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# HIGH COUNTRY News

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## From The EDITOR

Welcome to March. Who knows what the ground hog predicted, but it feels like spring is around the corner. The days are longer and the harshness of February seems to have dissipated. That being said, there are still great trail conditions for those of us who are winter enthusiasts, so get out and enjoy.

This month's photo is compliments of Anna Grist. If you have a photo or drawing that you would like to share please send it to [info@highcountrynews.ca](mailto:info@highcountrynews.ca).

I am happy to have some new advertisers in the paper this month. There is such a rich and diverse group of businesses serving the Foothills and Rocky View areas. Some of them have written a business profile, so please give them

a read. The passion that drives their businesses will hopefully inspire you.

On page 19 there is an advertised marriage course. It may be beneficial with the strain that COVID-19 has placed on couples. Check it out!!!

Unfortunately, due to space restraints I was not able to include an article from Rocky View 2020. Please visit [www.rockyview2020.com](http://www.rockyview2020.com) to understand the concerns they're raising regarding the CMRB (Calgary Metropolitan Region Board). Did you know that the CMRB has the power to veto development plans of the surrounding municipal districts? This veto power hinders balanced regional growth and economic development.

As we transition past the 1st year COVID-19 anniversary I am trusting we can look at how we can navigate relationships and operate businesses with consistency. The rules can't keep changing and people need relationships past Zoom. Further to this, we need to look at how Alberta can get back on its

feet. As mentioned above, our region has incredible entrepreneurial acumen. I would hope men and women could gather together and begin to collect thought as to how we can develop our local economy, gradually bringing our great region and province from its knees to a leader in innovation and opportunity.

Happy reading and enjoy the current chinook!

*From my family to yours,  
Lowell Harder*

For more from the Editor: [highcountrynews.ca](http://highcountrynews.ca)



## Artist PROFILE

Anna Grist is the HCN design & layout artist, and enjoys dabbling in photography as a hobby. She is also a writer at [serendipimoosetracks.com](http://serendipimoosetracks.com) and the graphic designer for Paper&String, an online care package publication. She and her husband and two children have lived in Bragg Creek for almost four years, after escaping the highways and suburbia of Southern Niagara in Ontario.



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## Letters To The EDITOR

What a wonderful portrait drawing by Deanna Lavoie on the cover of your February edition. The message was also special "May we be resilient, love, laugh and look after one another... may we remember we are protecting our vulnerable loved ones in these times!"

Yes -- and may we continue to love and care for each and all - at all times and circumstances, not just in these times, in the way Jesus showed us: Love is the Golden Rule of living!

Thanks for your very informative news magazine. Well done!

Joy Hinman,  
Turner Valley, AB

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Letters To The  
**EDITOR**

I found it interesting that in the February issue of this paper, Dr. James Trofimuk is discussing freedom of speech and how anything that departs from what Orwell would call “groupthink” is vilified and attacked. Then there were three letters that demonstrated what this vilification looks like as each writer proceeded with an onslaught of attacks of our MLA Miranda Rosin.

To have an MLA with energy, who puts in so much time and effort into writing to her constituents and into her time in the Legislature is tremendous. Miranda Rosin’s job is a thankless one and some of the people she has to deal with are downright vicious. I hope that in the future, constituents will express opinions respectfully without the intent of harming anyone. Our Banff-Kananaskis riding deserves much better.

Further, I take issue with the letter that suggests that politicians should not send Christmas cards to their constituents. Regardless of one’s religious affiliation, when someone references theirs in a greeting with good intent, we shouldn’t take offense.

Kirstin and Sarah, writers of two of the letters, do not seem to feel that Albertans have given up freedoms.

One even suggested that Miranda Rosin doesn’t even know what freedom means.

There are many Albertans who would disagree. But if you doubt that Albertans know what freedom is, strike up a conversation with anyone who has come here to escape totalitarianism in countries such as Ethiopia, Belarus, China, Vietnam, Korea, Romania, or Venezuela. I have spoken with people from each of these countries and they recognize that living under oppressive restrictions, for nearly a year, our freedoms are being eroded in Canada and the U.S.A. This is an attack on our liberty and this is not freedom.

These people who have escaped tyranny, point out that the words and slogans used by the media, some politicians, and health authorities are eerily similar to those used in their former countries prior to being taken over, for example: We are in this together...It is for your safety...Think of others...It’s temporary...Let us know if your neighbors are breaking the rules...We need a new system...The old system is corrupt, racist, exclusive, repressive, etc.

If you have been too busy to notice, here is a list of some of our freedoms taken away:

Freedom of expression of political opposition to the party line: (You will be vilified and attacked).

Freedom to enjoy economic freedom: (You will be fined for keeping your business open).

Freedom of speech and expression of thought: (You will be de-platformed or cancelled).

Freedom of privacy: (You will be forced to agree to mandatory tracking after travel).

Freedom of movement: (You will be forced to isolate in your home, senior center, or hospital).

Freedom of association: (You will not be allowed gatherings).

Freedom of religion: (Your church will be closed, or open at 15% capacity. Limit of 10 people at baptisms, weddings, or funerals).

Freedom of arbitrary detention: (Leaving the airport: Forced \$2000- 3 day isolation stays in Trudeau’s hotel choices).

When big government starts to control every aspect of life and the media is paid by them, think Progressivism or Liberalism (since the words socialism, totalitarianism, or communism are not so popular). “You will own nothing, and be happy”, they say.

I have heard that life under COVID-19 restrictions is the dress rehearsal for what comes next. If there is push back, the infringement of our democratic rights will slow down, if no one defends our democratic rights, then the erosion will continue.

I believe that our MLA, Miranda Rosin, is defending our freedoms and I am very thankful that she has the courage to do so. There should be 4.4 million Albertans standing up with her.

*Sincerely,  
Diane Pollock*



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# ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



**f COUNCILLOR MARK KAMACHI**

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**OFFICE: 403-949-3343 | CELL: 403-861-7806**



Welcome to another episode of “What’s got Mark fuming now?” Well, I’ll spare you the latest in accusations of deception, lawsuits and calls for my resignation, but it comes with the territory. I do want to thank those folks who sent me notes of support and encouragement but also the sage advice on how to meander through these turbulent times. In fact, the one piece of honest criticism from a local, in his words, was that I was “too nice a guy” to be a politician. It is an election year and nice guys finish last. Or do they? I took it as a compliment.

## **Time To Vote?**

Speaking of an election year, I want to remind everyone throughout Rocky View County (RVC), in case you’ve forgotten, we will be slimming down from nine electoral divisions to seven. At the end of last year, Council passed the bylaw for new electoral divisions and councillor representation to take affect for the 2021 election. This was done after public input and engagement and the overwhelming reason for change was to create equal representation for all of RVC based on population.

Division 1 will now stretch west to east from Bragg Creek to Elbow Valley, bordering Calgary. The northern boundary for Division 1 will run east along Hwy 1 from the MD of Bighorn to Hwy 22, south to Springbank Road and Lower Springbank Road running east until it reaches Calgary. You can find the new electoral division configurations at [www.Rockyview.ca](http://www.Rockyview.ca) (search “2021 elections” for the PDF document). Sadly, Tower Ridge and are will no longer be a part of Division 1 and

will become part of Division 2. I am very fortunate to have met many amazing people who live in some of the most breathtaking countryside in Alberta and the world.

## **Gravel Debate**

Last month, Council had, what was in my opinion, the hardest decision to make regarding a land use redesignation application by Lehigh Hanson Materials for a proposed Bearspaw Area Gravel pit. I really want to commend Administration, staff and my fellow councillors on making it through two full days of public hearing which involved over 500 written letters, 83 videos and almost 300 email submissions during the hearing. At the end of deliberations, Council voted to deny the land use redesignation for the open pit mine.

## **RVC’s Future**

Closer to home, a couple of hotly discussed topics are circulating throughout the community. First, let me touch on our temporary 4-way traffic light situation at the corner of Highway 22 and White Avenue. As of this writing, Alberta Transportation (AT) has “noted” the feedback that has been brought forth by residents, visitors, businesses and local representatives. A huge shout out to the community for keeping the conversation engaging, informative and most importantly, respectful. Ideas and possible alternative solutions for consideration are not falling on deaf ears thanks to everyone working and collaborating together. Stay tuned for updates as our MLA, Miranda Rosin, in conversation with her colleagues at AT, will update us as soon as information is available.

The other hot topic is the revamp of the RVC Municipal Development Plan (MDP). What is the MDP you may ask? It’s a plan that outlines the vision for Rocky View County’s future from a planning & development perspective and helps guide how and where the County will grow. At Council’s February 16th meeting, the Public Hearing was held and closed after much debate. Because there was an abundance of amendments being proposed, rather than rush into any final decision, Council voted to table the final decision until March 2nd at a Special Council Meeting. This will give Administration time to look at the amendments and prepare a final report for Council discussion.

## **Community Initiative**

I want to send a huge shout out to the Bragg Creek Community Association together with the Rink Committee for their “Rink Board” project. As of the end of February, over 60+ businesses both locally and around the area “jumped on board” (sorry for the pun) to purchase advertising space to promote their business. If you want to “get on board” (sorry but I can’t help myself), please contact Brian at [coachrobertson@gmail.com](mailto:coachrobertson@gmail.com) or call him at 403-835-6149 as there are still spaces available. These will stay up until August 2022! A huge round of cheers as the funds raised will go to help the local community.

Please take care of yourself and your loved ones. The loosened restrictions currently in place are not a sign to relax measures to prevent the spread of Covid. So wear a mask, keep your distance and bubble. Until next month, stay safe.

– Cheers, Mark



Alberta is reopening, and this time I sincerely hope it will be for good.

The Merriam-Webster Medical Dictionary defines health care as *“efforts made to maintain or restore physical, mental or emotional well-being”*. In short, physicality makes up only one-third of what is considered overall health by the medical dictionary itself. Similarly, the World Health Organization’s Constitution defines health as *“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

As governments all over the world, ours included, continue their pursuit of flattening the COVID-19 curve, we must stop treating COVID-19 in isolation and rather must begin treating it as a part of our greater healthcare system. Those struggling with depression, isolation, anxiety or suicidal thoughts in themselves or their children deserve to be nurtured equally to those suffering from physical symptoms of the virus. The wellbeing of people fighting internal battles is just as important as the wellbeing of those fighting physical ones, and that is why I believe reopening our province is so incredibly important right now. No handout or government support can supplement a life, dream or livelihood lost. We, as human beings, need something to live for again; a reason to get out of bed in the morning and face the day ahead with optimism. So Alberta is carefully reopening.

Even amidst the strongest public health restrictions our government ensured 85% of Alberta’s economy could remain open in some capacity, but recently we unveiled a clear, transparent plan that will restore full and long awaited normalcy to our society. As someone who has been critical of non-targeted, non-regional, lockdown-style restrictions in all jurisdictions that have implemented them, I am incredibly excited to see such a plan introduced. It will not only begin the process of carefully reopening our province but it will put us on the path to fully restoring our old normal, where

we walked without fear of our futures and congregated by the thousands to celebrate our favourite sports teams and musical artists. Our province has always been a world leader in more ways than one, and now is our chance to also lead in taking back charge of our own destiny - even if the rest of the world isn’t prepared to follow.

The four-step plan we unveiled is based on strong data and the capacity of our healthcare system to support not only COVID-19 patients, but also patients dealing with heart failure, kidney disease, orthopedic injury and other health ailments. Less than 10% of Alberta’s positive COVID-19 cases required hospitalization, so rather than restrict the entire province based on case numbers alone - 94% of which did not present serious symptoms or require any health treatment - our path forward is based strictly on hospital capacity and our ability to provide healthcare to those that need it the most.

Every step forward is based on a decline of hospitalizations by 150 less than the previous step, with a three week buffer in between. Step 1 began on February 8 and was primarily characterized by the careful reopening of restaurants, pubs and coffee shops for in-person dining, purposefully in time for Valentine’s Day. Step 2, which we already have data to justify entering but are waiting in the three week buffer period, will be primarily characterized by the reopening of fitness facilities and increased retail shopping capacity. Step 3, achieved when our hospitalizations dip below 300, will see the reopening of attractions such as museums, movie theatres and art galleries, the resumption of adult sports, and most importantly an easing of social gathering restrictions. Finally, in Step 4 we will be able to once again attend major performance events such as music festivals, concerts, sporting events, wedding receptions and conferences.

Albertans have fought through a lot, not just over the past year but over the past six. Our business community, in particular, has been struggling for years, which our government has worked hard to help by lowering taxes, introducing grants and incentive programs, and reducing red tape. But COVID-19 has challenged us all with a new level of economic adversity. After all we’ve gone through as a province, Albertans deserve to know that their government has a plan and is committed to taking on the risks

with courage to get Albertans’ lives back on track.

If you know me, you’ll know that I strive to keep partisanship away from my life. I have a deeply held conviction that our world needs more governance and less politics, more unity and less division. Hearing our Opposition refer to the decision to reopen Alberta as “political”, based not on professional health advice despite being made in cooperation with health experts, shows their clear lack of understanding for both the data on COVID-19 and the hardship so many Albertans have endured over the past year.

We are Albertans. We are a self-determinant people and facing adversity with confidence has always been in our DNA. Prolonged, mass shutdowns are not the solution. Embracing the true Albertan inside each of us and taking a confident, diligent and optimistic step forward into our future as a province is.

You have spoken, and you have been clear that it is time we relinquish our fears to a common belief that the best is yet to come. Together, we can not only take charge of our own destinies again, but we can pave a way for the rest of the world to see that life safely can, and must go on from here.

**MLA Miranda Rosin's**  
Constituency Offices

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**MP Update**  
Foothills  
**John Barlow**  
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Canada is home to some of the world's best and brightest and this should be their time to shine.

A Made-In-Canada solution has the potential to open businesses, open our borders, our schools, and not only get our economy back on track, but to make it boom. We need to change the narrative and that conversation starts right here, right now.

As a member of the Standing Committee on Health, my focus has been to approve, secure and distribute rapid and home-based testing. This technology is being used in jurisdictions around the world and is used to reduce the need for lockdowns and keep long term care and health care facilities safe.

Unfortunately, Health Canada has been slow to approve rapid and home-based tests even those developed by Alberta companies like ClearMe technology. I met with representatives from the Calgary company last summer and their rapid test technology is 98% accurate and approved for use in the United States and United Kingdom, but it is still awaiting approval in Canada. There have been similar delays on Canadian vaccines and antivirals. Although vaccines will not, and should not, be mandatory, it is important to have access to vaccines for those who want them.

Providence Therapeutics, another Calgary company who is developing a vaccine, reached out to the Government on many occasions, but received radio silence. Providence CEO Brad Sorenson, who appeared at committee in the House of Commons said, "We have a Canadian solution, we've sourced it... we've followed the rules, we've done what we're supposed to do and we're not getting engagement from the government."

"We would welcome the federal support, but ... we now have the ability to go to the capital markets and to raise sufficient capital funds to carry forward our plans, regardless of whether or not we have support."

The story is similar with Solstar Pharma, another Canadian company and the

developer of an antiviral, which moved its development south and is being funded through the United States government.

Whether it is personal protective equipment, rapid tests or vaccines, we have heard too many of these stories from talented Canadian innovators who simply ran into a brick wall when trying to get the attention of the Canadian government.

It is unacceptable for the Liberals to partner with the Chinese Communist Party (CanSino) to develop and manufacture vaccines instead of investing in a made in Canada solution.

As a result of the failed CanSino agreement we are relying on an undependable global supply and dipped into a vaccine cache meant for poorer countries, which is an embarrassing stain on our reputation globally.

We should be proud of our Canadian companies, our Canadian innovators and strive for Canada to be a trailblazer for global solutions.

It is not too late for the Liberal government to act. I raised this issue in the emergency debate on vaccines in the House of Commons and I am continuing to press the Ministers to reach out to these ground-breaking Canadian companies and provide them with the resources needed to accelerate the development and manufacturing of these vaccines and antivirals.

If we have learned anything during COVID-19 it is Canada cannot rely on the global supply chain. Whether its processing cattle or manufacturing vaccines there must be additional capacity within Canada.

The Liberal government must partner with these Canadian companies to secure a Canadian solution because our economic future, and the lives of many Canadians, depends on it. The world is watching, now is the time to be Canada proud.



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Congratulations to Collette Winters who has moved from Director of Planning to Director of Operations.

Rocky View administration has selected a company called Integrity Counts to be the medium by which Rocky View staff can report under the whistleblower legislation. The rollout of this new initiative will occur over the next few months.

The January 7 meeting the Board had the privilege of a presentation given by online French Immersion teacher, Kathleen Marshall. She spoke about the success she has had in the online environment. She spoke to the importance of creating relationships online and the variety of methods that she has used.

With her drama background, Kathleen Marshall has been very creative in the manner in which she engages students. Her live examination of owl pellets is one example.

She believes that learning is a shared experience. Both teacher and students must engage in the learning. It is not just the teacher giving information. She has interesting ways for students to connect with each other by allowing activities where the students learn about each other and their interests and passions so the students can connect offline.

Ms. Marshall believes that teaching will continue to change and improve as a result of COVID-19. Her practice, and reflection of the practice, will pave the way for others to follow suit and improve student learning.

The following link is a free opportunity for students to develop their computer and employability skills. It offered by IBM.

The learning platform is called Open P-TECH and this is the website: [www.ptech.org/open-p-tech](http://www.ptech.org/open-p-tech). It has so much cool content for both students and teachers. Mostly appropriate for Grades 9-12

If someone wants to create an account and is not part of a P-TECH school,

you can use this link to register: [ptech-reg.eu-de.mybluemix.net](http://ptech-reg.eu-de.mybluemix.net).

The following is an excerpt from WebMD:

*Government figures show the proportion of children who arrived in emergency departments with mental health issues increased 24% from mid-March through mid-October, compared with the same period in 2019. Among preteens and adolescents, it rose by 31%. Anecdotally, some hospitals said they are seeing more cases of severe depression and suicidal thoughts among children, particularly attempts to overdose.*

*The increased demand for intensive mental health care that has accompanied the pandemic has worsened issues that have long plagued the system.*

Link: [tinyurl.com/1wiz44nf](https://tinyurl.com/1wiz44nf)

Once again, I would encourage anyone who is dealing with anxiety issues to take a look at YouTube.com for "Therapy in a Nutshell" with Emma McAddams, a licensed psychologist. Her videos are short but very informative and strategies can be used immediately.

For all school related updates, please visit: [www.rockyview.ab.ca](http://www.rockyview.ab.ca)

[www.albertafamilywellness.org/what-we-know/aces](http://www.albertafamilywellness.org/what-we-know/aces). This is a link about Adverse Childhood Experiences and how it plays out in our classrooms and the lives of children. You may have received this as a direct email from the Rocky View administration already.

[www.albertafamilywellness.org/resources/video/the-ace-study-building-self-healing-communities](http://www.albertafamilywellness.org/resources/video/the-ace-study-building-self-healing-communities)

An interesting study from Finland speaks to successful anti-bullying research which focused on the role of the by-stander. It focused on the by-stander taking a more active role. Students were first taught what bullying was: an intent to hurt by mocking, gossip, intimidation or exclusion. Secondly, they taught kids that the behavior was not OK. And thirdly, the program taught the kids how simply by avoiding reinforcing the bullying behavior by laughing or other acknowledgements, the bullying decreases.

There is a new Deputy Minister of Education, Andre Tremblay.

Submitted by Judi Hunter

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## Cochrane Foothills Protective Association Update

*Cochrane Foothills Protective Association (CFPA) is the Rural Crime Watch Association for the Cochrane and west Airdrie RCMP Detachment jurisdictions, including the Bragg Creek and Springbank areas of Rocky View County.*

### Who is CFPA?

In 2020, we were excited to celebrate our 50th anniversary. We are one of many crime-watch groups in Alberta focussing on rural crime prevention and supporting community groups. We work with police and enforcement partners to educate our Members and the public on preventing rural crime. We support the education of our Members with crime prevention initiatives via email and community workshops, including access to the Wise Owl Fraud Prevention workshop (seniors' fraud protection). Our Members also benefit from fan-out alerts, crime prevention tips, protective signage and geospatial crime mapping awareness of criminal or suspicious activities.

### Our History

In 1969, a Cochrane Area rancher and other residents formed the COCHRANE FOOTHILLS PROTECTIVE ASSOCIATION. Back then, volunteer members accompanied RCMP officers on their patrols acting as guides on back roads and hard to access ranches and farms. As a result, criminal activities lessened. Building on this success, in 1970, CFPA incorporated as a Society. CFPA is a registered charity and a long-standing member of the Alberta Provincial Rural Crime Watch Association.

### TRACETM Pen and Signage Project

A key issue relating to rural crime is the efficient recovery and return of stolen property to its owners. To help with this effort, we are excited to offer our Members a free TRACETM Pen and Rural Crime Watch Signage (while supplies last).

The TRACETM Pen is a micro-dot marking and database system for protecting personal assets. It allows you to mark personal items from stock trailers to tools to artwork to jewelry and everything in between. Each pen has its own unique DNA Security Code etched in microdots suspended in fluorescent adhesive which is resistant to common chemicals and most environments. This adhesive can be readily located and the microdot's security code is read by the RCMP's specialized tools, facilitating owner identification and expediting recovery. For more information on this project please visit our website at [www.cfparcw.ca](http://www.cfparcw.ca).

### Membership

Membership renewals are now due for 2021. Membership fees are \$20/year. Renewing Members, as well as new Members, are welcome to participate in our TRACETM Pen and Signage Project. Membership information and application forms are available at [www.cfparcw.ca](http://www.cfparcw.ca). Questions can be directed to our email [info@cfparcw.ca](mailto:info@cfparcw.ca).

Statistics show that areas with an organized Rural Crime Watch have a significant reduction in criminal activity. By reporting suspicious activity in your area IMMEDIATELY to the RCMP 403.932.2211 (Cochrane detachment), you are supporting the quality of life in your community. With the Provincial government funding cutbacks to the RCMP, as a group concerned about the quality of life in our community, we all must become its "eyes and ears." Report any suspicious activity to the police. Help prevent crime and make your community safer.



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## Don't Make The Big Five Money Mistakes

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

### #1 Investing Without Advice

It has long been said that, 'if a person represents themselves in a court of law that they have a fool for a client!' The same is true for your investments, i.e. those assets that you have worked hard to acquire. Seek the guidance of a good investment advisor. You are probably good at what you do, so why not entrust your investments to someone who is good at what they do.

A financial planner will work with you to develop a plan that will enable you to reach your long-term financial goals. If you do not already have long-term financial goals then your advisor can help you determine what might be appropriate, given your unique situation.

### #2 No Budget, No Plan!

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

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

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

### #3 Not Thinking Long-Term

Open a Registered Retirement Savings Plan (RRSP) and/or a Tax Free Savings Account (TFSA) and make regular monthly contributions. An RRSP will help your tax bill by giving you a tax refund, while the TFSA will give you *tax free growth*. Make your money work for you. Investing for the

medium-term and/or long-term in a prudent mix of equity and fixed income mutual funds will help you achieve your financial goals.

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

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

If you have a family, it is essential that you have *life insurance*. If you were to be disabled due to sickness or an injury then you should also have *critical illness insurance* and *disability insurance*. Remember, if you cannot work, who

pays your bills? Ensure your plan will take care of the people who depend on you as a chief income earner.

### #5 Outliving Your Money

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

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

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

**Robert Hughes,**  
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## Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



### Happy 2021!

Happy New Year everyone! I hope that you and your families are doing well and staying healthy.

Council has been working remotely since the beginning of December. All public hearings were cancelled in December and into the beginning of January. We restarted public hearings and to catch up will have five Council sessions in February. All Council meetings are streamed online, and if there is any application you want to speak to, the complete process can be found here:

[www.rockyview.ca/presenting-to-council](http://www.rockyview.ca/presenting-to-council)

Email submissions can be submitted through the public hearing right up until the point when the chair ends email submissions.

One item is the Springbank area structure plans. Should this item move to second reading, it will then go to the CMRB for approval. With the CMRB format, RVC (along with other municipalities) will have lost their right to plan for its own future. In fact, growth areas will be predetermined, mainly by Calgary and the other urbans at the table. In addition, new area structure plans will be impossible to put into place. On the surface, that may seem like a good idea, especially if you don't want to see any development (of any kind), but ultimately what this will mean is that tax burdens will gradually shift to residential properties if RVC is unable to maintain the Council goal of a 65%/35% split. Rocky View is in pretty good shape right now, and we have been quite successful in weathering out the past year, but if the current draft plan of the CMRB is passed, there is no doubt in my mind that we will see residential tax increases.

Speaking of residential tax increases, Council did approve our 2021 budget with a modest 0.5% increase. That said, we will continue to look for savings in 2021 so that we can bring this to 0%. In addition, we were able to get some long-standing capital projects approved including a proper turn around at the

south end of Range Road 33, flood mitigation work in Bearspaw, and some paving in Division 9, in addition to a few other projects. This was a good budget and good work done by Administration keeping our costs in line.

Last week, the Recreation Governance Committee approved the long awaiting Master Recreation Plan, which sets the priority of recreation in the County into policy. Springbank was in the top five priority areas for new community and recreation services. The biggest advantage this policy and priorities gives the County now is the ability to assess "soft" levies to developers to help fund these. Without these priorities and costing, it was difficult to determine how much of a soft levy the County should collect. Now we know. Now we can determine the levy structure and begin to have a developer contribution towards recreation in a meaningful way.

Please call me if you have any questions, or send me a quick email.

Kim McKylor,  
Deputy Reeve Division 2 Councillor  
403-462-9207  
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***The Mysterious Disappearance of John A. McIntosh: Part 1***

Local writer Joan Merryfield is sitting at her kitchen table, getting ready to open the mail. There is a letter addressed to her from the Attorney General's Office, Criminal Justice Section. She opens the letter dated April 26th, 1974:

*Dear Mrs. Merryfield, Your letter to the Attorney General's Department concerning the late and lost Mr. John A. McIntosh came to my desk...*

On December 10, 1915, the *Calgary Herald's* headline read "Team of Man Who Drove Into Foothills Returns Without Owner". The day before, a resident of the Holmpatrick subdivision (now Calgary's community of Glenbrook), noticed neighbour John A. McIntosh's team of horses standing near his house, harnessed and hooked up to a wagonload of wood. Later, he noticed them again. And they were still there in the late evening. The neighbour investigated and found no trace of McIntosh.

We know that McIntosh originally hailed from Inverness, Scotland, and on December 24, 1913, had registered for land patent SW ¼ 12-23-5W5 (now part of the Bragg Creek Provincial Park). He made periodic trips by team and wagon to Bragg Creek to cut firewood, then hauled it back to Calgary. Over two years, he built a cabin and barn near the road that now enters the Provincial Park and always kept an open hole in the river ice to access water for his horses.

But the man old-timers of the area called "old Mac" was rarely seen by or associated with anyone. Circle S's Jake Fullerton and daughter Freda passed along the trail by the McIntosh cabin the morning of December 9 and saw

him nailing boards over the cabin window, while his team was hitched to the wagon with a load of wood. Jake and McIntosh exchanged a wave and that was the last anyone saw of him.

A day later, a police officer from the city and a Mountie from the R.N.W.M.P.\* left Calgary for the foothills, following the trail that McIntosh had likely travelled. They feared they would find McIntosh dead or injured somewhere along the route. People reported having seen McIntosh on his wagon at several points along what was called the road to Calgary (Highway 8). The most reliable report was from the Rippon family, who passed McIntosh and wagon on their way to Calgary as he was leaving the northern border of the Tsuut'ina land. The Rippsons rested at Robinson's (a familiar half-way stop) and then should have caught up to him along the road, but they never saw the team or man again. The local Ford brothers claimed they had met him somewhere along the road and another report had him driving his team near the Twin Bridges area. One party said they had

seen the team travelling toward Calgary without a driver. But still no McIntosh. Wait a minute... even by 1915 standards, the trail to Calgary was well-travelled and the countryside was far from the wild west. McIntosh was travelling by team and if, as the police feared, he had an accident, his body should have been found on or near the trail. He could have fallen into the Elbow River, but again wouldn't the body be found somewhere downstream? And the team made it back to Calgary, with wagon and wood intact. Something doesn't add up. Watch for Part 2 of this story in the next edition of the High Country News.

*Submitted by Michele McDonald*

*\*Royal North West Mounted Police*

*Sources: Homestead Records, 1870-1030, Acc.1970.313 - Film 2443 - File 3090365, Ancestry.ca., (via Alberta Genealogical Society); Purmal, Freda I, "The Mysterious Disappearance of John A. McIntosh", Our Foothills, pg. 420; "Fear John M'Intosh Has Had Accident", Calgary Herald, Pg. 1, December 10, 1915; J.E. Mos correspondence to Joan Merryfield, Alberta Attorney General, Criminal Justice Section Crown Counsel, April 26, 1974.*





**BUSINESS PROFILE:**  
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Everyone deserves to love the way that they look. Welcome to Cerulean Plastic Surgery Centre where Dr. James Kennedy and his staff are committed to helping their patients feel great about the way they look on the outside, and also feel more like themselves on the inside. By improving their appearance, patients can enjoy better self-esteem and higher confidence, and enjoy the benefits of enhancing their natural beauty.

Dr. James Kennedy (BSc, MD, PhD, FRCSC, ABPS) is the Chief of Plastic Surgery at the South Health Campus in Calgary and a clinical lecturer in the Cumming School of Medicine of the University of Calgary. He holds fellowships in both upper extremity surgery from the Cleveland Clinic and microsurgery from the University of Southern California. He maintains a busy surgical practice that encompasses all realms of Reconstructive, Hand, and Aesthetic Plastic Surgery. His practice is highlighted by breast reconstruction, hand surgery, microsurgery, and transgender surgery. He remains one of only a few surgeons to undertake lymphatic reconstruction in Western Canada and is often referred patients from across Canada.

Dr. Kennedy complements his reconstructive practice with cosmetic surgery and non-surgical treatments, which are provided at his clinic, Cerulean Plastic Surgery. Located on Macleod Trail in the Southcentre Executive Tower, Cerulean Plastic Surgery is a calm and inviting space where patients know they are in excellent hands.

When you call or visit Cerulean Plastic Surgery Centre, the first voice you'll hear and the first face you will see is Maddi's. She is truly the essence of the clinic. With her background in medical office administration (she is a graduate of the SAIT Medical Office Assistant and Unit Clerk program), she

keeps every aspect of the clinic running smoothly. Maddi knows the ins and outs of providing the perfect patient experience. Her passion for aesthetics and plastic surgery shines through in her every interaction as she builds strong relationships with patients and provides support from consultation through the surgical process.

Some of the more popular cosmetic surgeries offered at Cerulean Plastic Surgery Centre include the "Mommy Makeover". While the experience of giving birth and having a child can be a wonderful and rewarding one, the reality is that pregnancy and breastfeeding can cause significant unwanted changes in the body. These may include sagging breasts and enlarged areolas, less definition in the waist, sagging and pockets of fat in the abdomen, and stretch marks. Dr. Kennedy's approach to surgically addressing these concerns with a combination of abdominoplasty (tummy tuck) and a breast procedure such as a breast lift or augmentation (breast implants) leaves his patients feeling a renewed self confidence in their post-baby body.

Regardless of whether or not they have had a child recently, many patients struggle with an area of their body that does not look the way that they want, and no amount of diet or exercise can change it. Dr. Kennedy helps with that too! Muffin tops, sagging skin, clothes that don't fit

well....there is a surgical solution for it at Cerulean Plastic Surgery!

There are many non-surgical options available to patients as well. Dr. Kennedy's registered nurse Melissa is a talented cosmetic injector who can work wonders with fine lines, wrinkles and loss of facial volume through Botox and dermal fillers. She has a keen eye for recognizing how small amounts of injectables can make a huge difference in a patient's appearance. For those who have concerns about signs of facial aging but aren't ready to consider surgery, Melissa has the non-surgical answer! She even provides Botox treatment for migraine headaches and excess sweating and can reduce your double chin with Belkyra, a fat dissolving chin sculpting treatment!

Dr. Kennedy and his team at Cerulean Plastic Surgery are proud to offer their patients a number of safe, effective treatments to improve and transform the face and body. They know that looking good on the outside means feeling more like yourself on the inside, and they want to help make that happen. If you would like to enjoy the benefits of looking better and feeling more like yourself, contact Cerulean Plastic Surgery Centre today! Find out how amazing it can be to have Dr. Kennedy and his staff assist you in improving and enhancing your natural beauty! Learn more at [ceruleansurgery.com](http://ceruleansurgery.com).



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**Scammers are Having a Heyday**

A MA delivered an email to me recently that triggered a topic that I could probably address once a year as it is a constantly evolving issue: scams, identity theft, and other schemes involving how to part us fools from our money.

Last month's article contained the crime stats for the Turner Valley RCMP detachment, and, by my math, there were 45 cases of fraud in 2019 and 50 in 2020 (including 18 cases of over \$5,000!). So somebody is making a lot of money off of us and, with what limited data we have, it's possibly increasing by 10% per year. This means we fools aren't getting any smarter, and the bad guys are.


It can happen in ways you don't even suspect. I know of someone who responded to a rental ad in another town complete with a nice picture of the place. Correspondence was all done online with the owner of the ad. Unfortunately, the owner of the ad was not the owner of the rental property. A security deposit

was paid, and of course, the rental was a scam. From then on, the person had someone they knew in that town check out any place for validity and suitability. In Thailand they have a saying "Stupid comes First".

With some input from the AMA email and the Canada Revenue website, below are some tips to avoid the dubious distinction of becoming a stooge. Some of them are "duh" tips, but if you are in a hurry, finally found something you really need and it's a great price, or for those times you are just plain careless, take note and remember them.

- Never respond to nor click any links in unsolicited emails or text messages. One little click can expose you to all kinds of grief.
- Never give personal information over the phone or online unless you initiated the process.

- Beware of emails/text messages with bad grammar and/or spelling – a lot of scams originate overseas.
- Label as junk any email addresses you don't know or that look suspicious.
- Never send money to get money. I know this is definitely a "duh" but it nets perpetrators millions every year.
- Avoid giving out personal info on social media. It can be used along with your picture to commit fraud.



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• Tax scams are all the rage right now. They'll say you owe CRA money and to pay up right away or they'll send someone after you. If you have doubts you can check your tax account online by googling "CRA My Account" or by calling 1-800-959-8281.

Then there is the tricky part about paying for something online where you could be providing not just cash, but also personal info.

• Fraudsters can create accounts on eBay, Kijiji, Craigslist, etc. usually advertising products at very low prices (big clue there!) or divert you to another seemingly genuine website where you are no longer covered by the legit website refund policies.

• Use a secure and reputable payment service – look for a URL starting with "https" and look for a closed padlock symbol. If it doesn't have it, don't use it.

• Don't be afraid to call your bank if something looks suspicious on their website. They will often cover some or all of your loss if you use their credit card so

they have a vested interest to hear of any scams or abnormalities out there. I called once because the login page had changed. Scammer fake page? No, in this case it wasn't.

• Review your credit card statements for unrecognizable purchases and call the number on your credit card for verification. It's not a difficult process and they don't mind.

I didn't get to the ways you can experience identity theft. I'll cover that topic in its own column as it truly is not a good thing to have happen to you.

If you've been scammed or want to report a scam you can call the Canadian Anti-Fraud Centre at 1-888-495-8501 or go to their website Anti-Fraud Centre.ca. I'll also give a plug for AMA insurance as I've used some of their material here and they provide coverage for identity theft.

Remember if it sounds too good to be true, it very likely is too good to be true.

*Dave Schroeder*  
HCRCWA Board Member

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## Finding Ease

by Michelle Sinclair PT

BMR-PT, CMA

Physiotherapist, Bragg Creek Physiotherapy

[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

We've all experienced times when we are happily doing our thing and that all too familiar sensation of discomfort creeps into our consciousness. It seems it is always in the same place, or places. And we try not to be frustrated that it is bugging us, again.

I had a professor in physio school who, on the first day of classes, told us that our mission as PT's was "not to stand if we could sit, and not to sit if we could lie down". Now, I don't think it is an exaggeration to say that very few of us took him seriously. We were universally a group of fitness fanatics and high achievers. We needed to be to get into physio school! Now we were being told not to use effort? For most of us, certainly for me, this simply did not compute.

As with many things, life experience has taught me the wisdom of my professor's words. Don't get me wrong, I don't believe in staying in bed all day. As a physio, I have frequently helped people to go for a walk wayyyyy before they felt like they were ready, like in the ICU, while they were still on a respirator. It is universally accepted that bedrest is very tough on a body. Bodies need to move. Motion is lotion.

So how do we reconcile these conflicting needs of ours? Find ease.

Sounds kind-of out there. Kind of woo-woo. But I assure you, finding ease is extremely practical. And very useful. Especially with aches and pains that have been around for a while, finding ease may be the key to finding your way back to feeling good.

How to "find ease"? The easiest way is to simply ask yourself: "Is this the easiest way for me to do this?"

As in: "Is this the easiest way for me to sit here?"

"Is this the easiest way for me to lie here?"

"Is this the easiest way for me to lift this weight/ride this bike/run up this hill?"

And then we do nothing. We wait for our body to literally make itself comfortable no matter what position we are in, or what job we are trying to complete.

Yes, there are times when our discomfort would alert us that perhaps an immediate change in body position or effort might be a helpful thing. Sometimes we need



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a change. And a change is often as good as a rest. So, by finding ease we may be able to continue doing an activity that is important to us instead of having to quit. Hmmmmm.....

This is not a new idea. Many people have practiced “ease finding” over the last few thousand years through things like yoga, Thai Chi, qi gong, and the martial arts. More recently followers of the Feldenkrais and Somatic Movement schools of thought have taken these ideas to a new level. There are some very practical tips we can take away from the search for ease throughout our day and in all of our activities. It just takes awareness,

and a commitment to question where we are on the “ease scale” several times a day.

The solutions to our lack of ease are often simple and immediate. Sometimes they take a little more effort: like getting a pair of reading glasses so we are not craning our necks to see the computer, or finding an appropriate splint to support a joint for a while, or getting help to relax an habitually tight muscle.

If your efforts at finding comfort in your body are temporarily eluding you, you are welcome to come and problem solve with one of the physio or massage therapists at Bragg Creek Physiotherapy. They are experts at finding ways to make you feel safe and comfortable in your body again.

## Coming in March: The Marriage Course

All marriages and partnerships - even the good ones - aren't perfect. All of us can learn how to get better at this. COVID-19 has also added pressures and challenges to many of our relationships. With the difficulties we're all facing, everyone's relationship could do with a tune-up.

That's why Bragg Creek Community Church is going to be running a free online version of The Marriage Course in March.

The course has been run around the world and helped well over a million people - Christian or not, married or not, it's suitable for everyone.

In post-course surveys:

- 99% of guests said the course had a positive impact on their relationship
- 73% of guests experienced significant improvement in their relationship from the course

In a series of seven weekly evening sessions, we'll be looking at:

1. Strengthening Connection
2. The Art of Communication
3. Resolving Conflict
4. The Power of Forgiveness
5. The Impact of Family
6. Good Sex
7. Love in Action

The videos will be watched over Zoom, with pauses for private conversation for each couple. Each guest is given a Guest Journal which provides guidance for each conversation.

The microphones are muted, and any cameras turned off during these conversation times, so any discussion is purely between you and your partner: no-one else.

The course will be run from 7:00 - 8:45pm on Thursday evenings, starting on March 11th .

For more information, please go to: [themarriagecourse.org/try/the-marriage-course](http://themarriagecourse.org/try/the-marriage-course).

To register or ask questions, please contact [peterhunt385@me.com](mailto:peterhunt385@me.com)

**7 sessions to strengthen your relationship**

**The Marriage Course**

Starting  
March 11

Every Thursday  
7pm-9pm

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## Bragg Creek Centre

Hello Creekers! Restrictions are starting to ease again and in accordance with the Alberta Governments Path Forward Plan, if all goes well we will be able to open our doors for Stage 2 (March 1st). At this point we don't know what that will look like but we are hoping to have the Co-working Space available for community members that are in need of a reliable internet connection for school or work.

### What's New

#### Outdoor Adventures Camp: Easter Break

April 5 - 9, 9am - 3pm - \$300

Sign the kids up for some outdoor adventures during the next school break where they will learn wilderness & wildcraft, shelter making, fire building, creative play and so much more.

Visit [www.braggcreekca.com](http://www.braggcreekca.com) to register!

### Bragg Creek Satellite Library

We are so thrilled to announce that in the coming weeks we will be welcoming our satellite library!

In early 2020 Rocky View County awarded Marigold Library System funds to install a remote locker library system here in our Centre, complete with new seating for the foyer. Originally scheduled to be installed in November of last year, due to COVID delays we are now looking forward to an early spring opening.

### Other News

We are launching a new website! A new look, easier to navigate, and more user-friendly. Stay tuned and watch [www.braggcreekca.com](http://www.braggcreekca.com) to see the exciting changes!

Outdoor recreation opportunities continue to be popular and our ice rink has seen a lot of use this year thanks again to our dedicated volunteers. They have also been hard at work raising funds towards rink improvements through the sale of rink board ads.

Space is selling fast so if you are looking for cost-effective ways to advertise your local business contact Brian Robertson at [coachrobertson@gmail.com](mailto:coachrobertson@gmail.com).

The Hunt for Hearts scavenger hunt is open until March 14. If you haven't already downloaded your entry form you can find it on our website under Events>Upcoming Events. A free, fun, family activity that lets you explore our beautiful community. All entries will be eligible to win draw prizes.

Please remember to purchase your BCCA Memberships and consider donating. Every little bit helps us to continue our mission and ensures the Community Centre is operational and available now and for future generations.

Our office is open Monday - Friday 9am - 5pm. Call 403-949-4277, email: [info@braggcreekca.com](mailto:info@braggcreekca.com) or visit us at [www.braggcreekca.com](http://www.braggcreekca.com) for news and updates.

*Take good care Creekers!*

*Christine*

*Program and Events Manager*

## OUTDOOR ADVENTURES



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## Fire Safety Review

from Redwood Meadows  
Emergency Services

Even though we're moving out of the deep, cold winter months, it's still important to be mindful of fire safety!

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. Test them at least twice per year. If battery powered, replace the batteries yearly. Smoke detectors and CO alarms expire after 10 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 or 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 circuits. Large appliances such as refrigerators should have their own outlet.

**3. Keep flammable items away from children:** Candles, matches, lighters, butane and items alike should be stored away from children. Gasoline and gasoline fueled equipment should not be stored in the house.

**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 in case there is fire in the next room. Designate a person to get the elderly and young children out safely. Pick a meeting place to assemble afterward.

*Until next month, stay safe!*

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## Back by popular demand

Thank you to those that supported the Bragg Creek and Area Historical Society in this monumental project commemorating our remarkable community.

The second shipment of books has arrived and is on sale at Bragg Creek Trading Post, Branded Visuals, Best Little Word House, Moose Mountain General Store, One of a Kind, and the Cinnamon Spoon.



# A Taste Of The High Country

## Spirit Hill Winery

**Y**ES! We can produce wines in the Foothills. Refined wines that speak of the local terroir. They are made with the nectar of flowers and the help of bees. Let me explain.

Mead, aka “flower wine,” is an alcoholized beverage made from honey. It can be dry or sweet, just like regular wines. Mead is allegedly older than wine or beer, but, as I quickly found out, each proponent of their favourite drink will claim that title. What is sure, though, is that beer (wheat) and mead (honey) were principally made in regions where grapes (wine) could not grow.

The ancient Greeks celebrated mead as a god-sent elixir bestowing magical and sacred properties. Mead could prolong life, build strength, increase fertility, and impart wit and poetry. However, mead is also associated with Vikings... hairy and “rustic” figures drinking mead from horns, brawling their ways down to the British and the French coasts in search of young virgins they would carry back home on their shoulders... Either way, mead has been part of Western culture for a long time and is now enjoying a revival.

Simply put, flower wine is honey and water fermented with yeast. Of course, this recipe is only the beginning. Like bread (flour, yeast and water), flower

wine is more than the sum of its parts. The flavours and aromatics in the honey come from the nectars of the flowers and the addition (or not) of fruits, herbs, grape wines, perhaps some ageing in wood, or carbonation

contribute to the creation of styles limited only by knowledge, creativity, and talent.

Alberta produces 45% of Canadian honey, and that honey is of the finest quality. It comes from clovers, canola and most interestingly, wildflowers if the beehives are located near forests. The seasons, the regions and the diversity of flora and their nectars add subtle differences in flavours and aromatics - just like grape varietals do to wines. Notions of terroir are therefore as important to flower wine as they are to grape wine.

In 1997, Hugo Bonjean and Iles de Wit left Belgium to homestead on a farm south of Millarville with their three children. They quickly realized the potential their land offered. The Foothills of the Rockies grow a wide assortment of wildflowers that vary over three seasons and mountain elevations. The resulting honey is incredibly delicate and ideal for making fine flower wines.

The Bonjeans use a vinification method similar to winemaking and control all aspects of the production process. The resulting wines share many characteristics with grape wines. They have similar acidity and pH levels, complex aromatics, and varying levels of residual sugar. The wines are balanced, complex and offer a smooth finish with good length.

Visiting Spirit Hill Winery makes for a beautiful afternoon excursion. The Bonjeans offer all you would expect in a winery: a tasting room, winery tour, club membership, on-site wine purchasing and the possibility to explore their hiking trails. Before you come, it is best to call to learn about their hours and book an



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**Like white wine? Try "Dande"**

The wine is made with wildflower honey, rosehips, herbs and dandelion petals. The nose reveals complex aromatics of peach, fresh-cut straw, and wildflowers. The palate is dry and is medium to full-bodied. Pairs with white meats, seafood, curry, and root vegetables. Served chilled

**Like red wine? Try "Saskwatch"**

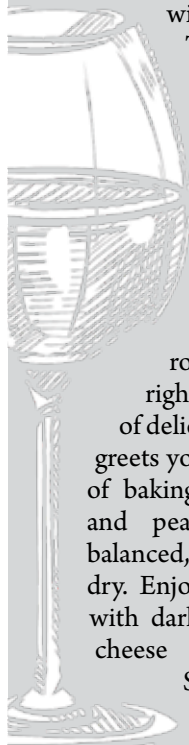
This wine is infused with black currant and saskatoon berries and aged in barrels for 6 months to a year. The nose exudes black currants, oak, vanilla and smoky aromatics. The palate is dry, smooth and full bodied with a good finish.

Try with red meats, game, sausages and mildly spiced foods.

**Want something different?**

**Try "Wild Rosy"**

The wine is infused with wild rose petals (that's right), herbs. A bouquet of delicate floral aromatics greets you, along with notes of baking spices, mandarin and pears. The wine is balanced, round and off-dry. Enjoyed on its own or with dark chocolate, strong cheese or Asian foods. Served chilled.



appointment. A scheduled visit gives the Bonjean family a chance to provide you with their full attention.

Albertans are new to mead and flower wines, and promoting these wine styles is a labour of love. Still, Spirit Hills is being noted by the likes of Eric Beaumard, winner of best sommelier in Europe and a 3-star Michelin restaurant manager. Tristan MacLaggan, Director of Hospitality, Pursuit Collection in Banff, has praised Spirit Hills saying, "Not only are the wines delicious, but they tell a story of who we are and what we do best regionally in Alberta." Spirit Hills started selling in Japan a few years ago, and demand is growing. Today they harvest 900 beehives located between Hwy 22x and Hwy 3 and produced 6000 cases last year.

Spirit Hills has proven that it is possible to produce refined wines with an authentic Alberta terroir. The Foothill of the Rockies, and in particular, Millarville, have stolen Hugo and Ilse's hearts - Alberta is their home. Perhaps it is time to pay them a visit and enjoy a taste of flower wines.

*Spirit Hills Flower Winery*  
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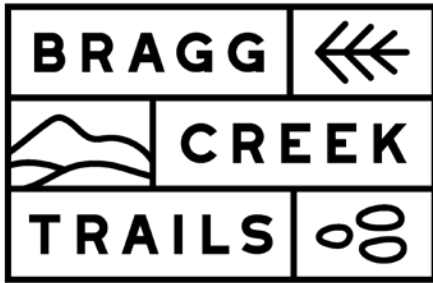
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## West Bragg Creek Is For The Dogs (by Rex)

Going to the trails in West Bragg Creek is one of my most favourite things to do with my human. This is one of the few places I'm allowed to run free, especially when we ski or bike together. The difference now is that I have to share this place with so many more dogs and humans than ever before. Some of those city dogs think this is an off-leash park and they run everywhere without a care in the world. Some get yelled at or complained about when they get in the way of skiers and bikers who are whizzing down the trails enjoying their solitude.

Luckily, my human has spent some time training me to be responsible. It took a while before he trusted me to be totally off-leash. Of course, I have to be on the leash in the parking lot area which is a Provincial Recreation Area. That one big fine last year from the Conservation Officer had me eating budget dog food for an entire month (trust me, I wouldn't recommend it). I know exactly when we get to the edge of the Public Land Use Zone because the leash comes off at the sign post.

Once we're on the trail, the game is on. Anytime we see a bike or skier approaching, I know that my place is at my human's side. I almost got hit by a skier once who was coming down a hill. Boy, my ears were ringing after that encounter. I'm not doing that again!

When nature calls on the trail, I have to give up my stick so that my human can flick "it" into the trees (and I don't

mean my stick). Those plastic "treat" bags left along the trails are so "City Dog Park". If humans bag it, they really need to pack it out. The trails guys have enough to do without picking up smelly litter. Speaking of trails guys, there are some gals out there, too. Imke and Kate are a couple of new BCT trail hosts this year. They commented on how well behaved I am. They asked me to spread the "wuff" around my world so that everyone knows the rules. There's no point in making the humans growl when they see a dog on the trail. You can find Imke and Kate and the other BCT trail hosts wearing their bright orange jackets at the Trail Center or on the trails. They are there to answer all your dog-gone questions about how to properly use the trails - I've even scored a dog treat or two!

*Sniff you on the trails! Rex*  
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# The Disease of Disconnection

Do you ever wonder why you have parts of your body that are chronically tight? Usually, but not always, this is due to pain created by stresses in our lives.

Normally we use pain relievers like Tylenol (acetaminophen) or Advil (ibuprofen) but what do they really do? As I look up the research on Tylenol there is no definite answer for how it works in the body. Nobody seems to know its mode of operation. It is said to increase our pain tolerance and reduce fever but, unfortunately, with the side effect of harming the liver like alcohol does. More is known about Advil. It reduces the hormones in the body that cause pain and inflammation. It is hard on the stomach so is to be taken with food and water. It is also not recommended for pregnant women. At best these pain relievers mask pain and at worse can do more damage to our bodies with continuous use. What is clear is they only treat symptoms but provide no resolution to any problems. With that kind of conclusion, we clearly shouldn't rely on them long term.

Let's work through some questions to explore our body/mind connection. When you're feeling good but then pain shows up in your body, what have you been doing when you notice the pain? Are you at work talking to your boss or a coworker that stresses you out? Are you at home dealing with the everyday stresses of running a household and kids? The body and mind are connected. Our body tells us that something is wrong. These everyday stresses that accumulate are not being dealt with in a healthy manner. We keep repeating negative things to ourselves that makes it worse. And it can become a recurring death spiral when our body has reached its limits. That is, once we're in a negative state, every additional negative becomes exponentially magnified to an ultimate death spiral of anxiety and depression.

So what would it feel like if we acquire tools to deal with the stresses in our life? To be able to say "what I'm doing now is not working for me" and to change your life or mindset in such a way that the stress does not reoccur. What would it be like to be able to put up boundaries or move on? If we learn to listen to our

bodies/intuition and act accordingly, what would happen?

Society has told us throughout our lives to think with our heads and to ignore our intuition. This is disastrous! Our intuition is a vast, complex, super computer that comes to amazingly accurate solutions and should not be ignored just because it's a "flash of insight" and we don't know how it works. This has caused a disease of disconnect. Our bodies are failing us because we have stopped listening.

As I work with my massage clients I have been able to see these connections to their stresses and how they are holding them in the body. With awareness comes the knowledge needed to change their behavior to live a more holistic life.

I hope this has given you a little "food for thought" and look forward to working with my clients through bodywork to bring these disconnects to light.

*Sheena Taggart, RMT*  
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## Councillor's UPDATE

*Foothills County*

Suzanne Oel, Councillor, Division 4



*undertake a consultative process with Albertans towards clearly outlining, in policy and legislation, protection for K-Country, our watersheds and other areas that affect the lives and enjoyment of everyday Albertans."*

We are pleased that the Province has now reinstated the 1976 Coal Policy and that citizens will be invited to participate in developing new policy. We will watch closely to see where this all goes, since we are not sure how the headwaters will be protected and what the intent is towards mining the Eastern Slopes.

**Snow Removal update from Public Works:** Foothills County has a priority system in place, with timeframes, for the snow and ice control Program to maintain roughly 2,200 kilometers, 4,400 lane-kilometers, of road. To handle this vast road network, the County deploys 10 truck/sander units and 10 graders. The trucks plow only hard-surfaced roads (pavement/chip seal/MRO dust control), whereas the graders can plow almost all County roads.

We prioritize our roads based on vehicles per day, speed limit, plus vertical and horizontal alignment. Roads with higher traffic volumes and speed limits are tended to first because they have a greater risk of an incident occurring. All roads are ranked "One to Four", with "One" being the highest priority. Once a storm ends, and depending on the snow amount and type (wet/heavy), the County is committed to having the entire road network in safe driving winter conditions between 72 and 96 hours. In an average snowfall (6 inches or less), we can usually have a pass in and out on every road within 48 hours, and completely plowed and in safe driving winter condition within 72 hrs.

Graders also move snow further into the ditches along roadways. This practice helps create more snow storage capacity for future snow events, prevents snow drifting and helps with drainage when the snow melt happens in the spring.

**Calgary Metropolitan Region Board (CMRB) Draft Growth Management Plan presentation to Council:** On February 10, we received a presentation

**Coal Mining:** Foothills County Council discussed concerns being raised by residents and decided to write a letter to the Premier and Ministers. We also reached out to Highwood MLA Sigurdson and Foothills MP Barlow to invite them to our February 3 Council Meeting to help us gain further understanding about this complex topic. In our letter, we wrote: *"In order to protect the area west of the County and all sensitive areas that may be subject to mining, the absence of clear policy and legislation for the area raises concerns with Foothills residents regarding the water quality and allocation in the headwaters, as well as the loss of our mountain vistas, grasslands and wildlife habitats. We urgently request that your Government*

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from the planning consultants on the project to date. This provided a chance for our Council and Admin to express our deep concerns to the CMRB Chair, Admin, consultants, our MP John Barlow and our three Provincial reps: Highwood MLA Sigurdson, Livingstone-Macleod MLA Reid and Banff-Kananaskis MLA Rosin. Even though the consultants have stated on numerous occasions that our region is not in crisis, this mandated plan as currently drafted, limits development forms to red-tape ridden exercises that don't work for the County, that duplicate what we already have in place (cost-sharing agreements, Intermunicipal Development Plans, etc.) and effectively create problems where there weren't any = thereby creating uncertainty and lost opportunity.

We would like to see the growth plan amended to allow Foothills to create residential and employment areas, the same as the urban municipalities are allowed to do under this plan, where all of these would be subjected to the

Regional Evaluation Framework (a process that vets the plans through the regional planning checklist). We want to develop where it makes sense, for example: a residential area near the waterline we're planning with the Town of Okotoks and an employment area near Highway 2 in partnership with the Town of High River that we've been planning for years.

We wrapped up this session by passing a motion that expresses our dissatisfaction with this draft plan, requests that the CMRB Board and members provide all costs to date, and requests that the Province evaluate this plan in terms of Red Tape Reduction and Economic Strategies. We are asking for a growth plan that is fair, transparent and keeps authority within elected government.

This plan should not be the overlord of all our municipalities, but should create a custom fit for our area, guide us as equal partners on how the region should grow and provide opportunity and economic support – a true win-win.

The CMRB Board is asking for a time extension for the growth plan development. I hope we can get it right.

*Best Regards, Councillor Suzanne Oel  
For Other News & Updates:*

*Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
[facebook.com/councillorSuzanneOel](https://facebook.com/councillorSuzanneOel)  
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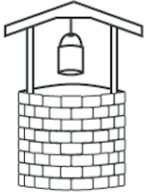
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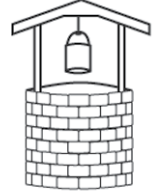
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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed 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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## Wash Off Those Winter Blues at a Forest Near You

As we begin March you might feel like you're succumbing to the winter blues. It is imperative that we focus on our physical and mental wellness as we spend an increasing amount of time indoors, mostly alone. There is something you can do to break from your established 'pandemic schedule,' and it involves taking some time to bathe outdoors.

No, your eyes aren't fooling you. Outdoor bathing in the middle of March is entirely possible, and quite enjoyable in fact! We aren't necessarily talking about bathing of the hygienic sorts. Just like you can sunbathe, you can also participate in something called forest-bathing. All you need are two things: a forest and an open mind.

Forest-bathing, also known as Shinrin-yoku, was formally introduced in Japan in the 1980s as a holistic approach to combat stress, increase mental health, and treat countless other maladies associated with a busy office-based work life, or in our case a pandemic-induced home life. This form of 'ecotherapy' is becoming an increasingly popular prescription that not only provides a benefit to the individual,

but also supports the protection and preservation of our wild places.

How do you forest-bathe and why should you give it a shot? Well, the good news is if you're someone already going outdoors on walks or hikes, you're nearly there. Forest bathing is akin to 'taking a walk in the woods,' but the key difference is how you take that walk in the woods. It is all about taking in the forest atmosphere. Listen to the birds in the trees, the light breeze blowing through the branches. Feel the sun on your face, or the bite of the cold on your cheeks. See the designs formed in the snow, or how the clouds curl along the horizon. It is an individual experience, but the key is to slow down and take the time to let the forest wash over you. Countless studies have shown how

You can forest-bathe anywhere that has a natural environment. Ideally, you would make your way to somewhere such as the Ann & Sandy Cross Conservation Area, however, a city park can serve just as well. It is important to have access to the wilderness because we now understand how vital it can be to our health. Due to the success of forest-bathing in Japan, the country now has 62 designated therapeutic woods that host approximately 5 million visitors annually; these have conveniently become sacred and protected lands in the process.

Ultimately, forest bathing is a practice many of us are already involved in, it is just a matter of changing our perspective and spending time in a forest as opposed to simply passing through.



forest-bathing can improve health by reducing blood pressure, decreasing the risk of heart attack, combating obesity and diabetes, increasing energy and improving sleep, and much more. All of these benefits employ the forest as your doctor, counsellor, and creative comrade.

If you are interested in participating in a future guided forest-bath contact Curtis at [mluchsinger@crossconservation.org](mailto:mluchsinger@crossconservation.org). For more information please view [www.shorturl.at/mDET7](http://www.shorturl.at/mDET7)

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**W**ith the current AHS restrictions, the Priddis Community Hall is closed until further notice. As a coping mechanism, outdoor activities are what everyone is needing this winter. If the weather is still cooperating after our deep-freeze in mid-February, come out for a skate at the Priddis Community Rink. Please respect the current COVID-19 restrictions mandated by AHS for outdoor activities and group gatherings. Signs are posted around the rink. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information – [www.priddisalberta.com](http://www.priddisalberta.com)

**2021 Board of Directors:** We still have a few board positions open for 2021: Treasurer and Communications Directors. If you can make a commitment of a few hours every month, please email [priddissecretary@gmail.com](mailto:priddissecretary@gmail.com). Get involved in your community.

**Priddis Panthers Hockey / General Skate:** The Priddis Panthers officially ended the hockey season early in February, as a result of the restrictions due to COVID-19. The ice has been great so come out for a General Skate - weather permitting. Many volunteers have been hard at work, diligently clearing/cleaning the ice with the assistance of the Zamboni. Due to COVID-19 restrictions, the number of individuals on the ice at one time is limited. Signs are posted around the rink asking participants to follow the current guidelines put forth by AHS. Please respect these guidelines when using the Priddis rink.

In February, the development permit application was submitted to the County for construction of the Zamboni garage prior to the 2021/2022 hockey season.

Any questions regarding Priddis Panthers, please email [priddishockey@gmail.com](mailto:priddishockey@gmail.com) for information.

**Priddis Early Learning Program - PELP:** The 2021 spring program for 3 and 4 year olds is full until June. Registration for 2021-2022 is postponed until May as we

do not know what COVID-19 protocols will be in place, what days the class will run, whether we will be able to have volunteers, etc.

Currently, classes are Mon/Wed/Fri, from 9:00-11:30 a.m. No parent volunteering is required this year. More info about the program can be found on our website – see below. We are meeting/exceeding all AHS and government COVID-19 protocols. Prospective families can familiarize themselves with what is required of us here: [open.alberta.ca/publications/covid-19-information-guidance-for-preschools](http://open.alberta.ca/publications/covid-19-information-guidance-for-preschools)

Our fundraiser is ongoing: Mabel's Labels – order labels to personalize your child's clothing, shoes, etc. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: [campaigns.mabelslab.com](http://campaigns.mabelslab.com)

Check out our website or email for more information, [pelppreschool@gmail.com](mailto:pelppreschool@gmail.com) or [pelppreschool.wixsite.com/pelp/registration](http://pelppreschool.wixsite.com/pelp/registration)

**PCA Memberships Now Due:** If you have not purchased your general Membership, now is the time to renew your annual Priddis Community Association Membership. Membership forms can be found on the PCA website under Memberships. For your convenience payment can now be made online by e-transfer to: [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com). When paying online, please email a completed copy of the membership form to [priddissecretary@gmail.com](mailto:priddissecretary@gmail.com). If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store.

Business Memberships are also due, and e-transfers will also be accepted. If paying by e-transfer, submit your payment to [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com) and email the completed Business Membership form to [priddissecretary@gmail.com](mailto:priddissecretary@gmail.com). If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store. Go to [www.priddisalberta.com](http://www.priddisalberta.com). How easy is that!

**Priddis Library:** The library in the old schoolhouse is open. Operating hours are Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's

books. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine, and Carol for volunteering their time to keep the library operational for the community.

**Priddis Panther's Hockey Association Recycling Bins:** Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

The bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. The bottle recycling program is a fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

**Booking the Hall:** We are taking bookings for the Hall for the remainder of 2021. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments by e-transfer to: [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com)

To view or book the Hall, contact Mike, the Hall Rental Director at [PCAhallrentals@gmail.com](mailto:PCAhallrentals@gmail.com). Check the website [www.priddisalberta.com](http://www.priddisalberta.com) for availability, pricing, and updates.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- [www.priddisalberta.com](http://www.priddisalberta.com)
- [www.facebook.com/Priddismoms](https://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](http://www.priddisalberta.com)



Ever consider who is responsible for the safety and health in your home ?

- Food – Health Canada assures food safety
- Water – your municipality purifies your water, unless you are on a well
- Shelter – your municipality assures compliance to codes; utility providers look after gas & electricity
- Air – You are responsible for the air quality inside of your family’s home

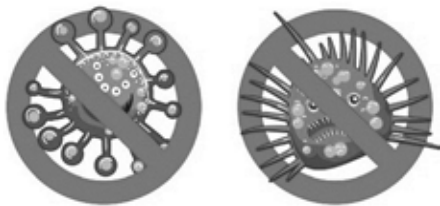
**So How Healthy is Your Home’s Indoor Air ?**

Is it Disinfected ? Sterilized ? Outside, Mother Nature constantly purifies the air we breathe. Rain, wind and lightning purify outdoor air by removing particles and other impurities. Ultraviolet energy from the sun purifies air by removing germs, odours, gases and other contaminants. The result is clean, pure, healthy air. These processes are not present in our homes. In fact, in chasing energy efficiency, we sealed our homes and prevented Mother Nature from coming in.



Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, air which includes dust, germs and viruses that we breath over and over again. The warm and humidified environment inside of your home tends to be an incubator for organisms. On average, a person takes up to 23,000 breaths each day; that’s a lot of contaminated air filling your lungs, affecting your body.

On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised ? Also, according to the Centres for Disease Control and Prevention hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.



Back to air, how can you disinfect or sterilize the air that recirculates through your home ? The solution is to treat the cause, not the symptoms, with a complete indoor air cleaning strategy controlling all kinds of airborne contaminants, creating cleaner, fresher and healthier indoor air environment.

Part of the solution relies on the continuous application of a botanical (ie. non smelly, harmless to your family) disinfectant to your heating and cooling system. Another element relies on using high output specialized ultraviolet energy systems that sterilize bugs dead. This is the same technology as cities use to treat water and hospitals use to sterilize. There is more !



With components added to your existing system, a proper air cleaning system will provide clean air inside your home just like Mother Nature does outside: safe, healthy and reliable indoor air to enjoy with your family and friends.

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# TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley! Brrrrr did we ever get our cold snap in February, started around the 5th with temperatures plunging into the -30s and even -40s with the wind chill. I learned that the term “hoar frost” comes from the Old English word “har” meaning grey and old, and combined with frost it expresses the resemblance of white feathers in frost to an old man’s beard. So, you learn something new every day.

With the cold came the reopening of restaurants and gyms, and kids sports. The **Oilfields Arena was tentatively scheduled to open February 10 for bookings as well as public skating.** At this time, there will be no public washrooms or changerooms, and as always, helmets are mandatory on the ice. For schedules and updated protocol information, visit the town’s website. And it’s looking very good for the **planned expansion to the Black Diamond Skate Park.** The Fundraising Committee for the Park has been hard at work, and thanks to their efforts and a big donation from the Foothills Lion’s Club, they have almost reached their goal. I heard tell there will be a new skateboard store opening up in the new building across the street from the Hotel, on Government

Road. The other new businesses there will be a realtor and a vintage/antique store.

**Canada Post offers community grants for children’s projects, and the application forms are posted online in March, with an April deadline.** 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. To learn more about the grants and to apply, visit [canadapost.ca/community](http://canadapost.ca/community).

**The Turner Valley Legion is open again for business,** and we sure missed them. The food is fantastic and prices reasonable, and you can’t beat the atmosphere of the Legion. They will be **starting a Farmer’s Market in June** and are currently looking for vendors. If you make it, bake it, or grow it, apply through private message on their Facebook page. The Market will run Sundays from 10-3 from June 5 to September 25, it is free to come shop, and food and drinks are always available inside. For more info, visit the Facebook page or call 403-933-4600.

**The old Daylight Savings Time is March 14, Spring ahead! The first day of Spring is officially March 20. And once again it is Earth Hour on March 27.** This year’s focus is on climate change and nature loss. Every year, we countdown together across the globe to celebrate Earth Hour and take one iconic action: switch off the lights for one hour from 8:30-9:30 pm. Last year there was a record breaking 190 countries that supported Earth Hour. 2021 is a special year for this project, as

it will be the first ever “Virtual Spotlight”. You are invited to raise awareness online, so that the world sees our planet in a new light. It’s simple, on the night of Earth Hour, earth hour.org will be posting a surprise video on all their social media pages, and all you have to do is share it. Nice to have something different to focus on instead of the drain of the last year.

I love AG Foods in Black Diamond for many reasons, but especially love their Great Grocery Giveaway Contests. I won a free can of Campbell’s Chunky Soup and it is the little things like that which make my day. **There are many organizations in our Foothills that work tirelessly to feed soup and meals to the hungry.** One is Black Diamond’s Erin at Foothills Gleaner’s Society Thrift Store (check out the store on Facebook or just come on in) at 301 Government Road. Erin is tireless at supporting the Oilfields Food Bank, as well as funding and volunteering for the Gleaner’s Society. The Gleaner’s is an organization that turns surplus produce from local grocers into dried soup mixes that charitable organizations distribute worldwide. Volunteers pick up any produce with blemishes or imperfections from grocers, sort, chop, dehydrate, and package them, and they go to outreach teams, relief agencies, and missionaries. The program also saves the produce from going to the landfill, which creates methane gas, as does any food in a plastic bag. I spoke with Erin, and what a passion for feeding the hungry she has. Erin and her team are very close to raising enough funds for opening up and equipping a Calgary location of Gleaner’s Society,



Every second Tuesday of the month (Sept to May) a speaker is arranged to talk and share their knowledge with the club. We usually meet at the Millarville Anglican Church house. Our next meeting is on Tue, Feb 9, 2021 at 7:00pm, with Fungi Akafo and an introduction to growing mushrooms in your backyard, the mushroom lifecycle & growth requirements, and growing using the “lasagna mushroom bed” technique. We will be meeting via Zoom for January - March. Please contact Gail Dziuba at 587.578.3798 or [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com) to be registered for the link. This presentation is free for members and \$15 for non-members.

Great find: gardening tips & tricks on a website called [VegetableAcademy.com](http://VegetableAcademy.com)

We are offering a Creative Landscape Grant this year. The grant is open to non-profit organizations operating in the Foothills county. Hard landscaping, permanent plant material and installation costs can be included. The maximum amount is \$750. The deadline is March 31, 2021. If you are interested in applying for this grant please email Arlene Visser at [vissera@hotmail.com](mailto:vissera@hotmail.com) or call at 403-933-2885.

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 for singles or \$20/family. We welcome new members. For more information, email [svirgo@mithril.ca](mailto:svirgo@mithril.ca) or call Sheila at 403-931-3989.



which is exciting. Come check out the Thrift Store in Black Diamond! During this pandemic, people have been donating household items and clothing like crazy, really nice items, which is awesome. Now it would be awesome for us to come shop to make room for more inventory, donate to the Oilfields Food Bank, and find out more about this incredible organization. The Thrift Shop is 100% volunteer run, and new volunteers are always welcome. The store will be doing another big food collection for Easter, and many thanks to all who help donate 1,407 pounds of food for the Christmas Food Drive! Foothills Gleaner's Thrift Store is open Monday through Saturday from 11-5.

Alberta also has a LOOP program, which takes unsold produce and baked goods or any food that can be safely fed to farm animals. What a great idea! High River has a great program called Soup for the Soul, and Calgary Family Peer Connections collects and distributes food to rural communities. Turner Valley's A Youth With A Mission operates a program called A Frozen Meal or Two for those in need. Think about growing a row of veggies in your garden this year for others, or harvesting those crabapple trees this year. Tons of ideas and organizations in our own backyard for food to end up in bellies and not in the landfill!

Last month's issue of the High Country News had a lovely drawing of Christine of the cover. For those of us who know Christine, what a delight to see her featured, and yes, she is a feisty lady who is well known for really good hugs and dancing on the table at the jams back in the day! And just a lovely, lovely person. I also had an interview with Erma Brown, a longtime resident of Black Diamond who is now 106 and very knowledgeable about the history of our area. Erma was an absolute delight to sit and listen to, and I hope to visit her again.

Erma tells me she was born in Okotoks and her father was a truck driver. He got a job in Black Diamond with Canadian Western Gas to run the gas lines here, and so they moved here when she was a young girl. Her memories of Black Diamond and Turner Valley are many, and space does not allow me to tell you them all. But some that stood out are the smell of sulphur from the gas plant, the smell got into your clothes and hair and was constant. And the roads were dirt of course back then, her Dad was often quite late coming back from Okotoks as he would get stuck in the mud on the road. She said the Chinese community built up much of the north side of Black Diamond. The Hotel in town was famous for brawls. There was no real police in town, and dogs and speeding were common issues. Ford Street in Black Diamond was named after the local bootlegger, who was apparently quite a nice guy. Erma was also a large part of Black Diamond's government, and worked at the Town for many years. She was called in one day after being retired for a couple of years, when the mayor and two of the councilors up and quit. She called the head honchos in Edmonton and they asked her if any money was missing. She said, no, I don't believe so, so they told her she was on her own! So, she organized an election and got the ball rolling again. I believe she held the Town together on her own merit during the years she was involved in it. She also said it was the people who really made Black Diamond, and continue to today. Erma, if you are reading this, I can't thank you enough for your time and I hope to visit with you again.


There has been much discussion about the opposition to coal mining in Kananaskis. Hikers noticed signage and gates in the Burns Mines area that were concerning. Black Diamond's Town Council passed a vote on Feb. 3 and the

result was that a letter was sent to Jason Kenney regarding those concerns. The Minister of Energy announced on Feb. 8 that the Province will be reinstating the 1976 Coal Policy, which protects large areas from strip mining for coal. Our area has a long history with coal and the beauty of our rivers and mountains, so it is definitely worth keeping up with what is going on with this issue.

It is St. Patrick's Day coming up March 17. St. Patrick was the Patron Saint of Ireland. He was kidnapped at age 16 and spent 6 years in slavery. He escaped but was recaptured for a short time. Somewhere around that time he had a dream in which he heard a voice telling him to "walk among the Irish". After many years, he finally made that dream come true by becoming a missionary and a bishop in Ireland. He spent his life baptizing and being a missionary with utter zeal. He is said to be responsible for bringing Christianity to Anglo-Saxons in the 5th century, and has many legends attributed to him. Some legends are about driving snakes to the sea, raising people from the dead, and praying so deeply for food for the masses that a herd of swine appeared to feed everyone. He wrote two works, "Letter to Coroticus", a denunciation of British mistreatment of Irish Christians, and "Confessio", a spiritual autobiography. His death on March 17, in the year 461, is celebrated the world over today with the shamrock, another St. Patrick's Day staple, green beer, and great revelry.

If you have any events or news for the month of April that you would like to see in the High Country News, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is March 15.

*Pass along some smiles today!*  
Elaine Wansleben



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Our librarian, Lynda continues to keep our library functioning as well as possible under the COVID-19 restrictions. She is in the library every Tuesday from 10am to 2pm. She will take orders for books and give you those that have come in. She has also organized home delivery, offering books for people who can't get to the library. Our phone number is 403-558-3927.

Amanda Goran, the poet laureate, who captured the hearts and souls of people around the world when she read her poem at the inauguration ceremony of President Joe Biden, has written a children's book. It will be released this summer and is called *Change Sings* and is a lyrical story that follows a young African American girl on her journey through life. It is a proud book that says "I don't fear change coming." The book sends the message to children to see themselves as change and not just as observers. She encourages children to "hear change in its loudest and proudest song". Reading to children shows how you want them to understand the world and to be part of the solution. Being confined to our homes gives us ample time to read to them.

February is Black History Month. During this month we honour the arts and culture of our Black Canadian friends and neighbours. We have many African Canadian authors, many of whom live in Calgary. What better way to pay tribute to them than to read their books.? As well as our old favourites, Toni Morrison, James Baldwin and Zora Neale, we have the books *The Girl in the Louding Voice* by Abi Dare, and *It's Not All Down For Here* by Terry McMillan. Just a few suggestions.

We have new books arriving each month, both fiction and non-fiction. There is a list of them on the bulletin board inside the Town Council building or ask Lynda what they are.

*Happy Reading!*  
Sylvia Binkley, [sliv@telus.net](mailto:sliv@telus.net)

## Black Diamond Strong Needs Your Input!

Life can be an adventure for some, a struggle for others. More than ever, now is the time to share ideas on how we can support each other and make life enjoyable for all. This conversation starts with you, reader of this article: we ask young and old to share your thoughts on wellbeing.

A wellness movement such as Black Diamond Strong is all about community building. Simplicity is the name of the game: what is helpful in building mental health, and what are barriers? Try to answer these questions and discuss them with family and friends:

1. What does mental wellbeing look like for you?

2. What are some good reasons to work on mental wellbeing?

3. What are you able and willing to do in your personal life and in the community?

Black Diamond Strong is meant to be a journey of exploration, guided by your input to the conversation. Some residents have shared they find strength in numbers through groups that have a mutual interest such as hiking or personal faith. Others are supported one on one by people who listen with empathy, without judging, advice, analyzing or questioning. These are just a few examples: we hope to receive a wide variety of experiences to build a wellness movement that is shaped by your input.

We are looking forward to your feedback that will help planning social

activities within Black Diamond and strengthen our community along the way. The upcoming months we will also involve our wonderful local businesses: due to the pandemic we might be apart in distance, but never in heart. Together we can move towards a future of hope and resilience: start small and dream big is what we have in mind.

All ideas and thoughts are welcome. Residents are invited to share personal stories by email to [diamondvalleystrong@gmail.com](mailto:diamondvalleystrong@gmail.com) or in writing at Black Diamond Strong, p/a FCSS 301 Centre Avenue West, Black Diamond TOL 0H0.

*Riny Tuithof de Jonge*  
Community Animator Black Diamond  
Black Diamond Strong  
Mental Wellness Movement  
[diamondvalleystrong@gmail.com](mailto:diamondvalleystrong@gmail.com)

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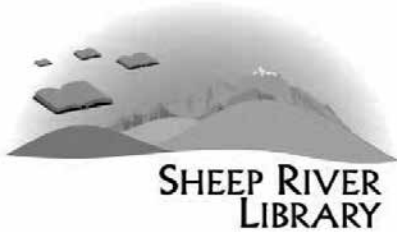
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Libraries are in stage three of the province's reopening plan. This means it will be March 22 at the earliest for the public to be allowed in the building, but only if all goes well in stages one and two and hospitalizations are less than 300 people. We will post information regarding reopening on our webpage and Facebook page as soon as we have it. Until then, we continue as is. Curbside pickup is available Tuesday, Wednesday and Thursday of each week from noon to 4 pm. Calling ahead to let us know you are coming speeds up the process and you don't have to wait outside in the cold for too long. All returned items go in the drop box at the front of the library and will be quarantined for a minimum of three days, but it could be up to seven days before they are checked in. All fines will be waived for overdue items.

During these restrictions the library staff is working on the collection. This includes ordering and adding new items, weeding out older or damaged ones, and reorganizing some sections. We are also fielding lots of questions about library services via phone and e-mail. The Ramblers hiking group is going gung-ho with over 800 registered participants. Following last year's photo competition, a calendar has been produced featuring the beautiful photographs taken by hikers whilst out in the beauty on our Alberta wilderness.

Participants in the Poetry on the Patio group have been connecting via e-mail so that each poet's submission can be read by the others. In January, our facilitator

Doris challenged us to write about the coal mining issue on the Eastern Slopes.

The following are two of the efforts submitted from the group:

*Coal Ribbons by Blanca Botero*

This spring  
let me walk barefooted on these hills - on  
a carpet of dancing grasses and rioting  
wildflowers.  
Let me feel their roots reaching deep  
into the soil  
looking for nutrients, water and  
ancient tales.  
Let the dinosaur bones rest like  
dethroned kings on  
a bed of fool's gold and crushed seashells  
and  
let it all be bound with silken ribbons,  
coal black ribbons – bound tight  
keeping safe the soul of this  
Alberta hill.

*An Old Hunk of Coal by Della Dickie*

I was born in deep black  
Dug out to the light  
Made to put on a finger  
For someone's delight  
The place I was born  
Is now a vile pit  
No sparkle or glitter  
Can justify it.




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## BUSINESS PROFILE:

*Crave Delivery*

**C**rave Delivery is a local business that offers online delivery and take-out ordering. Whether you want food from your favorite restaurant, items from a convenience store, or a bottle of wine delivered for dinner (this service coming soon!), or whether you own a business and are looking to extend your customer reach and offer delivery, Crave Delivery has you covered. Crave Delivery first launched in Strathmore in 2019, with the mission of providing affordable delivery services to help support local restaurants. Delivery services have always been an important service within our communities, but with the ongoing pandemic, they have become more vital than ever. The restrictions have been difficult on us all, especially small businesses. Delivery services not only

provide a way for you to get food delivered to your doorstep (contactless delivery available, if that is your preference), they also support the growth of businesses. During these trying times, they have enabled restaurants to continue growing their sales and delivering their products to you, their valued customers. If you are a business owner and are interested in working together to grow your business, please feel free to reach out to us.

Crave Delivery was recently purchased by two local entrepreneurs, Antoine and Anthony. They have since made it their mission to grow it into other towns, and to continue offering a f f o r d a b l e services to support the businesses we all rely upon. Living in small towns himself, most recently Black Diamond,

Antoine was frustrated by the lack of delivery services and thus saw the need for such a service in these communities. He is excited to introduce his business to his home, and Anthony shares his enthusiasm to offer this service to the amazing community of Black Diamond, Turney Valley and surrounding areas. As a token of appreciation for welcoming us into your community, we would like to offer all new customers free delivery on their first order. We operate between the hours of 10am-10pm, 7 days a week. Visit us at [cravedelivery.ca](http://cravedelivery.ca) or download our 'cravedelivery.ca' app.



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The board has been working hard to put together the application for a Community Facility Enhancement Program (CFEP) Grant.

Contact: [SquareButteCommunity@gmail.com](mailto:SquareButteCommunity@gmail.com)  
[Squarebuttehall.com](http://Squarebuttehall.com)

Financial: [sq.butte.comm.assoc@gmail.com](mailto:sq.butte.comm.assoc@gmail.com)

We reached out to local and surrounding areas for support. We had a good response on memberships, as we started with 18 and we are now at 65; plus, we have received 40 letters of support for our Foundation Wall project. Cash donations of \$4,400 have come in this month and we sincerely appreciate every donor. Watch for the Fund Raising Update on the Hall Sign! Thanks to all who have reached out to our community. We received some very beautifully written letters of support and have included just one of them in this article. Thanks to Susan and Craig Graham.

**Letter of Support for the Foundation Wall Restoration Project, Square Butte Community Hall**

Dear Mary Ann and Board of Directors:

The Square Butte Community Hall has, and continues to be, an integral gathering place, landmark, source of community spirit, and fabric of what our community stands for – past, present and future.

I have grown up in this community and as a child attended functions with my parents when the Square Butte Community Hall served as the primary, and most often only, source of socialization and camaraderie for area residents. When the Hall was moved to its present location, my parents joined many of our neighbors to help move it onto its foundation, install electricity, and eventually plumbing (which our local Square Butte Ladies Group fundraised for by way of a walk-a-thon – which they jokingly referred to as a “John-a-thon”). Through my childhood and into adulthood, the Hall was upgraded and expanded and there were functions (at least) every single month which allowed for the community to celebrate and honour

each other, maintain the Hall, and provide enough income to ensure its viability so the community could flourish. Our Hall was (and continues to be) the gathering place for community potlucks, dances, “Farmers Day” celebrations, Canada Day celebrations, card games, Halloween parties, children’s Christmas concerts, breakfasts, dinners and picnics, wedding and baby showers, Wedding receptions, anniversaries, meetings, Community programs, exercise classes, memorials, ... and countless other celebrations. Our Hall is truly a beacon of community collaboration, volunteerism and celebration.

*I celebrated my own wedding reception in this historic building 30 years ago and went on to serve on the Community’s Board of Directors in various capacities for decades. I have joined fellow community members in work bees and fundraising efforts to ensure that the Hall not only remained viable, but continued to THRIVE. Our Hall is in high demand for rental opportunities for weddings, family functions, Christmas celebrations, showers, meetings, workshops and dinners by both community members and the general public.*

We have recently improved our Hall in many ways including (but not limited to): an updated septic, heating and water system; expanded and improved gardens and landscaping; purchased new tables and chairs; upgraded the kitchen with a commercial dishwasher; installed a new sound system; renovated and painted the entire basement including washrooms; improved the electrical panel and wiring; painted the exterior deck,

installed a wheelchair ramp and trim; and had pavement installed for easier wheelchair access. Keeping our Hall as a functioning hub of community focus is critical, and we MUST move forward with restoring its foundation so it will be available for our next generations.

**History**

The old Square Butte School, which was a focal point for all community events, would host the annual end of school picnic. All would gather for a potluck picnic and ball game while various contests were held. One contest in particular was the egg hunt and it was quite memorable. The idea was to collect as many eggs as possible from nests placed up and in the surrounding trees, but unknown to the contestants, some nests had peanut butter in them! The searchers who found these nests had the best stories.

We look forward to scheduling community activities like the picnic at the hall once again this fall, just as soon as it is safe to do so. Watch this space for information about planned events.

Submitted by Mary Ann Watson

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**Field Day**  
We are having a come and go, and book by RSVP Field Day for Feb 27th & 28th, from 10:00 a.m. to 3:00 p.m., at the ranch to preview the bulls before sale time. Donuts and warm chili will be served as per Covid precautions.  
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# Red Deer Lake United Church

We have decided to cancel all in-person services and programs until further notice, putting our energy and time into continuing to care for our community and evolving our online services and programs.

We are posting virtual church services on YouTube and our website for you to enjoy each week. Watch all of our online services here: [reddeerlakeuc.com/sundayvideos](http://reddeerlakeuc.com/sundayvideos)

We also have pub nights, Bible studies, meditations, music, and family activities online. You can see everything we have to offer on our website: [reddeerlakeuc.com](http://reddeerlakeuc.com).

If you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at [office@reddeerlakeuc.com](mailto:office@reddeerlakeuc.com). For more

information about our church, please call us at 403.256.3181.

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is 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.

*You're welcome, wanted, and accepted.  
Join us on the journey.*



**Our "Hindsight" view of 2020:** COVID-19 captured the minds, media attention and our full-out focus in 2020. But hopefully, it only made us all stronger, more focused on what was most important to us and ready to try new hobbies, interests, and new connections. Technology has now brought us the word ZOOM which was unknown to most a year ago! Since then, we have 'zoomed' our way through meetings, connections with various organizations, followed many TV personalities for news, entertainment, classes and courses. Family and friends have remained connected with coffee, meals, games or even 'happy hours' together. We have perhaps honoured the passing of a loved one whose memorial had to be changed due to travel and numbers restrictions.

**Our "Foresight" for 2021:** VACCINE is the buzzword that prevails in the media and in the minds and hearts of all. However, perhaps it is time to focus on

another thought of "one day at a time" or "life is a journey, not a destination"? Yes, we do hope the vaccine will bring a calmer approach to our day to day living.

We have been blessed with amazing weather to get out into Nature to enjoy the snowfalls, the beautiful sunrises, sunsets, the 'Christmas Star', the wildlife, and perhaps learning new outdoor activities like cross-country skiing, snowshoeing, skating, hiking in the mountains, and even the newly formed outdoor curling rinks that have taken place!

Keeping connected with friends and family has been enhanced with more technology, more time for phone calls, more creative methods to celebrate birthdays and special events, smiling at strangers (under our masks) as you do your limited outings for your necessities. Did you say hello to that stranger at the grocery store? Did you hold a door open for someone? Did you find someone you could be a 'snow angel' for with the recent Christmas dump of snow?

When you awaken each morning, you may now have more time to relax, think about your day and what it is that you wish to accomplish that day. I have truly enjoyed having so many wonderful

books to read to fill many of those extra hours in a day. But the choice is mine as to how I wish to spend it. And I have chosen gratitude. (And I need to choose more exercise as well!)

**De Winton Community Association Annual General Meeting: Jan 28:** At the Annual General Meeting, a new slate of directors agreed to take part and join the DCA Board for the 2021-22 year and we thank them for their generous interest and volunteered services:

Board Member Positions: Perry Diebert, President; Randy Evans, Vice President; Mike Kosinec, Secretary; Vacant, Treasurer; Alan Alger, Director at Large; Chelsea McLeod, Interim Preschool Director; Cindy Poole, Facility Director; Edith Rabinovitch, Membership Director; Michele Waldner, Director at Large

Representatives (Non-Voting): Hall Facility Manager - Greg Davenport 403-938-6877 De Winton Community Preschool 403-542-8276

New members are always welcome and encouraged to join our association and take part in many of the events and activities that are offered.

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By the time you read this it will be early March and the days will be much lighter and brighter and all being well, the possibility of available vaccinations will be on the horizon. It's been a long, cold winter (*brutal* cold snap in early February) and we need to give ourselves multiple pats on the back for getting through it and the COVID-19 lockdown.

In all reality our library will probably only be open in late March, *IF* we can meet all the guidelines for re-opening. The library continues to offer online and curbside service and the activity in the library has been constant with at least as many books going in and out as in a regular year. Many patrons have been renewing their memberships. If you want to renew your membership (or open a new membership) you can call 404-931-3919 and leave a message, or call during library hours (Tuesday 9-12, Wednesday 1-7:30). Remember that you can also check out DVDs, video games and audiobooks, good for cold, snowy evenings around the fire.

Everyone seems to be reading more and local book clubs are not only meeting via Zoom to discuss particular books but also sharing favourite reads, podcasts, movies and series.

**Here are a few book suggestions for you:**

Like *Rum-Drunk Angels* by Edmonton author Tyler Enfield is about Francis Blackstone, a 14-year old gun-slinger with a heart of gold. Hailing from Nowhere, Arizona, he has fallen for the Governor's daughter. "My father is Governor Whitmore," she tells him. "He won't allow some poor nobody to come sweep me away." To which he replies, "Then I'll find money." "Just like that?" she asks. "Just like that."

Francis, who doesn't even know the name of his beloved, hooks up with Bob Temple, an infamous outlaw, and the Blackstone Temple Gang begins to cut a swath across the American West.

What follows is a surreal, often hilarious romp across the country, en route fracturing many traditional Western tropes. There are the required Western train jobs, shootouts, long talks around the fire as well as a leap into comic magic realism with a magic lamp, pianos raining from the sky and more. *Quill and Quire* describe the book as a "hoot with a tender heart at its core." It's impossible not to get sucked in to the mischievous possibility of this crazy premise as we cheer Francis on in his mad race to the end. It's a "break-neck gallop of a book."

**And here's a children's book reviewed by Kate Grusendorf, a grade 4 student at the Millarville school. Thanks Kate!**

*A Tale of Magic* is a prequel to *The Land of Stories* series by Chris Colfer. *A Tale of Magic* is about a girl named Brystal Evergreen and some others she meets. Brystal lives in the Southern Kingdom in which women are not allowed to read books and the use of magic is banned. She didn't follow the rule banning her to read. Later Brystal found a sign outside of the library saying, "Maid Wanted", she was able to get the job, and used it as an opportunity to read library books. No one saw her because she was cleaning after hours and was alone. When cleaning and reading she found a secret room with banned books. There was one book, *The Truth About Magic*, that let her test if she was a witch or a fairy. She needed to use magic to test. The first time she tested she turned out to be a fairy! The second time she tested as a fairy once again, but she was caught and sent to Bootstrap Correctional Facility for doing

magic. She was rescued by Madame Weatherberry who took her and a few other children to an academy of magic! After teaching some magic to the children Madame Weatherberry left the academy to help with an important problem. When she doesn't return, Brystal and her classmates go after their teacher, maybe never to return...

If you want to read this book, I recommend reading the first two books of *The Land of Stories* beforehand, then you can know a character whose backstory is explained. *A Tale of Magic* may explain another thing about how something came to be in *The Land of Stories*. No spoilers! You will have to do some reading to find out more.

Some of the reasons I liked this book are that I could learn more about the people from *The Land Of Stories*, and I could understand where some things came from in the world where *A Tale of Magic* and *The Land Of Stories* are set. On a different subject there is a sequel to *A Tale of Magic*, called *A Tale of Witchcraft*.

Submitted by Kate Grusendorf age 10

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## Tax Time

by Andrea Kidd



I have a friend who begins to get excited at this time of year. It's because Income Tax time is drawing near. There's a sparkle in her eye and lightness to her step as she anticipates the forms and the figures, the columns and the calculations. It really is an activity she enjoys doing.

I do not share Jennifer's love for juggling numbers, but her giggle of glee as she organizes her work space makes me chuckle. I do like to have my taxes calculated carefully and accurately. I do not want to pay more than what is due, but for me it is a necessary chore. It is niggling to have to give to the government.

Last year, in early August, a massive explosion in Beirut killed at least 204 people, injured 7,500, and left about 300,000 homeless. As a result of a huge public outcry and street demonstrations the government of Lebanon resigned a few days later; the country was without a government until January this year.

This catastrophe could have been averted if good government had passed safety legislation and employed staff to enforce regulations. In Canada many potential disasters are averted because our government takes measures to protect the well-being of all citizens.

That explosion was one of the straws that broke the camel's back. Both income tax and unemployment rates are considerably higher in Lebanon than in Canada. The Lebanese pound lost 80% of its value in less than a year. (Just imagine paying \$500 at the grocery store for \$100 worth of food!) Families and businesses are struggling to find adequate internet connections, safe drinking water, and health care.

Large numbers of refugees who have fled fighting in Syria and the pandemic are two added pressures upon the limited resources of a small country.

One priest has opened his church building for over thirty volunteer medical doctors who serve on rotation, charging only about \$5 per visit, or at no charge for those who cannot afford even this amount. Some Lebanese people are looking beyond their own needs and wants to benefit the society they live in.

Each faction of Lebanese society was represented in the government but each was fighting for the greatest share

of limited resources. The Lebanese government was unable to cope; the Prime minister and his cabinet submitted their resignations.

Governments in Canada use my tax contributions to provide me with competent care when my child is born, traffic lights to mitigate road rage, a fire truck outside my house if my home is on fire, free surgery to rid my body of a cancerous growth, and a pension in my senior years. I do not have the resources as an individual to provide for all my needs. I need help with some things and I trust my government to do their best on my behalf and to consider the needs of all our population.

Following advice given by Jesus, Paul says to the Christians in Rome: *"This is also why you pay taxes, for the authorities are God's servants, who give their full time to governing. Give to everyone what you owe them: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor. (Romans 13:6 & 7, NIV)* Paul wrote this at a time when the Roman government was persecuting Christians for their faith.

I suppose I had better think about getting that Income Tax return completed. I am not like Jennifer; I am not enthusiastic, but I do like the benefits.

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Back in the dark ages when dinosaurs roamed the prairies, we had a collection of stories by Ethel Barret on a vinyl record. One of the stories was about Buzz the Bee who made a wrong turn and ended up in a house on a windowpane. Two children discovered the Buzz and made the observation, "He's a worker bee." The children opened the window, let Buzz out and he returned to the hive. However, on his return, a cloud hung over his head — he was just a worker who had to carry out the wishes of the Queen. He called the other workers together and explained how miserable their lot was as workers. Buzz couldn't get a consensus of opinion on how they were to change their status as workers. Everyone thought their idea was right and they wouldn't accept Buzz's leadership. Poor Buzz was left alone, frustrated with the fact that he was still a worker.

Unfortunately, Buzz has a lot of companions in the workforce. Surveys suggest that over 80% of the workforce are dissatisfied workers. Rather than focus on the 80% who are dissatisfied, I would like to explore the qualities that distinguish those who find fulfillment in their work and leave a legacy of good.

**Their Personal Values**

They have a positive attitude toward life. They are not obscurantists who live in a fantasy world of "no problems," but rather see obstacles as opportunities to develop creativity,

embrace perseverance and emerge as overcomers.

These people are motivated and goal orientated. They are purpose-focused not pleasure-driven.

Furthermore, they concentrate on character. They believe that good character is of higher value than great riches. They know that wealth gets left behind, but character goes with them beyond the grave.

**They Are Decision Makers**

A decision maker is a person who is willing to accept responsibility for the outcome of the choices that he/she makes. They are not afraid to admit they don't know and consequently will ask questions, seek counsel and gain the wisdom of others. They bring flexibility, creativity and reasonableness to their objective judgments.

**They Have The Ability To Relate To People**

They are secure in who they are, and this enables them to build relationships without the need for defensiveness, control or domination.

They look for the gold in the rock. In other words, they don't focus on the negative aspects of a person, they look for the quality that is on the flip side. For example, they see the perseverance that is driving the stubbornness. Every person has inherent value that is invested in them by their Creator.

They see others as complementarians not competitors. Complementation builds a strong team whereas competition divides a team.

**They Are Good Communicators**

Good communication starts with good listening. They listen with a view to understanding not answering.

Many of us are formulating an answer before the other person is finished speaking.

Defensiveness sabotages good communication. The natural reaction of most of us is to defend ourselves. The

fact is every person's way is right in their own eyes. Rather than producing a counter argument, try exploring the reasons behind the other person's evaluation of your behavior.

The person who is secure in who they are and what they are doing is more able to explore the possibility of growth in the criticism or correction that is given. The person who is insecure sees criticism or correction as an attack on their value, significance and competence.

**Task Related Skills**

A good worker knows how to live within the boundaries of time. Our creative skills are sharpened when we learn how to adapt our abilities to the time allocated for the task. If you fight against the boundary of time you will limit your creativity and reduce your productivity. If you are convinced that the timeframe allocated will lessen the quality of the product then take your appeal to the authority to whom you are accountable.

Be careful to follow the directions that are given. Do not make changes without approval. I could give illustrations where the worker has brought his creativity to the task only to have the customer complain, "That is not what I wanted!"

Steward tools and material as if they were your own. A good worker knows that well-maintained tools and an orderly work environment increases effectiveness. Time invested in maintenance pays dividends in profit.

**Demonstrate Your Commitment to the Job**

When I say job, I am referring to something larger than the task at hand. I asked a group of employees who worked for a tire company to define their job. Most of them gave me task related answers. Their job was much more than the task definitions that they gave. They were part of an industry for the safe transfer of people and goods. The right tire, installed the right way made a significant contribution to the growth of any community.

To sum things up: be reliable, dependable, responsible, punctual and above all clothe yourself with courtesy and kindness. Break out of the ranks of dissatisfied workers and we'll see you at the top.

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## Out of the Rut Chapter 127



Today I am for some reason currently lost amid my muddled memories of recent past, pulling open drawers to check my steel implements for hallmarks. Sheffield Steel. Something I grew up with, a mark of quality and usefulness, durability and a craft. Here in my drawer, amid a dozen or so anodyne modern knives I no longer use, one of my treasured possessions; a smooth-bladed knife that must be approaching 100 years old, it may once have been a butter knife, but this one, or one identical to it that may be elsewhere in the family, sustained the grandfather I never knew through a Japanese prisoner of war camp.

Before I ever knew, or consciously knew its story, I was drawn to this knife. It is perfectly balanced 'twixt haft and blade, giving an effortless heft to its use. This simple engineering of physics and chemistry in its creation results in a thing of beauty. The handle, yellowed and cracked with age into an almost microscopic mosaic explosion, puckers its antique lips in tiny creases at the top end where it meets the steel in an immovable kiss.

The curlicue of mystery at the base of the blade is a never-ending story for me, exposing the lamination of hand-wrought steel that forms its innards, folded and pressed and stressed, much as (and entirely unlike) butter is layered through puff pastry. Is this the result of years of honing against

wetstones, refining an edge for all manner of purposes? I see my faceless grandfather sitting in a stone cell with dripping walls. I see the sunken cheeks and gaunt hopeless expression of those photographs of internment survivors. I see much...

Like the sun-drenched kitchen of my childhood as that smooth, clean blade sweeps slowly across the counter-top, shaving curling queries of hardening dough into the palm of my hand, or slides deep into the centre of a scone, emerging unscathed, a heated blade. Watching the butter slip and slide from its hot surface after splitting a freshly-baked scone still steaming from the oven.



That knife, or one like it... circling in magic elixirs as my father mixes fibreglass putty in my favourite breakfast bowl. A thick melamine bowl with shelf-like lips at either side, sunshine yellow on the outside, creamy white within, oh I loved eating from that bowl... when I was about 5 or 6 years old.

*Note: on re-reading it does sound as though my esteemed parent was about to feed his devoted daughter fibreglass putty. Rest assured, although we had several dubious adventures together, he never resorted to this.*

I loved helping my Dad fix the cars – cleaning and replacing spark plugs, patching and repairing bodywork, taking the weekend with him at the mill site where there were proper mechanics' bays with pits in which he'd work beneath the car. I found that wildly exciting

as I hovered about the edges passing various implements on demand and being terribly useful. I've known the difference between a socket wrench and a monkey wrench from an early age. The other men probably thought it was hysterical, I must have been at least thigh-high by then.

The bowl never recovered, but the knives are almost indestructible.

To create a work of utilitarian art such as this, that will survive world wars, incarceration, evacuation, emigration and who knows what? To create something that will be useful, constructive, helpful, for generation after generation. To create something and to stencil, by hand, in quavering, now nigh-invisible letters *Sheffield Stainless* and to leave it at that?

THANK YOU to the myriad unnamed, unsung heroes who build the things we need and continue to provide for their families and those of others. THANK YOU to the craftsmen who produce such things, to the TEACHERS who enable us to learn and adapt new skills and knowledge, to the DOCTORS, NURSES, SUPPORT TEAMS who in our disparate societies of boxes and fences, help to keep families together, alive and thriving, to the GRATEFUL souls who know that they are blessed and in so doing, continue to bless us all with their continuing positive contributions to our world.

*With gratitude and love,  
Kat Dancer*

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*Disclaimer: The author denies any responsibility for the accuracy of wildly varied, one-sided childhood memories!*

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## ADHD, Sleep & Me: It's Complicated

by Roché Herbst, M. A. R. Psych.



### What Is The Connection?

Sleep should be simple. The sun goes down, your brain and body get sleepy, you go to bed and close your eyes and you drift into slumber. Well, not so fast! People with ADHD are more prone to (usually undiagnosed) sleep problems. On the other hand, people can be misdiagnosed with ADHD when they actually have a sleep disorder. Either way, getting to the bottom of your quality of sleep is often overlooked and can help you consider how to manage ADHD symptoms.

### ADHD Is Always Awake

Your neurobiology does not go off-duty when the day ends. ADHD works 24-7 to distract, delay and disorder your capacity to get restorative sleep. The outcome? ADHD symptoms get worse. Research during the last five years substantiates what ADHD experts have suspected for decades: ADHD has intrinsic sleep challenges. In fact, "restless sleep" was part of the 1980's-era diagnostic criteria for ADHD. What is more boring to the hyperactive person than lying in the dark waiting for nothing to happen?

### Buzzing Brain Or Faulty Sense Of Time?

Some adults say "I like to stay up late because it's quiet and I can get a lot done". In other words, daytime distractibility and disorganization can lead to late bedtimes. Yes, poor sense of timing is a lifelong trait where two kinds of time matter: now and not now. Others battle out their "brain chatter" when trying to fall asleep by playing video games or checking social media. Sleep deprivation with ADHD is not something you choose.

### Should I See A Physician Or A Therapist?

Sleep disorders often mimic ADHD symptoms, causing inattentiveness and restlessness in people who don't have ADHD. There are two types of sleep disorders. Primary - physical conditions that disrupt sleep, i.e. obstructive sleep apnea, restless leg syndrome, delayed sleep-wake phase disorder or bedwetting in children. Secondary - behaviorally based problems i.e. co-existing anxiety or mood disorders or children who cannot make the transition to bedtime or in adults who follow habits that disrupt sleep. The first step is to review your sleep behaviors. If that doesn't help, then consult your physician.

### Help With Sleep Problems

Sleep deprivation is no joke and ADHD symptoms often take it from bad to worse.

- Trick the brain to surrender to sleep - dim the lights, change into pajamas, avoid screens of any kind an hour before turning in, keep the room cool with heavy comforters nearby, keep a journal or read a boring paperback.
- Delayed sleep phase syndrome - it is not uncommon for people with ADHD to become energized around 10 or 11pm. Your brain does not send sleep signals until 2am. Your biological clock is off-track. Morning light, melatonin and wearing blue light blocking glasses might help.
- Restless legs syndrome (RLS) - the urge to move your legs and ease the discomfort, but leading to sleeplessness, is increasingly linked to the dopamine neuro pathways.
- Have a routine - go to bed and wake up at the same time, reduce alcohol and caffeine intake, exercise regularly.
- Organize your brain - stimulant medications can help many people with ADHD to focus on the task at hand, while tuning out distractions, whether it is focusing on paperwork or sleep.

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### Repairing Your Credit Score

Your mortgage rate (plus most other credit opportunities) will be priced in-part based on your personal credit score. You want to achieve the highest score you're able to before making any credit applications.

It's impossible to instantly repair a credit score, it takes some time ... so the time to start repairing your credit is today ... *before you need it.*

**1. First step, review your official credit report at [equifax.ca](http://equifax.ca).** Don't use the freebies as they are not accurate. Go through each trade-line and check for errors, negative reporting, and ensure all is correct.

**2. If you find a negative report, fervently dispute it.** Do your best to have derogatory marks removed because they drag down your overall score. Once you initiate a dispute, the credit bureaus will investigate and report the resolution. This will take time (several weeks at least).

**3. Pay down debt.** Decrease the amount of credit used will increase your credit score as your credit utilization ratio (the ratio of credit used against credit limit) will improve.

**4. Increase your credit limits.** Credit utilization greatly effects your overall score. If you cannot pay down the credit used to less than 70% of the limit, then increase the credit limit which will

automatically improve your ratio (but don't use the extra credit).

**5. Open up a new account.** Further to the above, if you open a new account (without any new debt) it will also better your credit utilization ratio.

**6. Keep all your trade-lines active.** Your credit history age matters, even if you do not use those cards, keep them active as your overall history plays a part in your score. Tip - make sure to check on balances of rarely used cards, those pesky annual fees tend to cause issues when a person doesn't check the statement often when not using them. I often see this being a negative report on a bureau.

**7. This should go without saying, pay every bill on time every month, even if only the minimum payment.** Even as little as one late payment hurts your score.


If your credit score has been hit hard and the above points are still steps away, your plan should be:

**1. First step, review your official credit report at [equifax.ca](http://equifax.ca).** Don't use the freebies as they are not accurate. Go through each trade-line and check for errors, negative reporting, and ensure all is correct.


**2. Rebuild credit with a secured credit card.** A secured credit card is like an unsecured credit card, in that you'll have access to credit and your payment information will get reported to the credit bureau each month. But you will need to provide an upfront cash security deposit for the credit grantor to take a chance on you. This deposit assures the creditor that you will pay back the money.

**3. Create new financial habits to and continue to make payments on time, your credit score will thank you!**

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the Statement of Claim, a copy of which will be mailed to you upon the request directed to Zhivov Law, 108- 7710 – 5 Street SE, Calgary, AB T2H-2L9. Your whereabouts being unknown, the Court has ordered Substitutional Service upon you by this advertisement.

Should you wish to oppose the claim, or seek other relief, you must promptly take steps in accordance with the Notice to you endorsed on the Statement of Claim, or instruct your lawyer to do so. If within 5 days after this publication, you fail to file with the said Clerk and serve upon Zhivov Law, a Statement of Defense or Demand of Notice, the Plaintiff may proceed according to the practice of the Court of Queen's Bench to note you in default, and you will not thereafter be entitled to notice of any further proceedings and the relief sought by the Plaintiff may be given in your absence.



We've got a lot of words related to snow... do you recognize all of these?

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Submitted by Kate, age 10

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## ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca ..... 403.932.9289

CALGARY SOUND, calgarysound.com ..... 403.932.9289

CLEAR SKY ELECTRIC clearskyelectric@gmail.com ..... 587.225.4294

HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com ..... 403.803.7102

## FAMILY DOCTOR / HEALTH SERVICES

CARE IN THE CREEK MEDICAL CENTRE ..... 403.949.2457

FOOTHILLS FAMILY MEDICAL CENTRE & DIAMOND VALLEY MEDICAL ..... 403.933.4368

## FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY ..... 403.949.3513

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES ..... 403.949.2599

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES ..... 403.949.3250

INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) ..... 403.949.3250

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL ..... 403.560.6016

## FIREWOOD

FIREWOOD TIM (PINE & BIRCH) ..... 403.333.8462

## FLOORING

TIMBERLINE INTERIORS, timberlineinteriors.com, Bragg Creek ..... 403.620.6613

## FURNACE & DUCT CLEANING

ALBERTAINDOORCOMFORT.COM, Indoor Air Quality ..... 403.230.2690

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES ..... 403.888.2000

## HAIR & BEAUTY

ALLURING ELEMENTS HAIR STUDIO ..... 403.949.2168

THREE POINT CREEK ESTHETICS, threepointcreekesthetics@outlook.com ..... 403.809.4698

## HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC ..... 403.949.3953

BRAGG CREEK HEALTH FOODS, Chinese Herbal Dispensary ..... 403.949.3581

BRAGG CREEK PHYSIOTHERAPY ..... 403.949.4008

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY ..... 403.829.1148

MASSAGE - SHEENA TAGGERT, connectivewellness.ca ..... 403.999.1471

MASSAGE - SYLVIE LAPPA ..... 403.828.5408

## HOUSE CLEANING

IMMACULATE ADVANTAGE, NAOMI NADEAU, blessingjoy@hotmail.com ..... 403.618.2605

LOCAL PROFESSIONAL CLEANING, cleaning@fastmail.fm ..... 403.619.9441

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

DR. MOWER PARTS, www.dr mower.ca ..... 587.329.6642

SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920

## LANDSCAPE CONSTRUCTION / MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

TKMS GROUP, tkmsgroup.ca ..... 877.651.0398

## LEGAL

LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248

MAVERICK LAW ..... 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca ..... 403.554.8535

## MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca ..... 403.256.4925

## PAVING

LAMBERT BROS. PAVING ..... 403.287.3252

## PEST CONTROL

ABSOLUTE PEST CONTROL ..... 403.238.7400

## PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING ..... 403.949.2963

FUR PERSON DOG SERVICES, furlpersondogservices.ca ..... 403.949.4147

MANY LEGS PET GROOMING & SUPPLIES, eason@telus.net, manylegsinc.com ..... 403.949.3555

PET SITTING SERVICES large & small/ domestic & farm animals ..... 403.880.5110

## PLUMBING & HEATING

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BRAGG CREEK PLUMBING & HEATING LTD. .... 403.931.0486

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CALGARY SOUND, calgarysound.com ..... 403.932.9289

## REAL ESTATE & PROPERTY MANAGEMENT

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DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek ..... 403.612.7849

ELENA STEPANENKO, Realtor/Property Mgmt, MaxWell Capital Realty ..... 403.560.5468

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TATYANA BAKANOVA, REALTOR®, STAGER CSP™, GREATER PROPERTY GROUP ..... 1.877.837.0220

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com ..... 403.252.5900

## RESTAURANT

BAVARIAN INN, Bragg Creek ..... 403.949.3632

CREEKERS BISTRO, Bragg Creek ..... 403.949.3361

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek ..... 403.949.2750

JANE'S CAFE, COFFEE SHOP, Priddis ..... 403.931.0155

POWDERHORN SALOON, Bragg Creek ..... 403.949.3946

WATER'S EDGE PUB, Priddis ..... 403.931.0155

## RETAIL

BRAGG CREEK TRADING POST ..... 403.949.3737

ENLIGHTENED HERB CANNABIS, Black Diamond, enlightenedherb.ca ..... 403.933.5323

MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147

## ROOFING & EXTERIORS

DAZA ROOFING dazaroofting.com ..... 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. .... 403.264.7844

GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnroofing.ca ..... 403.796.ROOF (7663)

MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

## SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES ..... 403.288.9500

A-EAGLE SEPTIC, eagle-7@telus.net ..... 403.650.9436

ACREAGE DEVELOPMENT SOLUTIONS LTD. .... 403.815.0004

BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com ..... 403.804.5551

LT EARTH SERVICES - Design and Installation ..... 403.478.0050

STEELHEAD VENTURES, svlgroup.ca ..... 587.318.2205

## TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITT TRUCKING & BOBCAT ..... 403.809.8949 / 403.949.3573

LT EARTH SERVICES - Full Service Trucking ..... 403.478.0050

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## TOWING

DAVE MOORE TRANSPORT & RECOVERY, www.davemooretransport.com ..... 403.975.3899

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HEMMETT CUSTOM UPHOLSTERING AND WINDOW COVERINGS ..... 403.816.3802 / 403.246.1482

## WATER HAULING

BIG DRIPPER WATER HAULING INC., svlgroup.ca ..... 587.318.2205

BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com ..... 403.804.5551

## WATER WELLS

AQUA MULE Water Well Systems & Services ..... 403.931.2991

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