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<i>High Country News Cover:</i>	Sunrise at the Ranch © Maggie Pringle

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From The EDITOR

Well, I'm officially a grandpa! Our granddaughter was born February 14th and is a delight to us all.

There have been a few mornings during my morning run where I have heard songbirds, which, in my delusional thought process makes me believe that maybe spring has come. In truth, I know this is Alberta and we only have two seasons, winter and road construction. I don't think I have ever longed for spring as much as this year.

Maybe this longing is tied to a larger desire to see change as our country has become polarized by conflicting ideologies and worldviews.

Somehow I am trusting we can cut through the entrenched division and embrace a fair and equitable system of governance that is beneficial for all Canadians. Our policies need to both empower and protect.

As we work with our elected representatives locally, provincially, and federally, hopefully we can effect the changes necessary to allow our local regions to prosper. Embracing the vision of a unified Dominion from "sea to shining sea".

I trust you will enjoy the articles and community updates in this month's High Country News.

*From my family to yours,
Lowell Harder*

For more from the Editor, visit highcountrynews.ca

Artist PROFILE

Maggie Pringle is an artist trained at the University of Calgary who enjoys living surrounded by the beauty of the Bragg Creek area. Her work includes commissions of mixed media, painting, drawing and collage. The cover photo is of an oil painting entitled "Sunrise at the Ranch". She can be reached at 403-949-4041.



HIGH COUNTRY LIFE BY MARK ADAMIKI-CA

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Indigenous Tourism Alberta Announces 2nd Annual Alberta Indigenous Tourism Summit

Annual Tourism Summit Brings Together Indigenous Communities And Entrepreneurs From Across Alberta

Indigenous Tourism Alberta (ITA), is pleased to announce their second annual Alberta Indigenous Tourism Summit (AITS) held at the Indigenous-owned Grey Eagle Resort & Casino, located on the Tsuut'ina First Nation in Calgary, Alberta for March 19-20, 2020.

The AITS2020 will feature a two day gathering of Indigenous tourism operators, Indigenous Community Leaders and industry supporters sharing opportunities and best practices to build, grow and succeed in the rapidly growing industry of authentic Indigenous tourism with a dual focus on community and entrepreneurship.

"The Alberta Indigenous Tourism Summit provides an excellent opportunity for Indigenous communities, entrepreneurs and industry partners to come together, learn, and share knowledge to help contribute to the success of Alberta's Indigenous tourism industry," said Shae Bird, Executive Director of Indigenous Tourism Alberta.

In partnership with industry leaders, Indigenous Tourism Alberta has organized two full days of keynote speakers, panel discussions, and inspiring sessions to help Indigenous communities and entrepreneurs discover pathways to success in Indigenous tourism in Alberta. This event will bring together those interested in or actively operating in Alberta's rapidly growing Indigenous tourism industry. AITS participants will learn about significant economic opportunities while respectfully sharing Indigenous cultural experiences.

Topics of discussion will concentrate on both business development and marketing while also providing broader perspective to the significant Indigenous tourism economic opportunity. Participants will gain a better understanding of how to establish or grow their business through improving their business readiness. Marketing presentations by industry

experts will include information on developing effective tourism marketing content and using social media to maximize marketing success.

Early bird tickets are \$149 with regular pricing taking effect on March 1st when tickets will be \$179. Tickets include lunch and refreshment break snacks for both days. Additional cost for Taste of the Nations Event. Community Elders and youth from 13-17 can attend the entire conference for \$129. For more information visit the indigenoustourismalberta.ca/alberta-indigenous-tourism-summit

Land Acknowledgment

In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland.

Finally, we acknowledge all Nations, Indigenous and non, who live, work and play and help us steward this land, honour and celebrate this territory.

This sacred gathering place provides us with an opportunity to engage in and demonstrate leadership on

reconciliation. Thank you for your enthusiasm and commitment to join our team on the lands of Treaty 7 territory.

About Indigenous Tourism Alberta

Driven by the Indigenous Tourism Alberta Strategy 2019-2024, Indigenous Tourism Alberta (ITA) encourages and promotes authentic Indigenous tourism that showcases the unique and immersive experiences offered by its members throughout Alberta. This strategy is industry driven, industry lead and directed by Indigenous People. Through a unified industry voice, Indigenous Tourism Alberta focuses on creating and nurturing partnerships between associations, organizations, governments and industry leaders from across Alberta to support the growth of Indigenous tourism. Further to this, ITA's goal is to enhance economic viability and further engage and support Indigenous people throughout the province by sharing stories, culture and experiences with a global audience. To learn more, visit www.indigenoustourismalberta.ca.

To attend the Alberta Indigenous Tourism Summit as a member of the media, arrange an


*To learn more about Indigenous Tourism Alberta, please contact:
Jessica Harcombe Fleming
Beattie Tartan*

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Local Man Charged with Fraud

On February 14, 2020, the ASC and the Alberta RCMP criminally charged Nicholas (Nick) John Felgate (Felgate) of Rockyview, Alberta with nine offences of fraud and money laundering. Felgate allegedly fraudulently raised over two million dollars from 11 investors in Calgary, Airdrie, Camrose, Killam, Medicine Hat and their surrounding areas. The investments were referred to by Felgate as lender/loan agreements, asset agreements, loan agreements, and promissory notes.

This is important information for the residents in your area, because some of them may have been impacted. The ASC and RCMP want any investors who were, or are, solicited by Felgate to please contact ASC Public Inquiries at 1-877-355-4488 (Toll-Free) or inquiries@asc.ca.

Our most recent investor study showed that 1 in 4 Albertans believe they have been approached with a fraudulent investment. To help Albertans recognize potential fraud, they can access free unbiased resources on the Checkfirst and ASC websites. On the ASC website, Albertans can check to see if individuals offering investment opportunities are registered to sell

securities or investments, and check to see if they've ever had any disciplinary action taken against them in the past. On Checkfirst, they can learn the signs, symptoms and red flags of investment fraud, and share that information on local websites and social pages in order to help protect their communities.

If you are interested in speaking with someone about this file, please contact Fraser Logan at the RCMP. If you would like to speak with someone about the red flags of fraud, I would be happy to answer any questions you may have.

*Submitted by James MacTavish
Senior Advisor, Investor
& Industry Education
Alberta Securities Commission*

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Rail Blockade Action Needed

John Barlow, Member of Parliament for Foothills and Conservative Shadow Minister for Agriculture and Agri-Food, issued the following statement questioning why Canada's Minister of Agriculture is out of the country while illegal blockades are crippling our agriculture sector:

"Illegal rail blockades have put Canada's economy on its knees and yet instead of standing up for farmers and trying to resolve the crisis, the Minister of Agriculture thought it was a good idea to jet to Washington to dine with diplomats.

"We have almost 100 ships waiting at the Ports of Vancouver and Prince Rupert to be loaded. A backup of 20,000 grain cars are costing farmers more than \$300 million, and propane shortages are critical.

"Instead of talking about Canada's agriculture outlook in Washington, the Agriculture Minister should be at home addressing the impact these illegal blockades are having on Canada's farmers."

*submitted by the
Office of John Barlow, MP
John.Barlow@parl.gc.ca
613-995-8471*

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Hello and welcome to this month's edition of Councillor blabber. Had enough of the snow yet? Not me. I have new skis and a ski pass that needs some mileage before the white stuff is gone and we're screaming "fooooo". Alas, it is only March and there will be a few more bouts of winter to contend with.

Speaking of which, I want to extend a huge thanks to the Rocky View County (RVC) Road Maintenance Department crews for a great job keeping pace with Mother Nature's constant blasts of white stuff. Instead of taking in complaints, I received more comments of adulation for the work of our snow folks. For public servants, it's our job to keep residents happy and to perform good work, seldom do the real workers get recognized. So next time you see an operator if you're up in the wee hours of a storm, give a wave for a job well done.

Leaders Leading

In recognition of a job well done, I want to thank the BC Community Association, BC Performing Arts and Swamp Donkey Musical Theatre for organizing a community/business stakeholder session where representatives from various social, recreation, business groups and the like got to collaborate and brainstorm about future initiatives where more and more sharing of resources and ideas could benefit each organization and the community as a whole. It's a great first step in building

a more solid and cohesive community having our volunteer leaders and businesses converse.

More Volunteers

I know we're all busy but if you have some time to spare, even if it's only a few hours a month, please contact one of our many organizations such as the BC Snowbirds, Greater BC Trails Association, BC Chamber of Commerce, BC Ladies Auxiliary, BC Artisans and the BC Community Church just to name a few. It's the work of selfless individuals that keep us moving forward. After all, we're stronger when we work together.

Open House

Just over a month ago, RVC conducted the latest in a series of public engagement exercises to provide feedback on the Bragg Creek Hamlet Expansion Strategy, present the results of the technical studies, and gather the community's feedback about the draft land use scenarios. Round table discussions were held to garner more feedback. I want to express my thanks to the 100+ folks who attended and weighed in on this subject. The more we engage and work together as a community, the sooner we move forward "sensibly" as I've always stated. Regardless of your position on any matter, your two cents are priceless.

Doggy Reminder

If you are a pooch owner and didn't know, back in May 2019, RVC Council

eliminated dog licence fees. That's right. Fees for free. But that doesn't mean your furry friend shouldn't be registered with RVC. It's for you and your best friend's own protection. Often, our canine companions run astray and are picked up by bylaw officers, locals, and others who are looking out for their safety and to reunite them with their human companions. An unlicensed pup could cost you upwards of \$150 in fines should an infraction occur. Let this be a good reason to register your mutt today.

Jumping Pound News

Jumping Pound is getting a new neighbour, the University of Calgary. Through a generous gift WA Ranches will become part of the U of C. The university is currently developing a long-range development plan for future use and development of the WA Ranches lands. By the time of this reading an information night will have occurred. However, there will also be an opportunity to review the draft plans and submit feedback online until March 13th. Check out the Jumping Pound Community Hall FaceBook page for the latest news and updates.

Thanks for your continued support and please keep up the open and respectful dialogue for the health and welfare of our unique community. Until next time, keep that snow shovel and a warm bevy by your side.

— Cheers, Mark





MLA Update
Banff/Kananaskis
By Miranda Rosin, MLA

Time for an Alberta Police Force?

It's been a tumultuous last month for Canada's energy sector and for our rule of law.

Despite having the full support from five out of six democratically elected governing band councils of the Wet'suwet'en First Nation and the vocal support from 85% of the Wet'suwet'en First Nation's people who want nothing more than to work and raise an honest living in peace, seven hereditary Chiefs chose to oppose construction of the Coastal Gas Link Pipeline, and as a result our entire country was effectively shut down. Individuals falsely claiming to represent the Nation in protest – many of which were dropped off at the picket lines by busses sporting

American license plates - filled Canada's streets, dominated our media headlines, and blockaded rail networks for over two weeks. All our country needed was leadership from our federal government and police force, but instead we received utter inaction from the RCMP, the arrest of an innocent trucker who attempted to drive around the protests to get to work, and an order for the police to actually stand down and remove their presence from the protests. As a result, thousands of undeserving workers were laid off by rail companies who could not afford to keep them while their shipments were blocked, and commodity based economies like Alberta's that rely on rail transport for market access felt exacerbated pain. This, all while the duly elected officials and citizens of the Wet'suwet'en Nation tried to remind us that the protestors did not represent them or their interests.

As Canadians we are absolutely allowed the freedoms of expression, association, and peaceful assembly. But nowhere in our Charter of Rights and Freedoms are we given the freedoms to shut down economies, barricade private property, and harass private citizens attempting to simply do their jobs. In the Canada that I thought I knew, we have laws for a reason and we uphold them. Yet this past month I found myself scratching my head and wondering

what had possibly become of the safe, law-abiding country I live in, where a small minority can detrimentally dominate the majority without penalty. It shouldn't be that way.

Over the past two months, I have travelled all across our incredible province with the Fair Deal Panel – hosting townhalls and gathering feedback from Albertans on what measures they believe our government must do to ensure Alberta is as self-reliant and prosperous as possible. One recommendation that has been resoundingly received all across the province is the desire for the establishment of a provincial police force. With rural crime continually on the rise, and in light of these recent events where the rule of law could not be upheld by the RCMP because an order was not given to them by the federal government, our Panel has heard loud and clear that Albertans want and need a police force that operates close to home and is accountable to them – not Ottawa.

The termination of an RCMP contract requires 24 months notice, which would give a provincial government two years to budget for, plan, and establish their own force. It sounds exciting, and while I cannot definitively comment on whether our Fair Deal Panel will be recommending the creation of an Alberta Police Force to the government




MLA Miranda Rosin's
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in our report of recommendations at the end of the month, I can promise that we have heard loud and clear what Albertans want, we have seen loud and clear in the news what Albertans need, and we do our best to be a government of the people.

"I don't feel the elected councils are being given a fair voice in this matter. The elected chiefs recognize that employment can be a multi-generational gain for the family... the elected chiefs want to break the bondage of poverty that exists within our communities" said one Chief.

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."

2019 was a great year for the club, the Springbank Christmas Market was a huge success, plus new members getting to know each other and sharing ideas and projects. The year rounded out with a wonderful dinner and gift exchange hosted by Leona Wood, who graciously decorated and welcomed all to her home. Big Thank you to Leona and Paul!

Next meeting TBA in March.

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

We are a very enthusiastic group and would welcome new members to come out and join us. This is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 7 & 8th, 2020 or membership, email yjo999@gmail.com. Stay warm everyone! Follow us on [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket)

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*

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Cochrane & Area Humane Society
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62 Griffin Industrial Point

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President's Message

We would like to let folks know that we are happy to share lost pets and wildlife updates on our social media. Feel free to create a guest post on our FB page!

Our Priority Updates:

Springbank Off-Stream Reservoir (SR1)

Along with members of Bragg Creek and Redwood Meadows, we met with Ric McIver, Minister of Transportation, and his team in late January. We explicitly stated to the Minister that we cannot accept this project in our community:

- Fundamentally, SR1 is a value-destroying project while McLean Creek is a value-creating project.
- Let's be clear: they cannot just address our issues by having their technical people meet with us
- They cannot address 2.3 million tons of silt sitting in our community in perpetuity.

- There is no mitigating the tremendous environmental, economic, aesthetic degradation that this project introduces into the Springbank area.

- There is no mitigating the lack of consultation with anyone from the western communities from 2013 through to today. Meeting with us over 6 years later does not undo that terrible process employed in the first place.

- Finally, there is no mitigating the fact that Bragg Creek and Redwood are left exposed to flood under SR1. Berms are not adequate protection (just check with Redwood folks).

Bow River Dam: Glenbow East Option

We asked Alberta Parks and Environment to meet with affected landowners to discuss their rights and obligations while the Glenbow East project is under consideration. They replied that they will not take responsibility for this and it is incumbent upon affected landowners to learn their rights. While we do not agree with this, we encourage landowners who are considering selling their property to consult a lawyer.

Community Centre: Inching Forward

- Rocky View County recently wrapped up a "Needs Assessment" (based on population forecasts, community surveys, etc.) for recreation across the County.

- We would like to highlight that since 2016, there have been 3 surveys in West Rocky View (one by volunteers in 2016, one by the County in 2017 and another one in 2019).

- The next step is for the County to hire a consultant to develop a "Master Plan" for recreation across the County. This should be a prescriptive document which will outline the "what, where, when, how much & funding" of new recreation capacity. The final report will be presented to Council in Q3. Following the final report, work on the priority projects will begin.

- We met with RVC staff this month to share the extensive work we have done on recreation planning in Springbank. Over the past 18 months, we have worked with 4 different staff members at RVC. We find ourselves, once again, explaining this history of trying to bring a gymnasium to our community. We are rather frustrated by this process and want a win for our

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community. We appreciate the value of long-term planning but, at some point, we need to actually make a decision on something!

Did you know? Rocky View Handi Bus

This is a rural charity that operates wheelchair-accessible vehicles for the area. This is a shared-ride service available to residents for medical appointments, and basic services such as grocery shopping or banking (for more information, visit: www.rockyviewbus.ca)
Bookings: 403.948.2887, M-F 8am - 3pm. Long-distance? Try our toll-free number: 1-877-389-2887. Email: info@rockyviewbus.ca

Volunteer of the Month: Melanie Spagrud

Since moving to Springbank 16 years ago, Melanie has been an active member in our community, immersing herself in the local schools and sports organizations. As a mom of three, Melanie has been both Chair and Treasurer for the School Councils at all three schools and is currently Co-Chair and Treasurer of the Springbank Middle School Council. Melanie has helped with the new playground and learning resources for all three schools, managed sports teams, organized tournaments and school-wide events, mentored numerous new volunteers, and is a go-to point of contact for parents and school administrations.

In addition to her work for our schools, Melanie has taken on various roles with Springbank Minor Hockey: age group communications coordinator, association registrar and team manager. She has also volunteered for her community condo association, Springbank Playschool, Canadian Parents for French, various ministries at her church, and was very active in the soccer, baseball and dance worlds.

Thank you, Melanie, for your years of service to the Springbank Community! If you would like to nominate a great local volunteer for our "Volunteer of the Month", send an email to news@springbankcommunity.com.

Springbank Success Stories

ROARR at Robinson Outreach at RiverCross Ranch (Roarr.org)

ROARR operates out of RiverCross Ranch on RR40 and offers Equine Assisted Learning (EAL) programs for youth and seniors in need. New volunteers are always welcome at ROARR and there is Volunteer Sign-Up Day/Meet & Greet on Feb 27 from 10am-12pm. Feel free to

invite anyone interested in volunteering to attend. RSVP to info@roarr.org.

SCHS Sports

If you are interested in tracking local school sports teams, go to rvsa.rockyview.ab.ca/high-school-sports for schedules and standings for Middle and High School sports. Basketball season is upon us so good luck to all the basketball players at the Middle and High School as they work towards playoffs in March.

Trustee Update: Courtesy of Judi Hunter, RVS Ward 5

One of the websites I access frequently is greatschools.org. I love the range of articles that are sent to me.

Recently I looked at an article called Decision Fatigue. The article caught my eye because I have suffered from it. Sometimes, we have had to make so many decisions in a short period of time, our brains literally shut down. This happens to children as well. Sometimes we ask them to make so many little decisions that they are exhausted by the time they need to make a decision that counts.

Social psychologist Roy F. Bameister says that by establishing routines with our children such as porridge for breakfast, bed at 8pm, homework 4-5, brush your teeth before bed, you save your child the decision-making for important matters such as how to finish my social assignment due tomorrow. Mr. Bameister also suggest that when kids are tired of decision making it is important to feed their brains – preferably a high-protein snack.

Recently, I read the book *Boys – What it Means to Become a Man* by Rachel Giese. It is classified a Globe 100 book of the year. I found the book to be all over the map with issues. However, I did find some nuggets.

"The thinking is that inclusion decreases stigma and

isolation, and helps non-disabled students learn to be more tolerant. Yet in practice, integration often happens without proper resources or teacher training, and with zero education for classmates about disabilities." (Page 90). She then goes on to describe some of the behaviors she has witnessed and is frustrated by the school's response. I believe she is correct on this front, in that many of our high needs' students are best served in settings that address their learning needs.

She did speak to the need for cultural role models in our schools and on that count, she is right on. She also speaks positively about the use of technology saying that it provides boys with a venue to express their visibility though media. She cites a young Jay Versace, a black, queer boy from New York who began making Vine videos when he was 16. He developed over 3 million followers on social media.

She speaks positively about the WISEGUYZ program operated by the Sexual health Centre in Calgary. It is running at Springbank High School and has received positive feedback. It teaches young men about sexuality, respect for women and social responsibility.

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GLENCOE JOBS

Investment Implications of the Coronavirus Outbreak

As human beings, we are complacent with the routine but exhibit fear of the unknown/exotic. We may refer to “just having the flu”, when every year, the flu on average kills 36,000 in the United States alone. Broadly speaking, deaths from epidemics are declining, even if news coverage often leaves out this important context.

The outbreak of a new coronavirus strain (Novel Coronavirus or COVID-19 for short) is creating havoc in China and heightened concern across the globe. The World Health Organization (WHO) has officially declared it a health emergency. The death toll in China has been rising, and there are more global cases officially reported than during the SARS epidemic.

Unexpected Shocks & Investment Strategy

Unexpected shocks and volatility in asset prices can provide temptation to trade around news flow and emotion. My investment process is designed to avoid these pitfalls and, instead, focus on my expertise, which centres around economic and market fundamentals. This does not mean that I ignore events like the COVID-19 virus. Instead, I focus on how this event will affect the fundamentals and adjust my portfolio asset allocation accordingly.

Economic Impact And What To Expect

I expect growth to experience an immediate hit in the first quarter of 2020, especially in regions most directly affected by COVID-19, like China. However, I also expect a V-shaped recovery once the episode passes. This catch-up period will likely offset any first-quarter weakness I see.

Furthermore, China’s influence over the world, particularly the Asian region, has dramatically increased over the past two decades. China has a large influence over global supply chains and accounts for an increasing amount of tourism. Any sort of slowdown in China will likely have ripple effects throughout the region.

The Market Impact of COVID-19

I have seen that pandemics can produce volatile market reactions, with a tendency toward a sell-off and quick rebound, almost always offsetting the initial drawdown. I attribute these fierce V-shaped recoveries to the generous monetary and fiscal policies that have typically followed similar events. This is true both at the global level, and, also, at the local level where the episode has the most direct impact.

In my view, the biggest disparity in market impact will likely be regional instead of across the capital structure. Regionally, my preference, from an investment standpoint, would be to focus on markets that have both policy flexibility and are more insulated from the COVID-19 epidemic.

Two such markets are the United States and United Kingdom; both are relatively closed economies in which trade contributes a smaller portion to

GDP growth. Additionally, the United States and United Kingdom still can cut interest rates if policymakers need to respond to a growth slowdown.

On the other hand, the Eurozone and Japan are more reliant on trade as a contributor to growth, and policymakers in these regions are also more stretched, with less room to counteract a growth slowdown.

We will go through three phases of the COVID-19 virus. The first phase is rising uncertainty, the second phase will be stabilization and the third phase will be de-escalation. At the moment, we are still in phase one.

Remember, it’s time in the Market that counts, not Market timing! It is still advisable to remain invested and to not panic out of the Stock Market.

I will continue to monitor this situation as it develops and remain nimble within my investment approach to this and other potential market shocks.

Please visit my business website, myfinancialsolutions.ca, for additional financial information on insurance, retirement/estate planning, investments and whole host of other financial topics.

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**BRAGG
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Notes

Yoho Tinda -- and the Ghost of Old Joe Woolings

Unlike other parts of Bragg Creek, the land where Yoho Tinda sits does not have a history of homesteaders. The original section of land, and others north of Bragg Creek, belonged originally to the Canadian Pacific Railway (CPR). Land grants reserved either for the purposes of tracks or to re-sell to fund CPR's expansion westward, had been common practice in the settling of Canada's West.

Well-known local Joe Woolings, a veteran of the Boer War, lived on this property for a while, although he eventually patented and settled a quarter section closer to Priddis in 1911. Joe loved to prospect and was successful finding coal, specifically west of the Ranger Station in the forest reserve. His name is found in many of the early local oil drilling stories, when coal was used to fuel these operations. One story often told of Woolings was about when he was gathering horses on his friend Frank Hopkin's ranch near Priddis. He tied his horse to a tree, the horse pulled back, uprooted the tree and uncovered a seam of coal. It became the Fish Creek Mine, opening in 1911. By 1914 Woolings, along with Jake Fullerton, was hauling its coal to the Mowbray-Berkeley well in Bragg Creek.

The CPR didn't release the NE ¼ 13-23-W5W until 1946 when an Olive Blanche Prowse from Black Diamond was listed on the Certificate of Title. By December, it had been sold to Herbert Sahlin of Calgary, Stanley A. and Ernest Thomas Murtha of Bragg Creek. Sahlin was also known as the Bert of Calgary's Bert's Taxi. By the 1950s, a little over 20 acres along the river was pieced off and named Yoho Tinda. The name came from a Banff Park warden friend of Sahlin's, referencing the Canadian National Parks ranch named Ya Ha Tinda.

Yoho Tinda operated as a resort destination with six log cabins built side-by-side in a row, not far from the riverbank. There were also platforms with canvas for "glamping" 50's style. Jack and Joan Merryfield ran the resort

while Jack also operated his trucking business. Still standing today is the main house/office that was pieced together earlier by bringing three cabin structures together. Stories of the ghost who shares the original house are still told. As long as "Old Joe" is comfortable with his roommates, he moves around freely, opens closed doors and keeps the rocking chair "rockin'."

After Bert died, his wife Lillian took over the land, still almost a quarter section, with a few acres taken for a roadway and sold it in 1966 to a land development company, Diploma Investments. Yoho Tinda was then divided into 22 approximate half-acre lots and sold as vacation property. The rest of the land, between Yoho Tinda and the current dump, was later pieced off and sold to private owners throughout the 70s.



Joe Woolings during a visit with the Tom Fullerton family, 1931.

Photo courtesy Winnie McLusko

One of the first set of "Calgary commuters" in 1966, Hector and Jean Williamson, bought one of the original cabins to live in permanently. By then, Highway 22 had been straightened and paved. (The earlier rendition sported forty curves from Bragg Creek to what some still call Robinson's corner, the last one before Highway 8.) Water was still collected from the river at that time and with no indoor plumbing, a trip to the loo required a jacket, boots and a flashlight. Perhaps the beginning of Bragg's hippie-cabin era?

by Michele McDonald

Sources: *Our Foothills Manitoba: Freisen. 1975; Nylund Marie, notes, February 2020; Calgary Herald, June 12, 1948; Alberta Government Services Land Titles Office.*

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25 Years of Tae Kwon-Do in Redwood Meadows

This year Redwood Meadows Tae Kwon-Do School is celebrating a significant milestone. What began as a small demonstration in the old Bragg Creek centre 25 years ago continues to this day as a thriving community-based martial arts school in Redwood Meadows.

Over these many years, more than 2,000 students have learned Tae Kwon-Do from head instructor and sixth degree black belt Mr. Jason Smith and school co-owner and fourth degree black belt Mrs. Stacie Smith. A number of students have tested for their black belts with some achieving multiple degrees including lead instructor and third degree black belt Ms. Jodie Clease.

A benefit of the school includes a class structure that encourages parents and kids to train together with many progressing through the ranks as a family.

Setting Redwood Meadows Tae Kwon-Do School apart from other martial arts programs is their long-standing relationship with the community and the continuity of high quality instruction. This consistency over 25 years allows strong connections to form within the school and offers many opportunities for student development including a special competitive program that provides national and international opportunities.

A traditional Korean martial art, Tae Kwon-Do can be a lifelong activity which not only offers physical benefits including strength, stamina and flexibility, but also includes self-defence skills, the development of confidence and the ability to persevere.



Classes are held at the Redwood Meadows Community Centre. Visitors are always welcome and registration is ongoing. Information can be found at redwoodtaekwondo.com.

More Vendors, More Space, More Yum...

Since 2013 foodies from all over Southern Alberta have converged on Bragg Creek for what has become known as one of the premier events in the Foothills. Now in its 8th year, Taste of Bragg Creek is EXPANDING to allow even more people to enjoy even more tasty samples from over 25 vendors, all at the Bragg Creek Community Centre.

On Friday April 3rd, 2020 head to Bragg Creek for the 8th annual Taste of Bragg Creek. Local and area restaurateurs, caterers, and food and liquor merchants will prepare and serve unique “tastes” at booths at the Bragg Creek Community Centre. Thanks to a new sponsor we can have even more vendors than in years past with the addition of a covered tent attached to the main event space. More space means we will also be able to accommodate more attendees, so spread the word. Park at the centre, purchase your tasting tickets and get started. Once you have experienced all the delightful dishes and libations at the centre we encourage you to grab a map and discover our local shops, boutiques and restaurant store-fronts.

New this year, if you have extra tasting tickets at the end of the night you will be able to exchange them for vouchers from local restaurants that can be redeemed during the month of April. Examples of the vouchers could include: two for one appetizers, free dessert, or a discount off your bill. This is in an effort to get you coming back to experience all Bragg Creek has to offer.

“Taste of Bragg Creek attracts people from Calgary, Cochrane, Okotoks and the foothills,” says organizer Mackenzie Walsh. *“People new to the event will soon learn about our exceptional culinary scene, we have world renowned trails, breathtaking scenery, talented artisans, the best community there is AND amazing food.”*

We’d like you to experience Bragg Creek every day of the year, but you’ll definitely want to be here on Friday April 3rd, 2020 for Taste of Bragg Creek.

Event Details:

April 3rd, 2020, 5pm-9pm, Bragg Creek Community Centre 23 White Ave, Bragg Creek. FREE admission and parking at Bragg Creek Community Centre Tasting tickets are \$2 each, number of tickets per sample is subject to merchant. Visit www.tasteofbraggcreek.ca for more info.



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The Bragg Creek Snowbirds Seniors Fellowship

Remember When... And What Is Happening Now

The Bragg Creek Snowbirds Seniors Fellowship began in 1985 with a gathering of friends for coffee, usually at the home of Ena and Eric Nichol. As the group grew, so did an interest for a Seniors' Club. By 1987, an application was made and Ena Nichol was elected as the first President. The Bragg Creek Snowbirds Seniors Fellowship Incorporation was granted in November 1988.

The Snowbirds had a 10-year agreement with the Bragg Creek Community Association, along with a working agreement with the Bragg Creek Church, providing space for the new Club in the form of the "old lounge". Funding through grants and donations allowed remodelling and equipping the lounge to meet the needs of the Club, although the Nichol home continued to host activities such as pool parties and barbeques while other members opened their homes for summer picnics. Many activities were initiated over the next several years and the membership grew to about 40 members, providing a strong support to the Community Association.

The fire of September 13, 1998, which destroyed the Bragg Creek Community Centre, set the Club on a new course when it was decided its needs would be better served with a building of their own. Fundraising began with one of the more memorable undertakings by members with the largest garage sale ever held in this area. Nearly \$13,000 was netted and became the seed money for the construction of the Club.

Thought, care and experience went into the design of the Chalet with over 5000 hours of volunteer labour by members. On September 23, 2001, the Chalet had its grand opening with strong Community support.

The Bragg Creek Snowbirds Seniors Fellowship today is a group of 130 members strong. Although it is noted as

a "seniors" group, we actually consider ourselves more as a 50+ social club. The Chalet is open Tuesday and Thursday afternoons for various activities and pool/snooker. We also have monthly social dinners and events. Depending on interest the Chalet will open at other times throughout the week.

We also provide the community of Bragg Creek and area rides to and from medical appointments to Calgary or Cochrane for people who have no alternative means. If you are interested in volunteering your time in driving for this initiative or if you require this service, please contact Roger Latham at 403.949.4147 or rllatham3@gmail.com.

Volunteers are the backbone of any organization and if you have a talent or skill that could assist our group, no matter how small or large, short or longer-term, we would love to hear from you. Contact Sharon Gough 403.620.1506 or goughslg99@gmail.com

Our Chalet is also available for rent with capacity for 120 people at a very reasonable price. It is a great place to hold celebrations of life, staff development days, birthday parties, yoga and fitness classes and the list goes on. Contact Brian Hodgkins at 403.949.4204 or bhodgy@telus.net

CALENDAR OF EVENTS:

• **St. Patrick's Day Open House** - Saturday March 14, 1-4pm. Come mix and mingle with your neighbor and members over a green (if you choose) beverage and appetizers. This event is open to Members and Non-Members within the Area of Bragg Creek.

• **March Monthly Social Dinner** - Sat, March 14. Italian F a r m h o u s e catering, Doors open at 5 pm, Dinner at 6 pm. Open to Members and their invited

Guests ONLY, \$20/person RSVP will be required.

• **April Monthly Social Dinner** - menu to be announced, Doors open at 5 pm, Dinner at 6 pm. Open to Members and their invited Guests ONLY, \$20/person RSVP will be required.

If you are not a member and would like to find out more about us, you can come see us at the March 14 Open House, or any Tuesday afternoon between 1-4pm or visit us on Facebook and our website www.braggcreekseniors.ca. The Snowbirds Chalet is located at 19 Balsam Ave in Bragg Creek.

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HCRCWA Update
HIGH COUNTRY RURAL
CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our home in a paradise on the edge of the prairie somewhere west of Calgary. Here, we like to get away from the hustle and bustle of city living and relax in a more placid, wide-open environment.

Unfortunately, our wide-open spaces are also inviting to some with nefarious intentions. Statistics Canada reported last year that in Canada as a whole, the rural crime rate was 23 per cent higher than the urban crime rate. That is particularly true for all the prairie provinces. In Alberta, we do things bigger but not necessarily better. Our rate was 38 per cent higher than that of urban areas. (The only province in Canada with more crime per capita last year was Saskatchewan.)

Those figures do not mean that there are more criminals in rural areas. Rather, it reflects the fact that rural police have a vastly larger area to cover than city police.

Another problem is that crime is growing in rural Alberta. In 2017, police reported 7,920 incidents per 100,000 persons while the following year the rate jumped more than 38% to 10,964 per 100,000 persons. Again, the R.C.M.P. simply cannot respond as quickly as can the police in urban areas.

So, clearly, our idyllic life in the country is not crime-free. The things that make it a beautiful place to live are also inviting to those who might have bad intentions. We are more likely to see crime here than in the city and our crime rate appears to be rising.

Our vulnerability was illustrated by a recent incident the H.C.R.C.W.A. reported to its membership last month.

On February 7, in the early morning hours, some persons drove a truck stolen out of Calgary to a Highway 762 residence near Plummerville Road. They got into that property by cutting a lock off a gate, but their stolen vehicle got stuck between that location and a neighbour's home. They knocked on that homeowner's door, but when nobody answered, the intruders stole a truck from his property. They tried to drive it through a field, but it just got stuck, so they returned on foot and stole another truck. That was easy to do, since the owner had conveniently left his keys in the ignition. This time the visitors left by crashing through a locked front gate. The homeowner, hiding in his home, called the R.C.M.P. for help around 4:00 a.m. The police



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recovered two stolen vehicles at the scene and two days later recovered the third getaway stolen vehicle in Calgary. The suspect(s) are still at large. Life can be exciting in our Garden of Eden.

Considering episodes like that and the crime statistics, should we then admit defeat and move back to a condo in the city? By no means. There is also some good news: *“Despite the growing gap between the rural and urban crime rates, both have fallen over the past ten years. In rural areas, the crime rate has dropped by 13 per cent, and in urban areas it is 19 per cent lower than it was in 2009.”*

We can assist in our own safety through neighbourhood watch groups. By using messaging apps such as WhatsApp, members can quickly and securely let others in their neighborhood know of suspicious activity. Similarly, we can take individual responsibility by reporting unusual activity directly to the R.C.M.P. at 403.933.7227.

We all need to remember the acronym of our crime watch: ORR: Observe, Record and Report. I can attest that it is better to be safe than sorry. On

an almost daily basis, I run our dog (“Dallas”) around the Coal Mine Road area. Once last month, my daughter went jogging with our dog, so I parked my car and waited for them to finish. A resident driving nearby noted me alone in a parked car for no apparent reason. She phoned her husband to warn him, and she also warned my daughter about the danger. My daughter assured the lady that I was her father. I was happy about what the neighbour had done, for had there actually been someone suspicious, the lady would have alerted the police to the danger.

If you would like to help in our fight against crime, join a Rural Crime Watch near you. Membership in the High Country Rural Crime Watch Association is free for persons living in our area. The benefits are vast: no

obligations; regular notices of criminal activity here; a free sign; and free tutorial presentations on how best to protect your property. If you live in the Foothills area, applications are available on our web site, www.hcrcwa.ca/membership.html, and our phone number is 403.931.2407, during office hours.

So that’s the news from our High Country, where all the grown-ups are perfect and all the children are even better.

John Robin (‘J.R.’) Allen
jrapriddis@gmail.com

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My grandma has always been one of the most amazing people in the world to me. She has been kind and generous throughout her life. One of the things she has done, that I greatly admire is volunteering with an organization called Alliance for Smiles. Every year or so, she would go to a remote location, in a third world country and assist in life changing surgeries to fix cleft lip and palate. Her ability to go on missions is affected by age, and I would like to continue her legacy. I can't go on a mission, as I am 45, but I can assist Alliance for Smiles. You can too!

Every 3 minutes a child is born with cleft lip and palate. Many have no access to any facilities to fix this. As babies they can have problems drinking and swallowing and then starve or even choke. Many can be teased, tormented and turned away from school and other social actions. Then as adults, they may not get married or have a job. They have double the chance of disease and are prone to cancer and diabetes.

Thank you letter to Alliance for Smiles: "You just can't imagine how happy I am right now. I can pronounce clearly and I am not being teased by anybody... So happy. I feel so blessed living a normal life, like normal people, in normal conditions. It's a miracle, and it all happened because of you... Thank you, thank you, thank you. Hugs and Kisses from my heart."

Smile for the camera. Post it on Twitter #sbyc, or email it to smilebecauseyoucan0@gmail.com. For every smile, our sponsor will donate \$0.50 to Alliance for Smiles. Take 3 seconds out of your day and change a life forever. 2000 smiles changes a life.

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Join Us At Our Upcoming Community Events!



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Ladies Bible Study

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Redwood Meadows Gets New Fire Pumper Truck

In January 2019, Townsite of Redwood Meadows council approved the purchase of a new fire pumper, using provincial MSI grant funds, to replace a 43 year old pumper that had served RMES well since 1997. This old pumper had previously been on the roster of the Calgary fire department.

The new custom pumper, built in Winnipeg by Fort Garry Fire Trucks, was delivered almost one year to the day of it being ordered. The truck introduces a number of different design features, carefully thought out by our members, which will improve how RMES fights fires. The fire pump has been increased in size over our current pumper that will allow it to pump more volume of water. Water discharge lines are colour-coded, along with the nozzles and hoses to allow firefighters to identify lines and communicate where water is needed more seamlessly. There is a front water intake that will allow for operations in tighter spaces. A light tower will improve safety, providing light during night operations and medical equipment will be stored inside the cab of the truck instead of in outside compartments.

This truck will serve the communities of Redwood Meadows and our neighbours in Tsuut'ina Nation, Bragg Creek, Rocky View County and Kananaskis. The truck will be showcased to the community once it has been placed into service and the weather is a bit more welcoming (hopefully).

The new pumper arrived late in January and is being equipped and licensed, concurrently members are receiving training prior to it being put into service.

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Myositis Ossificans
 by **Jennifer Gordon**
BSc.PT, AFCI, BA Kin
Physiotherapist, Bragg Creek Physiotherapy
www.braggcreekphysio.com

Myositis Ossificans (MO) is an abnormal boney tissue growth within a muscle after a traumatic event or repeated trauma to muscle tissue. This injury is usually the result of a direct blow to a muscle, such as a knee to the thigh in soccer, or a fall, causing a deep muscle bruise. It can also be caused by repeated loading on a particular area of a muscle, such as with horse riding or kneeling for prolonged periods. The body starts to deposit boney tissue instead of repairing the muscle tissue at the healing site. Over a few weeks, this abnormal boney development may become painful, inflamed and reduce the range of motion in one or more joints.

Whether this injury is caused by repeated micro-trauma or a direct blow to a muscle, it is important to get it properly diagnosed and managed in the early stages. There are a few factors that may put one at risk of developing MO. These include having sustained a more severe injury to a muscle belly (ie. a direct blow), having severe loss of range of motion after an injury, having an acute muscle injury aggressively massaged too early in the healing phase, returning to

high intensity activity too early, or re-injuring the site before it has fully healed (ie. another direct blow to that area).

A normal muscle strain or contusion injury will initially be painful, sore to stretch, sore and weak to use that limb and may even have a soft palpable lump from a hematoma (a bruise and pooling of blood in the area). In the first 1-5 days is important to seek treatment from a health professional for a functional diagnosis and early rehab management. Likely gentle range of motion exercises, ice, activity modification, and modalities such as therapeutic ultrasound may be advised. Within that initial 2-3 week timeframe, the injury should be getting better. There should be an improved range of motion, improved strength, a decrease of pain, and if a hematoma lump was present – this should be diminishing and become less painful. If the process of myositis ossificans begins, you may notice the injury site becoming more painful, more limitation in your range of motion, pain during the night and increased pain with use of that limb. This process of boney formation within the muscle may take up to 3 weeks to develop. If you are not progressing as expected, you will be referred for diagnostics such as an X-ray, computed tomography scan (CT scan), diagnostic ultrasound, bone scan or MRI.

Post injury, a prompt response of care can help prevent a boney mass from forming. The first 24 hours after a deep muscle bruise are critical to the long-term management of that injury. Remove yourself from activity, seek immediate medical attention and apply

an ice pack. Begin conservatively with light stretching in a pain free range of motion, as MO is more likely to develop in a sedentary muscle. Avoid aggressive massage to the area, but continue to move and use that limb as you are able to. Anti-inflammatories may help with the pain and swelling for the first few days, or topical treatments like Biofreeze may help. When you are ready to return to activity, wearing protective padding around the injured site will protect against repeated trauma to that area. Physiotherapists may utilize modalities such as therapeutic ultrasound, interferential current, TENS or acupuncture for pain relief, increased circulation and to minimize the development of scar tissue or boney formation at the site. Rarely is surgery required to remove the boney mass. However, if this is the case, it is necessary to wait up to 6 months to one year until the boney material is mature. If the boney mass is removed too early, the calcified tissue may regrow. Surgery may be considered if the calcified deposit is causing excessive pain, compressing on a nerve, interfering greatly with your range of motion, or not responding to conservative therapy.

MO is a serious complication related to a muscle strain, contusion, or repeated microtrauma to a muscle. Physiotherapy can help get you started in the early stages of a new injury and guide through the appropriate stages of healing. Addressing a new injury promptly can help to reduce your risk of developing MO and prevent the ongoing complications of tightness, movement compensations and persistent pain.

We've added more options to help you reach your New Year's fitness goals

Bragg Creek Physiotherapy has just introduced new fitness equipment to help you get a handle on your New Year's resolutions. Take a spin, row or lift your way to your fitness and health goals. Try personal training or take one of our circuit classes and let our certified personal trainer guide you to better health. Drop in and say hello, or call us for more info today.



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Greater Bragg Creek Trails Association

Sharing "The Great Trail" in Bragg Creek

When the idea to link the Trans Canada Trail (TCT), now known as "The Great Trail", through Bragg Creek was conceived, the concept of shared use trails was already in existence in Kananaskis Country. This is an efficient way to minimize trail costs and reduce the linear disturbance on the landscape.

The GBCTA had shared non-motorized trail use in mind when they pitched the idea of the TCT to RVC some 10 years ago. Now that the West Bragg Creek section of trail is 99% complete and trail use is increasing, it is time to discuss a few basic rules to reduce conflict. We call it "Trail Etiquette". You can find our full etiquette document at www.braggcreektrails.org/trail-etiquette.

The trail is intended to improve the safety, enjoyment and community connectivity

for walkers, joggers, bikers and horseback riders. All users have a responsibility to respect each other's right to use the trail without interference. Another responsibility that the GBCTA hopes everyone takes seriously is to obey trail signage intended to reduce trail damage and user conflict.

The GBCTA is committed to keeping the trail safe and maintained for all users. We have developed a maintenance strategy to keep the trail open 12 months of the year when possible. When soft and wet conditions exist, please keep an eye out for trail closure signs or damage you may be causing. Please report any trail concerns to info@braggcreektrails.org. Thank you for sharing YOUR trail responsibly with others!

2.4 Hours of Adrenaline - Fruit Loops

XC Bragg Creek's inaugural "2.4 Hours of Adrenaline - Fruit Loops" on February 8 attracted close to 25 skiers, all of whom tackled the hilly 3.4-km course in 10 cm of fresh snow and beautiful temperatures. Skiers participated either solo or as part of a team. The youngest participants, Ian and Andrew (aka "Team Thom(p)son"), each skied 10.5 km for a total of 21 km. The duo tied with "Team HAP"

(Hollie Jones, Avery Thompson and Poppy Trainor) for best costumes and camaraderie. The top two individual skiers, Oliver Brindle and Nick Khorin, each skied 8 loops of the course in 2.4 hours, setting a record that begs to be broken next year. Congratulations to skiers of all ages who took part.

Many thanks to race organizer and head nordic coach, Flora Giesbrecht, as well as to all the volunteers who helped make the day fun and successful!

The club's next big event is Alberta Youth Cross Country Ski Championships (AYC), coming up March 7 and 8 on the trails in West Bragg Creek. We're still in need of dozens of volunteers to help at the event. You don't have to be a skier to help! If you'd like more information, please contact Ann at anns@safari.ca or sign up directly at volunteersignup.org/BJH7T. It truly is a fun event!

Find out more about AYC at www.xcbraggcreek.ca/2019-alberta-youth-cross-country-ski-championships-bragg-creek-ab.

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

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Bragg Creek Centre

Hello everyone! We have a fun March planned with these great events!

Family Movie Night – March 13th movie to be announced so check your social media page or www.braggcreekca.com.

A Skuzzy Beach Party – March 21st. We had so much fun last year we decided to do it again! Mark your calendars for our 2nd annual beach party themed fundraiser featuring Skuzzy and the Woodticks.

This is our major fundraiser for the year so we keep the Centre open and thriving.

Tickets \$40, sold at the office or via eventbrite.ca. Doors open 6:30, music begins 8:30. Dinner will be served between 7-9pm.

We are gratefully accepting silent auction donations, feel free to drop them off at the BCCA office.

7th Annual Taste of Bragg Creek – April 3rd, 5 – 9pm

Local area restaurateurs, caterers, and food and liquor merchants will prepare and serve unique “tastes” at booths at the Bragg Creek Community Centre. Then attendees will be given a map and have the chance to travel to many of the Bragg Creek restaurants, fine liquor purveyors and local shops and retailers who will be participating by offering in-store promotions.

FREE admission and parking at Bragg Creek Community Centre.

Tasting tickets are \$2 each. Number of tickets per sample is subject to merchant.

Easter Pancake Breakfast & Egg Hunt – April 12th at Redwood House

Breakfast 10:30am – Noon, Egg Hunt 10am

Community Survey – We want to hear from you!

You may have seen a short survey in your inbox over the past few weeks. We are looking for answers to a handful of questions to better understand the needs and wants of our community. Please take a few minutes to share your thoughts so that we can focus our efforts on meaningful, quality programs, events and services.

Please welcome Jim Darby as our new General Manager. He is excited to contribute towards our beloved Hamlet so please pop in to say hello.

We are a good team Bragg Creek. Thank you to all for your contributions towards all the many activities we and other fine organizations hold each month. And all RIGHT HERE and without driving to the City! YAY!

See you around town!
Sherri Olsen, Director



Miranda Rosin was pleased to present Peg Rupert and Alannah Turner with a grant cheque in the amount of \$7003 from the Community Facility Enhancement Program. These funds are greatly appreciated and will be used for the required repairs on the septic system. A local contractor has been hired to do the work.

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Leave the Shovel, Take the Fishing Rod

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

Let's have some fun focusing on your weaknesses... says no one. It's actually not great advice. I learned long ago that spending a lot of time trying to improve my weaknesses actually holds me back. It was made evident to me when I was trying to do my own bookkeeping and taxes for a little bit of art that I do. I sat contorting my face, sweating and having heart palpitations as I started to fill in the spreadsheet. About an hour and two entries later, I had a revelation: I was going to spend a lot of time on this, put myself through cardiac arrest, and probably mess it up. However, if I spent all that time on a painting instead, I could probably afford someone who is gifted at numbers and spreadsheets etc. It would probably take them 1% of the time and they would do

it correctly. Everyone is gifted at different things and in most situations you can be more efficient being released in your giftedness while finding others to help you in your weaknesses. Not to say you shouldn't spend *some* time on challenging things, it is really good for keeping the old grey matter healthy.

After all that, how about we *do* focus on our weaknesses for a bit? So, as some might know we entered into the season of Lent the tail end of Feb. Traditionally it has been used as a season of contemplation and repentance in preparation for Easter - the high mark of Christianity. At best it has been used as a restart, a way to cut away things that are holding you back. At worst, it has been used by some as a way to make you feel shame and/or discomfort because of your sin and weaknesses. I think that misses the point. I would, however, encourage you to consider taking some time to look at your life and ask is there something that needs to be cut away? I look at it like this, sometimes we have habits, attitudes, reactions or even anger, bitterness, hatred that just don't need to be in our life. Yes, these are things that the Bible talks about being displeasing to God, but also they keep you from having

the life God wants for you. You can try to go fishing with a shovel, but it's actually not the right equipment for the job. A call to "repentance" (I know I'm saying words that make us uncomfortable) actually means putting the shovel down and picking up a fishing rod. Not just so we don't lug around a heavy shovel, but so you can actually be effective doing what you've been called to do. Easter says you aren't "on the outs" forever doomed to pick up a shovel, all is taken care of, you can be made right, which is great freedom! Lent however, is asking yourself if there is anything you have picked up that isn't helping you be the person you are called to be. This is when focusing on those weaknesses can be helpful, too often we try to hide them or turn our head rather than go through the hard work of the "R" word. The best part is we don't have to do this alone, asking God to reveal things in your life is a beautiful practice during this season. And of course trusting God to set us free from any of the shame we might feel in it is also good news.

*Till next time Happy Lent
and Easter, Dave
Please join us for our Easter celebration
April 12, 10am*

Utility Bills Hurt; And The Pain Keeps Intensifying

First came the notice from my utility that my natural gas price was getting hit by a 25% increase (65% on just the commodity component) due to the carbon tax. This is in addition to the variable or fixed price that we pay for our gas.

Second, I saw a notice from the provider that reads "we wanted to give you advance warning that the commodity portion of your next invoice, which covers consumption in January 2020, will be approximately two and one half times what your December invoice was (assuming similar consumption levels)."

Third, I read that the electricity prices are forecast to significantly increase in Alberta. I was told that the carbon tax will impact the electricity price in addition to the forecast market increase.

These made me look at the utility bills in a lot more detail than before. Part of the bill is a fixed monthly charge. Yet nearly 80% of the bill is variable...the less energy I consume, the lower the utilities bill. My challenge: reduce utility costs without changing my habits?!

After lots of research, here is what I learned that can be done to save without changing my habits:

- I can save nearly 30% on my heating gas costs,
- I can save nearly 30% on my air conditioner power costs,

- I can save nearly 30% on my water heating costs,
- I can save nearly 80% on my lighting power costs,
- I can save another 15% on utilities, through a bunch of small things.

I like to save money, we all do; especially with no impact on our habits, aka no extra work. Incidentally, did I mention that these reduce my carbon footprint and thus climate impact without changing my habits?

Want more info about what my research revealed? Email me directly at carla@albertaindoorcomfort.com

*by Carla Berezowski,
Home Comfort Expert*

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March Is Fire Prevention Month!

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Emergency Services

Here are some important tips that can save you and your loved ones in case of fire.

1. Check your smoke and CO alarms: Working smoke detectors and CO alarms save lives. Replace the batteries yearly and have the electrical wiring checked.

Smoke detectors and CO alarms expire after 10 years. Depending on model and conditions, some CO detectors may expire in as little as 5 years. Be sure to keep track of how old your alarm is and change it when needed.

2. Schedule a check-up for electrical wiring: Faulty electrical wiring can cause fire incidents. If you notice flickering light bulbs and sparking switches, have the lines checked by an expert as it might be time for replacement or repair. Keep foot traffic away from electrical cords to avoid wiring damage and limit the use

of extension cords as they may overheat the sockets. Big appliances such as refrigerators should have their own outlet.

3. Keep flammable items away from children: Candles, matches, lighters, butane, gasoline and items alike should be stored away from children.

4. Be alert in the kitchen: Stay mindful when cooking and don't leave ovens, broilers, and stoves unattended. Keep towels or anything that can catch fire away from your stovetop. Always make sure the lid is available to cover the pan in case the pan catches fire.

5. Avoid smoking indoors: If you have a smoking room, place several deep and stable ashtrays on a sturdy surface. When emptying the ashtrays or throwing away cigarette butts and ashes, make sure that they have cooled and there are no remaining embers.

6. Keep emergency numbers visible and easily on hand: In addition to saving important emergency numbers on your

phone, write them down and place them in a visible location in your home. Be sure to include your address and home phone number for visiting guests.

7. Create and practice a fire escape plan at home: A well-rehearsed emergency exit plan greatly alleviates panic during an emergency. It takes two minutes for your house to be filled with toxic fumes from a fire: "Get low and go" when making an exit. Practice feeling the door and walls using the back of your hand for a hint from the next room. Designate a person to get elderly and young children out safely. Pick a meeting place to assemble afterward.

8. Make sure that your address number is visible from the road, especially at night, so we can find you in an emergency.

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Training for the Big Day!
 by Dr. Darren Scarborough
 & Dr. Ryan Derochie
 Bragg Creek Chiropractic Clinic

Running injuries are commonly attributed to faulty biomechanics and errors in training methods. Some researchers have estimated up to 60% of runners will experience an injury that will limit their activities. While some of these injuries are due to actual trauma, the vast majority fall into the category

of over-use syndromes. Running on worn-out shoes or, ignoring our body's messages and continuing to run through pain can contribute to further injury. Here are some helpful hints in preparing you for the big race.

Training for the run:

The initial training phase should consist of establishing a good aerobic base, a comfortable slow pace where oxygen is plentiful, allowing the body to convert stored fats and glucose for energy. If you have a training partner like a watch or GPS, you will typically see this in training zone 1. Another good way to tell if you're running in zone 1

is breathing through your nose. If you can't calmly breath in and out of your nose while running, your heart rate is likely too high and, in turn, less oxygen is present in the body. Once you've created that base you can increase your pace to zones 2-3. There are times when you should train at 80-90% max heart rate. When you reach this rate, it is called anaerobic threshold, which is the point right before oxygen debt occurs. You will utilize this in hill training and separate interval training methods. The majority of ultrarunners, who are running 80-250km races, train purely in zones 1 and 2.

Training errors can include a sudden increase in distance, frequency or pace that you are not used to thus, resulting in "over-use" or traumatic injuries. Without proper training and not easing into your goals, you can see foot/ankle injuries, hamstring/quad strains, hip flexor spasm, even low back (SI Joint) pains as well. There is a common saying: Slow is smooth, smooth is fast. If you remember that throughout the training program you have established, you will find less injuries and aches will occur. To avoid running injuries here are a few simple tips.

Softer Surfaces:

Try running on a softer surface. The firmer the surface the more jarring and compression you will experience on your joints. Stay away from concrete and aim for packed dirt or grass to even out those forces. Running on an unstable surface like dirt or grass is also very good for proprioception. This helps improve balance, spatial awareness, as well as helps the joints move better due to needing more stabilization.

The Correct paths:

Avoid repetitive turns and motions, such as running on a track. A track is a combination of a hard surface and repetitive turns. More variety in the surface terrain increases more instances for injury so: slow is smooth, smooth is fast.

Return to training:

A running injury often involves the joints and muscles we use for daily activities, therefore, recovery after an injury can be difficult. Ask for help, get ideas, and get back out there! Hope to see you on the trails soon!

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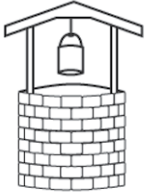
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Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film,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

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and 2020 plans to provide FireSmart education/wood-chipping events along with community associations in the NW of Foothills County. Additionally, RCMP Staff Sgt. Laura Akitt will join us for an open discussion about identifying policing priorities for the Turner Valley RCMP Detachment area.

revenue loss, proposed changes to industrial assessment for wells, pipeline and machinery & equipment, with more assessment review in the upcoming years (electric power generation, transmission & distribution, then telecommunications, cable & railway). Foothills County has experienced accumulated O&G losses starting in 2015-2019 of \$3.9 M, with a recent loss of \$67,000 from 2017-2019. The original loss of \$5.5 M was offset by "PERC" and "DIRC" provincial grants and by the associated linear assessment being zeroed out. Obviously, we don't have that income now. With all this in mind, your council continues to watch our spending and is planning very carefully.

Gateway Signage: New Gateway Signage will mark the main highway entrances to Foothills County. Installation of the new signs is expected to be completed by March 2020. Our signage replacement was long overdue. Since our municipal name change was contemplated and we wanted to reduce costs, we waited until the official change to "Foothills County" occurred on January 1, 2019, before proceeding with this project. Progress was made on design and planning throughout 2019, but weather delays kept the signs from being installed earlier. We believe this will add a nice feature identifying our County boundaries.

Volunteer Firefighters needed: On another Fire Department-related note, Foothills County is looking for Volunteer Firefighters to serve the Priddis area and other areas in the county. If you are interested, please come out to meet our Fire Department reps at the Crime Watch AGM event or contact our Fire Chief: Rick.Saulnier@FoothillsCountyAB.ca

The Calgary Metropolitan Region Board (CMRB) in Question: Foothills County believes there is value to regional collaboration and have undertaken many planning processes, aside from the CMRB. Also, during our work with the forced growth management board, CMRB, we have put our best foot forward as we participate. With work under way on the growth plan, we have recently heard from the growth plan consultant that we are in really good shape with the planning that has already been done in the region. So, that leads us to wonder about this aspect of the board. Do we really need to deal with this during these challenging times when we could be using our resources on our own community? At the Rural Municipalities of Alberta Convention in the Fall of 2019, we supported a successful resolution to request dissolving the Calgary and Edmonton region boards, or to significantly revise them

Fair Deal Panel visits Priddis: Thanks go to our MLA Miranda Rosin, her staff and the panel for hosting a meeting at the Priddis Hall on Feb. 5, 2020. It was very well-attended and it was great to see so many people come out who care about our province and federal relations.

Foothills Fire Department has a New Chief and Deputy-Chief: We welcome our new Fire Chief Rick Saulnier and Deputy Fire Chief Scott Young and look forward to working with you in your new roles!

Current State of Affairs in the County: While we navigate through 2020, our hope is to keep this a pocketbook-friendly year. However, we sure have our work cut out for us. To give you a background about what municipalities are facing, read on. Our municipality is facing losses and changes including additional policing costs, uncertainty of an education tax increase, Calgary Metropolitan Region Board costs, Intermunicipal Collaboration Frameworks with our 14 neighbours, other cost-sharing arrangements, oil and gas industry

The High Country Rural Crime Watch AGM: is on Monday, March 2, 2020, at the Priddis Hall at 7pm. You can meet the new Fire Chief and Deputy Fire Chief at this event, as they will be guest speakers on the topic of the Foothills County Wildfire Mitigation Strategy. Details will be shared about the strategy



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(voting structure, appeal mechanism and Regional Evaluation Framework). When it comes to dealing with the growth management boards in Alberta, the rural municipalities surrounding Calgary and Edmonton are looking for a "Fair Deal". We are asking for this situation to be evaluated as an item of Red Tape Reduction, since it is a significant cost to us when we have other planning processes in place that are already working. Ultimately, the provincial government will be taking a look at this and giving us an answer soon. Again, we believe in the value of collaboration and providing services in an economical manner, but we can do this without a growth board, which is essentially another example of non-elected government bureaucracy. A less costly alternative could be a voluntary collaboration of any municipalities in the region that want to participate, meeting on a less frequent basis than our current schedule, about matters of collective interest, such as transportation and economic development, etc.

Best Regards, Councillor Suzanne Oel

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facebook.com/councillorSuzanneOel*

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Happy St. Patrick's Day!

Parent & Tot Playgroup: Group not running until facilitator found!

We are looking for someone to take over the coordination of this monthly event. There is not a huge commitment involved: opening up the hall, set-up the toys and play area, and take down.

The drop-in playgroup meets the first Friday of each month at the Hall. Indoor activities include playing with tunnels, slides, an obstacle course, basketball, enjoying refreshments, etc. The next date is February 7th from 10:30 to 11:30 am. No fee is charged to attend. 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. Please contact priddiyoungfamilies@gmail.com. This event is also listed on the PCA website, www.priddisalberta.com.

Meota AGM: Meota Gas will hold their Annual General Meeting on March 23rd, 7:30 at the Priddis Hall. All members are welcome. Refreshments will be served.

Priddis Garage Sale: It's never too early to start cleaning out those closets! The annual Priddis Garage Sale is on Saturday, May 9, from 9am to 12pm. Donations may be dropped off at the hall on Friday, May 8 from 10am to 8pm. We can only accept clean items in good working order. Please do not drop off box springs, mattresses, old encyclopedias or Reader's Digest condensed books. We do not want computers or monitors more than 4 years old, and no TVs that are not digital as they do not sell. This is a fund raiser for the PCA and we appreciate all

the support we receive. Thank you in advance for your donations. Lunch and snacks will be available for purchase.

"Warriors of Hope" - Yoga Cancer

Fundraiser: 3rd Annual Fundraiser in Support of Wings of Hope Breast Cancer Foundation. An inspiring morning of live music and calming yoga at the beautiful Priddis Greens Golf & Country Club. Mark your calendar for this fun yoga fundraising event on Saturday, June 20 from 9am – Noon. Participant registration is \$40. Bring only a yoga mat. There will be a silent auction and food served. Ticket sales start in March.

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 403.47.5349. Register now: www.brownpapertickets.com

Priddis Early Learning Program -

PELP: The 3yr class enjoyed a field trip to the Ann & Sandy Cross Conservatory in January.

The Open House for new registrants was in February. The 4yr class is FULL for 2020/2021. A few spaces are still available in the 3yr class. Please check out the website or email for more information. pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Priddis Time Capsule: In July 1967, Priddis residents decided to commemorate Canada's Centennial with a time capsule. Three young boys from the community were chosen as stewards, being 3rd generation residents of the Priddis area. On the 50th anniversary, an official ceremony was held at the 2017 Stampede Breakfast, and two of the three stewards

were available to open the time capsule, Scott Stewart and Kevin Stanton. Close to 1,000 people were in attendance that day, including Lt.-Gov. Lois Mitchell.

The PCA will be holding another Time Capsule Ceremony at the 2020 Stampede Breakfast on July 5th. If you are interested in helping to coordinate details of the ceremony, selecting stewards, items to be placed in the capsule, etc. please contact priddissecretary@gmail.com

Renew your Membership: Don't forget to renew your membership. Family and Business memberships were due Nov 1st. Renew by printing off the form(s) online from our website. Submit it with payment by mail or drop it off at the Priddis Store. Go to www.priddisalberta.com. How easy is that?

Booking the Hall: To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check 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
- www.facebook.com/Priddismoms

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



March will blow in like a Munsch for Millarville Community School and Millarville Community Library. During the first week of March, “Munsch Madness” will celebrate the beloved children’s author, Robert Munsch. He first published *The Paperbag Princess* 40 years ago. Did you know that it was banned when it first came out because it was too scary for kindergarteners and it was anti-family? Thank goodness the independent little princess has stood the test of time.

Another favourite children’s author, Jan Brett, will be heard at Kelley Nutbrown’s storytime in March. The date has been moved up to March 19th so do make a note on your calendars. Come at ten o’clock to hear about a little hedgehog’s adventures.

The art on the walls of the library will be changing again in March. The

Oilfields Junior Photography Class will be sharing a collection of their photographs. This provides a unique opportunity to see the world through the eyes of teenagers.

Our library is in the process of changing magazine subscriptions and we are asking our patrons for their opinions. When you come to the library you will find a selection of magazines on quilting, knitting, crocheting, and other sewing activities. Check them out. Your comments will help decide future library subscriptions.

This month we’ve asked another local book club, the Exhausted Mom’s Literary Support Group, for a good pick. Their suggestion is *The Life of Henrietta Lacks* by Rebecca Skloot. Henrietta was a poor Southern tobacco farmer who died young from cancer. Her cells, taken without her knowledge, have been used for decades to discover numerous disease cures. As you might guess, there are other discoveries that can be made from a reading of this book.

Watch for events on our Millarville Library Facebook and Instagram pages



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On Feb 5th the Priddis Community Centre hosted another “Fair Deal Panel” meeting, where local residents from the surrounding area (some as far as Canmore) were able to express concerns, insights, and ideas as to how Alberta can move forward within or outside the current confederation.

MLA’s represented in the meeting were Miranda Rosin, Tany Yao, Drew Barns. Other panel members present were Stephen Loughheed, Oryssia Lennier, and Donna Kennedy-Glans. A full report on the findings from these meetings will be available on the 31st of March. To contact the Fair Deal Panel, please email info@fairdeal.ca.



A great big thank you and hug to Saje Maquski for her most generous support of the library this year. We really appreciate it, and marvel that she can raise so much money from her Village Markets each year. Again, thank you.

We have some paintings by Nicki Denette displayed in the library. Nicki has studied under Rocky Barstad, and her speciality is Western themes. Her horses are magnificent. Her latest is "Earl's 2012 Ranch Branding". Do come in and see them. Nicki lives in Caley.

The New York City Library has released the titles of the 10 most checked out books in its 125 year history. It might surprise you to know that children's books are the ones most circulated. This is because they are shorter, and therefore returned more quickly, and because parents for years have read stories to teach their children morals, values, compassion and an understanding of the world.

RBdigital now includes 3700 magazines available for you to browse. Some of the magazines are *The New Yorker* and

HDTV. If you want to learn more about this, our librarian, Lynda, will be happy to help you.

New books to the library are:

Vendetta In Death by J.D. Robb; *Keto for life: Reset Your Biological Clock in 21 Days for Increased Longevity*; and *The Boy* by Tami Hoag

For poetry lovers, Rupi Kaur has a new book, *The Sun and Her Flowers*. Her first book, *Milk and Honey*, sold millions of copies and was self-published. Her

poems are touching, wise and explore life's journey.

A Spark of Light by Jodi Picoult doesn't disappoint. Picoult carefully and thoroughly researches a controversial issue of our times and weaves a story that both enlightens and challenges the reader. *The Spark of Light* is about the pros and cons of abortion. It explores the ethical dilemma faced by many women.

Happy Reading!
Sylvia Binkley, sliv@telus.net

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We are Red Deer Lake United Church, an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Upcoming Events and Programs:

On The Edge Concert Series: Scott Ainslie, Renowned Blues Guitarist & Singer

Friday, March 6 at 7:30pm

Scott Ainslie is a multi-award winning blues and roots guitarist, singer and story-teller, who has spent more than 30 years exploring the roots of American music, from both sides of the colour line . . . from the old-time Southern Appalachian fiddle and banjo traditions, as well as Black Gospel and Blues. He plays a variety of acoustic instruments with affection, authority and power. Doors open at 6pm and a light supper will be available for purchase. Concert tickets are \$25 and available at redeerlakeuc.com/tickets.

Healing Ministry Appointments

Monday, March 23 at 1:30pm

Healing Ministry sessions support the healing of body, mind and spirit through the practice of gentle touch - nurturing, calming and restorative to help reduce stress and pain, promote relaxation, and enable faster recovery from illness, surgery and injury. Children and adults of all ages (even pets) benefit. Daytime appointments are on the fourth Monday of the month at 1:30pm. Evening appointments are arranged as requested. Please contact the office at 403.256.3181 for appointments. There is no fee, but donations are accepted.

RDLUC Music Program: Musicians Welcome!

Our music program provides many exciting opportunities for volunteers to get involved and enhance our Sunday services – to be a part of our groups or to sing a solo! We also form mixed ensembles and work on special projects every two months which involve many singers and instrumentalists. If you're a singer or musician looking for a place to express your love of music, come try us out. Rehearsals are on Thursday evenings. Contact our Music Director Antonina Cox at music@redeerlakeuc.com for more info.

On The Edge Concert Series

John Reischman and the Jaybirds
Friday, May 1, 2020 at 7:30pm
Bluegrass & Gospel

John Reischman is one of the world's undisputed masters of the mandolin, and along with his four other 'Jaybirds' from BC, Spokane, and LA, leads a world-class bluegrass band, with several acclaimed albums and two Juno nominations. The Jaybirds are simultaneously innovative and sophisticated, happily old-fashioned and contemporary. Doors open at 6pm and a light supper will be available for purchase. Concert tickets are \$25 and available at redeerlakeuc.com/tickets.

Getting to Know Us

Join us for a few Sundays at 10:30am to get a sense of what it is we're about. Come early or stay after the service on Sunday – there's always coffee and community to be enjoyed. This is a safe place to explore faith and spirituality, even if you have doubts or questions. We promise to be friendly and kind.

For more information, please contact us at 403.256.3181 or office@redeerlakeuc.com

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Sun services start: 10:30am

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March 8th • 9:15am Second Sunday in Lent

HOLY COMMUNION

March 15th • 9:15am

HOLY EUCHARIST

March 22nd • 9:15am

HOLY COMMUNION

March 29th • 10am

Worship at Christ Church, Millarville

Meota Parish Annual Meeting of the Parishioners
Potluck luncheon to follow

April 5th • 9:15am

PALM SUNDAY SERVICE

CONNECT AT

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[@meotaparish on Instagram](https://www.instagram.com/meotaparish)



TURNER VALLEY & BLACK DIAMOND News

Hello Diamond Valley. Well it's been not too bad of a month for February. Balzac Billy, our local Alberta groundhog, did not see his shadow on February 2, which according to his highly scientific observations, means that Alberta should have an early spring. Of course, Southern Alberta was blanketed with a heavy snowfall the same night. Well we will just have to see what happens as we Spring Ahead. The **time change is set for Sunday, March 8, at 3am**, don't forget to set your clocks forward one hour.

It is **Earth Hour on March 28**. From 8:30-9:30pm, the world is encouraged to turn off the lights, TV, computers, etc. and focus on the planet and its natural resources. Have a candlelit dinner, stargaze, go camping, play a game, go for a walk, or create or join a community event. Earth Hour started in 2007 and has broken grassroots movement records since then. Surely we can all do this for one hour out of the whole year. Every little bit adds up! For more information or ideas, visit earthhour.org.

Turner Valley is home to the **Oilfields Recycling Centre**. This is for residents of the Foothills County and is located next to the Fire Department on Main

Street. They accept cardboard, paper, household metal, clear glass, plastics, and electronic waste such as TVs, old cellphones and computers, and they also have bins outside for used clothing, sponsored by Cerebral Palsy Association. Reduce, Reuse, and Recycle! They also sell rain barrels and have lots of information about recycling and the ways we can help to save our precious planet. For more info and new hours, visit turnervalley.ca.

Foothills Regional Waste Management Facility, better known as the landfill or dump, has a Salvage Centre where you can drop off or find new-to-you household items, from furniture to clothing to DVDs to renovation materials, used bikes, you name it, you'll probably find it there and lots more you didn't know you needed! The Salvage Centre donates to our community and is a valuable asset to the Foothills. You can also take your old paint, batteries, tires, appliances, used oil, and the like to the landfill and there is a minimal charge to dispose of these items safely. For more info, visit mdfoothills.com or call 403-938-5224. They are located 5.5 km south of Okotoks, from the traffic lights on Highway 7 by the Sobey's.

United Church in Turner Valley invites you to their **Soup-er Supper on Monday, March 23** from 4:30-6:30. Come and experience a variety of homemade soups, buns, and desserts. Cost by donation. The United Church is home to the Oilfields Food Bank as well as Jacket Racket, Free Family Fun Nights, and so many more programs for our community. The Food Bank distributed 13,099kg. of food last year!

They are located at 125 Royal Avenue, across from the west end of the school's playground.

High Country SPCA offers a spay/neuter program in March. There are SO many reasons to have your pet fixed. Our local SPCA offers an affordable spay/neuter program for cats and dogs for eligible low income residents in the county of Foothills. This program is not available for breeders, and there are some conditions. Keep in mind that preference is given to low income residents, but they have a certain number of spots to fill, even if your income is a bit higher the SPCA realizes times are tough in our province. If your neighbor lets their unfixed cats out and they are having kittens or the males are out tomcatting around, let them know about this valuable service! To find out more about eligibility and other details, drop by the SPCA at the Diamond Valley Vet, 117 Sunset Blvd SE, in Turner Valley, or their number is 403-933-4397. Or visit High Country SPCA on Facebook. The deadline for these applications is February 28 so don't delay!

Pound Rescue in Okotoks is another animal rescue organization in our area which I have great respect for. There are a no-kill organization and may be able to help Foothills residents with cat spaying and neutering, if you are caring for unfixed cats on a fixed income. They can also use donations in the form of monetary donations, pet food, kitty litter, blankets, and dog houses. For more information, visit poundrescue.com.



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 is on Tuesday, March 10, 2020 at 7:30pm. We will be learning about greenhouse and self watering planters from Stacey at Garden Retreat. Tuesday, April 14, Mike Dorion will be speaking on composting and soil enrichment. Our club sponsors a scholarship for post secondary or adults who are enrolled in courses horticulture related. You must be a resident in the Foothills county. For more info and applications, please contact Carol Poffenroth at poffenrothcarol@gmail.com. Our horticultural club sponsors a Creative Landscape grant as well. It is up to \$1500 for hard landscaping and plant materials. You must reside in the Foothills county. Please contact Arlene Visser at 403.933.2885 or vissera@hotmail.com for guidelines and application forms. The deadline is March 31, 2020. 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.

Funding from Canada Post Community Foundation for Children is now available. The annual grant application process is open, with the deadline for applications the beginning of April. Registered charities, school programs, and community organizations are invited to apply for funding of projects consistent with the Foundation's objective to support initiatives that benefit children. Application forms are now posted online. To learn more about the grants and to apply, visit canadapost.ca/community.

Our very own **Foothills Skating Club is proud to present Strong, Beautiful, Brave.** This is a fabulous show on ice with their zazzy and graceful skaters. They are unstoppable and powerful! All are invited to this one of a kind show on Sunday, March 15 at 1pm. The show will be held at the Oilfields Regional Arena. Admission is only \$5 with kids 6 and under free. For more information, visit foothillsskatingclub.ca.

Leighton Art Centre is pleased to present two new exhibitions running February 22 – April 18. The first is "Within Winter's Eye", experience all the elements of a cold Canadian winter without going outside. The other exhibit is "They Will All Be Ghosts Soon", which explores how our ecosystems are changing. Both are nature-themed, and can be viewed in the beautiful Centre, which is a short pleasant drive away from Turner Valley. Leighton Centre was established in 1974 as a not for profit historical organization and continues to be so today. For more info, visit leightoncentre.org or call 403-931-3633.

The Valley Neighbors Club in Turner Valley invites you to their drop in dance nights! For just a toonie, you can dance the night away to the foxtrot, jive, swing, waltz, rumba, and cha cha. Some basic instructions will be provided. They say to make dance a habit, it will change your life. Just sounds like a lot of fun! The drop in dance runs Wednesday nights from 7-9. They are located at 133 Sunset Blvd.

Diamond Valley Citizens on Patrol notes there has been an increase in crime in our community over the years. They are a volunteer organization who walks our streets looking for criminal or unusual activity. Tips to improve your safety are lock all your doors, house, garage, shed, vehicle, trailer. Create a home inventory and keep it in a safe place. Be observant of surroundings and people in your area. Organize your neighborhood by starting a block watch program. For more tips and information, check out the DV COPS pamphlets around town.

CBC's program Still Standing with Johnny Harris, was in Turner Valley last year. They visited the Gas Plant, the Distillery, and Woodstock Hotel, to name a few. Then they put on a free show at the Flare and Derrick which was packed full of locals. This particular show is to air in March. The program airs Tuesdays at 8pm on CBC, so hopefully we can check it out and see our town! In past episodes, they have featured Siksika Nation, Coleman, Fort McMurray, and Vulcan, as well as towns across Canada. Follow *Still Standing* on FB, Twitter, and Instagram. It's free online at gem.cbc.ca. For more info, check out stillstanding.ca.

There will be a **Career and Employment Expo on March 19** at the Foothills Centennial Centre in Okotoks. Sponsored by MCG Careers, the Town of Okotoks, and the Alberta and Canadian Governments, this is a good opportunity to check out what's happening in the work force. The event will be held

from 2-6pm and the address of the Centre is 204 Community Way, #4.

Our own **Turner Valley Legion** is hopping these days. Their new chef is phenomenal. They now offer pizza on their menu, and my personal favorite, mini Yorkshires with beef and gravy, plus other new menu items. Wing night is Thursdays, and the best part is that children are allowed in the Legion. You don't have to be a member to come on in, just sign the guest book, and get set to enjoy good food, and good community feeling. Lots to do at the Legion, they offer darts, pool, cards, and many special events throughout the year, and volunteers are the heart of this special place. So if you can help out here and there, it would be greatly appreciated. Drop by for more info or like them on Facebook.

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. **The deadline for this issue is March 15.**

Happy Spring!
Elaine Wansleben

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Thank you to everyone who came out and enjoyed the Country and Western Dance on February 1st. This was a sold out event and feedback from those who attended praised the music of the Tumbleweeds Band. We thank them for their outstanding entertainment that kept people on the dance floor throughout the evening.

Upcoming Events at Square Butte Hall

A Concert with "Murfitt & Main" - Friday, April 24, 2020 at 7:00 PM

BC Songwriters Kate Main and Warren Murfitt have been creating music together for well over a decade. They have just released their third album, "A Little Bit Gone". This latest album is a collection of bluesy cheek, hymns to fallen family, and stories of the Prairies and travelling. Visit their website at www.murfittandmain.com.

Tickets for the concert are \$20 per person and includes a Pulled Pork lunch at intermission. Cash Bar is also available. Tickets may be reserved or purchased by e-transfer at: sq.butte.comm.assoc@gmail.com

Wine Tasting Event 2020 - Sat, May 9th

Once again, we invite Sarah Harrold from Valley Liquor Store to present us with a selection of wines and wine pairings. Sarah is a highly recognized sommelier and each year she introduces us to a new sampling of selected red and white wines. Sarah's knowledge and her presentation of wines is always the reason so many people return to this event year after year.

Limited tickets available. We sell only 50 tickets for the Wine Tasting Event, so get yours early. \$30 for members and \$35 for non-members. Purchase or reserve your tickets at: sq.butte.comm.assoc@gmail.com.

A Note About Ranching and Calving Season: Courtesy of Cowboy College, Montana

Cows are reasonably self-sufficient. For half the year they wander around eating the grass that grows underfoot. They keep track of their calves, which nurse

whenever they like. In the fall the calves are sold to generate the year's income. In the winter the cows eat hay that is spread on the ground daily. Outside of an occasional sick or lame animal, cows don't require much individual handling throughout most of the year. In the spring they lay down and push out a new calf, usually without help. But during calving season most ranches operate under the sovereignty of Murphy's First Law: "Whatever can go wrong - will".

In addition to the 7 days a week feeding regimen that has been going on since the first of the year when the weather is cold and there is snow on the ground, calving is a 24-hour-a-day process. Cows are usually checked every couple of hours around the clock. Smaller operations utilize Ma, Pa, Grandma, and the bigger kids to make at least one of the checks at night. Bigger ranches often hire a "night man", as well as extra help for a couple of months. When the weather turns bad it can turn into an "all hands on deck" affair to keep everything alive. Next up is the job of matching rejected or orphaned calves with cows that have lost their calf before plans are put in place for tagging, vaccinating, doctoring and branding. Ahhh, the Rancher's Life at Calving Time.



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Seven Reasons to Fall in Love with Kenya

The Safari Gems You've Never Heard of!

Kenya is a bucket-list destination for most and rightfully so. It's a fantastic stand-alone safari destination but also an easy combination with a longer Tanzanian safari, Kilimanjaro climb, gorilla trekking in Rwanda or the exotic forests of Madagascar!

Beyond the Masai Mara

1. Rich and Exotic Culture

Though Kenya has many cultural and ethnic groups, the semi-nomadic scarlet cloaked Masai are undoubtedly the most photographed and most famous. Cultural tours provide the opportunity to learn about their impressive survival and hunting skills as well as their traditions. Handmade beaded jewelry and colorful Shuka's make for spectacular art pieces and memories of your safari.

2. Off the Beaten Track

The Masai Mara may be the most famous of Kenya's National Parks and

should be on the top of your list, but there are many hidden gems to explore away from the crowds. Lake Naivasha with its abundant birdlife and the hills of Borana where scenes from the Lion King movie were shot.

3. Fabulous Farm Experiences

Kenya is blessed with abundance. From the fertile volcanic soils of the Rift Valley that produce a bounty of fresh vegetables, tea, coffee, nuts and flowers to the Kenyan Coast and its great source of tropical fruits and seafood.

4. Conservation in Action

Some of Africa's most successful rhino conservation projects are found on Kenya's private reserves and in the heart of Nairobi, the David Sheldrick Elephant Orphanage is a worthy visit along with the Giraffe Centre. Purpose-driven safaris ensure sustainable tourism experiences and Nairobi city is one of the best examples of conservation in the heart of an African city.

5. Unusual Safari Activities

Besides game drives and bush walks, Kenya may just offer the widest variety

of safari activities we've come across. Enjoy flying in a balloon over the Masai Mara, experience a mobile camel safari or have giraffe join you at breakfast at the world-famous giraffe manor...the list goes on!

6. Family Ties and Relations


Kenya is steeped in history and multi-generational families passionately conserve huge swathes of land, opening them to tourists and sharing their infectious love of the land.

7. Easy Flight Connections

If you're still looking for reasons to make Kenya your next safari destination, give us a call and we'll tell you about the easy flight connections from Europe or North America.

So, whether you're a safari newbie or have traveled to our exotic continent before, go on, what are you waiting for? Read our full blog on our website for more exciting reasons to fall in love with Kenya and email us today to start planning a safari to this sensational country!

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Have you ever been waiting for a package to arrive only to find out that you have been a victim of porch pirates? To help you avoid the loss of your Amazon treasures, *Sheep River Library is now offering a package receiving service.* For a small donation, you can have your small to medium packages delivered to the library where they can be picked up during our normal business hours. (That means Jan will not drive down on Sundays to open the library just for you because you forgot to pick it up on Saturday!) If you are interested in this new service, come and see us to get the delivery

information. As we have limited space for storing boxes, please collect your package as soon as possible.

It seems we are always getting busier at the library and having *just completed our Annual Report* we have the hard data to back that up. Last year just over 42,000 people came through our doors. We ran 620 programs with over 7,600 of you participating in them. On top of that almost 1,000 residents attended an open house, a recital or a community event here. We love to see so many people making use of the facility on a regular basis. You can guarantee there is always something going on here, so keep checking our website and Facebook page for updates.

As we head into spring (fingers crossed), there are a few programs to bring to your attention. *Zumba, an aerobic fitness class* is now running twice a week: Monday at 10:15am and Wednesday at

6:30pm. Cost is \$5 per person.

Mom's Coffee/Playgroup Time is a free drop-in session on Tuesdays at 9:30am with lots of fun activities for small children.

Les Antoniuk will also be starting the *astronomy nights* once the weather is a little warmer. Please check the website for evenings when he will set the telescope up in Millenium Park.

A couple of one-off evenings to keep in mind are: the multi-media presentation *Exploring Newfoundland and Labrador* by Ian Wilson and Jacinthe Lavoie on April 2nd at 7:00pm and *Movie and Mocktails* on May 8. We will be screening the Downton Abbey movie, sipping on mocktails and sporting our best 1920s fashions as a pre-cursor to Mother's Day (because it really should be Mother's Day Weekend). Please register for these events.

A new monthly group now meeting at the library is the *Dementia Support group.* This group, which meets on the third Tuesday of the month, is for those who have a loved one living with dementia. No registration required, just turn up.

If you wish to learn how to use the *digital scanner to put your slides and photos into a digital format*, please call the library to set up a time with the instructor. Once you have been trained, then you can book future sessions to work on your own. Imagine the storage space you will save and you will be protecting your treasured images for future generations.

Once the days are longer and the temperatures have risen you may want to *join the Ramblers on their walks and hikes.* If so, please come and fill in the registration form and waiver at the library. A Sheep River Library membership is required to join this group. Once all the paperwork is done, you will then be free to ramble to your heart's content.

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"Thank you so much for an amazing night Monday. The kids haven't stopped talking about it. Everyone was fantastic" – High Needs School teacher participant

Words like these convey the meaningful impact that field trips to the Ann & Sandy Cross Conservation Area (ASCCA) can have on students who without funding grants do not get to participate.

For the past two years, the Alberta Conservation Association (ACA) has supported us in making it more affordable for students from high needs schools to experience outdoor conservation learning at the ASCCA. High needs schools face financial constraints that can make it a challenge for them to participate in programs outside of the school. We seek funding to support visits from these schools as we feel strongly that students should be able to benefit from hands-on learning in nature, regardless the challenges and restrictions they may face. With schools across Alberta dealing with increasingly limited budgets, it is more important than ever that we give those schools who already have limited funds a helping hand so that their students can visit the ASCCA.

Since 2018, over 800 students from high needs schools have been able to attend our programs with help from the ACA. Outdoor learning is especially important for these students, as many of them do not have the opportunity to spend time in nature outside of their school yards. It is our goal to give as many students as we can experiences like quietly watching deer, walking through a peaceful aspen forest, or marveling at the intricate details of the patterns of a snow crystal.

Students from a recent high needs school visit explored the importance of preserving dark skies, as part of a joint-program with the Rothney Astrophysical Observatory.

A few students shared their experience with us.

"The most important thing I learned yesterday was how light pollution can be harmful to animals. I was excited to learn about different constellations because near my house the sky is always a little cloudy, and I can't see the constellations properly. But at the observatory, the sky was so clear and I loved it! It was also very cool when I got to see Orion's Nebula through the telescope."

"I learnt that if you look south of the Northern Hemisphere you can see Orion's belt. I was excited about the constellation because I would be able to find it easily. I also learned about how bats hunt for their food. I was excited because it seemed really really cool."

A principal from another high needs school shared feedback with us.

"Many of our students have physical and or developmental disabilities, which causes them difficulties in many or all aspects of life, especially in language, mobility, ability to learn, understanding and use of information, self-help, independent living and social skills. With the ACA grant, almost every classroom at our school will be given the opportunity to have an outdoor field trip experience and an opportunity for students to do and see things that they might not be able to experience in their family life."

Thank you again for supporting our school and students."

We would like to thank the ACA, the teachers and students who participated in our programs as well as our wonderful education volunteers who with their enthusiasm and love for learning have helped to create lasting and inspiring memories in nature.



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The Next Step for Your RRSP

by Phil Goddard



The next step for your RRSP is...
February 2020

You're turning 71 by the end of 2020 and you know you have some important Registered Retirement Savings Plan (RRSP) decisions coming

up. Let's look at the best options for preserving your retirement income and your estate.

The background: You established an RRSP back in the day and contributed to it for many years. Good for you – an RRSP is the best tax-saving, income-building investment vehicle for most Canadians and is undoubtedly an important part of your retirement income. But if you turn 71 this year, you are required by law to wind down your RRSP before the end of 2020. You

have three basic conversion options to choose from.

• **Cash out your plan:** Not a good choice – you'll likely be taxed on the total amount right away at a high marginal rate.

• **Establish a Registered Retirement Income Fund (RRIF):** RRIFs are very much like RRSPs with two exceptions: No further contributions are allowed once you've established a RRIF and you are required to withdraw a minimum amount each year.

The mandatory minimum RRIF withdrawal is 5.28% for a 71-year-old and increases as you get older. There is no limit on the maximum amount you can withdraw although you won't want to deplete your RRIF too soon.

If you find you don't need all the withdrawn funds, you can contribute your RRIF payouts to a Tax-Free Savings Account (TFSA) or a non-registered investment account.

• **Purchase an annuity:** There are many types of annuities. Here are three:

• A "life annuity" pays you a specified income, usually monthly, for the rest of your life.

• A "term certain annuity" guarantees payments until you turn 90.

• A "joint and last survivor annuity" will continue payments to your spouse after your death.

(But with this option, your monthly payments will be reduced because the benefits are paying for two lives not one. Your spouse can receive the same amount you receive or a lesser amount of your choice).

The right RRSP conversion option for you depends on your personal situation – that's why you should talk to your professional financial advisor before you take the next step.

Call Phil directly at 1-780-910-1596 and he will show you the best way to start your retirement income.

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The Diary by Andrea Kidd



Joyce read avidly, gulping words that left her stunned. Her coffee got cold as she turned each hand-scrawled page, eyes wide, attention riveted. Muscles tensed, she winced and stared into space as her own words sank into her heart, took root, gave understanding and stabbed at the core of her being. She lived those days and weeks again.

She closed the diary, crammed it back into the box and kicked the box back into the corner of the closet.

Tears stung her eyes as she attempted to block out the memories of those days, but they came back vividly. "If only I could go back and do it over again," she bemoaned to herself.

Shame, regret and guilt overwhelmed her; the familiar slide into depression threatened to cloud her days and weeks. "I'll burn the diary," she decided angrily. "I'll burn the whole box of them."

Thirty years ago, Joyce had been caught in a whirlwind, trapped into a move she had not wanted to make. Pressures had built up as moving day approached: dealing with her own family's belongings and also fifty years of accumulation from deceased parents; the constant demands and needs of her preschoolers; lodgers in her home; and she was heavily pregnant again. It was a chaotic time; a time of too many responsibilities and stresses on time, body and emotions.

No wonder little Jim had been acting out. He had been tearful and fearful, scared to let go of Mommy's hand at night and go to sleep.

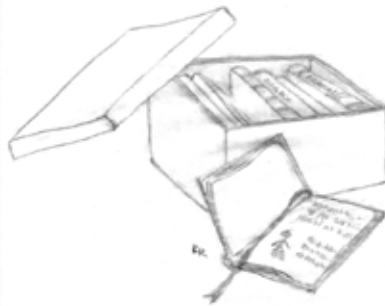
"It was you who damaged him!" sang a voice in Joyce's head. "You were short tempered. You bruised his psyche. He struggles today because of what you did to him then."

"But he loves you today," countered another voice in Joyce's mind. "He doesn't do things the way you would, but he loves you, and you know you love him, too."

Joyce kicked the box further back into the corner of the closet and threw some unwanted clothes on top.

Then she scrubbed the bathroom sink and toilet, swept and washed the floor and put out fresh towels. Grabbing her jacket and mat she slammed the door on her way out to yoga class.

Joyce and Sue arrived at the gym the same time. "Hi! How are you?" greeted Sue. "Oh fine!" Joyce began cheerily, and then hesitated, a cloud momentarily furrowing her brow. "Really?" asked Sue, looking kindly right into Joyce's eyes with her own deep grey ones.



"Er... well...I read something, and it disturbed me," stammered Joyce, looking away and concentrating on getting the zipper of her jacket undone. "That's all. I'm fine, really. But thanks for asking."

"Sometimes it's good to talk about these things," said Sue, "when you're able to and feel comfortable about it."

"Yes...I guess you're right. I suppose it was good to admit it out loud."

Still, as the days went by, the guilt nagged at Joyce's conscience. She took the pain with her to the activities she enjoyed and tried to dismiss

the regrets of yesteryear.

As the sharp pain began to lessen, Joyce decided to meet with Jim at the park, with the dog. They shared a can of iced tea and a bag of chips as they walked and talked.

"Do you remember, Jim, the time when we moved to Midfield?"

"Not much, Mom, I was only three, wasn't I? Oh, but I do remember finding my Babalouie Bear. I was really glad about that because I couldn't find him after we moved. I thought he was gone forever, and there he was, stuffed into Dad's boot at the back of the hall closet."

"Oh, yes," said Joyce. "You wouldn't go anywhere without Babalouie."

"I'm sorry we moved to that house," continued Joyce. "It was hard on you, all the upheaval when there were so many other changes in our lives at that time. It was not a good choice. Remember, we only stayed there a few months and then we had to move again."

"Yeah," said Jim. "I really liked the new place at Richmond, though. I've always wished we could have stayed there until I finished high school."

They talked as they walked, reminiscing and sharing fears of that time and the present. Regrets were shared, resentments aired, pains uncovered, and viewpoints discovered.

"Life is tough," admitted Joyce, "It would be nice to do some things over."

"You got that right," agreed Jim, "I love you, Mom! I have to go into the city on Tuesday to pick up some stuff for work. Do you wanna come? We could stop for coffee."

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Is The Heart Of Your Home Safe?

The kitchen is the heart of your home. It plays a central role in day to day life and is frequented most often during waking hours by members of the household. It is also the room that can benefit from a lot of modifications as family members age and abilities decrease. Being able to continue using the kitchen safely and efficiently enables self-care for as long as possible: making it possible to keep preparing healthy meals, saving money by eating at home, and preventing avoidable injuries.

Making a few simple changes in the kitchen can allow a person to remain at home longer, with more independence. There are so many possible updates for better aging in your and your parents' homes.

- **Updated Light Fixtures:** poor lighting is a contributor to accidents for the elderly whose eyesight is not what it

used to be – seniors need up to 5 times the amount of light that young adults do. Replacing older, low wattage lights with newer, bright white LED bulbs and adding additional lighting around the kitchen can help. Under-cabinet lights can be installed to eliminate shadows on counters. Improved lighting can help an older person read recipes and directions and can enable him or her to grasp items with better confidence, avoiding spills and broken glass. Lighting over the sink and stove is also important - the better the visibility in the kitchen, the less risk of injury.

- **Faucet Replacement:** older homes could use a major facelift when it comes to faucets. Old knobs can be difficult to grasp and can be stiff or difficult to turn. Replacing these with newer lever-style hardware will not only make it easier and less painful for seniors to use, it can also make it easier to adjust water temperature and avoid burns on fragile skin, especially when integrated with anti-scald devices.

- **Slip-Resistant, Anti-Glare Flooring:** no matter what your budget, make the flooring in your kitchen and elsewhere in the house a top priority. Flooring should be slip-resistant and easy to clean to reduce the risk of falls. Anti-glare flooring is easier to navigate with older eyes.

Appearance and functionality are important when it comes to redesigning the kitchen. Older people have different needs as they age, and the kitchen is where seniors are very vulnerable. The benefits of improving the most used living space in the home are worth the cost, as is knowing the kitchen is a safer and a more usable space. As more and more seniors make the decision to age in place (at home), updating the kitchen should be a priority to improve safety and comfort.

Need more info? Email me direct at carla@albertaindoorcomfort.com

by Carla Berezowski,
Home Comfort Expert

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ADHD and Emotions

by Roché Herbst, M. A. R. Psych.



The Missing Piece

Problems with emotion are not explicitly included in the DSM-5 diagnostic criteria. However, positive or negative emotions, especially emotional impulsiveness play a critical role.

What Are Some Emotional Experiences?

The things one gets drawn to are the things you are interested in. On the other hand, you may be interested in something simply because if you don't take care of it now, then something very unpleasant may happen. The ability to set aside one thing and get started on another thing in order to get to something else, involve a lot of emotions.

How often have you heard "I'm bored" or "This is so boring" whether it is getting homework done or having to fill out forms? The things you remember usually involves interest, worry, excitement, anger or disappointment. Sometimes people can just tell what triggers you by the way you react to things, your tone of voice, or facial expressions. Emotions determine the kind of decisions you will take, what you care about, and what situations to stay out of.

Are People With ADHD More Emotional?

Those with ADHD have the same emotions as everybody else. ADHD sparks intense emotions. You may find it hard to recognize, respond or to manage your emotions. Challenges with processing emotions start in the brain itself. "Sometimes the working memory impairments of ADHD allow a momentary emotion to become too strong, flooding the brain with one intense emotion" (Brown, 2015).

Emotions enter your thoughts and then the process of remunerating begins. It gobbles up all the space in your mind. It could interfere with your ability to concentrate and function properly. A typical day at work can be hard to get through if your day had a really bad start i.e. a fight with your partner at breakfast, excessive frustration or being easily upset.

Is It Moodiness Or ADHD?

There is a broad spectrum of mood disorders that can co-exist with ADHD i.e. anxiety, depression, bipolar, etc. During a professional assessment, one has to be mindful of the complexity and degrees of severity here.

Does ADHD Medication Numb Your Emotions?

When on the right medication, you do have a chance to think twice before bursting into tears or losing your head. In cases where your anxiety is primary to your ADHD, stimulant medication may exacerbate the anxiety until it is under control. However, medication should always be taken in consideration with your physician, and tailored to your unique situation.

What Can I Do?

- Become aware. Recognize when your emotions are intense.
- Practice self-care. Know your emotional needs. Do you feel better talking to a supportive friend? Go for a walk? Write, draw or paint what you are feeling?
- Put on the brakes.
- Think about the bigger picture and the longer-term consequences.

Sources:

Brown, Thomas, E., ADHD Comorbidities, 2015. Washington DC: American Psychiatric Publishing.
Diagnostic and Statistical Manual of Mental Disorders, 5th Ed., 2013. Arlington: American Psychiatric Association.

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Mortgage Matters

By Candace Perko, Mortgage Broker

Credit Reporting Quick Improvement Tips

A credit report (also known as a credit bureau) is a history of how consistently you pay your financial obligations. A credit report is created when you first borrow money or apply for credit.

Besides being an overall responsible user of credit, there are 5 main tips to better your score QUICKLY provided by Ross Taylor, a licensed insolvency counsellor:

1. Use The Optimal Utilization Strategy

When maximizing your personal credit score, you should look at your utilization of available credit for each individual credit facility. By this I mean what percentage of your available credit is the balance being reported? Percentage utilization can have a significant impact on your personal credit score. Equifax Canada states utilization has a 30% weighting on your personal credit score.

Scenario: suppose you have three credit cards, each with a limit of \$10,000.

And let's say one card has a balance owing of \$9,900 and the other two have zero balances. This might happen because you are trying to earn rewards on one particular card, or maybe you said yes to a balance transfer promotional offer.

Chances are your credit score is lower than if the usage was spread across the three cards equally—i.e., each with a balance owing of \$3,300, or 33% of the limit.

Overall, your usage remains unchanged, but now you no longer have an individual card reporting at 99% utilization. If you can afford to cover or reduce the balance owing on the one with a balance of \$9,900, you should see a nice little score boost.

2. Use the Statement Date Strategy

It may be that the best thing for you to do is simply reduce balances owing on your credit facilities. If time is of the essence, you should plan this carefully and do it in the correct order.

Gather up your most recent available statements for all relevant credit facilities. And note the day of the month when the statement was printed. Most of the time it's the balance on that statement date that is being reported to the credit bureau. And give or take a day, it is safe to assume that same day of the following month is when the next statement will be issued. So, plan your payments accordingly.

3. Pay It Down and Keep It Down

This is especially important when your limits are not very large. It's far better to pay your balance in full before your statements come out. You are even more of a model citizen, and now the balance being reported to the credit bureau will always be extremely small, if anything.

4. Exercise All Dormant Credit Cards and Lines of Credit

Some people have credit facilities they never use. People tend to favour one particular credit card and we might neglect our other cards. If you are trying to maximize your credit score, it is good to use all available credit fairly regularly, even if it's just for a nanosecond.

Equifax Canada states your history can have a 15% weighting on your personal credit score.

Update the DLA (date of last activity) with a modest transaction and then pay it online immediately. If you notice you have credit cards that have not seen daylight for months or years, take them to the supermarket or gas station, use them just once, and pay online right away. After the next statement these cards will report the date of last activity as the current month and year, and that may give you some m u c h - n e e d e d points.

5. Scour & Clean All Reporting Errors

There might be some incorrect information in your

personal credit history that's needlessly dragging down your score.

A few examples include:

- You have two or more personal profiles with the credit bureau and your information is scattered and diffused. Combining it all into one credit report could well increase your score and strengthen your look. (This often happens to people whose name is hard to spell, or who have legally changed their name).

- Late payments being reported when it's not you. Maybe you have a relative with the exact same name.

- That router you returned to the cable company is showing as a collection; but in fact you returned it to the local store.

- You completed a consumer proposal and all the debts included in the proposal should be reporting zero balances and should not carry an "R9" rating. This generally means an account has been placed for collection or is considered uncollectible.

- There may be incorrect late payments.

Equifax Canada states payment history has a 35% weighting on your personal credit score.

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Attitude Determines Altitude

by Duane Harder



There was one instrument on my brother's plane that he called the "attitude instrument." This device determined whether the plane was climbing or descending. It indicated whether you were gaining altitude, maintaining your altitude or headed for the ground.

Attitude isn't everything but it certainly is important. John Maxwell describes it as "the paintbrush of the mind." In other words, attitude has a significant effect on the picture your life portrays.

When it comes to attitude, there are some areas of caution that need to be considered:

- **Your attitude cannot be disconnected from the reality of what is.** "It will all work out is not a solution." It may be a positive attitude but it does not present a practical way to deal with the situation. Attitude does not change the facts but it can change how I look at them. Maya Angelou made the wise observation: "If you don't like something, change it. If you can't change it, change your attitude. Don't complain."

- **Attitude is not a substitute for competence.** Some people confuse confidence, which is a function of attitude, with competence, which is a function of ability. Being filled with self-confidence can be a disguise for fear of failure. Your confidence needs to be built on the foundation of competence.

- **Attitude cannot take the place of wisdom.** Wisdom is knowing the right thing to do at the right time. My father used to remind me that "fools rush in where angels fear to tread."

- **Attitude is not a substitute for discipline and self-control.** A good attitude does not keep me from tantalizing distractions. A good attitude cannot take the place of the discipline needed to achieve excellence.

- **Attitude is something we choose, not something that we inherit.**

Attitude may not be everything, but it really is a game changer in the whole of life:

- It affects our outlook on life generally.

- It brings a positive ingredient to all our relationships.

- It makes a difference in how we face the challenges of daily living.

So, what are some attitudes that will change our altitude and enhance our life?

- **Commit yourself to a life-long journey of learning.** Remember, every person has the potential of teaching you something. Never allow your knowledge and experience to place you above learning something new.

- **Allow loss to become the litmus test of your values.** As one man said, "I've never seen a U-Haul behind a funeral hearse." Are relationships with family and friends more important than what I possess and the position I hold? Loss can open your heart to the comfort of a caring community.

- **Remember, the power of influence is greater than the power of control.** The three people who have had the greatest impact on my life are remembered not because of their domineering, dominating personalities but rather the quiet persistent influence on my values.

- **Have an insatiable appetite for honor** – not what you receive but honor you give by keeping your word and doing what you said you will do.

- **Be a mercy dispenser.** Make it your practice to give people what they don't deserve. You will be surprised at the dividends that you receive.

- **Make transparency and truth a way of life.** Hidden agendas breed distrust and alienation.

- **Have the heart of a peacemaker.** Restoring relationships have a greater impact than proving you are right.

- **Don't bend your convictions or bury your core values.** Shakespeare reminds us: "Know thyself and to thyself be true."

- "It's not the gale, but the set of the sail that determines the course you go." **Adversity, misunderstanding and opposition can be doors of opportunity** that adjust your course, build new relationships and reinforce your values.

Let your attitude determine your altitude and I'll see you at the top!



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Out of the Rut Chapter 114



Much of the content of these articles over the past 10 years has been spontaneous reviews of current events. My travels prompted a staggering sense of awe and it's easy to translate this into an outpouring of descriptive writing.

Another aspect, in particular the collaboration with Fantuzzi, was the blossoming of my poetic murmurings. At our more intimate gatherings, often in holistic settings, we would seamlessly pass back and forth between us, leading the group in movement or meditation, in music and exploration. As our melding deepened, Fantuzzi would randomly look at me and invite something to happen, and happen it did. I began to spontaneously produce poetry and insights, most of which, realized in the moment, are lost in the ether. When I begin to speak in this way I generally have no memory of what I say as soon as it is over. I just close my eyes for a moment, tap into the energetics of the gathered people and allow what comes up to translate into a sort of free poetry.

Writing this in Alberta now sounds a bit daft even to me, but at the right time, in the right place, it falls into place with the beauty and synchronicity of falling in love.

Of course, I've been scribbling for decades, I launched a magazine at my school/college and have been doodling with the written word since I was wee. Speaking in front of large groups is less intimidating now, but it wasn't always thus.

I found myself, on one occasion, bubbling with a sort of potent energy, restless for an opportunity. I told Fantuzzi before a certain event (the Holy Man Jam with a collection of fabulous Indian spiritual musicians), that if he felt the call to ask for something, I was ready. At a mid-point in a pretty powerful evening of music with a substantial sized audience, he turned to me with eyebrows raised & I nodded yes.

Taking a microphone, I looked out over the gathered faces and asked if anyone would be willing to help me. I saw confusion, embarrassment, shyness – the usual response when an audience

is suddenly transformed into potential actors. Don't worry, I won't ask you to do anything dangerous, just come up here and let me touch you I assured them. Nervous laughter at that last. Confusion remained, but a few volunteers made tentative moves and one lady peeled herself away from the safety of the crowd to stand before me. I smiled at her and reached out to gently touch her shoulder. Then I closed my eyes and let it wash through me.

There followed several minutes of hair-raising speech, my skin tingling, the hairs on my neck and arms standing to attention... I see you. I see who you are. You are... a litany of inner thoughts, emotions, unseen aspirations, the ringing cadence of true feelings and the endless unexpressed desires. I don't know exactly what came out of me, but when I stopped there was an echoing hum in the air and a subtle silence suspended the group for 20 or 30 seconds before applause broke through. Both of us were crying, maybe others too.

The following day, at the festival just down the road, a lady who had also been in the audience that night tracked me down and grasped me by the arm; "Please will you read me? Will you give me a poem too?" I don't know if I can I replied, I'm not sure if this is the right place. It was heaving with noise and brilliant sunshine and people everywhere, music playing, drums beating, such a different atmosphere to the spirit-filled ambience of the previous night. She pleaded for something so we scouted around, found a thick hedgerow and sat in the grass behind it.

Taking a few deep breaths and looking into this woman's eyes, who so obviously needed something, I took her hands in mine, closed my eyes and let myself sink into her. The words flowed again and yet again, that sensation of the supernatural crept across my flesh, the feelings of being simultaneously inside and outside another overtook me. When I came back to myself, I found the same kind of reaction before me. This woman was

glowing with a new light, she hugged me with tears in her eyes, thanked me for my words and disappeared into the ongoing dance of the festival.

Another time, perfectly alone. I lay awake sweating gently in the night's heat, turning restlessly as Fantuzzi slept deeply beside me. Eventually, frustrated at my lack of sleep, around 3 or 4am, I wrapped a sarong about me and tiptoed out the door and down the steps to the beach. Curling my toes through the sand, feeling the sharp-edged stones and worn shells that were morphing over lifetimes into new sand, I felt the soft glow of the moon on my back and drank in her reflection across the water. In glorious isolation I walked into the night's ocean, warm on my skin, and swam silently out.

Still shallow enough to stand, dropping feet to the sea's floor, I watched the bioluminescence glow blue-green between my toes, as I swept my arms back and forth just below the surface, the blue-green rippled and sparkled between my fingers. Magic.



A week or so later, with a small group of people in a stunningly lush health resort on another island, we gave a concert. Just Fantuzzi & I with less than a dozen in attendance. This time Fantuzzi asked and I delivered... a

powerful poem that recalled that solitary night adventure with the moon and the ocean. I loved that poem and was just a little saddened that as usual, I could not recollect what came from my lips. But! The talented organizer had been videoing the whole thing and later posted the poem online on YouTube. What a blessing. I shared this with a few people and was deeply gratified to have it aired on CKUA, Bob Chelmick's *Road Home*.

These small moments make such huge impressions. I am grateful for them.

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

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