wellness Network.



will hold its

Annual General Meeting

on

Monday, March 26th, 2018 – 7:30 pm

at

Priddis Community Hall.


(Coffee/Tea and Snacks will be served)

The Agenda will include:

- The Board of Directors' Report;
- The Manager's Report;
- Presentation of the Financial Statements and the Auditor's Report;
- Election of Directors.

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Our local Scouts, Beavers, Cubs, and Ventures will be holding their bi-annual bottle drive on Saturday, March 24th from 9-12. If you will not be home, please leave the bags outside clearly marked SCOUTS. They will not pick up any bags not marked for them. If you cannot put your bags outside, please call Daryl of 1st Oilfields Scouts at 403-560-4447 to arrange for pick up the week of the drive. This is a main fundraiser, one in the spring and one in the fall. It is important to note that all funds raised stay in the group locally and fund programs for the kids. The groups thank you in advance for your donations!

Black Diamond's Council will be hosting Coffee and Conversation on March 22nd from 6-8 pm in the Council Chambers at Town Office. This event will be held quarterly throughout 2018, with a review by Council to follow. The events are intended to provide residents with an informal opportunity to have conversations with a small group of Council members, on a rotational basis. Regular Council meetings this month are March 7th and 21st at 7 pm, and March 27th at 9 am.

Members of the public are encouraged to attend regular Council meetings. Every regular meeting offers a 15 minute Question and Answer Period, where any person may ask Council a question. If a person or group wishes a more formal appointment with Council, they must make the request in writing to Administration. The request must be received no later than 1:00 pm on the Wednesday before the meeting date.

If you have any events happening April 4th – May 2nd 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 March 15th.

*Happy Easter,
Elaine Wansleben*



**SHEEP RIVER
LIBRARY**

Spring and Beyond at Sheep River Library

I feel I need to preface what I am about to say with the disclaimer that I am no fan of reality TV shows. So it would seem strange that I would be directing your attention to the reboot of American Idol which returns to the air on March 11 on ABC. However, I do so for good reason. One of the contestants, Kristyn Harris, will be making an appearance at Sheep River Library as part of our Fall Out Loud line up in October. Kristyn hails from Texas and is an accomplished singer and musician. So if you want to get a sneak peek of this amazing performer before she gets here, then tune in to American Idol. Details about Kristyn's concert at the library will be available later in the year along with the rest of our Out Loud presenters.

If October seems too far off to be thinking about, then let me draw your attention to some programs that are happening in the not too distant future. Search and Rescue are holding their Navigation Course on Saturday, April 7, from 9:00-2:00. If you have ever wished to know how to use a compass correctly or how to read a map, then this is the course for you. After taking

the course you will be well prepared for hikes and adventures out in the beautiful wilderness that surrounds us. Please call the library to register. (430-933-3278).

Spring also heralds the return of our computer classes. Whether you are a total newbie to technology or have some experience but need help, we can accommodate you. Tech Talk Intro and Tech Talk Basics start on Wednesday April 11 as does the Tech Talk Café where one on one support is given. If you have a particular computer issue you are struggling with, then this is the time for you to come in and get the help you need. Intro to iPads starts on March 6 with a follow up class on March 13. For start times either go to www.sheepriverlibrary.ca or if using websites is one of your struggles, then please just call us. We'll be happy to help you out.

This spring we also have authors and photographers Ian Wilson and Jacinthe Lavoie returning to present another of their fabulous shows, "Wings Over Canada" on April 12 at 7:00. This travelogue with wings explores Canada one bird at a time, from shorebirds to songbirds, raptors and waterfowl. This 45-minute multimedia presentation is a mix of vivid images, classical music and entertaining stories.

From April 10 to May 18, you can learn about how to Age with Wisdom and Joy. This interactive class, led by Colleen Lemire, covers topics such as compassion, forgiveness and surrender. The course uses a required textbook which will be available at the first class for \$35.

Looking a little further ahead in the spring (will it EVER come??), our Bikes For All program will start up again on the May Long Weekend. We have a variety of bikes for adults and children, that can be taken out on your library card. If you just want to hop over to Black Diamond, or wish to head up to the bike trails in Kananaskis, we can get you on your way. Come in and get your waiver signed, so that you will be good to go for multiple trips over the summer.

Jan Burney

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Out of the Rut *Chapter 90*



The month of my birth. I kinda like this month. Traditionally the time when snowdrops are pushing through a shallow carpet of snow, then bluebells and daffodils... oh, no, that was a previous life across the pond. Here, we are surrounded by extraordinary snow – as I drove through the Creek to the office this morning I reflected on how high the piles are along the road & around the parking lots. This is written as we ramp up for the rather impressive snowfall forecast to begin tonight and continue through tomorrow.

Wherever I am, the vicissitudes of nature's power never cease to amaze and astound. I love it.

When we work in offices, it's easy to miss out on all this. When I was in Calgary every day, the passing of the seasons often passed me by, especially the advent of Spring in southern Alberta. Spring here, if you are fortunate enough to spend a lot of time outdoors, is a magnificent intense surge of energy from the earth to the heavens. I swear you can hear the grass growing some years. Having extricated myself from the 'rat race' of the daily Deerfoot 500, I have time to breathe in the fantastic mountain air that we are so fortunate to have, to see the glorious expanse of blue sky, blue almost every day, what a blessing.

When I was back in England the last time, although I have a great time with friends and family and rediscovering once familiar places, I must confess that I feel a heaviness when I throw back the curtains in the morning to

discover a low grey cloud cover that is so frequent there. Having the great sweeping arch of sky, a brilliant sun, spectacular mountains – doesn't it lift your heart?

Here at this time of year, I'm often asked 'why?' Simply because it's beautiful in all its forms. This place is stunning. Bloody cold, but stunning. I love the changes, the extremes, the occasional nail-biting moments on the way home as I realise I need to slow down or make a turn and perhaps the surface is not as obliging



as I'd like it to be... but so far, so good, I've managed to survive this long in life relatively unscathed.

Talking a lot of horse recently. Looking at the way our lovely equine friends move, communicate, support and heal us. I spent a long time in Spain & hung out most days with my lovely Andalusian friend Capriccio who suffers from a severe odema in one hind leg. It's incurable (to date), but not overwhelming... and the pleasure we get from each other as I let him from his small paddock into the yard where he can ramble around searching for points of interest or find a sunny spot and stand, head down while I brush around his ears and eyes and

under his chin, he obviously enjoys it so much. Out in the rambla (river bed) we career around crazed rock piles, rushing rabbits bursting from the undergrowth, between willow bushes and prickly things that catch at my legs. We wander past swathes of artichokes looking remarkably like triflids, ride between rows and rows of orange-laden trees and breathe in the smell of olives here and there. It's invigorating, being with horse brings me back to life from a rather beaten-down state of exhaustion.

Back here, I get to play with my friend Amy (our amazing Pilates woman right here in the Creek)... and watch and listen to her new equine friend. We are discovering things we never knew, even after decades of working with and caring for horses of many kinds, a constant learning curve that keeps us energized. There is more healing in a horse than most bottles of pills I think!

While I'm here through this month – or at least half of it – I'm offering combined sessions of Thai Massage and Qi Gong/Yoga at Cores And Effect Pilates (weekends only), I'm also really looking forward to Amy's "Pilates for Equestrian" workshop on the 17th as I know she will have some fascinating stuff to share and some very pertinent insights for anyone who wants to sit a horse with greater flexibility, grace, compassion and effectiveness.

Revelling in the pleasures of southern Alberta. Oh, and did I mention... we're taking a group to Peru in April? There should be some exciting South American news coming your way if we manage to achieve all the things we're planning!

*With hope for all our futures,
With gratitude and love,*

*Kat Dancer
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www.kat-dancer.com
415.525.2630*

Coasting

by Andrea Kidd



The wind was fresh in my face. My hair was flowing behind me. Coasting down Poverest Hill, I felt strong, confident, in control. I could trust my sturdy, bright red, Triang scooter. The strong, steel footplate was tough enough to bear the weight of ten eight-year-olds; the high handlebars with grooved, rubber grips felt firm in my fists; the wheels spun freely and the front one turned obediently as I steered. Approaching the intersection with Austin Road, I pressed increasingly more firmly with my heel on the brake, and the ridged, rubber tyres gripped the pavement, pulling my scooter to a smooth halt. Look right. Look left. Look right again. All clear. I coasted happily down the last, long stretch to the bottom of the hill where Marion Crescent joins Poverest Road.

It is good to feel that same confidence and strength again half a century later. I am coasting downhill, the wind of the Spirit of God in my face, knowing that He who formed me in my mother's womb is strong enough to carry me through my remaining years, steer me

along my life's unknown way, and help me to know when to apply the brakes.

There was a tricky place at the bottom of Poverest hill. After crossing Marion Crescent, steep, concrete steps descended to the shops. The back wheel of my scooter used to flip forward and hit my ankle bone; but I learnt to be prepared and counteract.

Today, too, I am alert and prepared. I can see a problem ahead. Some tricky manoeuvring is needed. But, I have thought it through, and I have made my decision. Some will like it, some will not, and some will not care. I will follow through and be prepared for any backlash.

The floor of the butcher's shop along Marion Crescent was strewn with sawdust. Mr. Cameron wore a linen apron smeared with blood, but I didn't go in there that day. I went into the newsagent's; I bought a purple, threepenny stamp, printed with Queen Elizabeth's head. I licked it, stuck it on the top right-hand corner of the envelope, nice and straight, and dropped my letter through the slot. Further down, I stood my scooter against the window of Sanders Bakery, went inside and asked for a white, sliced loaf of bread and three Swiss buns, cream-filled with white icing

on the top. At Greggs, the Grocers, I asked for a pound of self-raising flour, a quarter of a pound of PG Tips and tinned peaches. I put all the shopping in the string bag Mum had given me and slung it on the handlebar of my sturdy scooter. Now weighted down, it resisted my efforts to mount the steep, concrete steps. Pushing and puffing up Poverest Hill, noticing now each house, the Robertsons' double wooden gates, old Mrs. Prendergast scrubbing her

front step, a cobweb glistening in the box hedge, past the Hodges' place, Linda Lovell's overgrown lilac bush and finally grateful to wait at Austin road and hope there was traffic; but disappointed when a motorist waved me across, I was perspiring and panting, past the doctor's house, to the sweet-smelling, white flowers of our own privet hedge,

where I kicked open the garden gate, and scooted around the house to the back door.

At times I have a tough uphill climb. I must know where I am going and why I am going there. Someone stronger and wiser than me supplies the wheels of possibility, the sturdy platform to hold my weight, the brake to stop me from getting out of control. Best of all, He will supply a hill for the sheer delight of coasting.



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Helping People Reach Their Potential

by Duane Harder

Our society has been flooded with self-help programs. We have told our children that they are “a promise, a great big bundle of potentiality.” We are a culture that is filled with platitudes and weak on performance.

Work with people has taught me that there are three core values that must be established if we are to help people achieve their potential. These three values are: obedience, respect and responsibility.

Obedience

At the heart of obedience is a healthy respect for the importance of boundaries and the willingness to submit my will to the authority of another person. I think I can already hear the rebuttal—“If you knew the character of my father, boss, supervisor et al,” you would not say that. Rooted in the concept of obedience is the strong believe that I can learn from any person. When I place myself above the authority, I close the door to learning. Rather than trying to understand the intention of the direction, it is challenged with “WHY?” In essence the challenger is saying, “If you can give me a logical reason why I should do this, then I might honor you with the usefulness of my skills.”

The ancient Greeks had a word *hupoakoo* which literally means, “listening under.” The sense of the word is: “Listening with a view to learning.” Obedience is really a posture of humility in which I recognize

there is something I can learn, even in the framework of dysfunctional government. There are some considerations that must be in the mind of the person giving the command:

1. Have I clearly communicated my expectations as to: the timeline; the standard of excellence; the consequences of non-compliance; and the line of accountability?
2. Have I clearly assessed the ability of the person to fulfill my expectation? Are there skills that need honing; procedures that need reviewing or training that needs implementing?
3. Remember, threats create a negative focus that hinders creativity. The

undertone of a threat is really a statement of rejection: “I’m not sure you can do this so I will put my gun to your back to motivate you.”

Respect

By dictionary definition respect is: “To have a deferential regard for; esteem; to treat with propriety or consideration.”

At the heart of respect is the inherent value of every living person. This is value that is based on who they are as a person not how they perform. As I said in my last article, we must distinguish between the person and their performance. A person may make choices with dreadful consequences but that does not change the value of who they are. The use of

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obscenities, crude analogies or defamatory statements, reveals the insecurity of the one who is speaking not the value of the one to whom they are directed.

A ten-year-old boy rammed a pencil through the palm of a fellow class-mate. He was expelled from school and told he could not return until he had a letter of release from a counselor. After the first session it was clear the parents had defined the value of their son based on his negative performance. I had them list all the negative manifestations in their son's behavior. Then we set out to discover the positive quality that was on the flip side of the negative. Rebellion is determination to establish myself as the ultimate authority. Rebellion creates reduction. Determination, as a positive quality, leads to creative solutions to overcome obstacles on our path.

Remember, performance does not define value, it reflects the worldview that has shaped choices. Each person has the right to make wrong choices even if those choices bring hurt to innocent people. Those wrong choices must not give me reason to dishonor or disrespect the person who made them.

Responsibility

In our culture rights has become synonymous with entitlement. "I am entitled to . . ." You can almost finish that statement with anything that is imaginable. Underneath entitlement is the strong driving force, "What's in it for me?" On the other hand, responsibility says, "What is my part in bringing solution to the problem?" The responsible person doesn't shift the blame to circumstances, the government, the policies or any other convenient hook for getting myself off the hook. The responsible person says I am fully accountable for my own words, actions and attitudes. I take full ownership for what I have said, what I have done and how I have thought.

The person who embraces authority knowing it is a pathway of learning, develops respect knowing that he can be an instrument to separate the gold from

the rock and takes full responsibility for the choices he has made, will look with gratitude at the potential that is released through his life.



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Friday, April 13th 5:00 – 9:00PM
Bragg Creek Community Centre and Hamlet
23 White Avenue, Bragg Creek
Free admission and parking

Tasting Tickets
\$1.50 each available at the door
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