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<i>High Country News Cover:</i>	Painting © Patricia Johansen

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 Friday, March 15!**

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From The EDITOR

What a prolonged stretch of winter!!! The first half of January was so nice; it felt like spring was just around the corner, and then back to reality with another six weeks of what has seemed like an endless cold snap.

Life is like the seasons. Our life seasons often last years, not a few weeks. The winters of our lives seem to be disproportionate to the rest of our life seasons. In fact the more I think about it, our life seasons are a lot like the seasons of Alberta. Random points of nice weather interspersed around winter. (Okay maybe not that bad!!!)

The winters of life can be challenging to live through, when it is often hard to see the end. These winters could be around our relationships, personal struggles, financial, or larger economic and governmental issues that just don't seem to get better.

But, there is an end to winter, and with that in mind, learning to embrace the winter seasons is what will enable us to handle the existing winter, and yes, the future winters of our lives.

To me, winter is all about planning and preparation. Embracing the reality for what it is, and finding ways to live with it, not just make it tolerable, but enjoyable.

During the economic winters, I have learned that they are times to develop oneself, train staff, re-look at your marketing, work flow, and all those things that are hard to look at when you are in the business of "harvest".

Personally, embracing winter means, getting outside, feeling the bite of cold air, and enjoying the snow for what it is.

The reality is that spring is just around the corner, and we can look forward to the warmth of spring in our businesses, and personal lives.

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca

Artist PROFILE

Patricia Johansen is a Calgary born artist with over 30 years experience studying and painting in both oil and watercolour. She has travelled extensively with her family, living abroad and using these periods to study, paint, and teach. In each location her passion for the local landscape has been her inspiration - capturing the beautiful yet diverse scenery of these fascinating places. While living in the Congo, she was able to work with local students sharing her knowledge and passion for painting. She lived in Dubai for seven years where she worked primarily in oil and explored portrait techniques. Another stop was Tbilisi Georgia (former Soviet Union) where she worked for three years with local artists and began her journey in watercolour and focused primarily on local Georgian landscapes and historic Georgian architecture.

Pat is currently working on a new portfolio exploring the Rocky Mountains and local fauna. She has recently completed works on Elbow Falls, Kananaskis-Interlakes, Lake Moraine, the Lake Louise area and other mountain settings. Her inspiration now comes from her passion for summer and winter hiking and she enjoys painting the wonderful local flowers of the Bragg Creek area.

Pat has an active website at www.PJ-illustrations.com where her portfolio of work is displayed.



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Letters To The EDITOR

For too long, the working people of Alberta resource towns haven't had a real voice in the political decisions directly affecting their lives and livelihoods: about pipeline projects, new mines, and forestry tenures.

That's not only a tragedy, it's a travesty for resource development across Canada.

Last spring, we launched Suits and Boots to change that. Founded by six people in April, we have since grown to more than 3,200 people across Canada: Suits in offices and Boots out in the field, both doing the important work that makes Canada such a prosperous nation.

We have held rallies and flown banners over Parliament. We have written Senators asking them to kill the current version of Bill C-69 and send it back to the House of Commons so this flawed attempt at re-working Canada's environmental assessment regulations can be re-done. We have sat down with

politicians in our capital to call for change. We have been invited to the Prime Minister's Office to share our side of the story.

We have been constructive, offering solutions and ensuring the perspectives of resource-sector working Canadians finally gain a voice.

We have an impact. Because you now have a voice.

We have only been successful because 3,200 Canadians have signed on to get involved – writing letters to Senators and MPs, showing up at events, and lending their support.

Bill C-69 will soon be going before the Senate environment and natural resources committee. The fate of Canada's resource sector hangs in the balance. Now is the time we need our voice. Now is the time for resource towns across Canada stand up, be counted, and speak up.

We can help you do that. If you're interested, visit suitsandboots.ca to read more, and make your voice heard in Ottawa.

Sincerely,
Rick Peterson, Founder
Suits and Boots

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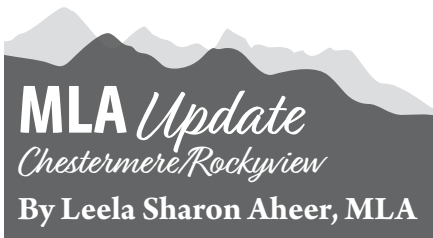
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MARCH EVENTS

FRI 1 - AL BARRETT BAND
FRI 8 - WALKING ON SUNSHINE
FRI 15 - BACKROAD TRAVELLER
SAT 17 - ST. PADDY'S EVE PARTY!
FRI 22 - JR KAQUITTS
SAT 23 - RANI'S RASOI & BINGO
FRI 29 - SMOKING ACES
SAT 30 - THE GONG SHOW (SEE FB FOR DETAILS)

WATCH THIS SPACE FOR "The Powderhorn's Got Talent" Coming later this year
BIG PRIZE TALENT SHOW
Start practicing! Dates to follow
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Hello, High Country News Readers!
An open letter to Leonardo DiCaprio:

Dear Leonardo: Canada is a welcoming country and an open and tolerant society. People from all races and cultures and backgrounds have become the best in their fields in every sector in this beautiful country. We are, for the most part, very open to discussions on improvements to our way of life, development of resources, and our part in leaving a better world for our children. What I find incredible is that you and some of your friends (Mark Ruffalo, Jane Fonda) have decided to use your celebrity to try to stop pipelines. While you advocate for keeping First Nations in poverty and equate Chinooks with climate change, the Coastal GasLink natural gas

pipeline has the strong support of over 130 Indigenous communities. They welcome the prosperity responsible energy development brings. Strong environmental standards are, of course, a priority for everyone, and there is a way to find balance in these negotiations. I would like to hear how you will help pull some of these nations out of poverty, and how you will compensate for the billions of dollars that could transform the livelihood of the First Nations peoples along the pipeline? The Coastal Gaslink has the support of all the Indigenous bands and their elected officials from Dawson Creek to Kitimat, and there has been a 40 billion dollar investment by Royal Dutch Shell. The consultations have been widespread and positive. You and your fellow activists lack knowledge and understanding of the incredible work that has taken place between First Nations and these companies. In fact many of the Nations have invested their own dollars into this project, so what about them? What about their economic benefits? Your intrusion is ill-considered, ill-informed, and short sighted. If you and your fellow activists succeed, you will be responsible for greater poverty, less social programs, stalled infrastructure, and sowing division and fear. That is something to be proud of I am sure.

Leela Sharon Aheer

I would like to chat with you about an article that came out last week in the Edmonton Sun by Dustin Cook (edmontonsun.com/news/local-news/inclusion-alberta-not-satisfied-with-provinces-draft-guidelines-on-seclusion-rooms/wcm/0a80b358-0182-4d6a-8987-6afaf8cc8298). The notion of putting a child in a seclusion room conjures up horrible feelings in all of us and for good reason. Imagine that your child is non-verbal, or that your child was put in one without your knowledge. These are the kinds of things that keep me up at night. From a personal standpoint, I understand that there is strategy required to cope with a child who is physically acting out and may need to be removed from a classroom. In September of 2018, Marcy Oakes, a mom from Edmonton, shared the

story about her son who was locked in a seclusion room for 45 minutes, covered in his own feces. This story continues to haunt me, and so when the government struck an 8-person committee to work on solutions, I thought that we would be seeing some ideas come forward fairly quickly. Well here we are in February and we have an extremely flawed document, 27 pages that have done nothing to change the status quo. Why? Well, we actually don't know, so let me share a quote from the article:

"The two largest organizations in Alberta representing families of children with disabilities expressed their deep disappointment with what was being proposed, as Alberta Education had changed virtually nothing from the existing guidelines which had already proven to be grossly inadequate and ineffectual," said Trish Bowman, Inclusion Alberta CEO, in a Friday news release.

Letters were sent to the minister and Premier Rachel Notley in January voicing collective concerns about accountability, about the lack of a regulatory mechanism and that input from the working group members wasn't reflected in the draft.

"The existing draft is devoid of any measures on how Alberta Education would ensure anything relative to the use of seclusion, physical restraint and time out," the letter said. *"These are not better guidelines than the existing ones and may be worse in falsely communicating that they are an improvement while condoning the continued used of forcibly and physically moving students."*

There is long term trauma to both the children and the parents who have endured this type of methodology, and as Trish Bowman said, if a school is having to use this intervention on a child more than once, they need to look at their methods and policies. As she also said, these are lifelong impacts. I do not understand what is taking so long on this policy and why the recommendations of the 8-person board have not been used in the present document. This is not acceptable, and parents deserve answers and solutions now. As always, we love to hear from you.



**LEELA SHARON AHEER, MLA
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MLA Update

Banff/Cochrane

By Cam Westhead, MLA

A new government program will help Alberta agricultural societies save money and reduce emissions through energy-efficient upgrades. Ag societies operate more than 700 facilities across the province, including hockey rinks, curling rinks, community halls and facilities that serve rodeos and fairs. This new \$10-million grant program will support technologies that help them reduce greenhouse gas emissions and facility operating costs, including improving lighting, heating, ventilation, and rink/arena equipment.

An estimated 260 agriculture societies that operate facilities will be eligible for the funding to help them with the more than 3,000 community activities they're involved in each year, such as rodeos, fairs, farmers' markets, 4-H activities, agriculture and farm safety education, and scholarships.

The program will be paid for through 2018-19 Climate Leadership Plan funds. Eligible initiatives under the grant program include retroactive and future activities that are measurable,

increase energy efficiency and reduce greenhouse gas emissions, with results being reportable to the Alberta Climate Change Office.

Similarly, \$70 million from Alberta's Climate Leadership Plan is leveraging more than \$200 million in private investment in Alberta's most energy-intensive industries that will create jobs, reduce operating costs and cut emissions. One of the grant recipients is the Lafarge Exshaw plant that will begin using low-carbon fuels to make cement.

Projects were selected and funded through Emissions Reduction Alberta (ERA), an organization that accelerates the development and demonstration of emissions-reducing technologies. Launched in March 2018, the challenge was designed to implement leading technologies in oil and gas, chemicals and fertilizers, cement and concrete, forestry and agriculture, electricity and manufacturing.

The 11 projects are anticipated to eliminate more than 5.3 million tonnes of CO₂e by 2030 – the equivalent of bringing more than 1,300 wind turbines online. Significant reductions in operating costs are also expected.



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If successful, many of these new technologies can be adopted across industrial sectors, leading to further emission reductions and further economic benefits for Albertans.

Albertans know that our economy and our environment go hand-in-hand. These innovative technologies will help our major industries like Lafarge reduce emissions while creating jobs, cutting costs and making them more competitive in global markets. Our investments in innovation continue to position Alberta as a forward-thinking investment jurisdiction and industrial leader.

CAM WESTHEAD Banff-Cochrane MLA

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Cochrane FCSS Community Helpers Program – Spring 2019 Workshops:

Inner Leadership: Mindful Practices for Being Centred and Present

HomeStead Apartment Building, Fri March 8, 10am-3pm, \$30

The more present and available you are for yourself in any moment, the greater service you can be to others. Dr. David Lertzman combines leadership, wellness and self-development with mindfulness meditation and QiGong practices, providing tools to allow us to be centered and fully present to others in challenging circumstances. Snacks, lunch, and materials included. Registration required: 403-851-2250. Minimum 8 participants. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

Mental Health First Aid for Adults Who Interact with Adults

HomeStead Apartment Building, Thu Mar 21 & Fri Mar 22, 9am-4:30pm, \$50

Learn crisis first aid for interacting with adults experiencing addictions, depression, anxiety, trauma-related disorders and psychotic disorders. Registration fees subsidized by Town of Cochrane Community Helpers Program. Snacks, lunches, and materials included. Registration required: 403-851-2250. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

Helping Those With Self-Harm Behaviours

HomeStead Apartment Building, Fri April 5, 9am-Noon, \$15

Self-harm is a sign that someone you care about is in distress. A compassionate approach is the best way to help. Mental health educator Kathy Jarrell helps us understand some ways we can help. Snacks and materials included. Registration required: 403-851-2250. Minimum 8 participants. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.



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Springbank Creative Arts Club Update

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

March already, spring is on the way! The club is welcoming several new members to the club! We are delighted to have these ladies join us, but there is lots of room for some gentlemen as well. There are several positions available for any members to fill on the executive for 2019. If you are an organizer or decorator or have some skills that can be utilized, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

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

There will be a Spring Fling Sale, April 13, 2019, at Amica Aspen Woods. A change of venue, but all the favourites will be there. It is also a great time to see this facility. 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. Next meeting March 21, 2019, 6:45pm at the Discovery Centre at Harmony. 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 2 & 3th, 2019 or membership email yjo999@gmail.com. Stay warm everyone! Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett

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Investing Smart During Uncertain Times

The financial decisions you make today will determine your future wealth, income and happiness. It's important to take your time and avoid these five common blunders:

#1 Investing Without Advice:

It has long been said that, 'if a person represents themselves in a court of law that they have a fool for a client!' The same is true for your investments, i.e. those assets that you have worked hard to acquire. Seek the guidance of a good investment advisor. You are probably good at what you do, so why not entrust your investments to someone who is good at what they do. A financial planner will work with you to develop a plan that will enable you to reach your long-term financial goals. If you do not already have long-term financial goals then your advisor can help you determine what might be appropriate, given your unique situation.

#2 No Budget, No Plan!

Keep track of your spending and live within your means. Another good rule is to 'pay yourself first!' Set-up an automatic withdrawal from your chequing account to take a certain amount from each pay cheque. Deposit this in your investment account, then make the remaining income cover your expenses.

Pay down debt and be mindful of borrowing costs. Today it is all too easy to get yourself in debt.

Plan ahead for extraordinary expenses and major purchases, like vacations, home repairs, vehicles, etc., by setting up an emergency fund.

#3 Not Thinking Long-Term

Open a Registered Retirement Savings Plan (RRSP) and/or a Tax Free Savings Account (TFSA) and make regular monthly contributions. An RRSP will help your tax bill by giving you a tax refund, while the TFSA will give you tax free growth. Make your money work for you. Investing for the medium-term and/or long-term in a prudent mix of equity and fixed income mutual funds will help you achieve your financial goals.

#4 "It Won't Happen to Me!"

People generally think that their most valuable asset is their home. WRONG! Unless you are retired and no longer working the most valuable asset you have is your ability to earn an income, yet most people take that asset with them wherever they go and do not insure it. You wouldn't take your car out of the garage without having it insured and yet your ability to earn and income is worth 10 to 100 times what your car is worth.

If you have a family, it is essential that you have life insurance. If you were to be disabled due to sickness or an injury then you should also have critical illness insurance and disability insurance. Remember, if you cannot work, who pays your bills? Ensure your plan will take care of the people who depend on you as a chief income earner.

#5 Outliving Your Money

The future is unpredictable. In the past a person would work to age 65, receive a company pension and live 3 to 5-years before passing away. Things are different now. Most people do not have a pension and will have to save the retirement assets to support their own retirement. Today, even if you wait until age 65 to retire, you might live another 30 to 35-years. The years in retirement could be almost as long as your working career. How much money do you need at retirement? How do you manage those retirement assets in a low interest rate environment? Once again you need the professional help of a financial planner.

Call to arrange an appointment for a financial reality check. We work at turning your future dreams into reality!

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Springbank COMMUNITY ASSOCIATION

Springbank Off-Stream Reservoir (SRI):

We continue to be opposed to the Springbank Off-Stream Reservoir project. Although there was a recent land sale to the Alberta Government, this in no way influences our position. Although the project is approximately 10% of the entire Springbank land base: from the Bow to the Elbow and to west to Highway 22, no one has asked us "how can we address your concerns?" Sadly, this leaves us with a long list of questions regarding air and water quality, pipeline safety, dam safety and road closures, to name a few. We will continue to advocate for our community on this important project.

Check out our upcoming events and activities! Visit springbankcommunity.com to register and for a complete list of programs, prices & details.

Teen: Drop in Fridays

March 1, 8, 15, SPFAS, 2-3:30pm

Safe place for teens to gather after school on Fridays. Games & music on the agenda! FREE!

Family: Fridays Games

March 1, 8, 15, SPFAS, 6:30-9pm

Drop in to our family-friendly nights with games and fun activities. FREE!

STEM & Robot Battles (Ages 8+)

March 23, SPFAS, 2-5pm

Bring a friend or two to do some STEM and battle a Lego robot!

Personal Safety: Parent & Child (Ages 12+)

March 30, SPFAS, 1:30-5pm

Parents will be confident their teen has the skills to protect themselves in the outside world, and they learn the skills themselves. City of Calgary Police Officers facilitate this session.

Family Sports Swap

April 13, SPFAS, 12-2pm

Bring your soccer shoes, hockey equipment & old bicycles for our 1st annual sports swap.

Easter Crafts (Ages 6-12)

April 14, SPFAS, 2-4pm

Let your little ones make a mess with us! A fun afternoon of egg decorating.

Mother's Day Flower Arrangement (Ages 6+)

May 11, SPFAS, 2:30-4pm

Kids, make your Mom or Grandma a beautiful bouquet for Mother's Day!

We are also looking into: 1st Aid Certification, more personal safety

classes for kids and tots & more! If you have ideas, please email info@springbankcommunity.com or visit us on Facebook!

Upcoming Meetings:

General Meeting: Wednesday, March 27 from 7-9PM at the Harmony Discovery Centre

Introductory Business Meeting: Wednesday, February 20 from 5-6PM at Calaway Park. Should the Community Association play a role in connecting the Springbank business community? If so, what? For more information, contact Ian Galbraith at sinians75@gmail.com

If you have ideas or comments, please reach us at info@springbankcommunity.com.

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

I want to take you back to the election campaign in 2017. I had the good fortune of speaking with hundreds of people, and consistently I heard that our community and its people were far more positive than they were being portrayed. You asked me to focus on the good we could do, on our potential, and our ability to face our challenges head on and together with a resolve to find creative and positive solutions.

I was inspired by you then and I remain motivated to approach the issues that are most important to you with this positive "can do" attitude. And I want to take a minute to thank you for your words of encouragement and support. Your emails and phone calls matter to me and I shall always endeavor to represent you in the most positive manner.

Does this mean everything is perfect? Of course not! Our Council, like any government, will always have challenging issues to deal with. But are we in pretty good shape? Absolutely! I heard from many of you that our processes were too challenging. They take too long and often there is a reluctance to shift. Well, we brought your concerns forward. Are we customer service focused? Does it take too long to get a permit? Is that process confusing? Not only did we ask the questions, we demanded solutions that would work for you.

In 2018 we accomplished a lot:

- Began live streaming of our Council meetings (riveting, yes?)
- Corporate reorganization, aligning departments, changing leadership

- Refocused of a "process driven" to how to get things done for residents (Our interim CAO's motto: If the answer is No, how do we get to Yes) This is about CUSTOMER SERVICE!

- We adopted the interim Calgary Metropolitan Regional Board plan, and along with many other municipalities are working on the final plan. There are pressure points for Rocky View here, but we are pushing for a framework that is fair for all of us and we can continue to thrive in.

- We moved into a new building, on schedule and under budget

- Finalized a new strategic plan that will focus on service excellence; financial health and responsible growth

- In Springbank we secured funding for the Springbank Community Association for a feasibility study so that, hopefully, we can finally get a community building we can all be proud of – and I'm currently working on a notice of motion which I hope will further support this initiative.

- For the first time, Councillors and administration sat a table at the Fall Fair.

We still have work to do, though. We recently asked for a comprehensive review of the County Plan. This is important as a plan developed six years

ago when we didn't have a regional growth board, when the economic situation was very different, and when we didn't have any new or revamped ASP's on the horizon, needs to be updated.

The fact is, the County Plan was meant to be reviewed annually. It has not been reviewed, which might explain why so many of you asked us to review our processes and become more customer or resident focused. After the last election, EVERY Councilor acknowledged that this needed to happen. It is actually too bad it has taken us 15 months to initiate this process, but let's look ahead!

There are also many false statements out there referencing highway 8. You should know that the highway 8 corridor was long ago identified as a residential corridor in agreements and discussions with Calgary. There may be discussions one day about future communities along highway 8, but no development could possibly be approved without a rigorous public consultation process. And that's the way it should be. And it's the same for all the corridors that we in Rocky View are fortunate to have leading into and out of the city of Calgary. There is no doubt those who would like to see commercial

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growth along Glenmore Trail or the Trans-Canada Highway and a review of the County Plan will allow mature discussion about what we as a County and its people want to do and where best we should do it.

I'd also like to address the hiring of our new CAO, and while chasing lies with the truth is never good practice, sometimes you have to set the record straight.

There were four Councillors who did not like the process followed to hire the CAO. We could debate the hiring process until the cows come home, but what we can't dispute is the fact that the majority of Council (myself included) voted to hire this CAO. A clear majority of Councillors (6-3) voted to hire Mr. Al Hoggan as our CAO and Reeve Boehlke was given direction to make the offer. Stating that the Reeve, under his own initiative, hired our CAO without Council knowing or approving is a lie, and frankly it is unbecoming of anyone, much less an elected official, to allege such a falsehood.

Mr. Hoggan has an impeccable record of public service and I am looking forward to working with him (as I hope all of Council will) on positive contributions to RVC. He was vetted and interviewed by our hiring agent, all Councillors vetted his resume and he was interviewed along with 3 other potential CAO's. Again, the majority of Council voted to hire Mr. Hoggan and we welcome him and his family to Rocky View!

As always, I want to end on a positive note and encourage you to get involved and have your voice heard in our community. The CAVE people of Rocky View or "Citizens Against Virtually Everything" will unfortunately always find something or someone to tear down and pick on. Let's work together instead and rise above that so we can realize our potential and make Rocky View an even better place to live, work and play. And please remember that you can always reach out to me with your comments, questions, or concerns. As your friend, neighbour, and representative on Rocky View Council, I will always do what I can to help where I can. We have a tremendous community filled with positive and capable people.

Rural Crimewatch (Guest submission)

Security Gate Access for Emergencies

When an emergency occurs, how do you prepare for access to gated property? Some gates have padlocks and many have access codes on gate openers. The gate access is the owner's responsibility.

Emergency calls may relate to a property or people at a property. While most emergency calls come from a person on the property, some come from others such as a neighbour. The mandated address signs are used for the municipal address as well as emergency services. The assigned address appears on the GPS of emergency services dispatch. Emergency calls need to include the emergency address. Emergency services are blocked from easy entry by gates. Fire Services has tools to breach the gate. Personal emergency service (EMS) and Police would not. A blockage or delay results in additional risk. Sometimes Police and EMS call the Fire Department for assistance when there is no code information on file. The damage or destruction of the gate in the case of an emergency is the owner's responsibility.

Where there is an access code, there are several options to avoid blockage or delay. Someone with the code goes to the gate when the emergency service arrives. Or when the emergency call is made, include the gate access code in the call. Or probably the best is to register the access code with 911 emergency dispatch. West of Calgary, the emergency dispatch (Computer-Aided-Dispatch)

is centralized and includes fire (Rocky View Fire), as well as EMS now provided by Alberta Health Services. RCMP dispatch is integrated as well. The registry of gate access codes is kept by the central emergency dispatch by referring to the emergency address. Owners can register their code by emergency address and calling 403.264.1022 or email to 911oetteam@calgary.ca and providing appropriate identification and details such as your name, legal address, 911 address, phone number, type of gate and lock details. Please remember to update this registry if you change the access code.

As Rural Crime Watch, we are a network of concerned residents, committed to making a safer community through basic crime prevention principles. Our security is greatly enhanced when we work together with neighbours. Consider joining and becoming part of a safer, stronger community.

*Jim Willson jim.willson@telus.net
Director Springbank Rural Crime Watch*

Until next time, stay warm and safe and I hope to see you out and about in our fine community.

Kim McKylor, kmckylor@rockyview.ca

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Fitness In Your Community!

by Tish Resta

BComm., CPA, CMA, ACE Certified
Personal Trainer, Bragg Creek Physiotherapy

www.braggcreekphysio.com

Bragg Creek Physiotherapy has been your go-to for physiotherapy and massage and is happy to announce that we now also offer personal and small group fitness training. We can work with our existing clients to help bridge the gap between physiotherapy and getting you back to your favorite activities. But that doesn't mean you need to be a client to utilize our fitness services. Whether you are new to fitness or a seasoned veteran, we have something for you! We believe that physical health and fitness are essential foundations for living a full and meaningful life so

adding personal training is a natural fit for us.

In case you need a refresher, here are 10 great reasons why fitness plays such an important role in a healthy lifestyle:

1. Heart health: Exercise can build strength in the skeletal muscles but it also helps to strengthen our most important muscle, the heart! During exercise, the heart must work harder to supply muscles with adequate blood and oxygen. Over time, this will strengthen the heart muscle allowing it to work less during regular activity and to be able to work harder when required. Regular exercise can also help to keep blood pressure in check.

2. Cholesterol: Cardiovascular exercise can increase the amount of circulating 'good' cholesterol (HDL – high density lipoprotein) in the blood stream thereby improving the blood lipid profile and decreasing the 'bad' (LDL – low density lipoprotein) levels.

3. Reduce insulin resistance: Insulin resistance is associated with many

health risks including diabetes, high blood pressure, heart disease, obesity and certain types of cancer. Exercise is very effective at improving insulin sensitivity. Combining aerobic activities

(e.g. brisk walking or cycling) with resistance or weight training appears to have the greatest positive effect.

4. Increase bone strength: Weight bearing exercises such as weight training or running help to increase bone strength and prevent bone loss. This is important as bone loss is seen in many individuals as they age.

5. Maintain muscle mass: Age related muscle loss can start as early as your 30's with a loss of 3-8% each decade and the decline worsens after age 60. Maintaining muscle mass is important to be able to carry out activities of daily living, reduce risk of falls and increase ability to recover from injury. The good news is that this muscle loss is avoidable, and to some degree, reversible with exercise.

6. Improved sleep quality: Inadequate sleep and poor sleep quality are becoming more prevalent and take a real toll on your mental and physical health. Exercise is a great way to improve sleep quality.

7. Reduced stress: There is a release of 'feel good' neurotransmitters during exercise which can make you feel happier, more relaxed and less stressed.

8. Weight management: For most people, diets aren't an effective way to manage weight over the long term. Making exercise part of your lifestyle can be a more successful way to maintain a healthy weight. Exercise can increase the number of calories expended throughout the day, can

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reduce body fat, increase muscle mass and increase resting metabolic rate.

9. Improve memory and thinking skills: Regular aerobic exercise, the kind that gets your heart pumping, appears to boost the size of the hippocampus, the brain structure involved in verbal memory and learning. It is effective at reducing fatigue, improving alertness and concentration and enhancing overall cognitive function.

10. Mental well-being: Exercise has been shown to increase confidence and self-esteem; improve body image; reduce stress and overall levels of tension; and to elevate and stabilize mood. There is evidence that physically active people have lower rates of anxiety and depression than sedentary people. In fact, just 5 minutes of aerobic exercise can begin to stimulate anti-anxiety effects. For those experiencing

depression or anxiety, physical activity can be an important part of their treatment and for some can be as effective as medication.

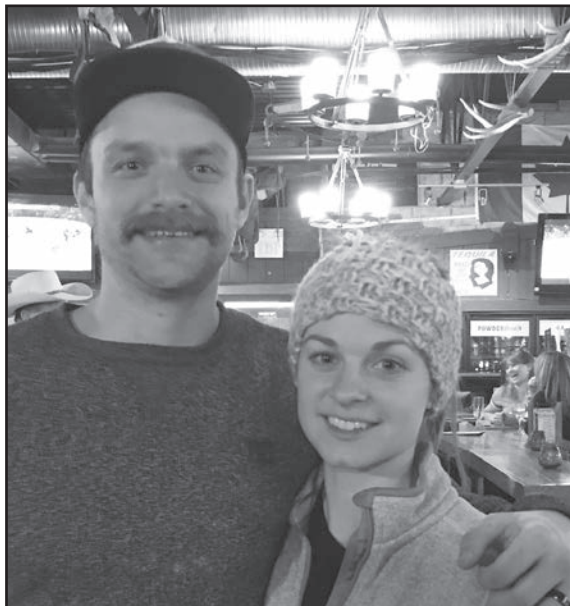
This is a pretty compelling list of reasons for making physical activity part of your lifestyle! Let Bragg Creek Physiotherapy help you on your pathway to health and vitality. Contact us for more information on our fitness offerings.

Bragg Creek Rink Fundraiser Success

WOW! What a fantastic and fun filled weekend we enjoyed in our beautiful Hamlet, and what perfect winter weather we had for the Bragg Creek Rink Fundraiser! It's events like these that truly showcase not only the spectacular beauty that surrounds us, but also what spectacular people we get to enjoy and share it with everyday. We would like to give special thank yous to: Rose Dallyn; The Powderhorn Saloon; Torrance Serle; Maverick Law; Dick Koetsier; The Tumbleweed; Japco Pest Control; Terry Zimmel; Bragg Creek Oil & Vinegar; Bragg Creek Trading Post; Braggs Korner Kitchen; The Painted Moose: Donna Velcic, Heidi Wessemann, Frank Bitonti, Ray Swirsky, Cassandra Arnold, Bill

Wiegert, Barb Fedun, Alvis Dogliini Maher, Marina Cooke; The Best Little Wordhouse in the West; Rani's Rasoi; Spirits West; Rockies Tavern; Isandra; Mountain Bistro; One of a Kind; Sugar Shake Bakery; Jayne Boyce; Mike Medwid; Lyle Beaur with Never Alone; Lowell Harder - High Country News; and of course EVERYONE who came out to participate, party and support. You are all so very, very wonderful and greatly appreciated.

*Sincerely,
Kelsey Baldwin, Ryan Bennett, Terry Zimmel, and Marina Cooke*



Ryan Bennett & Kelsey Baldwin at the Bragg Creek Skating Rink Fundraiser Night hosted by The Powderhorn Saloon



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Self Portraits

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

My family had the opportunity to visit Nepal and Thailand and it was awesome for a variety of reasons which I will be sharing much more of in times to come. It was a great cultural experience and was beneficial for my crew to navigate being different in language, ethnicity, religion etc. Some of the time, being the odd ones was novel, blonde and red hair seems to attract attention, however much

to everyone's surprise (except mine and I'm certain my wife's) my Dad cred took a massive boost in the polls. Ya, I know, weird but all the hard work of honing my place in "Dadlandia" finally paid off. My kids were star struck that I was a rock star, yeah *this guy* was huddled around, complimented and was even the object of a few "selfies." You would have thought I had a YouTube channel that was trending on the "online" (that's still a thing right?) It really was a perfect storm of oddities in the countries we visited: 1) I'm barely reaching 6 foot (disputed, none the less a giant). 2) I've worked hard to keep my weigh above 200lbs (there's been lots of time and money to keep this Dad bod to the levels that are acceptable). 3) I have a beard (it's like being the first guy in Jr. high with hair on your lip – a freak of nature.). And... 4) I have four kids (mic

drop). Although, the attention and selfies were a great Dad ego boost, I found in fascinating that self-documenting some need that pushes (although differently) across a variety of cultures. Almost like self-focus is important to humanity???

Being in mid-Dadlandia, I'm still in the place where I engage with mainstream culture through my kids, mostly asking for clarification around tech, media, and hip new lingo (I haven't landed in twilight-Dadlandia yet, where my sentences will

curmudgeonly start with "kids these day..."). But it's interesting, taking a selfie is "punched up" all the way to my parent's culture where they are more than comfortable in snapping a pic all the while asking me to burn one of my Sunday talks on a CD, (they would have preferred a cassette tape). So why is that? What dopamine hit does it fulfil? It really does go beyond a quick picture, we seem to have a "selfie focus" in many areas; emotionally, physically, financially, spiritually. All of which, if its attention is on our wellness/identity and purpose, can be very helpful. However, I wonder if sometimes we have stepped too far into this lovely "ego land" (maybe I have crossed over to "kids these days..."). We've been sparking conversation Sundays around what does it mean to see the best representation of "Me" found in "WE". That maybe we can only live up to fullest self as we practice "We."

In my own life I default to practicing "Me" rather than "We" in many areas. I even read Jesus' words with "Me" in focus, "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house." Matt 5:14-15.

I think to myself, "yeah... the world needs this need to see this glory!" I seem to miss the fact that many "You" statements in the Bible are really "Youz Guyz" statements (or "all y'all" if you are our southern friends). And I also seem to skim over the next sentence from Jesus, emphasizing the "others focus" of our light. For others and God.

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in Heaven." Matthew 5:16

So what does it look like for us to practice "We" more in our lives? With our families? In our community? May your light so shine that it illuminates other around you.

Till next time,
Dave

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Community Events!



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Sunday Service 10:00am

Youth Gym Night • March 1 & April 5 at 7:00pm

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Ladies Bible Study

Mondays 10:30am

Needle Craft Club

First Sat of Every Month 7:00pm

Monthly Business Lunches

Wed March 27 • 11:30am-1:30pm

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Smoke Alarms Save Lives: Check Yours Today!
from Redwood Meadows Emergency Services

There are many causes of home-related fires including electrical, ignition of upholstered furniture or unattended cooking, fires or smoking devices.

People in homes with working smoke alarms are twice as likely to survive house fires as those living in homes without smoke alarms. In house fires where smoke alarms didn't sound, half of them have missing or disconnected batteries. Learning how smoke alarms work, and how to properly install and maintain them, can help save lives.

Choosing a Smoke Alarm

Smoke alarms fall into two categories: ionization detectors and photoelectric

detectors. Ionization detecting smoke alarms signal when smoke enters the chambers, disrupting the ionization process. They are very sensitive and can detect fast spreading, low smoke fires quickly. Photoelectric smoke alarms are simpler in design. When smoke enters the chamber, components in the device send an electric current triggering the alarm.

If someone in your household has difficult hearing, consider purchasing a smoke alarm that produces flashing lights or vibrations in addition to a loud noise to signal an emergency. *Did you know?* Smoke alarms that have a personalized parent's voice have tested to perform better at waking and alerting children.

Install Smoke Alarms in the Right Places

Everyone in your home should recognize the sound of your smoke alarm and hear it from their bedrooms. Where you install smoke detectors is important:

- Hear the beep where you sleep! Place them outside each sleeping area,

inside any bedroom where the door is typically shut and on every story of the house, including the basement.

- Install wall-mounted smoke alarms 4-12 inches from the ceiling and ceiling mounted models at least 4-inches from the nearest wall.

Maintaining your Smoke Alarms

Time change is a great time to test and change your smoke alarm batteries!

- Show everyone in the house where the smoke alarms and CO detectors are.
- Change the batteries in your smoke alarms and CO detectors.
- Vacuum them with a brush attachment.
- Hit the "test" button on your smoke alarms and CO detectors to make sure they work.
- Talk to everyone in your home about the "Fire Escape Plan" and practice it.
- Age matters when it comes to smoke alarms. Replace smoke alarms every 10 years.

Until next month, stay safe!

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Bragg Creek Centre

Welcome to March, Community!

Well, winter certainly hit with a slap in the face didn't it? We hope you have all managed to bundle up, stay warm and enjoy the beauty of a heavy snow fall in Bragg Creek (let's focus on the positives, right?). However, if the weather still has you down, beat those winter blues at our upcoming BCCA Fundraiser "A Skuzzy Beach Party" on MARCH 9th! Tickets are \$40 per person and \$300 for a full table of 8! We love being a part of the community by running programs, holding exciting events and being there for the residents, but now we need your help!! There is to be a giant inflatable palm tree, fun beach themed drinks and what is sure to be a memorable show by Skuzzy and the Woodticks! Stop by the Bragg Creek Community Centre and get your ticket today! You can also buy tickets online on Eventbrite.

Our thanks to community members who have donated some of their new and used tools to us over the past month. We have been accruing a nice little collection, but still would love your help. Our awesome maintenance manager, Lynn Gallen, is hard at work getting our tool shop up and running, so we can have your local community

centre running even more smoothly! If you have spare equipment, we would be so appreciative of the donation!

We are still looking for COMMUNITY YOUTH to join our Youth Summer Programming Committee. We will be holding committee meetings (drinks and snacks provided) for youth community leaders to discuss what they want to see and do this summer in and around Bragg Creek! This is an open meeting so if your youth are interested, we welcome all who want to gain volunteering experience and community programming skills! Email coordinator@braggcreekca.com for more information and check our Facebook page and website for meeting dates and times.

We'd also like to highlight a few of the programs we have to offer:

- Drop-In Pickle Ball, 7:30-9:30pm, Tuesdays, \$5
- Drop-In Badminton, 7:45-10:00pm, Wednesdays, \$5
- Walking Club, 10:30am, Wednesdays, \$5
- Artsy Afternoons, 1:00-4:00pm, Thursdays, \$5
- Family Movie Night, Last Friday of the Month, \$5, Doors open at 6PM

Be sure to check out our Facebook and website updates for more on what's going on in and around your local community centre!

See you all next month,
Ben McTaggart
Event Coordinator

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The Little Schoolhouse News



Our young students at The Little Schoolhouse have continued to grow through inquiry-based projects, creative exploration and collaborative experimentation. When provided with a diverse array of materials, imaginations flourish and the possibilities for learning are endless! Currently, our favourite projects include sculpture creation with recycled items and storytelling through dramatic play.

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 breaking numbers into parts (adding and subtracting), printing numerals, and number games to build our mental math skills.

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!

I would like to thank our school families and our amazing staff for the

incredible support provided to me during my leave from the classroom. I had to step back from teaching for a short time, while I cared for one of my own children. The parent board of The Little Schoolhouse was compassionate and understanding in this stressful time, and I am extremely grateful. Our village is truly amazing!

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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RECORD KEEPING: A CORPORATE CHALLENGE

Do you operate your business through a company? If so, do you know your continuing obligations? Often missed are the record keeping requirements. This article will discuss the “how” and “why” of maintaining your business company records.

Required Records

Most are aware that you must file an Annual Return each year, but there are additional requirements.

The Alberta Business Corporations Act (the “Act”) sets out a list of required company records. In addition to the initial records which set up the governance structure, you are required to keep minutes of meetings and resolutions of the shareholders and directors on an ongoing basis. All financial statements and records, along with registers of officers, directors and shareholders and share transfers are also required.

You can maintain these records in a formal “Minute Book”, or in any manner that allows you to reproduce “any required information in legible written form within a reasonable time”. A three ring binder or computer records are sufficient. The key is that you must be able to produce these records in writing within a reasonable period of time.

The Importance of Maintaining Records of Decisions

Many wonder why it is necessary to have resolutions and minutes when you own and make all decisions for the company.

By law, a company is a “person”. But this “person” cannot take any action unless a shareholder, director or officer authorizes it. That is done by a resolution; a motion passed at a meeting, or by written consent of all. Without a resolution, nothing is authorized.

For example, a director is not a director and has no authority without a shareholders’ resolution appointing that director. The Annual Return does not do that. If the authority of the director was ever questioned, any decisions made without a record of their election may not be valid. Shareholders do not own shares unless there is a director’s resolution authorizing the issuance or transfer of shares.

The Risk of Lack of Records

A failure to maintain your company records carries a number of risks.

If you plan to transfer your business, your records must be current. A buyer will require that the authority of the directors and officers is valid. If you require financing, the bank will want to ensure that your records are current. An unhappy shareholder or creditor may ask to see your records and the court can order these to be produced. Canada Revenue Agency

or Workers Compensation may review your corporate records, which need to be current at that time or addition problems may arise.

Updating your records at any future time may be difficult and result in considerable expense and delay or resulting in a loss of opportunity.

While it is possible to update your Minute Book in some circumstances, this becomes an issue if former directors or shareholders have passed away. You may need court approval, which suggests substantial time and cost. Recently courts have become less amenable to making these corrections.

Because the Act requires you to keep these records, it also imposes a fine. This fine can be up to \$5,000.00 and there are additional fines for failure to produce such records.

The Solution

The best and easiest practice is to maintain your records annually, and upon any major transaction. While you may wish to maintain your Minute Book yourself, your corporate lawyer has expertise and can usually maintain your records in a current form for a modest fee. Corrections and updates will add additional cost.

As you can see, keeping your company records up to date is a good risk management strategy.

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TRAIL TALK!

The Latest from the
Greater Bragg Creek Trails Association

2019 Fundraising Appeal

The GBCTA has a number of major trail initiatives underway in 2019 that need your financial support. We rely on your donations to maintain the trail system – without you, we would not be able to maintain our trails.

What's on the list for 2019:

1. West Bragg Creek (Kananaskis Country) trails grooming, maintenance, mowing, brushing, tread repairs, reroutes, upgrades, construction, Kestrel trail construction, signage and Trails Centre. (\$244,000)

2. Rocky View County (RVC) Community trail maintenance, repair and upgrading on the Banded Peak Trail (BPT), BP Connector Trail, Centennial Trail and WBC TransCanada Trail (TCT) as follows (\$40,000):

a. Installation and compaction of fine trail gravel on the BPT to provide a smoother tread,

b. Tread repairs, mowing, vegetation control and garbage/manure cleanup on all four RVC trails,

c. Snow removal on the TCT,

The GBCTA is a registered Canadian charity. You **will receive a charitable income tax receipt for donations over \$20** provided you supply us with your name, mailing address and email address.

• To donate online, please see: www.braggcreektrails.org/donate-now

• Donate directly to GBCTA by cheque. Mail to Box 1379, Bragg Creek, AB, T0L0K0

• Donate with cash deposited at one of the three secure donation boxes at the West Bragg parking lot.

GBCTA Mission: To develop & maintain non motorized trails in the Bragg Creek area for public recreation.

Alberta Youth Cross Country Ski Championships (AYC)

XC Bragg Creek Ski and Bike Society will host the 8th annual Alberta Youth Cross Country Ski Championships (AYC) from March 1 to 3, 2019 on the trails in West Bragg Creek. This provincial-level event brings close to 150 young athletes from across Alberta and as far away as the Northwest Territories for two days of ski racing and fun.

AYC is aimed at skiers between 10 and 13 years of age and includes three races: classic, freestyle (skate) and a combined relay. This event is the club championship for this age group in Alberta and also the biggest event of its kind in the province for skiers this age.

AYC athletes will stay at Easter Seals Camp Horizon on Friday and Saturday nights and travel to the race site in West Bragg Creek on Saturday and Sunday.

An event of this size would not be possible without the help of many people, including volunteers and donors. If you would like to receive more information or get involved in AYC 2019, please contact Ann Sullivan at anns@safari.ca or visit our volunteer sign-up page at volunteersignup.org/EKL83.

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
Location: Snowbirds Chalet
19 Balsam Ave, Bragg Creek
Hours: 9:00am - 4:00pm
Clinician: Jill Read-Johnson,
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Cost: \$30.00/session
Appointment: Call 403.949.2133 for more details
& to book appt for clinics. You will
receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology

Upcoming Foot Care Clinics

April 4 • May 16

Foot Care Clinics are a Mountain Woods Health Services Community Initiative in collaboration with Care In The Creek Medical Centre & the Snowbirds Seniors Fellowship
www.mountainwoodshealth.com

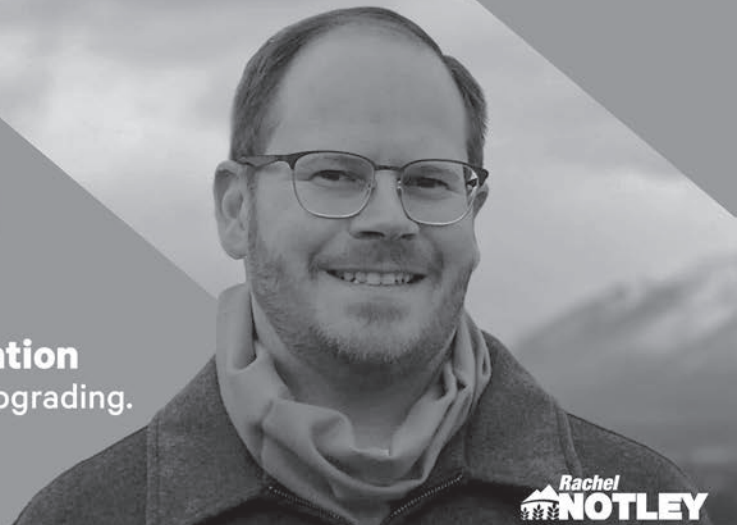
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Email MKAMACHI@ROCKYVIEW.CA

Office: 403-949-3343 | Cell: 403-861-7806



Well, I hope everyone managed to survive the chilling vortex Mother Nature delivered in February, one of the coldest in several decades. I'm comforted in knowing with each passing day comes more daylight as we move one step closer to golf season. Now that's some semblance of positive thinking given our snowiest months are ahead of us.

Thanks to Al

Speaking of positive, I want to extend a huge thank you to our new Rocky View County Chief Administrative Officer, Al Hoggan, who joined myself, Division 2 Councillor Kim McKylor and several community leaders in a very informal 'meet & greet' several weeks ago: Lowell Harder (BCCC), Peg Rupert (BCCA), Conrad Schiebel/Eric Lloyd (GBCTA), Bev Copithorne/Dawson Northcott (Jumping Pound Community), Kelty Latos (Revitalization Committee).

In-between mouthfuls of pub grub, each leader was given a few minutes to speak to topics of interest in their respective organizations. This was an opportunity for our CAO to get a firsthand perspective of our community's various issues: 4-way stop, egress road, flood mitigation, pathways/trails, our senior community, community centre, schools, business development, internet, crime watch, fire smart, water/wastewater, film industry, tourism, Tsuut'ina Nation relationship... the list goes on.

Not that we were able to solve anything in the moment, it was a huge step forward in building a more positive relationship between RVC Administration and residents/organizations of Div 1. And the fact that the CAO made a personal appearance (it was mentioned to me that this was a first for a CAO visit) and commitment to 'show up and be heard' was a big step. Rest assured, I'll hold him to that.

As mentioned, we chatted about everything that affects our unique community. And each time I feel like a broken record. Every month I wish I were able to announce measurable changes to the various issues that affect us. Alas, not a lot of new information to report but things are progressing: egress road still in consultation with Tsuut'ina, 4-way stop is in the hands of Alberta Transportation, guardrail on West Bragg Road is being repaired by RVC, flood mitigation/berming continues, Hamlet Expansion being discussed and will be brought to the community this year.

I plan to have a 'sit down' or some kind of forum where we can all discuss the above mentioned topics and others in the near future. Please stay tuned.

Beach Party anyone?

Have you bought your tickets for the BCCA Skuzzy Beach Party on March 9th featuring your local yokels, Skuzzy & the Woodticks? Please support this fundraiser. It's a community asset

we cannot afford to lose. Purchase your tickets at the Bragg Creek Community Centre or on Eventbrite.com (search Skuzzy). See you there.

Have an issue?

If you're in search of help or information that pertains to an issue you are experiencing in RVC, please call the RVC Service Request Line at 403-520-6378 and speak to a representative who will log and create a ticket to help with your dilemma. It's a much faster process than contacting me (you can still do that of course) as they will get back to you within 24 hours with a response.


In closing

I want to thank RVC Administration in helping me navigate through all of the processes and procedures to continue to make our county the best in Canada. It's a new job for me which I am still an eager student. My colleagues at RVC are geared to make the relationship work. It's no secret there are flaws but we have a goal to be better. Much better.

To keep tabs on things happening in our county, visit rockyview.ca for all the up-to-date activities and news. In the meantime, keep that snow shovel handy and volunteer to help your neighbour during our next snowfall. Or better yet, volunteer for a community function or join one of the many organizations that serve us all. Stay warm.

– Cheers, Mark





HCRCWA
Update

John Robin ('J.R.') Allen,
Membership Coordinator, HCRCWA

HIGH COUNTRY RURAL

CRIMEWATCH
ASSOCIATION



It turned out that the electronic identity theft began “old school” in Sarah’s rural mailbox. Several months ago, thieves broke into mailboxes in her area, including hers, and stole mail that contained pertinent information. They were then able to impersonate her at the bank to get the loan and put her account on-line.

Thankfully, the bank has agreed to reimburse Sarah the full amount of her loss, and waived all interest accrued on the fraudulent loan. Ironically, they also sent her a form letter asking when she would repay the one-month interest on her loan. Sarah visited the bank and straightened the matter out completely.

Sarah’s story ended well for her, but what can we do to prevent becoming victims of identity theft? Our first line of defense is to create difficult-to-guess passwords for sensitive material. The irony is that such passwords are also difficult to remember.

Passwords such as “12345”, “qwerty” (letters on a keyboard) or “password”, seem quirky and imaginative, but they are also the most commonly used password, and, therefore, the easiest to hack.

On the other hand, we can make passwords almost impossible to guess by using strings of random letters, including foreign characters in upper and lower case, such as: “ÉçÔi>#”, along with numbers, and punctuation marks. Those would be hard to crack, even with the help of a computer, but such nonsense strings are difficult to remember without writing them down on a password list—a tempting target for any thief.

Here are a few easy solutions to the problem:

- Make passwords from three totally unrelated words with no spaces other than capitalization of the first letters. For example: “DictionaryApricotBeethoven.” Because of its length, that word is harder to crack than “ÉçÔi>#”, yet it is not too hard to remember the three words, however unrelated they may be.
- Use a sentence or part of a catchy phrase. For example, think of something like Ogden Nash’s dictum: “Candy is dandy, but liquor is quicker”. You can use part of it: LiquorIsQuicker or simply use the first letters of the whole phrase: “Cidbliq”.

It’s been a quiet month in the High Country, during this chilly, windy weather out here on the edge of the prairie somewhere west of Calgary. We have an update on the woman we mentioned in our column last month. Let’s call her Sarah (not her real name). She unknowingly fell victim to identity theft. Someone stole her identity, emptied all her accounts, and obtained a large loan, all without her knowledge. In total, Sarah lost \$8,000.



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• For sites that require both numbers and letters, you could add a number at the end. For example, you might use the year you graduated from high school or got married to create a password like "Cidbliq1986".

• Use a password manager. These store all your passwords in a safe place, they can automatically create new hard-to-crack passwords, and they can automatically insert the password whenever you open a site that requires it. Of course, they require you to create a password for the manager, but that means you must remember only that one password. There are many free or minimal-cost password manager apps. If you Google "best password manager", you can find the best one for your needs.

Online identity theft is a big concern, but so too is property crime, especially rural crime. In February, the R.C.M.P. caught five men using a stolen car to break into a home in Turner Valley. Don't be the next victim. If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. Membership brings these advantages:

1. It is free.
2. Members have no obligations.
3. Members receive regular notices of criminal activity in our area. What we publish regularly in this column is but a small fraction of what we circulate more frequently to our membership about crime in this area.
4. New members who live in our area get a free High Country Rural Crime Watch Association sign.

5. We often have free tutorial presentations on how best to protect your property.

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

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

So that's the news from the High Country, where all the grown-ups are youthful, each child is smarter than all the other children, and our rural crime watch is alive and robust.

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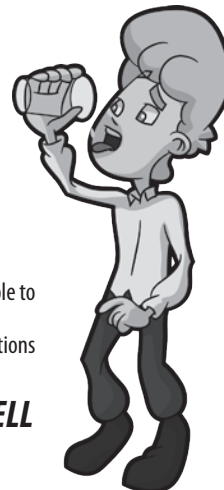
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HOW'S YOUR WATER WELL DOING LATELY?

POINTS TO PONDER:

The most valuable asset your property has is the Water Well. Treat your Well accordingly.

1. Without a viable Well, an Acreage Home becomes un-marketable. Anything below 1.5 gpm (gallons per minute) can cause mortgage companies and buyers to feel uncomfortable.
2. Remember if your Well drops below 3 gpm, your property may be harder to sell one day. Remember if metered property at 3 gpm, the Well can still produce over 3,000 gallons per day.
3. Successive dry seasons have led to an alarming number of water wells altering their normal flow characteristics.
4. If your Well is fairly shallow (under 100 ft) and is fed partially or in full by the influence of surface waters, you may be susceptible to shortages during prolonged dry situation.
5. Deeper aquifers tend to be less affected by short term cycles, but can over a long period, slow down significantly. Liner perforations can become too encrusted to allow proper water in-flow caused by water that is high in mineral content.



HERE ARE SOME TIPS TO REHABILITATE, MAINTAIN AND CONSERVE YOUR WATER WELL

1. Do as the Alberta Government highly recommend, "Well Owners should sanitize their Water Well annually". www.albertahealthservices.ca/assets/wf/eph/wf-eh-shock-chlorinating-your-well-abag.pdf.
Other reasons to Shock Chlorinate:
 - To prevent Biofilm Buildup. iWhen Lab Tests show presence of Coliform Bacteria
 - Following contamination by flood water or change in water clarity or taste.
 - Whenever repair work is done on your Well, the Pump or the Distribution System.
2. Acid treatments of a Water Well may help if the Production loss is caused by mineral encrustation. It's best to leave this one to a Professional. Positive results occur if done correctly in some cases.
3. Don't over-pump your Well. If you are not aware of your Well Production Flow Rate, use your legal land description to look it up online at: groundwater.alberta.ca/WaterWells/d/. All Wells are required to be registered. Look for a Well Drillers Report and Water Potability Report in the Real Estate documents, as it contains the Production Flow Rate and other valuable information, which can help you determine how to best rehabilitate and maintain your specific Well.
4. If your Well drops below 5 gpm, you should have a minimum of a 250-gallon water storage tank installed. Well Pumping Rate then can be properly metered at a sustainable rate as it enters the Holding Tank system.
5. Benefits of Holding Tanks are:
 - Reduced Well fouling and reduced production due to over-pumping, and increased household pressure and volume to all taps and no water interruptions.
 - Atmospheric Tanks act to settle out the detrimental minerals such as Iron, Manganese and Sediments. H2S sulfur gas is also dissipated from the water as it is exposed to surface atmospheric pressures.
 - Wells pumped just below their recommended rate will last much longer, tend to produce less sediments and gasses, and have longer pump service life.
6. Take steps to reduce household water usage by first determining where the largest demands are:
 - **Treatment Equipment:** if not set up properly, can waste tens of thousands of gallons per year. Most new models of **Water Softeners** and **Iron Filters** now have programmable backwash cycle times and metered regeneration schedules based on actual usage. Upgrade if necessary and/or have a Water Technician tweak your units to regenerate less if possible. For example, switching your Iron Filter backwash schedule from every 2 days to 4 can save you approximately 10,000 gallons per year or more.
 - Install low flow shower heads in teenagers' bathrooms. It's astounding how many people comment on how long their kids take in the shower every day.
 - **Flow through Humidifiers**, if not serviced regularly, can stick open and flow continuously down the drain. Check if flow stops when furnace is off.
 - Older toilets can leak continuously or periodically stick open to drain. Replace with low flow models, but be careful, as some of these stick open too.
 - **Reverse Osmosis systems**, if not serviced within one year, start rejecting larger amounts of waste stream water and may also get stuck open and drain continuously. There is more than just filters to service: auto shut off valves must be replaced; the flow control meter and membrane element must be monitored carefully for fouling. Newer models reject 50% less water, so if your unit is 10+ years old, upgrade now to save!

Stay tuned for more tips in an upcoming issue!

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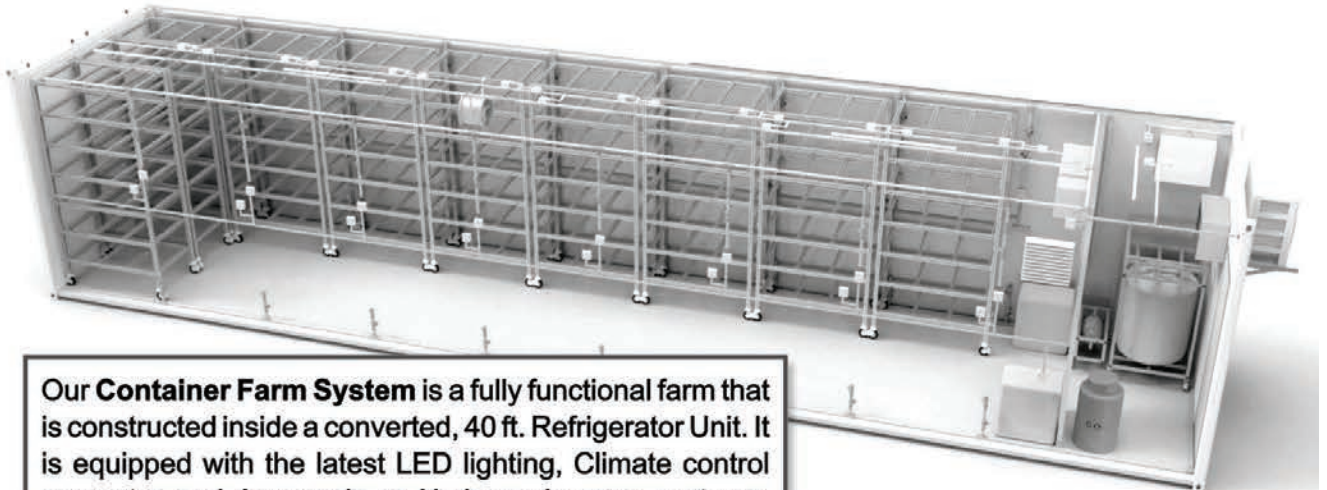


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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Winter 2019 Highlights: On the cold night of January 20, many of us viewed the beautiful Blood Wolf Moon, witnessing this full lunar eclipse. It was a marvel even though we now understand what ancient peoples attributed to mystery and myth. If you are a scientist at heart or enjoy observing and learning about the wonders of the universe, check out the events going on at our local world class facility off Highway 22. Visit the Rothney Astrophysical Observatory on one of their viewing nights or organized events. Their next event about Radio Astronomy will be held on March 8. For more info about events and requirements, check out: www.ucalgary.ca/rao

Another highlight of the deep freeze conditions in recent days is that Mother Nature may be taking care of a threat to the health of our forests. The Mountain Pine Beetle's destructive efforts will hopefully be slowed down due to the consecutive days of cold. So, you see, that good things can come from the cold of winter in addition to providing recreation opportunities for those of you who are stalwart fans of the great outdoors.

High Country Rural Crime Watch AGM: On Monday, March 4, starting at 7:00 p.m. at the Priddis Community Hall, HCRCWA will host a short AGM, then hear from our guests and offer a chance for you to ask questions. Turner Valley RCMP will give us an update on rural crime and other subjects. Foothills Fire Department will present info and

discuss FireSmart planning. Please join us!

Priddis Outdoor Rink Upgrades - Event: Join in the fun to support this project and get tickets for the St. Patrick's Day Concert Fundraiser and Silent Auction on Saturday, March 16, 2019, from 6:00 p.m. to 1:00 a.m. You'll find the link for tickets on Priddis Panthers Hockey Facebook.

Wildlife Conflict Solutions Workshop: Residents are invited to attend this event on Saturday, May 11, 2019. This notice is a bit early, but just wanted to get this on your calendar. This will take place at the Old Rothney Farm on the Ann &

Sandy Cross Conservation Area. In an effort towards coexistence with wildlife, multiple agencies will be putting on presentations and demonstrations about fencing, bear spray training, reducing conflicts, what to do if you have an encounter, coexistence and mitigation strategies, learning about deterrents, etc. Details will be available on a blog-spot soon.

Secondary Suites update: On January 30, 2019, after much consultation, a public hearing, and council deliberations, 1st Reading was given to the Land Use Bylaw amendments for Secondary Suites on

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parcels 2 acres or larger. Some changes may yet occur prior to 2nd and 3rd Readings. This Bylaw brings two types into effect: secondary suites in the primary dwelling and secondary suites in an accessory building. Secondary Suites will be a discretionary use on Country Residential parcels over 2 acres. On Agriculture parcels, suites will be a permitted use. Size requirements are a minimum of 37 sq. m. (400 sq. ft.) and maximum of 83.6 sq. m. (900 sq. ft.). View the Bylaw on my website home page.

Fish Creek Ranch water system and Foothills County water studies update:

In a couple months, we hope to call a meeting with residents about our investigation of piped potable water to the NW of Foothills. High-level engineering studies have come in and we are now investigating grant opportunities and water licenses. We have recently made the purchase of the FCR facilities and reservoir. No decisions have been made re: piped water. Discussions next.

Trailer Billboards: Residents have made it clear to us that they do not want our scenic vistas to become a series of trailer advertisements. Since most residents who have signage for their businesses have gone through the proper processes to obtain permissions and have paid their share to do so, they also feel it is unfair for this type of unpermitted and unsightly signage to not be addressed. While some strategy for signage near towns may be in future discussions, most municipalities do not want this type of image. So, in February 2019, our council accepted a recommended action plan on removing the signs. The landowner (where the trailer is parked) will be notified, advised of next steps and there will be a follow through with enforcement of increased fines. Additionally, Alberta Transportation requires a roadside development permit for signs and trailers within proximity of a highway. They do not issue permits for these trailer signs due to safety concerns and therefore the trailer billboards are not in compliance with either AT or the municipal land-use bylaw.

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



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Happy St. Patrick's Day

Snow Angels: The PCA Hall would benefit from a few community 'Snow Angels' to bring their shovels and clear the snow around the community hall after snow falls. Clearing paths from parking to the east, south and two west entrances would be much appreciated. Show your community spirit and volunteer your time to keep the entrance to our hall safe and a great place to gather!

Parent & Tot Playgroup: This drop-in playgroup meets the first of Friday of each month at the Hall. The next dates are March 1st and April 5th. 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.

Priddis Early Learning Program (PELP): At registration, all pre-school classes at the Hall were filled for 2019-2020, with a small wait-list. Contact the Program Director at PELPpreschool@gmail.com if you would like to be added to the wait-list. A Meal-Prep fundraiser is planned for Friday, March 15th. There will be two sessions: 5:30-7:20 and 7:30-9:30. Cost to prepare 5 meals of 4 servings is \$150.00. To register, email Lisa Branch at mealpreppartyplanner@gmail.com. For details, contact Stephanie at 403.797.4363, and check out our ad in this edition of the High Country News, and the PCA website.

Priddis Community Hockey Rink Rebuild: Priddis Community Association, with the support of the Priddis Panthers Pond Hockey Association, will be rebuilding the hockey rink located in the Hamlet of Priddis this spring and summer. After almost 50 years of use by the Priddis community, surrounding families and Priddis Panthers Pond Hockey Association, the Priddis rink needs major repairs. The underlying structure of the

rink has decayed to a point where simple repairs are no longer possible.

With the help of donations, grants and fundraising by Priddis Panthers, over half the funds have already been raised. A generous grant was received by the Daryl K. Seaman Canadian Hockey Fund to get us started. The PCA is still looking for support from the community in the form of donations, material and volunteer labour. Check out the PCA website for upcoming fundraising events.

The rink upgrade will be phase 1 of a 2 phase project. Phase 1 consists of rebuilding the rink (new boards, plastic liner, safety netting, score board, player seating) and providing temporary change rooms and storage facilities. This will allow users a warm place to get ready or warm up and allow the Panthers to host home games in the 2019-20 season. Phase 2 will then focus on getting a permanent building in place. This building will house change rooms as well as numerous other community activities.

More details on the project will follow in the coming months. If you have any questions about the project or wish to find out how you can help, please contact: PriddisMPBldg@gmail.com.

"Warriors of Hope" - Yoga Cancer Fundraiser at Priddis Greens - June 22nd: Mark your calendar for the 2nd annual yoga fundraising event, "Yogis R Warriors of Hope" taking place at Priddis Greens Golf Club on Saturday, June 22nd. More details to follow, or see our ad in this HCN edition.

Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised 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. For more information contact Lori Colwell at 403.472.5349.

Priddis Multi-Purpose Building: Significant efforts are continuing to



support fundraising and development of a multi-purpose building and new rink for the Priddis Panthers. We encourage you to participate and get involved so this project can be a success. Please reach out to Joey Duzlemic to find out how you can help with the Priddis Multi-Purpose Building @ j.duz@mynsnowpros.co

Membership: It's never too late to get your Annual Membership with the Priddis Community Association. Membership is only \$25 per year for the entire family. You can pay for your membership online, mail in a cheque or drop it off at the Priddis Store. A Business Membership is only \$50. To participate in any program at the hall you need to have a membership. Thanks in advance.

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

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

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

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



Millarville Community School News

Written and Edited by MCS Students

Junior High Students To Experience An Adventure In The Wilderness:

Millarville students go to River Creek Hostel for an amazing once-in-a-lifetime camping trip.

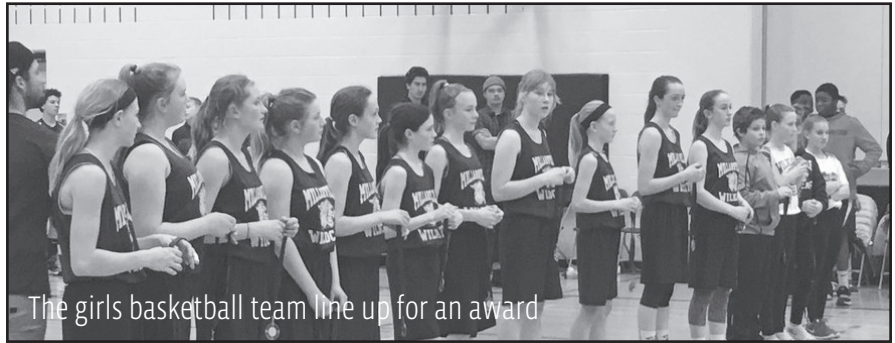
By James, Amelia, and Dominique

Grade Eights and Sevens in Millarville Community School are off to the hostel down in Kananaskis. Mr. Beacom, and Mrs. Elliott, the Outdoor Pursuits teachers, will be leading the expedition. The school is hoping to give them a fantastic experience. On February 13th the Grade Sevens and Eights of Millarville Community School will be going to River Creek Hostel in Kananaskis to experience a 3-day trip. Mr. Beacom, the Junior High Outdoor Pursuit teacher of MCS is hoping that the children will appreciate the outdoors and he will be teaching a few techniques in snowshoeing and cross country skiing. The participants will have to cook their own food as well as bring their own ingredients. The students are going to learn useful survival techniques, such as mapping, cooking, knife skills, etc. "In my opinion, I feel that the outdoors provide opportunities to expand and push personal boundaries and limits. They learn to disconnect with their devices and reconnect with the wilderness," said Mr. Beacom.

MCS School Events

By Heidi, Reese and Alyssa

"It was nice to see everyone's costumes," states a second grade student. On January 30th character dress up took place at Millarville School. This event happens every year to share favourite books and



The girls basketball team line up for an award

creativity. It went off with a bang, as several of students dressed up. Mrs. Smallwood said, "Looking at younger kids costumes it reminded me of books I read when I was younger." MCS thanks our Librarian, Mrs. Smallwood, who organized this event.

At Recess Grade fives host a program, PALS. Many kids come to play games like tag and soccer. It is a great idea to create the connections with all the grades. This makes more excitement for recess and it helps our school. Thanks to the students and Mrs. Lipiski who make PALS possible.



The PALS group playing with kids at recess

January 28th was a day of fun. Grades 1-4 embraced the cold to ski at COP. Favourite parts of the ski trip, "going on halfpipe and jumps" Nolan said. At home they retell their adventures to family.

The MCS Sports Insider

By Ava, Elizabeth, Dalton, and Jack

This basketball season for all teams has been quite a thrill ride. The boy's team

are off to Caley to face the Cobras in a head to head match on February 12, 2018. The Girls have had a great season winning multiple games in a row and both the MCS Chaos and the RDL basketball tournaments. The Grade 6 basketball team is scheduled for a tournament on Thursday, February 14th, 2019 after a great season so far.

Upcoming Events in MCS & Millarville Community: Round-Up!

Bring the whole family to Round-Up on Thursday, March 7th from 5:30 - 8:30pm! A fun-filled evening with a Western flair that features dinner, games, basket raffle and a silent auction. Proceeds to support our school's technology, outdoor pursuits program, field trips and various other enrichment programs. Please contact Mrs. Gregson or Mrs. Bates-Grover at (403) 938 - 7832 for more information or to donate!

Sunday Night Volleyball

By Wyatt, Kaja, and Evon

A way to be active, burn calories, and have lots of fun!

Anyone can come Sundays at 7:00 PM to 8:45 PM. That's when the Butler family holds a fun activity. They invite kids and adults from around the Foothills area to come and enjoy some volleyball. "This is a fun way to connect with people!" Kate Depauw exclaims. This event is held at the Millarville community school gym until June. So try to pop by as soon as you can!



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting will be on Tuesday March 12th. Our speaker will be Trudi Tshudy from Spruce It Up. She will be educating us about beneficial insects such as ladybugs.

Did you know that the Millarville Horticultural Club has a landscaping grant available to non profit organizations in the MD of Foothills. The maximum grant available is \$750. This could be used for hard landscaping, permanent plant materials and/or installation costs. If you are interested in applying for this program please contact Arlene Visser at vissera@hotmail.com or at 403-933-2885 or mail your inquiry to Box 742, Black Diamond, ToL oHo. The deadline is March 31,2019.

Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.

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

Mon at 9:30am & Wed at 7pm

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!

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!

Horizon Ridge Concert

Friday, March 8 at 7:30pm

Location: Sanctuary

Horizon Ridge is a 4-piece band of fine multi-instrumentalists and seasoned vocalists known for their intuitive, tight harmonies and polished a cappella singing. Purchase your tickets online or through our ticket line at 403.256.3181 ext. 5.

Craft Day

Sat, March 16 from 10am - 4pm

Location: Midlands Link

Please join us for some fun and fellowship while working on your todo projects. Set up a table, come and go as you like. Coffee and tea provided. Potluck meals. Everyone welcome.

Playtime

Saturday, March 23 at 12pm

Location: Midlands Link

We are excited to have a joint function, where old and young, friends and strangers can play together. There will be potluck lunch available. Bring your favourite board games, card games, lego, playdough, rollerblades, scooters, badminton set, or just show up and enjoy an afternoon in community! Families are most welcome.

Triple F

Saturday, March 23 at 12pm

Location: Midlands Link

Food (pot-luck: bring something to share, if you can), Fun (play games: bring some of your favourites, or try a new one), & Friendship (visit with friends and make new friends too). We are excited for the Playtime group joining us for lunch, games, and to make new friends. All ages are most welcome!

For more info about our programs/events please call the church office or visit our website.

Your Friends at Red Deer Lake United Church

403.256.3181, office@reddeerlakeuc.com • Instagram @RedDeerLakeUC • Sunday Worship: 10:30am • reddeerlakeuc.com



Warriors of Hope Presents:
An inspiring morning of live music and calming outdoor yoga at the beautiful Priddis Greens Golf & Country Club
2nd Annual Fundraiser in Support of Wings of Hope Breast Cancer Foundation.

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March 17th • 9:15am
HOLY EUCHARIST
2nd Sunday in Lent

March 24th • 9:15am
HOLY EUCHARIST

March 31st • 10:00am
HOLY COMMUNION

St. George's, Turner Valley, Potluck Lunch to follow

April 7th • 9:15am
HOLY COMMUNION



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



Let's hope that by the time you read this, we are well past the deep freeze days! However, cold, snowy days are conducive to curling up in front of a fire with a good book. Marigold Library System declared February 24-March 2 as *Freedom to Read Week*. This week gives us all the chance to focus on issues of intellectual freedom as they affect our community, our province, our country, and countries around the world. Freedom to choose what to read, hear, or watch is critical, so that people can make informed decisions about issues which have an impact on their daily lives. Life decisions are supported by ready access to reliable information from written or electronic words. So let's make this a year long-commitment. Check out www.freedomtoread.ca for more information and resources.

The library in Millarville (at the heart of Alberta's ranching community) has enjoyed the AFA supported Travelling

Exhibition Program's (TREX) "Cattle Call" which showcases cattle, as expressed in a wide variety of mediums by Alberta artists. The exhibition goes back mid February.

Our next exhibition which will be displayed in the library from February 27 for two months will feature Fay Hodson's wet and needle felting art. Fay is also offering classes at the Leighton Centre. These classes are a huge amount of fun so check out this website www.leightoncentre.org/programs-events/adult-programs

On March 5 the library magically metamorphoses into Hogwarts School of Witchcraft and Wizardry when 20 new students join the school to learn some new magic. Check out next month's HC News for a report!

And just in case the cold weather persists, here is a tip for a good read from our library. *Us Against You* by Frederik Bachman

(*A Man Called Ove* author). Quite different in tone from his previous books, this book is a rich exploration of the culture of hockey, a sport that some of its acolytes see as a violent liturgy on ice. The story is familiar: a local girl is raped and the community immediately takes sides, most of them "excusing" the perpetrator as he is the star of the hockey team. This book has it all, single-minded young hockey players, ambitious coaches, obsessive parents, crooked politicians who recognize the power of sport and an honest look at the "Us versus Them" mentality that is all too pervasive in today's sports, politics, and even educational, charity, and condo organizations. This book will provoke lots of discussion!

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Nature for All

Imagine spotting a herd of deer ‘in the wild’ for the very first time. You watch excitedly, observing them from a safe distance, trying to figure out what their next move might be, admiring their beauty while being surrounded by nature. Unique experiences like these and more were had this year by students attending outdoor education programs at the Ann & Sandy Cross Conservation Area (ASCCA).

Students from many different backgrounds were able to experience our programs due to a generous donation from the Alberta Conservation Association (ACA). This donation provided funds to enable schools facing financial limitations the opportunity to come to the ASCCA to explore and learn in nature. Many students had not previously spent time within a natural

setting and some had not ventured much outside their own community. A day in the outdoors provided the chance for students to explore with many hands-on activities to deepen their understanding and create memorable moments.

The students attended programs through the seasons, enjoying the colours of the fall to the wonders of winter. They watched a herd of 20+ deer bound across the field, saw a weasel scurrying about, learned about plants, and so much more. The sense of wonder and the enthusiasm of the students was always a highlight in the day.

Teachers appreciated the opportunity to visit the area and felt their students benefitted greatly from the experience. Here are just a few of the comments they shared with us.

“It was an amazing day! So great for kids to be outdoors.”

“Students were able to see actual tracks made by different animals in the snow.”

“Thank you again for the wonderful experience. The class enjoyed it so much.”

A big thank you to the ACA, the participating teachers and students, and our education volunteers who all contributed to the success of our programs and unforgettable memories created in nature.



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January and February Happenings with The Millarville-Stockland 4-H Beef Club

The Millarville Stockland 4-H Club had a busy January and February filled with workshops, clinics, and competitions. Our club had a public speaking workshop put on by the University of Calgary 4-H Club to help us to present our speeches at our competition in February. Three stations were set up to help members understand the rules on speeches and events, practice impromptu speeches, and make a continuous story to help when members present their impromptus. This workshop helped many members improve their speaking skills and prepare for the club

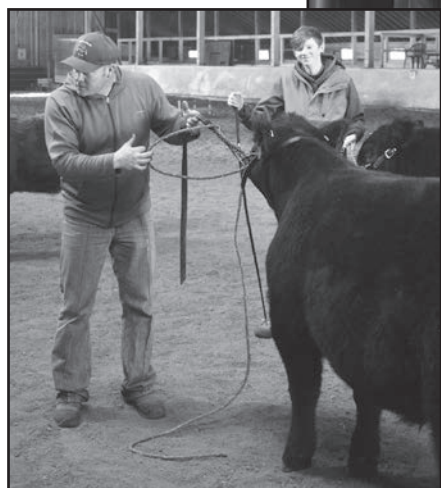
immense and will help us to prepare for shows later in the year, like our Club Achievement Day and 4-H on Parade. Showmanship can be confusing with all the rules and etiquette involved and more practice helps us get comfortable and joyful when showing our animals. Thank you to Foothills County for allowing us to use their portable cattle scale at our clinic.

Finally, in February, our club held our public speaking competition at the Millarville Racetrack Hall. Members have been preparing speeches to present to the club, as well as the judges. There were great speeches from all members. Also, members had to present a short

members. The top two speakers from each age level will move on to Areas in March. The top Junior speakers were Tanner Watkins & Maddie Watkins with alternate, Jack McWhir. Clara Blatz & Jessie Blatz were the top two Intermediate speakers and alternate, Justin Watkins. Top Senior speakers, Emma Campbell and Harry Rawn with alternate, Finn Blatz will test their skills next month.

This was a packed time for the Millarville Stockland Beef Club, with many events and competitions. Members learned a lot from 4-H, from speaking in public to showing cattle. Our public speaking skills were even put to the test and allowed members to show off their hard work on their speeches. This was a busy time for our club, as always, throw in some calving and miserable cold weather, we are all looking forward to spring.

Finn Blatz, Club Reporter



competition in just a few weeks. Thank you to the U of C 4-H Club for sharing their public speaking knowledge with us. Later in January, our club had a showmanship clinic at Threepoint Stables. Members brought their steer and heifer projects to practice showing and improve their skills in the showing. Our General Leader, Peter Watkins gave us a lot of tips and tricks on how to show a 4-H animal that helped everyone from new to experienced members. The younger members had an older member partner up for the first half of the clinic, which was very helpful. The amount of improvement from us all was

impromptu speech on a random topic to test the speakers' quick thinking and fluidity. There were many great impromptus from the speakers who rarely slipped up from the pressure and gave a great 1-minute impromptu speech with minimal preparation time. The skill of all the members was so close, there was even a 3-way tie in the senior group, and a speak-off had to take place to determine the placing. It was a great day to celebrate the hard work and practice from all the

PELP presents

A Meal Prep Fundraiser



The Priddis Early Learning Program is thrilled to host a night of meal prepping and socializing with a portion of the proceeds going back to the school.



Details:

- Friday March 15th
 - session 1: 5:30-7:20pm
 - Session 2: 7:30-9:30pm
- Cost \$150 - gives you 5 x 4 person meals prepped and ready for your freezer! Remember to bring a cooler to take your meals home in.
- Register by emailing Lisa Branch at mealpreppartyplanner@gmail.com
- Please indicate your name and which session you prefer. Sessions will be filled on a First Come, First Served basis.
- To finalize registration please send payment via e-transfer to the same email address and note name of registrant.

Meals

1. Korean BBQ Beef
2. Beef Enchiladas
3. Bacon Wrapped BBQ Chicken
4. Sweet Chili Sesame Chicken
5. Basil Pesto Chicken with Sun Dried Tomatoes

Drinks & Snacks

We are happy to also provide drinks (wine, coffee, water) and goodies for purchase throughout the evening and hope that you will plan to come and visit while the meal prep sessions are going on. Doors will open at 5:30pm.

If you have any questions please contact Stephanie - 403-797-4363



TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Brrrr, it was a cold February, with temperatures in the -30s with wind chills into the -40s on occasion. After that, -20 felt positively balmy, only in Canada, eh? Well the first day of spring is March 20th, not too far away, and remember Daylight Savings Time is March 10th.

Our local *First Oilfields Scouts* will be holding a bottle drive fundraiser on March 16th. They kindly ask you to put a note saying "Scouts" on your bags or boxes of recyclable pop and beer cans and bottles, milk jugs, and juice boxes and set them out front. They will be going around both Black Diamond and Turner Valley starting at 9:00am. This is a big fundraiser for our local youth so please give generously!

Friends of Quest will be hosting their annual *Friends of Quest dinner and auction* on March 30th. They are a non-profit parent/teacher organization whose purpose is to provide students and faculty with whatever assistance is necessary to assure the success of a quality academic program. This is a really fantastic evening, with a beautiful dinner, entertainment, and a live and silent auction. Funds raised will help support program elements such as weekly adventure learning, service projects that give back to the community, and ski and backpack expeditions. Tickets can only be purchased in advance, get yours soon. The function starts at 5:30 and will be held at the Flare and Derrick in Turner Valley. For tickets, more information, or to donate funds or auction items, please give Oilfields High a call at 403-938-4973.

Funding for community projects for children is available through a grant from Canada Post. Registered charities, school programs, and community organizations are invited to apply for funding of projects consistent with their objective to support initiatives that benefit children. There are some restrictions, and the application forms will be posted online in March, with the deadline being the beginning of April. To learn more about the grants and to apply, visit canadapost.ca/community.

The 5th annual Report to the Community Event, held by Foothills Children's Wellness Network, will be held on March 1st. Join them to learn about Building Resilience in Children and Youth. There will be a key speaker talking about this theme and parents, grandparents, caregivers, or anyone interested in building resilience is welcome. The cost is free. It will be held at the D'arcy Ranch Golf Club at 6:30. For more information, go to Eventbrite and search The Foothills Children's Wellness Network.

Victoria's Quilts Canada (VQC) provides handmade quilts to people living with cancer in Canada. By providing these quilts they hope to bring physical comfort as well as comfort knowing they are not alone in their struggle. The non-profit organization started in October with 12 women making quilts, and has grown into over 1,300 volunteers throughout Canada. The quilts are done individually or by quilting bees. The VQC makes and delivers about 600 quilts per month, with over 68,000 quilts made since their inception. You can help by making a quilt, donating material (must be 100% cotton washable fabric), donating funds, becoming a corporate sponsor, or just spreading the word. They have chapters in Okotoks, High River, and Calgary. A delightful fellow I know mentioned this group and since we probably all know someone in our lives that has been affected by cancer, I thought it would make a good item for the column. To find out more about the quilts and the program, visit victoriasquiltscanada.com.

The Primary Care Network for Calgary Rural offers Wednesday Walkers, a weekly walking group. Research has proven that people who are regularly physically active may be happier than those who aren't active. And, when you walk in a group, it encourages being social and reaching out to others in our community. Meet on Wednesdays from 9-9:30am at the front office of the Oilfields High School in Black Diamond. There will be no group on school holidays.

The United Church in Turner Valley invites one and all to their annual Shrove Tuesday Pancake Supper on Tuesday, March 5th. Come and enjoy many different flavours of homemade pancakes and sausages. The cost? Donations are welcome, and the United Church is home to the Oilfields Food Bank as well. They are located at 125 Royal Avenue in Turner Valley.

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Sheep Creek Arts Council has some interesting classes coming up. In March and April Marijane Rose has a needle felting class (Mar. 2nd) where you can make a critter, perhaps an owl. Renee Carrier is teaching intermediate watercolour classes on animal portraits, and Painting Your Way with Vivian Wiebe starts up again April 29th and 30th. They are especially excited that renowned realist wildlife painter David Kitler is teaching a series of classes on painting wildlife and landscapes in a variety of media, in March, April, and May. You must have a membership with SCAC to join their classes and clubs, but last I heard, it was only \$10 a year. Classes are very reasonable also, so if you want to expand your artistic talents, visit sheepcreekarts.ca. SCAC is located on Sunset Boulevard in Turner Valley.

The Griffiths Centre in Black Diamond offers lots of great programs for 50 plus. Senior's exercises, floor curling, learn to move, quilting, cribbage and cards, choir, and cardio exercises are some of their programs, great for getting through the long winter. They also offer a fabulous breakfast on Tuesdays, Thursdays, Fridays, and Saturdays from 8-11am. You must be a member to take part in the breakfast, programs and classes, and special dinners and events, and membership is only \$10 a year. Memberships are available from Andy during breakfasts. The Griffiths Centre is located at 122 Government Road in Black Diamond and is wheelchair accessible. For more information, drop by or call 403-933-2167.

Our Turner Valley Legion will be hosting an Irish themed dinner on Friday March 15th in honour of St. Patrick's Day. The dinner runs from 4-8 and is very reasonable, with dessert included, and is always delicious. There will be Irish Dancers performing as well. I saw them last year, and was enchanted by the girls doing their Irish dancing in colourful

costumes, the wee ones up to the older girls. Very entertaining. There will also be a **Senior's dinner** on March 25th, all are welcome. You don't have to be a member to come on in to the Legion, just make sure to sign the guest registry. For more information, the Legion's number is 403-933-4600 or 4564.

Whether you are a beginner, a dabbler, or an old hat at writing songs, there is an open door for you at the **Diamond Valley Songwriters Group**. Bring your instrument. The group meets at the Sheep River Library every second Wednesday of the month at the Sheep River Library. For more information please call Al "Doc" Mehl at 403-651-9016.

Beneath the Arch Concert Series presents Slocan Ramblers on Saturday, March 23rd at 7:30. For 30 years the Arch has been presenting live music, from international stars to Canadian icons, from Juno and Grammy award winning artists to emerging talent. They also offer bursaries for youth through their program. For tickets or more information, visit beneaththearch.ca. The show will be held at the Flare and Derrick in Turner Valley.

On the Edge Concert Series presents Horizon Ridge on Friday, March 8th. They are a 4 piece band with influences in folk, country, blues, rock and gospel. The show starts at 7:30 and will be held in the beautiful United Church in Red Deer Lake, about 20 minutes north east of Turner Valley. For tickets or more information, visit reddeerlakeuc.com or call 403-256-3181, ext. 5.

Foothills Philharmonic Society invites you to join them at their latest show, For the Love of Debussy, Schubert, Strauss, and much more. Special guest include the Foothills Philharmonic Chamber Chorus and the Little Rock Show Choir. Kids 12 and under are free. The show will be held on Saturday, March 2nd at 7:00 at the Okotoks United Church. The Church is located at 43 Riverside Drive. For more information or for tickets, visit foothillphilharmonic.com.

It's **Earth Hour** from 8:30-9:30 pm on Saturday, March 30th. Canada will be encouraging participants to turn off their lights for this hour and to share their participation on social media. Use the hashtag #uneheurepourlaterre. Most of the resources we use come from the environment, so let's do our part to protect the world around us. For more information or for Earth Hour ideas to make a bigger impact, visit earthhour.org.


If you have any events happening in April that you would like to see in the High Country News, please email me at elaine.w@telus.net, **before March 15th**. We also love to hear from non profit organizations and groups, just to tell our readers what your organization is about.

*Happy Easter & Happy Spring!
Elaine Wansleben*



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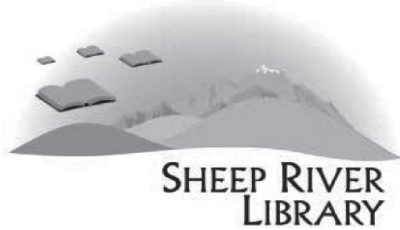
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According to Benjamin Franklin, "In this world nothing can be said to be certain, except death and taxes." Tax season is now upon us, and if you need help filing your return or need someone to do it for you, then you are welcome to come to the Community Volunteer Income Tax Program (CVITP) held at the library on March 26 and 27 from 9:00 am – 4:00 pm. This is a FREE service available to residents who have low income and a simple tax situation. Residents of Turner Valley and Black Diamond can attend a Walk-in Tax Clinic at the library where designated volunteers will complete and e-file their taxes on site using software provided by the Canada Revenue Agency. Volunteers have been pre-screened and approved by Canada Revenue Agency. If your income is up to \$30,000 (single person), \$40,000 (couple), or \$35,000

(one adult with child) then you are eligible to use the service. Volunteers don't prepare complex returns or returns for deceased persons. You will not qualify if you have self-employment income; business or rental income and expenses; capital gains or losses; employment expenses; or have filed for bankruptcy. Residents must provide all employment T4s, government tax slips and any relevant expense receipts such as donations or medical expenses. A printout of all your medical expenses for the year can be obtained from your pharmacist.

Starting Wednesday, March 13 at 7:00 pm we will be hosting a new genealogy group. This group will be ideal for anyone interested in researching their family tree but doesn't know where to start; or perhaps you have hit a brick wall in your research. There are techniques you can learn to get you started or help break down those brick walls and enable you to share your journey with others. Please register at the library.

Local Turner Valley artist Chester Lees makes a return to Sheep River Library with a new exhibition of artwork entitled *Changing Horizons*. The exhibition,

which runs from March 4 to April 30, includes new landscapes featuring cactus plants and ruined buildings, more owls and even a cat. The opening reception is on Saturday, March 9 from 2 pm to 4 pm. Private escorted tours by the artist can be requested by e-mailing chesterarts@telus.net. Paintings will be exhibited in both rooms of the exhibition space.

There are some events coming up in March you might not want to miss. Susan Raby-Dunne will be doing her audio-visual presentation on *The Brooding Soldier And Its Creator*, Thursday, March 7 at 7:00 pm. She will also have books for sale and signing. The Diamond Valley songwriters will have their inaugural meeting on Wednesday, March 13, facilitated by Al Mehl. Our Law talk series continues on Tuesday, March 5 with Southern Alberta Law, looking at the topic of Family Law Basics. Our basic computer courses get under way again on March 6. If you need help with any computers in any way (you know who you are!) please register for these classes. Please go to www.sheepriverlibrary.ca for a full list of programs and classes running through to June.

Turner Valley Oilfield Society Launches Story Map Project

TVOS is developing a digital history of photos and descriptions of people, places, and events that shaped the Turner Valley Oilfield and surrounding areas

The Turner Valley Oilfield Society (TVOS) Story Map Subcommittee is working to develop a digital photo history of the region. Images and related narrative descriptions that describe the historic importance of the people, place, or event will be linked to a digital base map of the region. This will allow residents and visitors to take virtual tours of the historic Turner Valley Oilfield and surrounding areas.

The effort led by TVOS Directors Larry Kapustka, Kate Dymant, and Brad Rouse as well as Rod Ross, who suggested this initiative. Other committee members are long-time local residents Phyllis Lansdell, Patty Evans, Andy and Tony Campbell, and

Bern Dayment. The TVOS is working with Davis Aurini, Ilogu Chima, and Omar Suarez from the SAIT Capstone Program to build the prototype software package.

The geographical scope of the Story Map Project is generally defined as the Turner Valley Oilfield and surrounding area, which may extend to most of the Foothills County. The focus will be to capture the written and, in some cases, oral history of the Oilfield and the Turner Valley Gas Plant. This extends to the historic settlements of Little Chicago, Little Philadelphia, Little New York, the origins of Black Diamond, Turner Valley, Longview, Millarville, and others. Because of the prominence of ranching and agriculture as the stepping stone for the Oilfield, this sector will also be featured in this project.

The committee is seeking volunteers to provide photos, written and oral history, and anecdotes related to the rich history of the region. This work will build on the earlier efforts that resulted in books about the area and its people.

This Story Map Project embraces the TVOS mission to advance public understanding and knowledge of the unique history of petroleum discovery and development in southern Alberta. The TVOS is organized around the core value of honouring the people, their struggles, and innovations that comprise the technical and cultural history of the Turner Valley Oilfield region of southern Alberta. It shares a strong sense of community and a desire to collaborate with partners to tell the story of the people and institutions that were key to the development of the area and form a bridge to contemporary challenges broadly captured under the term energy literacy.

Anyone interesting in volunteering to work on this project or who has historic photos, stories, and anecdotes about the oilfield and surrounding areas is encouraged to contact TVOS at info@turnervalleyoilfieldsociety.ca or send a note to TVOS, PO Box 583, Turner Valley, AB, T0L 2A0. For additional information about TVOS go to www.turnervalleyoilfieldsociety.ca



Longview Library

There is a sign up sheet in the library for a proposed Toddlers Group, to be held in the library from 10:15-11am on Thursdays. Focus will be on age appropriate stories for children 1-3. Older children will be welcome, but there will be a small charge for them.

Freedom to Read Week is February 24 to March 2. It is a week to celebrate those books, many of them classics, that have been banned. Some will be on display in the library.

We have two dozen beautiful young adult French language books new to the library.

Other new books at the library are, *An Unquiet Mind* by Kay Redfield Jamison. Published in 1995, it has remained a very much treasured book in the literature of manic-depression. Its bravery, brilliance and beauty are unforgettable. Another is, *We Are Displaced: My Journey And Stories From Refugee Girls Around The World* by Malala Yousafzai. And, *Living Reiki: Heal Yourself and Transform Your Life*, by Melissa Tipton.

We also have *The Architectural Digest*, *The International Magazine of Interior Design*, and other current magazines.

Recommended for the children in your family: *Dolphin S.O.S* by Roy Meki. It is a fictionalized account of how local children saved three dolphins in the ice in Newfoundland. For the adults, we have *The Kingfisher Secret*, by an anonymous author. The novel mirrors the current climate of the political atmosphere in Washington, D.C. It is a conspiracy thriller, and was shrouded in

secrecy while it was being written, but has now been printed in eleven different countries. It's an important read.

Another is *Washington Black* by Esì Edugyan, an award winning Canadian author and author of *Half-Blood Blues*. It is an absorbing story of an eleven year slave, named George Washington Black, living on a plantation in the Barbados. The story follows him through to adulthood and is beautifully written.

For those of you who have loved Jennifer Robson and her books, *Somewhere in France* and *After the War*, you will be happy to hear she has a new one out. It is called *The Gown*, and is the story of postwar austerity and royal pomp and ceremony. It tells of the lives of the young working class women employed in the workshop of the leading fashion designer of the day, Norman Hartnell. It is historical fiction at its best.

Happy Reading!

Sylvia Binkley, sliv@telus.net



Surveillance by Andrea Kidd

Everywhere I go surveillance cameras are watching me! They are in the bank, at the traffic lights, in the dollar store, at the school, in my daughter's apartment building, and even in the park at the entrance to the hiking trail!

I remember trying to be a surveillance camera. I was four or five years old and afraid to go to sleep at night. Looking under the bed before gathering Bunny and Teddy and slipping between the sheets was easily done, but did require regular checking, especially if I had inadvertently closed my eyes for a few seconds; something might have slithered in, out of sight close to the floor. But I had two other concerns.

A bad man could come into our bungalow by the front door and get into my bedroom. Mum and Dad would never hear him because they were in the back living room watching television. It was a good thing the hall light was on and my bedroom door was open because I could watch for anyone coming or going. Lying on my left side I could observe the hallway in the mirror which hung above the fireplace. One loud holler from me would, I knew, bring my father running to rescue me. As long as my eyes were open I was safe!



My other concern was the open fireplace across the room. I had heard the account of the wolf who came down a chimney, just like mine, and ate up the little pig who lived there. I would just have to be on surveillance. I wasn't very successful, though, because my eyes kept shutting

in spite of my efforts to keep them open. Anxiously, I would lie in bed trying not to go to sleep.

And then I began attending a club called "Coral League". We learned about children in the Congo who lacked the necessities of life. We pasted together picture books and we knitted squares to sew into blankets for them. We memorized three prayers. Our leader encouraged us to pray one of these prayers every night before we went to sleep. I promised. I kept my promise. If I didn't keep my promise, who would know? God would! I believed that keeping that promise was important because God knows everything and watches all the time.

It was a difficult task. The exact words would escape me, but each night I was peacefully asleep long before the "Amen". Looking back, I now realise God was lovingly watching over me. His eyes never closed. He is the ultimate surveillance camera.

He who watches over you will not slumber; the Lord will watch over your coming and going both now and forevermore.

Psalms 121: 3b & 8

(New International Version)

Illustration by Russ Rodman



Real Estate Truisms (Proverbs): Inspirational, Wise & Humorous

In this issue I will be covering 2 topics:

1. First, a very brief review of activity for the last 2 to 4 months in the MD Foothills & Rocky View reviewing the pricing & sales averages given our new realities in Alberta, reflecting the continuing market challenges in the 'higher end' segment & luxury type acreages sector and slower activity generally across all sectors.

2. And on a lighter side, a list of some Real Estate sayings (Proverbs) that are actually quite true in most cases and good food for thought for us all in considering various aspects of real estate. I've added a few of my own I've penned after 28 years in Real Estate with exposure to so many circumstances & observations.

Basic Market review last 120 & 60 days – Foothills & Rockyview:

Foothills – Last 120 days

Currently 178 Listings (All price ranges); 46 Sales (All price ranges)

Foothills – Last 60 Days

17 Sales; Average List price \$860,788; Average sale price \$821,112; Avg. home size 1,864 sq. ft.; Avg. acreage size 24; Sale to listing ratio 95%; Only one sale over \$1.5M (It was an equestrian centre on 77 acres)

Rockyview – Last 120 days

Currently 279 Listings – All price ranges; 66 Sales – All price ranges

Rockyview – Last 60 Days

26 Sales; Average List price \$1,107,308; Average sale price \$1,023,485; Avg. home size 2,728 sq. ft.; Average acreage size 3.98 acres; Sale to listing ratio 93%; 4 sales over \$1.5M last 60 days; Avg. List \$2,124,500; Avg. sale \$1,949,125; Avg. home size 4,460 sq. ft.; Avg. acreage size 5.49 acres

Of note in both Foothills & Rocky View only 4 sales over \$1.5M. Numbers of sales down from the same period last year. But still 100 sales over last 60 days

but less over the last 2 months possibly because of the Christmas period and January being a slower month typically. It will be interesting to see if sales pick up in February to May to usually active months for acreages. We'll do a review of that in the coming months.

Real Estate Sayings/Proverbs:

Insights and truisms from various real estate professionals over the years:

- Your first offer is often your best offer – so work an offer when one comes in! When a seller initially places a property on the market buyer curiosity and excitement is the highest on the front end. Excited buyers equal offers in early stages of a listing in many cases.

- The longer your house is on the market, the lower the sale price. True. The longer a house sits unsold, the lower its sale price, usually because buyer excitement wanes. Buyers wonder what is wrong when a property goes stale being on the market for a very long time and will try offering less.

- 3 most important things in Real Estate – location, location, location – still true! You can change up & renovate a home but you can't change its location.

- Buyers can be surprising – not meant to disparage buyers, but people often really don't know what they want. What buyers say they want, and what they actually buy, are often miles apart – literally! This can be challenging in the search process and prolong it or result in them giving up.

- You get what you pay for. Not necessarily true. Put another way, can a buyer overpay? Of course - that's one reason lenders have arms length appraisers evaluating properties.

- If you suggest a listing price range to sellers they will invariably pick the higher end of the range and then resist dropping price to be more competitive. A natural habit we've seen time & time again.

- I'll wait for the market to improve! It may not improve & life goes on and you pass up an opportunity to move on in your life assuming a better day will come to sell at higher prices.

- Properties don't sell in the winter. Actually in our internet age they do as people are always on line searching and if something is right for them they will act on it anytime of the year. And if you are not in the game (not on the market) you can't win.

- You snooze you lose. If you wait to act on a hot opportunity that's right for you, someone else will scoop it from you while you are procrastinating. Opportunity often knocks once – embrace it.

- Own the smaller home on a street of primarily large homes – there is more opportunity for investment growth. Larger surrounding properties will pull your value up.

- Less is more. True. If you put your house on the market, the assumption is that you plan to move. If you are

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moving, you need to “start packing early.” Without clutter and less “stuff”, your house will look better to buyers —and you will, in fact, move.

- We can't control when a property might go on the market. The best way to seize opportunities is to be prepared. If you think real estate values might decline soon, save your money now. In a soft market, loans are pricey and more difficult to obtain - “cash is king” in soft markets.

- Fear - the crippler of no action. This includes decisions around listing & buying.

- Blaming others for lack of a sale doesn't solve the problem – maybe it's the property itself, or the market, or other factors?

- The value of a property is what a willing buyer will pay for it. It is not what a seller would necessarily like to get for it or what a seller needs. Furthermore you may not get back the value of renovations you have put in. They will just improve the marketability of the property.

- Keep your realtor at arm's length and not reveal how you are feeling about things. Not giving respect or communicating things that may be bothering you doesn't allow opportunity for correction and just demotivates agent's efforts.

- Real Estate cannot be lost or stolen, nor can it be carried away. Purchased with common sense, paid in full, and managed with care, it is about the safest investment in the world


- If you don't own a home, buy one if you have the resources. If you own a home, buy another one. If you own two homes buy a third as investment. And, lend your relatives the money to buy a home if they can't get in the market.

- Markets always change, and as soon as there's a downturn, cleanliness becomes a major value. It seems people try harder to present properties at their best when selling in tougher times

- Staging properties is unnecessary. Actually staged properties sell 80% faster according to extensive recent real estate surveys.

- Switching Realtors will get my listing sold! Very seldom the fault of your current agent unless they are not doing

much. A listing not selling is usually the result of slow market conditions, improper pricing to market, the “right” buyer for your property not currently looking and/or your property may have a significant property negative, design flaw or objection holding it back.



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ADHD and Anxiety

by Roché Herbst, M. A. R. Psych.



What Is The Connection?

ADHD and anxiety can look similar, but are very different conditions. For many, it is a package deal. Living with ADHD can be anxiety producing. It may make some of your ADHD symptoms worse, i.e. feeling restless or having trouble concentrating. On the other hand, an anxiety disorder is more than just having anxious feelings from time to time.

What Is The Difference?

"ADHD is in my brain. Anxiety is in my thoughts" (June Silkway, 2018). Anxiety comes and goes. ADHD is always present. Some people feel they can have more control over their anxiety than their ADHD, because no matter how hard they try to reframe it and think it away, their ADHD does not go away.

Do People With ADHD Get Easily Anxious?

It really depends on what type of anxiety you have. Sometimes people experience severe anxiety that is so overwhelming that it is the anxiety itself that interferes with your ability to focus. Those who only have ADHD may look for anxiety-provoking situations as a way of getting the focus they need. Just because you have ADHD does not guarantee that you will develop anxiety. However, it can trigger very powerful emotions as you live life with a few quirks. This could be socially, in school, at work or in relationships.

What Type Of Anxiety?

You may be dealing with generalised anxiety disorder, social anxiety, panic attacks, post traumatic stress disorder (PTSD) or even obsessive compulsive disorder (OCD). Some adults with ADHD can look somewhat obsessive or compulsive about what they do i.e. checking to make that they've actually turned the stove off. The difference between that and true OCD, is that the latter makes them less functional.

The person with OCD doesn't check the stove once or twice. They check it ten times. For the person with ADHD, the checking is based on good self-knowledge that they might have forgotten to turn the stove off, because their experience has taught them that this is the sort of thing that they sometimes do. In this case, these behaviors are helpful in contrast to true OCD behaviors that really lock a person down. Therefore it is important to determine when and why you become anxious.

What To Treat First?

The symptoms are not the problem. The condition that is driving the symptoms is. If the anxiety is caused by your ADHD, then that needs to be dealt with first and vice versa.

What Can I Do?

Well-known researcher and psychiatrist Dr. Amen suggests "...using the least toxic, most effective treatments for our patients...from natural supplements, medications, dietary interventions, sleep, exercise and targeted psychotherapy".

- Get professional help through your physician and/or psychologist.
- Get your ADHD treated. It may have fueled your anxiety. Potentially it could really turn things around in more ways than one.

Sources:

Silkway, J. (2018). *The ADHD Coach*. The Guilford Press, New York, NY.

Amen, D. (2015). *Magnificent Mind at Any Age*. Three Rivers Press, New York, NY.

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How Are Credit Scores Calculated?

Credit scores are intended to help financial risk managers and others make fair decisions on whether to “take a risk” on someone. The risk might involve giving that person a loan (will they repay it?), offering a credit card (will they make the payments?) or approving their apartment rental application (will they pay their rent?). Credit scores are designed to predict the likelihood that individuals will pay their bills.

While your credit score is important, it is only one of several pieces of information an organization will use to determine your creditworthiness. For example, a mortgage lender would want to know your income as well as other information in addition to your credit score before it makes a decision.

The main factors involved in calculating a credit score are:

1. Your payment history
2. Your used credit vs. your available credit
3. The length of your credit history
4. Public records
5. Number of inquiries into your credit file

If you look at your credit scores based on data from both national credit reporting agencies – Equifax and TransUnion – you may see different scores. This is completely normal. Each credit bureau has multiple scoring algorithms and lenders typically request only one of them when making decisions.

There are many different scoring models and here is a general breakdown of the factors the models consider:

Payment history: ~35%

Your credit history includes information about how you have repaid the credit you have already been extended on credit accounts such as credit cards, lines of credit, retail

department store accounts, installment loans, auto loans, student loans, finance company accounts, home equity loans and mortgage loans. In addition to reporting the number and type of credit accounts that you’ve paid on time, this category also includes details on late or missed payments, public record items and collection information. Credit scoring models look at how late your payments were, how much was owed, and how recently and how often you missed a payment. Your credit history will also detail how many of your credit accounts are delinquent in relation to all of your accounts on file.

Used credit vs. available credit: ~30%

A key part of your credit score analyzes how much of the total available credit is being used on your credit cards, as well as any other revolving lines of credit that allows you to borrow, repay, and then reuse the credit line up to its available limit.

Credit history: ~15%

This section of your credit file details how long your credit accounts have been in existence. The credit score calculation typically includes both how long your oldest and most recent accounts have been open. In general, creditors like to see that you’ve been able to properly handle credit accounts over a period of time.

Public Records: ~10%

Those who have a prior history of bankruptcy or have had collection issues or other derogatory public records may be considered risky. The presence of these events may have a significant negative impact on a credit score.

Inquiries: ~10%

Anytime an individual’s credit file is accessed for

any reason, the request for information is logged on the file as an inquiry. Inquiries require the consent of the individual and some may affect the individual’s credit score calculation. The only inquiries which may impact a credit score are those related to active credit seeking (such as applying for a new loan or credit card). These inquiries are known in industry jargon as “hard pulls” or “hard hits” on your credit file. The hard inquiry may be the leading indicator, the first sign of financial distress that appears on the credit file. Of course, not every inquiry is a sign of financial difficulty, and only a number of recent inquiries, in combination with other warning signals on the credit file should lead to a significant decline in a credit score.

Your credit score does not take into account requests a creditor has made for your credit file or credit score in order to make a pre-approved credit offer, or to review your account with them, nor does it take into account your own request for a copy of your credit history. These are some examples of “soft inquiries” or “soft pulls” of your credit.

Source: Equifax

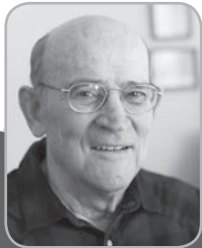
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**Life with
Sergeant Major Clock**
by Duane Harder



We have all said or heard people say, "I don't have the time." Time becomes this abstract villain that robs us of time with loved ones, the enjoyment of our hobbies, the fulfillment of our dreams and the ability to achieve excellence in our work. Is "time" really the problem?

Let's start by exploring some time management myths.

1. Activity equals results! We think that busy people are the productive ones. Many people are busy but that doesn't mean they are living life with purpose. **FACT!** Activity without direction and goals is non-productive dissipation of energy. Busyness can be an opioid that we use to dull the pain of purposelessness. Without goals and purpose, activity can drift toward meaningless motion. Each 5K, 10K and marathon that I ran was connected to a goal. That goal gave significance to my training and purpose to the race.

2. Delayed decisions improve their quality! We think that by delaying the decision, new information will come to

the fore that will increase our chances of success. **Fact!** Delayed decisions increase stress and reduce effectiveness. The fear of failure reduces our creativity and distorts our perception of reality. A wrong decision is better than a delayed decision.

3. Delegation saves time! We perceive delegation as an opportunity to rid ourselves of time-consuming jobs. **Fact!** Delegation increases responsibility and takes time. We delegate to develop not divest ourselves of unwanted tasks. To entrust a person with a task requires enablement and equipping. Once you have invested the time to develop the person, you have multiplied your usefulness.

4. Efficient people are most effective! An efficient 12-cylinder diesel engine is of little value in a compact sports car. Efficiency can be the enemy of effectiveness. **Fact!** More important than doing the job right is, "Am I doing the right job?" Imagine, you are part of a well-equipped, well-trained crew commissioned to create a path through the jungle. The leader climbs the tallest tree to gain perspective. He comes down and announces, "Fellows, we are headed in the wrong direction!" Effectiveness deploys all the assets you possess in the right direction.

5. Long hours = hard work = increased productivity! How long and hard we work is not the issue. **Fact!** Work expands to fill the allocated time. If our goal is to develop and release others, we will eventually work ourselves out of a job. The need to be needed can hinder us from releasing others to do what we are doing. At the same time, work can

camouflage anger. We pour our time and energy into what we are doing rather than resolve the conflict.

6. Only I can do it right! The need to be needed is a power intoxicant. **Fact!** At some point someone will replace you! We either prepare people to take the baton or someone will tear it out of our hand. The true measure of a man's success is not in the work he has produced but in the person he has prepared to be his successor.

7. An open door = more effective personal relationships! We need to understand that effective personal relationships are built on something more important than availability. **Fact!** An open door may increase our importance to people and decrease the value of our goals. Yes, people are important but I do not want the airplane mechanic to allow them to distract him making sure that plane can safely carry passengers to their desired destination. All of us need to establish people priorities. Not all people should have equal access to our time. Only my immediate family has 24/7 access to my time. A select few have 24/7 emergency access. I have been awakened several times in the middle of the night by people in the midst of crisis threatening to take their life. I tell them that to follow through with their death wish would be a wrong decision and if they want to talk about it, to phone me in the morning after 9 am and make an appointment. Not all people have equal priority.

8. Time needs managing! Time moves relentlessly onward. Seconds, minutes, hours, days, months and years are never disorganized, out of place or left with vacancies. Time is well organized and has been since man began his life on planet earth. **Fact!** People, not time, need organizing. There is never more time in the future. The immediate moment is the only time you have to possess. Invest it wisely, and it will give you dividends in the future.

9. Hopelessness/procrastination! There is nothing that I can do. **Fact!** Hopelessness and procrastination are the consequence of faulty thinking not a true statement of reality. They allow me to wallow in the mire of victimhood and transfer blame to "circumstances that are beyond my control." We are all responsible for our own words, actions and attitudes. Change your words from, "I can't" to "I will." Plot a simple course with incremental steps that will lead you on a journey from where you are to where you need to be.

The clock keeps ticking and my time has elapsed. We'll see you next month when we unwrap the precious gift of time.

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Out of the Rut *Chapter 102*



Yep, it's that month again. Daffodils and bluebells nodding their heads in the woods along the chalky ridges, beech trees surrounded by their rich skirts of shed and played shells, hares spinning in turbulent passions. Oops, wrong continent.

Our small patch of this great blue globe is a frozen earth that has gathered in the deep, profound cold of a sudden dramatic freeze. She feels like a mother hunched over her child, hugging all her energies into the center to bring life, to feed life, to conjure miracles from deepest slumber. Here the gentle bobbing of fragile buds clustered along willow branches by the waters, first streaks of pale spring green, or blister of wild rose buds are still a half-dream. Our Alberta March could be a mix of wild winter storms and knee-deep snow with all the resulting shovellers' back injuries - careful out there! - or a gentle upswing from the shock of early February into a mild and munificent March bringing easy winds and warm sunshine. We can but hope.

My uncle Allen is dying. As are we all. It's just that he's a bit closer to the finishing line than most of us. I'm feeling this disappearing act deeply, despite the fact that we've probably not spent more than 48 hours together over the course of my whole 54 years. As a small human, for me he was a mysterious and glamorous figure, a mythical creature, an element

of our extended family that was spoken of in hushed tones, with baffling phrases and unintelligible conversations drifting back and forth several feet above my head. Allen was the 'black sheep of the family'. I remember him being described that way. That just made me love him more. I loved anything animal, far more than human. We moved house so often my friends were of the earth. I spent my childhood playing with dogs, horses, cats, wildlife, anything that I could connect with in the woods and fields in the many places we called home.

The conversation this morning with my Mum "Allen says you are far too much like him". Yep, we look similar, apparently those in the know say we have many physical and habitual attributes in common. In 2011, the only time I've been fortunate enough to hang out with Allen alone, we drove together across the Welsh countryside as part of an extended family caravan. This is the only time I remember us having the chance to engage in an uncensored conversation just between the two of us. I treasure this memory.



"Where did it all start to go wrong?" Allen asked. "Before you were born love" replied my Mum. She is full of wisdom, strength & compassion. In our conversation she went on to explain "none of us had the gift of a mother who was not ill, or a father who was not broken". The war destroyed my Mum's family and consequently shaped ours. My grandfather who I never knew, returned from prisoner-of-war camp in Singapore an utterly broken and twisted human who was unable to pick up the pieces of his prior life, leaving a sick mother with three small children and no income. I don't know how they survived or how my Nanan continued to be such an incredible miniature tower of strength for at least 60 years past the life expectancy proffered by the medical profession.

Allen is a similar story. He should have been gone 40 years ago, slipped into the sad annals of drug deaths that claim so many undeserving children, so many tortured souls. He survived somehow with the incredible strength that I am only now beginning to fully appreciate. On my Mother's side, there is something remarkable that keeps us alive when all the signs and sensible indicators say we should be gone. Yet here we are. A significant factor in Allen's survival is my own Mum's refusal to give up. She dragged him physically from a living scenario you would associate with a particularly grim movie - think Train Spotters - shunted him across the country, got him help, ongoing support in the form of a mentor who happened to be a Justice, a reasonable place to live, and applied thumb-screws to her other brother to ensure that family support was there too. The end result of these efforts was a new lease of life, new relationships, a daughter now sixteen, beautiful and full of promise, and finally a real chance to be part of a family, to have a life that was better than the subsistence of the previous 20 years.

I'm so glad to have my family. Even though I'm many thousands of miles away, the blessing of my globe-trotting parents who have been here in Alberta each year, spending time together, enjoying the comfort of each other's company, the fun and laughter of shared humour and memories, the confident realisation that no matter what happens, they will always be there for me and vice versa. Having that secure foundation for one's emotional castle in the air is what keeps the feet on the ground and the heart solid, open, free to fly & happily beating for one more day.

I trust you are reading this in a safe, warm, friendly place. I trust you are well, happy, surrounded by what you need. If you are not, reach out. We are out here.

*With gratitude and love, Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com, 415.525.2630*

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