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## LETTER FROM THE EDITOR

Welcome to March! – Spring is coming and as COVID-19 restrictions lift we have some great things in store for our communities.

With Gord Bamford coming to Bragg Creek March 11th, Indulgence March 19th, – see Renee Delorme's article, and the "Beneath the Arch" series resuming March 26th, these are just some of the events happening in our communities this month.

There is a lot happening in our world that is cause for concern. It is easy for me to take the "negative path". I recently bumped into an old friend at Spirits West here in Bragg. Many know Baruch Laskin's contagious and genuine positive outlook in life. In condolence of my mother's recent passing, he bought me a bottle of wine; a gesture of generosity that spoke volumes.

We need to focus on creating positive communities where we support local businesses and participate in the events hosted by the groups and associations

around us. Maybe by having a generous and positive attitude like my friend, Baruch, we will see other opportunities open around us. As we strive to make better the world on a local level, that will impact the region, and eventually our nation. I'm not naïve to the issues that are impacting Canada with our national leadership. Unfortunately, most of us are limited to effect change at a national level. That is my role as a community publisher; to facilitate a positive, "good news" community.

I do want to apologize for an editorial blunder last month on my part. The article on our local Olympian, Brooklyn McDougall, wasn't the final edited version. The proper version is published on our website. I'm not sure how the files got mixed up, but they did and for that I apologize both to her and the BayTav who supported her efforts. As a note, Brooklyn finished 22nd in the 500m discipline. Congratulations for your strong efforts and for representing not only Canada, but your community in Beijing. We are very proud to be part of your story.

*From my family to yours,  
Lowell Harder*

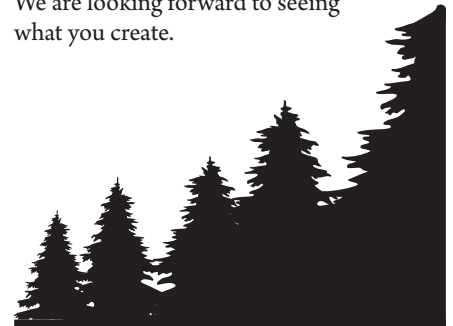


## ARTIST PROFILE

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

We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to [info@highcountrynews.ca](mailto:info@highcountrynews.ca)

We are looking forward to seeing what you create.

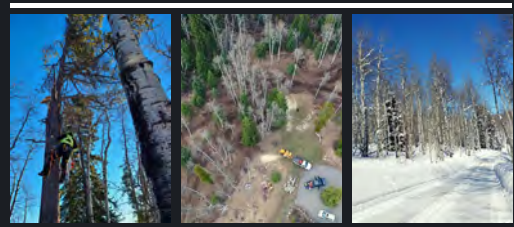


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## KICK COVID IN THE A\*\* TOUR!

Join Gord Bamford at his Kick Covid in the A\*\* Tour! What better way to end Covid restrictions than to celebrate and get together with friends and support our community. That's where it all begins after all, according to Gord. Small communities have been hit hard by Covid,

and he wanted a way to give back. At this time it also happens to be easier to start performing in small towns than large concert venues. Gord is just happy to get back on the road, it's a lot like his beginning years as a grass roots performer, touring small towns throughout Canada.

Growing up in Lacombe AB, Gord says he "stumbled" into his very successful career as a country musician. He is now one of the most awarded artists in Canadian country music history.

When asked about the Gord Bamford Foundation, Gord says it's been a privilege to give back. He says it's good to contribute to places that give opportunities to kids that may not have otherwise. Having started the foundation almost 15 years ago with a simple golf tournament, they have raised over 4.2 million for charities that focus primarily on children.

Covid has decimated the entertainment business, and the livelihoods of those who facilitated shows. Now that restrictions are lifting, we're excited to welcome Gord Bamford and his band to Bragg Creek. Come and join the fun; supporting your local community and the entertainers that bring us together. Tickets are available through [gordbamford.com](http://gordbamford.com) or call 403.588.6286.





## MLA UPDATE - Banff/Kananaskis

**Miranda Rosin**

On February 9th our United Conservative government lead the way to normalcy by being the first province in all of Canada to eliminate our vaccination passport system, and by announcing that we would eliminate all remaining restrictions such as masks and curfews on the sale of food and alcohol in a matter of weeks.

It has been a long road to get here. As someone who is fully vaccinated, myself, I supported the government's initiatives to make vaccines available to all who wished to receive them. Efforts to open mass AHS vaccination clinics in our urban centers, deploy roving vaccination buses to smaller communities, make vaccinations available at rural pharmacies, give vaccination priority to towns such as Banff where there existed a uniquely high risk of viral transmission, and even go so far as to offer lotteries and incentives, ensured that COVID-19 vaccinations were easily accessible to every Albertan who wanted one. Still, I fiercely maintained that vaccination should only be encouraged - never mandated.

In my role as Deputy Chair of the Public Health Act Review, I actually championed the creation and passage of legislation which made illegal the power for the Alberta government to force and mandate vaccinations in Alberta. I strive to be a politician of integrity and honesty, and to reflect those values in my communications with you. That is why I have spoken out several times over the past year to express my true feelings on pandemic-related matters, and why I have always been frank and candid with those of you whom I've had the pleasure of conversing with. For those who have been, or who have had family members that have been negatively impacted by Alberta's vaccination passport system, I want you to know that I have been by your side as an advocate since the beginning. I have a deeply held belief that no individual should be segregated from society, no child denied the ability to play with their friends, and no adult forced out of work due to a personal medical decision that they have made for themselves. Every human being deserves to live free from discrimination, and to be treated with respect. Week after week,

I consistently made this belief known to my colleagues and Premier. You may not have heard about it in the media, but trust me, very few matters are best settled on CBC. My moral values aside, the case to again eliminate public health measures in Alberta was twofold. Our province's active case counts have consistently remained over 80% amongst the fully vaccinated, which demonstrated that the passport system failed to limit transmission of the virus. There then remained no scientific or data-driven reason to continue denying good people entry to public places nor the ability to participate in society to the fullest and be treated with dignity. Data does suggest that the vaccine has been successful in limiting severe outcomes from the virus, as our ICU admittance rate is now only 0.1%, however that has no relevance to the allowance of people's free movement.

As legislators, myself and my government colleagues also have a duty to listen to the people we represent. This isn't to say that politicians should capitulate to any movement that causes their government some level of distress, but it is to say that we must listen. As freedom protests descended upon every major town and city across our nation, it became clear that the majority of those participating in the protests were not anarchists. Rather, they were our friends, neighbours, dentists, and hair stylists - ordinary, good people, pushed to their brink by pandemic related restrictions and left bewildered, wondering what became of the free and compassionate country they once called home. Throughout their demonstrations there was not one statue toppled down, one flag defaced, one piece of private property set ablaze, nor one business window smashed. Instead, these people stayed up all night to man the National War Memorial and ensure it was respected, cooked and distributed meals for the homeless, shoveled sidewalks of businesses and homes, and jubilantly flew our country's maple leaf with pride as they demanded better treatment for their children and future. The Miriam Webster Dictionary eloquently defines democracy in two profound ways: common people constituting the source of political authority, and an organization or system in which everyone is treated equally and has equal rights. Given the events of the past few months, reflecting on those definitions should give you shivers. As Alberta takes this step forward into our future as a province, we can take solace in knowing that the healthcare data told us it was time,

the people of our province told us it was time, and the defining principles of our country told us it was time.

The local division of the NDP for Banff-Kananaskis has already come out and stated publicly that they would keep the vaccine passport around longer, and reopen restaurants slower, if they had their way - as if two years hasn't been long enough. Based on the more than 30,000 emails my office has received and responded to in the past year, I know that that isn't what the majority of you want. The majority of you are ready to take an optimistic step forward into your future.

COVID-19 policies have divided us - physically, and metaphorically - for the better part of two years. As a society, we cannot continue to live with heightened fear and reliance on government for safety and morality forever. That isn't the Albertan way. The Albertan way is to return to the old normal we all knew and loved, where people lived without fear, walked with confidence, and smiled at passersby at their local grocery store. Our country is at a crossroads. I am happy to say that Alberta has chosen the path of freedom and self-determination, and can only hope that the rest of Canada will soon follow.

*Miranda Rosin*



### MLA MIRANDA ROSIN Banff-Kananaskis

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## TRAIL TALK! Bragg Creek Trails

### New West Bragg Creek Trails Master Plan

The trails in West Bragg Creek have never been as popular as during the past 2 years. The pandemic has really shown us how important trails are to our mental and physical well-being.

Bragg Creek Trails Association (BCTA) is feeling the effects of this added demand and recognizes the impact this notoriety is having on our community, both good and bad.

Having Calgary at our front door and Kananaskis Country at our back door makes it seem like our living room is always full of guests. This really started with the flood in 2013 that left much of K-Country closed to recreation. At that time, the trails in West Bragg Creek remained virtually intact and easily accessible so it wasn't long before the word was out. The rest is history as they say. As visitor numbers have steadily increased each year since then,

the Alberta Government working with BCTA tried to flex to meet the demand. The construction of a new 465 stall parking lot in the Provincial Recreation Area was necessitated by the parking "free for all" that resembled Chinook Mall on a weekend.

To deal with these added pressures on the trail system, associated infrastructure and the environment, BCTA as a stakeholder in this multi-use public land use zone, is now partnering with Alberta Environment and Parks (AEP) to develop the West Bragg Creek Trails Master Plan. This plan builds on the previous 10 year plan but now focuses more on managing what we have already built rather than looking at a lot of new trail construction. We have included the input of other stakeholder groups in putting together the first draft of the plan. This preliminary draft recently went through phase 1 of public consultation where we received 855 comments and had 364 pin drops on the interactive maps provided. We are now in the process of compiling the data we have received. Plan priorities are outlined in the Terms of Reference where the planning committee was challenged to answer the questions "What has changed?" and "What's new?"

and "How can we better manage these first 2 questions?"

Taking pressure off of the WBC trailhead by improving access from Highway 66 is an example of objectives laid out by the plan. By adding strategic link trails to complete loops would also serve to make underused areas more accessible from other sites. The planning committee also looked at where illegal trail building activities are occurring in order to determine if a sanctioned trail would meet the criteria laid out in the terms of reference. Other management initiatives are aimed at reducing conflicts between different user groups while still managing the trails as multi-use trails. Incorporating strong environment stewardship principles has been a common theme as each recommendation is evaluated.

Once the revised plan is completed, another round of public consultation will occur in late Spring or early Summer. This process will be broadly advertised for comment. Approval by Alberta Environment and Parks as the land manager will only occur once they are satisfied that a sustainable plan has been achieved that checks off all the boxes in the Terms of Reference.

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## Tell Your Parents

This column is actually about Grandparents. It's a heads up that you, as parents, might want to have a discussion with your parents about the Grandparent Scam. It is basically a scheme whereby scammers bypass you, the parent, and go straight to the grandparents about some trouble their grandson/granddaughter is in, and if given money, the grandchildren will be all right.

I probably don't need to tell you most grandparents would do almost anything for their grandkids. But who's looking out for the grandparents – that's why I suggest you should inform your parents of the Grandparent Scam. Most of the balance of this article is from the Alberta Provincial Rural Crime Watch Association website which describes this scheme well and how it can be thwarted.

"The 'grandparent scam' is a malicious trick that is used by criminals when they set their sights on seniors with grandchildren. While the senior population grows, so does their vulnerability to financial fraud. Seniors are targeted for a variety of reasons, they have more available finances, they can be very trusting, they are eager to

help someone in need, they are retired which can create more free time, and they may not be as tech-savvy making them vulnerable to fraudsters.

### This type of scam can vary, but in general, this is how it works:

- A senior will receive a phone call from someone who starts the conversation with, "Grandma? Do you know who this is?"
- The victim, thinking it's one of their grandchildren, will respond with, "Yes, I know it's you (name of the grandchild)." The caller will then start using this name to gain credibility with the victim.
- The caller will claim to be in trouble and will request money right away. Sometimes they'll say they were in a car accident with a rental car, or they are under arrest and in jail in another city or country. The "grandchild" will tell the victim the doesn't want their parents to know and ask the victim to keep it a secret.
- To make the story seem more credible, the caller might also put another person on the phone to act like a police officer, bail bondsman, or lawyer.
- The victim, wanting to help, will withdraw funds from their bank account and wire money to the "grandchild". The money will be sent through a money transfer service, such as Western Union or MoneyGram, where the criminal can then pick it up at any location across the world.

### How you can protect yourself:

- Seniors can protect themselves from this type of scam by never offering information to the caller.
- Don't give details about your family or the names of your grandchildren, ask the caller for details.
- Ask for details on specific locations, ask for them to repeat the story, the criminal will have a hard time recalling details on the spot.
- Ask the caller a few personal questions that a real grandchild could answer but an imposter could not.
- After you hang up, verify the story by calling the parents or other relatives of the "grandchild."
- Never wire money to someone under uncertain conditions. It is nearly impossible to recover or trace money that has been wired.
- Never provide your credit card number over the telephone or Internet unless you are sure about who you're giving it to.

### What should you do if you are a victim of fraud or a scam?

Never be embarrassed if you think you are the victim of a scam. Reporting is crucial to help prevent others from becoming victims. If you do not report, law enforcement does not have the information they need to prevent the crime from happening again or to pursue the criminals responsible. Report scams and frauds by calling the police on the non-emergency line. (\*NOT 911\*)

I'll leave it to you to figure out how to tactfully approach your parents and make them aware of this increasingly popular scam. One avenue is to watch, with them, the 6.5-minute YouTube video "Fraud Prevention/Craig's Story". It's a well-done folksy video of a grandparent who was approached by this scam in the Red Deer/Lacombe Rural Crime Watch area in late 2021/early 2022.

Dave Schroeder  
HCRCWA Board Member



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## The Kids Nailed It!

Local school science project collaborates with BCW

The more time we spend with our youth, the more hopeful we are about a bright future for beautiful Bragg Creek.

In Sept 2021, representatives from Bragg Creek Wild met at Banded Peak School with Craig Churchill, the Grade 7/8 Science & Math teacher. We proposed a collaborative effort between BCW and the students. We were in need of social media content that appealed to people of all ages. Could the students help us, in their own voices, to raise awareness about issues facing our growing community?

BCW advocates for protection of wildlife and their habitats by preserving connectivity, promoting safe wildlife routes and providing public education to reduce human-wildlife conflict. We asked Craig to consider if that vision related to any of the work the kids would be doing during the school year. He was curious and open to our request. After Craig consulted with Simon Pols, the Banded Peak School principal, we got the great news that the 7/8 Science module 'Interactions and Ecosystems' was in alignment with our proposal.

In mid-November Bragg Creek Wild made presentations to all the Grade 7/8's. We were pretty nervous! We introduced the students to our organization, and reminded them of scientific concepts like habitat connectivity, wildlife corridors, biodiversity, wildlife migration and habitat fragmentation. We were surprised and delighted when Craig shared with us and the students that the work would be compulsory and graded as part of the curriculum requirements! We left the kids with a lot of information, and plenty of resources to check out... and wished them well as future content creators. The students were left to make their own decisions about what to focus on from the curriculum module, and how to present it. We asked Craig how this collaboration is relevant to the science curriculum.

"One of my favourite science units to teach is the grade seven unit on Interactions and Ecosystems. Sometimes it is really hard for students to see the point of learning specific science concepts, especially when they don't see that as part of their future job or career. However, this unit is all about the world around us and how everything fits in it. It's easy, particularly in Bragg Creek, to get my students to see how they connect with the ecosystems around them. It's fun to challenge their thinking and lifestyles to acknowledge their impact on the planet. It's even more exciting to see some of their young minds actually contemplate change, to lessen their impact by reducing their ecological footprint. One of the easiest ways to get our youth involved is to have them see the value in what they're learning, but also to give them an opportunity to become engaged and feel that they can actually make a difference. What better way than to get them invested in their own community and see that there are people and organizations working to make change? I think the students connected with this project and were excited that their work might actually have an audience other than me."

We were absolutely staggered by the quality of the work we received a few weeks ago.

If you use Facebook, Instagram or TikTok, you will see the students' work on those platforms in the coming weeks and months. Some of the work will be used as posters around the hamlet, and in other awareness campaigns. Eventually all of the students' work will be uploaded to the BCW website, which is currently undergoing a transformation.

We'd like to thank, and applaud, every grade 7/8 student. We are more than impressed. And thanks go to Craig Churchill and Simon Pols for welcoming BCW into the Banded Peak community. We think it's pretty exciting for the students to have an opportunity to observe, reflect and speak to the direct relevance of science in their own lives and community. Grade 7 student Celeste Parker expressed so well what the work means to her. "I enjoy spending time by myself within the forest spaces by my house. My poster is one way to help the spaces that make me feel good."

We hope this is the first of many collaborations with our amazing school, staff and students.

Look out for news of other exciting collaborations coming up!



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## DE WINTON COMMUNITY ASSOCIATION Annual General Meeting

In the evening of Thursday January 27, 2022, the De Winton Community Association (DCA) held its Annual General Meeting. Fourteen people were in attendance, including 7 members of the Board of Directors. While attendance was down from last year, we are grateful to those who took time out of their evening to engage and support the DCA. You represent the lifeblood of our community.

The meeting was conducted via Zoom in respect of ongoing COVID-19 issues. Although some enjoy the flexibility of attending from the comfort of home, we look forward to when we can once again hold our meetings in person, as the AGM, and other functions, play an important role in maintaining social connections within our community.

### Highlights

- Like many organizations, the pandemic has been financially devastating on the

DCA's ability to generate cash flow through our Community Hall rentals (weddings, events, functions, etc.). The Board focused much time and energy researching availability and processes of numerous government grants and subsidies. With 29 (and counting) applications, we were successful in receiving approval for \$39K total, which enabled us to stay afloat and sustain the Hall.

- As COVID-19 mandates, restrictions and recommendations evolved, the DCA, and the Preschool were tasked with keeping up-to-date on frequently-changing information, developing new COVID-19-related policies and procedures and implementing a plethora of additional cleaning, physical distancing, masking and tracing practices. This allowed the Preschool to continue, and several events to occur. Adopting and implementing the Provincial Restriction Exemption Program (REP) allowed more rentals and other successful events such as the Christmas craft fair to take place.
- Although COVID-19 crushed most of the DCA's plans over the past year, it was unable to crush the volunteer spirit and goodwill of those within our community.

Despite closures and restrictions, several groups of volunteers and individuals stepped up to clean and maintain the gardens, clean up the trees, cut the lawn, re-stain the veranda, organize events and user groups, contribute to our newsletters, and increase activities on the property. Our friends and neighbours began enjoying the new horseshoe pits, soccer nets and basketball hoop. The playground was enhanced to accommodate a wider age of children, and families were seen enjoying picnics on the grounds.

- A concerted effort was also focused on communications and rebuilding the DCA website. Newsletters are now more frequent, robust, and are reaching a wider audience. Our website continues to be revamped from the ground up with greater functionality, navigation and security. Check us out at [www.dewintonca.com](http://www.dewintonca.com)
- The DCA Board currently consists of 10 volunteer Directors, with room for up to 15. However, we have 2 upcoming retirements from the board: Perry Diebert – President; and Randy Evans - Vice President. We thank them for their efforts and contributions over the years. We are also in great need of a new Preschool Director. The DCA Board

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would welcome additional Directors, so please contact any of the Board members if you have questions or would like to join.

- With events, functions and the Hall being closed for periods, many in the community had let their DCA membership lapse as they focused on health, job loss, caring for family, and generally treading water. During these difficult times, our Membership Director made great effort to personally reach out to every active member in the community to see how they were doing, and if there was anything the DCA could do to help. While that focus was not on renewals, it had an impact, as we have approximately the same number of members (~133) as last year at this time. We finished last year with 162 members and aim to top that number this year! The DCA truly appreciates the continued support from the community.
- Looking ahead, we believe that things will return to some semblance of “normal”. We expect revenue to increase next year as hall rentals for weddings and events have been placed for most weekends in the summer. Financially, we held our own this past year, only due to

grants and subsidies, and following a loss the previous year. This year we hope to once again stand on our own as a place where community comes together!

- The DCA talks a lot about volunteers, as they are truly the engine that keeps the DCA going. Through the A. Walter Turnbull Community Award, we try

to recognize those who have displayed exceptional volunteer community service. If you know someone who you'd like to nominate for this award, please send a note to the DCA before the end of February. The award is generally presented in March at our Volunteer Appreciation Night.

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## Global Economic Challenges

One of the world's richest men, **Warren Buffett**, acquired his wealth by following a very simple rule during times of market volatility: *"Be fearful when others are greedy, and be greedy when others are fearful."*

With the World's stock markets pulling back in 2022 and the mass media news outlets and websites trumpeting the supply chain problems, the rising inflation, lingering economic effects of Covid-19, it is easy to lose sight of the big picture. Clients often call when markets are looking a bit shaky, or newspaper articles are predicting the next market correction, recession, bubble, etc.

The challenge with reacting to such events or news is that the external circumstances rarely have anything to do with your specific situation and plan. Your mission, should you choose to embrace it, is to build assets through savings and investment returns so that you reach your targeted savings value needed to support your lifestyle and cash flow needs in retirement.

Retirement is that far off land where you envision putting your feet up, sipping a fruity drink on some warm beach - not having a care in the world.

But a big roadblock to getting to retirement is the somewhat regular events that test one's commitment to sticking to a financial strategy. These roadblocks often arrive in the form of a general economic recession where investment markets often correct 30% on average before, historically speaking, recovering and moving on to new highs over time.

If your confidence is shaken by an economic recession and you miss the recovery, then you risk not achieving your long-term lifetime goals through the growth and additional capital that can be acquired during normal economic times. And that is the conundrum!

While wise financial advisors will remind their clients about their long-term goals and the role of patience, some people nonetheless want to seek safe harbour against perceived short-term risks.

When someone lets their feelings dictate their investment decisions, then there is no process for knowing when the danger has passed and/or when it is "safe" to reinvest to profit from the expected upswing in the economy and financial markets. There is no plan, only a feeling!

To navigate market volatility, the two best wealth-building actions are proper asset allocation during times of economic weakness and being positioned to take advantage of the expected recovery and upswing! And there has always been a recovery throughout history.

During the most recent bout of heightened stock market volatility, **wise investors** are sticking to their long-term strategies because **history clearly shows** that times of **short-lived financial stress** have never permanently prevented the World economies from advancing to new highs.

In fact, looking back **over the past nine (9) decades**, investors around the World have witnessed global **economic challenges no less than 85 times** - and yet, the World kept turning.

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The bottom line is that **while investing isn't always easy...it is relatively simple**. Ignoring the inevitable market ups and downs that occur over the years, owning a collection of great companies (either individually or via an investment fund) can be a great way to achieve financial success **as long as an investor is patient and committed to a long-term financial strategy**.

Contact my office to discuss how best to position your portfolio assets for the next 3-5 years and beyond. Also, visit [myfinancialsolutions.ca](http://myfinancialsolutions.ca) for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics

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## MAKE YOUR MARK By Mark Kamachi

### Your Target Audience

Hello again. Last month we talked about "Branding Your Business". This month, let's chat about determining your ideal target audience. Or in other words, folks who want what you have.

Obviously, before you start any business, you need to make sure there is a gap or something missing in peoples' lives and that you have the solution. That's where your unique product/service comes in. What's the point in having a business that doesn't fulfill needs? Speaking of fulfilling needs, you must precisely identify who those folks are. The more precise your customers are with your "sharply defined brand personality", the less likely you'll waste valuable time, money and resources trying to be all things to all people.

You need to know your customer intimately and get into their heads. Buying decisions are very personal and

emotional, so knowing as much about them as possible bridges the purchasing-decision gap. Are they male or female? Young or old? Local or a visitor? Wealthy or just making it by like an ex-councillor/advertising-design professional? The more you understand their needs, the easier it is for you to connect with them and therefore succeed in making them a loyal customer.

Focus on how you currently communicate with your best customers. As the 80/20 principle goes, 80% of your income comes from 20% of your customers. So, focus on those 20% or even the top 5%. Even better (which I recommend), distill that person down to a single individual. Get to know them intimately and they'll praise you on your behalf.

Say you're in the apparel business. Is your ideal customer a 60-year-old professional woman who is a partner in a downtown law firm who smokes Cuban cigars and eats at the finest restaurants? Or is it a 20-year-old female college student who vapes and eats at the college food court? How do you speak to such taste differences in your communication? Is it possible to create one message that resonates with both? Likely not, due to such contrasts in life

and lifestyle. Not to mention social media and other advertising mediums they use.

To reach both you'd have to create two separate brand messages because of their psycho-demo-geo-graphic differences. That can be very costly. Even if you were dealing with 20-year-old female college students alone as a target audience category, there exists many differences in that demographic. One could be a mother? Married or single? Introverted or extroverted? Small variabilities can impact how, when, and where to reach them.

Social media, television, radio, billboards, digital ads, websites, brochures, posters, point-of-purchase, etc. are at your disposal. Understanding your ideal customer and getting to know them personally will help you select the right messaging and mediums to reach them. You can't have a target audience profile that goes like this: male and female, age 20 to 60, single or married, cat and dog lover, loves the outdoors, has a pulse, etc. Your customer can't be everyone. So, define your ideal customer precisely and you'll attract more.

Next month we'll talk about advertising mediums to reach those customers.

Cheers, mark.

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## SHOULDER INJURIES by Jennifer Gordon

### Shoulder Injuries – Part One

The shoulder plays a large role in many activities and sports such as swimming, golf, hockey, baseball, tennis and volleyball. Shoulder problems are common, frequently difficult to manage and often become chronic. They are typically overuse, inflammatory type lesions, such as tendonitis and bursitis. Occasionally capsule and muscle tears may occur. High impact activities and falls may cause fractures and dislocations. This article will discuss the anatomy of the shoulder and some common injuries to this area.

The shoulder complex is made up of three bones, which are connected by muscles, ligaments and tendons: the humerus (upper arm bone), the scapula (shoulder blade), and the clavicle (collarbone). The humerus sits against the scapula and forms a ball and socket joint, called the glenohumeral joint. This type of joint allows a large range of motion in all directions. Because the “socket” of the scapula is fairly flat, there are several layers of muscles, ligaments, and connective tissue that help to hold the “ball” of the humerus in place.

There are four main muscles that help stabilize the glenohumeral joint. These muscles are collectively called the rotator cuff and are made up of the

supraspinatus, infraspinatus, teres minor, and subscapularis muscles. These four muscles together provide dynamic stability of the shoulder during all ranges of motion. During powerful and rapid motions of the shoulder, these muscles provide intricate control and stability of this multi-axial joint complex. They work in conjunction with the more global, larger muscles such as the deltoid and upper trapezius. This is why many rehabilitation programs focus on the control, awareness, and strength of these smaller cuff muscles rather than general strengthening exercises initially.

Other structures at the shoulder include cartilage, capsule and bursae. Bursae are fluid filled “sacs” that help to decrease friction between two tissues. For example, the subdeltoid bursa protects the rubbing of the deltoid muscle against the humerus. Bursae can be a source of inflammation and pain if repetitive movements cause excessive friction, resulting in a bursitis.

### Rotator Cuff Injuries

Rotator cuff tendonitis is an inflammation of one or several of the tendons of the rotator cuff muscles. Tendons attach the muscle belly to the bone. Over time, repetitive motions can cause micro-tears of the tendon and result in inflammation and pain. The supraspinatus muscle, which assists in abduction (lifting outwards) is the most commonly injured tendon. Overuse, muscle imbalances, age related degeneration, and repeated overhead motions can cause shoulder tendonitis. Neck involvement, such as a C5/6 disc lesion or degeneration, is always considered when evaluating shoulder pathologies.

When the tendon becomes inflamed, it thickens and swells. This can result in an impingement syndrome, where a tendon or bursa gets “pinched” between joints or other muscles during movement. Typically this involves the supraspinatus tendon, the subdeltoid bursa, or the long head of the biceps tendon. Pain is often felt in the upper arm rather than at the shoulder joint.

Further wear and tear of these tissues due to age, poor posture, poor movement patterns, and overuse can cause a rotator cuff muscle tear. Common symptoms of a muscle tear or tendonitis are pain with active movement, weakness, limited range of motion, and a catching sensation with lowering the arm.

Another common tendonitis in the shoulder involves the long head of the biceps muscle, bicipital tendonitis. This muscle sits in the front of the glenohumeral joint and extends down to the elbow. Symptoms may include pain with shoulder flexion, pain with elbow flexion, and local tenderness along the front of the shoulder.

In next month's article we will investigate the importance of early intervention when treating shoulder injuries as well as some possible barriers to recovery and treatment options. Until then, enjoy the fresh snow and outdoor activities courtesy of our second blast of winter!

*Jennifer Gordon (BSc.PT, AFCI)  
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

**Kevin Hanson - Division 1**

### Quick Bits

A few highlights from the February Council meetings: Wings Over Springbank is to receive a letter of support from the County, hopefully it goes ahead this year. RR34 north to the Elbow River will be paved with partial capital support from a Local Improvement Tax on the benefitting residents. Council continues the process to unwind our "Municipal Planning Commission", as it is an outdated and red-tape prone process that returns minimal benefit for the high administrative cost.

### Vegetation Management in Bragg Creek

The County was successful securing \$20,000 in Provincial funding for Bragg Creek resident debris chipping. Our Emergency Services folks will again be coordinating this under the Fire Smart program and the location will likely be similar to past practices. Supported by several phone calls from residents, I also had a related discussion with our interim CAO, and our Transportation Services Manager. The concern raised was increased demand due to blow-downs resulting from the early winter windstorm. I was informed of the County's plans under the brushing program. To mitigate traffic associated with hauling branches it was discussed

we look at the potential for a "satellite" site, or mobile locations nearest to the areas with the most property damage. Administration has the matter well in hand, and early indications are there will be no impact to the 2022 brush management budget. Look for more information from the County as plans unfold.

### Tsuut'ina North Boundary Fencing Project

I have been coordinating with the Nation on their project to install wildlife fencing along their northern boundary, from the City of Calgary out to Elbow Valley west. The project consists of surveying property lines, surveying for metallic anomalies (unexploded ordinance), brushing, and fence construction. There are a handful of setback / encroachment issues, as well as some garbage. Properties along the project are being notified by the Nation, but the potential for military hardware was a very useful takeaway for me and is a caution to residents unaware of this potential harm.

### Leasing Public Right of Ways

The ability to lease an undeveloped road right of way for use as private driveway was back on the agenda. A status report from Administration was looking for direction to continue exploring this matter. You know the County's size is significant when a policy applicable in remote areas has immediate unintended consequences in our more densely populated areas. I supported doing more work as there are potential benefits to be gained, if the unintended consequences can be mitigated.

I debated that protection of access to rivers / creeks and other recreation opportunities must be protected. I clearly made my point that the access granted would have to be non-exclusive. To ensure public engagement, I made a successful amendment that called for a non-statutory public hearing to occur when this matter returns as a bylaw for consideration by Council.

### CAO Hiring Progress

Our executive search consultant assisted Council on February 14th to conduct our three shortlist candidate interviews. All three were excellent candidates which made for a very tough decision as to who we felt would be the best choice to lead Rocky View's Administration. The execution

of the paperwork, the start date confirmation, and the final Council resolutions required to complete the hire should be occurring by publication time, or shortly thereafter. Looking forward to some new positive energy!

*Please e-mail me if you would like to be added to my contact list for e-mail and online communications*  
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

I really appreciate the division 2 residents in selecting me to represent you as your area councillor and further to that I have been selected by my colleagues to take on the role of Mayor. So, as you can see, I do have my work cut out for me as we work through the challenges of managing the business items for the County.

Following are some items that I would like division 2 residents to be aware of as we progress through the year.

**COVID-19:** unfortunately we are still under the meeting procedures (Covid-19 Suppression) Regulation therefore Council meetings and public hearings are being held via video conference. You can watch a live stream for each meeting on the day of the meeting on the Meetings and Hearings page of the County website. There appears to be hope that restrictions are being lifted to the point that we can get back to our regular Council meeting format by the end of March.

**Budgets:** Council has passed the 2022 Operating and Capital Budgets resulting in a 4% increase in tax requirements. Assessment notices have been sent out to reflect the market value of your property and this will be used in combination with the mill rate to determine your tax requirement for the year. Audited financial reports are being prepared for the 2021 year and these will be presented by the County's appointed accounting firm at the end of April. The actual dollars spent in 2021 will also be provided at that time.

**Chief Administrative Officer (CAO):** Council is interviewing some prime candidates the week of February 14 with the hope that a candidate will be selected and in place by early spring.

**Customer Satisfaction Survey:** Council is interested in knowing what our residents think of their services being provided therefore starting in March all residents would be requested to participate in a customer satisfaction survey to obtain the required feedback that may result in adjusting services accordingly. More information on how that is to occur will be forthcoming.

As well, administration is working on a communication strategy that will outline the best ways of communicating to residents as well as what should be communicated. The feedback provided in the customer satisfaction survey would assist them in the development of the strategy.

**Springbank Area Structure Plan (ASP):** Council directed Administration to update the Springbank ASP. I believe that we have the opportunity to make improvements that will ensure Springbank maintains its strong country residential community along with the required amenities. Administration is preparing to re-engage with residents and I encourage everyone who lives within the ASP area to take an active part in the process. Without your involvement it would be difficult to determine what your vision is regarding the make up of your community. In March, administration will be reaching out to the residents on how they may provide their input into the ASP's review and update.

**Municipal Planning Commission (MPC):** In order to streamline development applications and provide for better customer service, Council has requested administration to revise the required policies and bylaws that will see administration as part of the development authority and the MPC established by the previous Council will be abandoned. Based on Administration's recommendations as well as the applicant's request, subdivision applications will still be eligible to come to Council. Administration is expected to bring back the report to Council in March at which time Council will decide on which applications may still require Council involvement.

**Jumping Pound:** the second phase of a large renovation to the jumping pound community hall is nearly complete. This renovation includes an overhaul of the electrical system, new light fixtures, insulation and exterior siding. Funding for the renovation was achieved through community donations as well as grants through the Emergency Grant and Recreation Capital Grant program offered through the County. The County's partnership with the Jumping Pound Community Hall Association continues to be mutually beneficial. This building remains a central gathering place for the community and third party renters and it is hoped that the facility will be available for use sometime in March.

**Recreation update:** The County is actively working on preliminary planning for a multi-use community facility in south Springbank, as recommended in the Recreation Master Plan. Council established a Task Force that Councillor Hanson and I sit on, along with a number of community representatives from Divisions 1 and 2. The County has also hired a consultant to gather information from various community groups to obtain more information on community needs. Stay tuned for further developments on this important initiative.

**Beijing Olympics:** A Rocky View firefighter, John Morris, represented Team Canada in the mixed doubles curling at the Beijing 2022 Olympics. John is no stranger to the Olympic scene since he has a long-accomplished legacy in curling as a player, coach, and two-time Olympic gold medalist. We are proud of John's accomplishments and thank him for his Canadian representation.




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## MARCH NEWSLETTER Judi Hunter-Ward 5 Trustee

February is a short month as it includes a break for Teachers' Convention, giving students a week-long break. The Board of Trustees is now developing the Budget for the 2022-2023 year. The budget is based on the funds received from the Alberta government. The funding model consists of a variety of components, and there are rules around each of the various components. Funding model for those who are interested can be found at: <https://open.alberta.ca/publications/1485-5542>

Each new term, the Trustees visit each of the 53 schools in our District. It is a chance for trustees to understand first-hand the needs of each school, where each school is regarding the implementation of the Board's 4 Year Plan: I CAN - Connect Achieve Navigate. This document sets the framework for how our division meets the goals of the Alberta Curriculum and ensure that students graduate high school with the skills, knowledge, and attributes to live as productive citizens. The four-year plan is developed with input from parents, educators, business persons, and the public. We are currently ending year three of the plan.

February is Black History month; the following is a link to free Eventbrite session: [www.eventbrite.com/c/black-history-month-virtual-events-cwyhygw/](https://www.eventbrite.com/c/black-history-month-virtual-events-cwyhygw/)

This month the Board listened to a presentation of a Grade 7/8 teacher who described teaching during COVID-19. She described how the public debate played out in the classroom, the lack of continuity in moving from in person to online learning, student absenteeism due to COVID-19 isolation rules and gave a general overview of how teachers responded to support learning in this chaotic time in history.

Rocky View School division has adopted an approach to literacy – called Layers of Learning. This approach represents the current research on how best to develop literacy k-12. All staff are being in-serviced in this methodology.

The provincial government is going to implement 3 curriculums this fall. New feedback sessions regarding the curriculum are planned for the spring.

Rocky View District Website has a new look and feel. Users should find the website more intuitive to use and easier to find what they are looking for.

Below is a link to a session by Dr Jacqueline Leighton, a professor from the University of Alberta: "COVID-19 and Children: The Perfect Storm of Stressors", who gave permission to share the presentation. It was excellent and offered ways you can help your child through these difficult times. The webinar is posted online here, and we invite you to view it or any of our previous webinars on our On Demand page.

### BATTLE of the BOOKS

Battle of the books is well underway at Springbank Middle School. 72 students formed 18 teams and have started to tackle reading the 12 different titles that will be part of the competition in May. On February 3, all teams participated in the first round of competition and 7 of the 18 teams will move on to the finals later this year. It was a hard fought and close competition! Congratulations to the following teams: The Duckies, No Idea's, The Books, The Wind Readers, Yellow Mustards, Book Worms, and Book Worms 2. The Battle of the Books is a Rocky View Schools district wide initiative to foster the love of reading.

The Springbank Robotics Team has three teams competing in the Provincial Robotics Competition. If successful, a team could be competing in Houston later this year.

The Alberta government indicates that the spring budget will include funding for capital work, \$1.5 billion will be spent over the next three years on 15 projects, which could be new schools or modernizations on existing schools, with more details expected in the coming weeks. Rocky View School Division is desperate for new schools, so hopefully announcements will include Rocky View.

*Judi Hunter*





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## Bragg Creek Centre

We have wrapped up another successful event at the Bragg Creek Community Centre and would like to thank all those who attended Winter in the Woods on January 29th. 1500 visitors were treated to live music, family games, ice competitions, hockey games, beer gardens, food trucks, Ladies Auxiliary Soup Kitchen, family skate times, an outdoor market and the crowd-pleasing attraction of human curling. We would like to thank our many sponsors: Basement Technologies, Elsdon's Excavating, Gateway Developments, Little Schoolhouse, Walsh Equipment, Powderhorn Saloon, Franklin Sports, Kathleen Burk and Carmen Ryan for helping make our inaugural event an amazing experience for our community! We are also thankful for the local businesses who sold 420 pucks for our Chuck a Puck event. The winning puck was #168 belonging to Rod & Elizabeth of the River Dragonfly! They won \$1000 and the naming rights to the rink for the year. Tiffany Sebolski was also a lucky winner, taking home her \$765 share of the 50/50 proceeds. We could not have held an event of this magnitude without the many volunteers that came out to support us! We are appreciative of Brian Robertson's vision for this event and look forward to hosting it again in 2023!

On March 12, country recording artist Gord Bamford will be performing live at BCCC. Proceeds from his concert will support three local organizations: Swamp Donkey Musical Theatre Society, Bragg Creek Performing Arts and the Bragg Creek Community Association. Tickets start at \$50 and can be purchased online at [www.gordbamford.com](http://www.gordbamford.com).



Photo credit: Emily Cox

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## A TASTE OF THE HIGH COUNTRY

### Indulgence

*Pairing music, wine and food in the intimacy of the forest.*

**March 19, 7PM**

#### Chisel Creek Ranch

Can music describe wines? Express the sensations and feelings that arise from tasting a light, effervescent sparkling wine or a sensual, full-body red? Or that sweet, delicate dessert wine? Wine, like music, is art. One is experienced through taste (wine), the other through hearing (music). But what if we could experience music through taste and wine through hearing?

A few months ago, the Land's End Chamber Ensemble performed a concert, including the rendition of a particularly hot tango. After the performance, I suggested to one of the musicians, Beth Root-Sandvoss, to consider creating an experience that would engage all of our senses by pairing music, wine and food. The affair could be set in dimmed lights and bohemian style decor. I did not expect them to take me seriously.

A few weeks later, Beth called me to discuss the idea. Soon, we started creating an evening that would cater to all of our senses. An evening that would invite guests to experience the relationships between our environment, music, wine and food.

Indulgence is an artistic experience - a pure indulgence for our senses, designed for the sole purpose of enjoying the moment to its fullest. It is our way to celebrate the eminence of Spring, the renewal of life and forget about the vagaries of the last two years.

The performance will take place at Chisel Creek Ranch, a private home of rustic post and beam architecture tucked in the trees on the edge of Kananaskis in Bragg Creek. Guests will arrive at sunset and be welcomed in an intimate, dimly lit decor complete with a grand piano, tables for two, and a limited number of groups of four or six. The program will consist of three acts of music and wine paired with light food, each introduced through spoken words.

This event is an indulgence for the artists to challenge themselves to express tasted sensations and aromatics through a selection of known and not-so-well-known musical pieces. It is also an indulgence for the guests to awaken their senses and take pleasure in the moment.

Beth is the cellist, and Susanne Ruberg-Gordon the pianist. They are professional musicians of international calibre with several award nominations and a healthy collection of CD recordings. You can find out more about them by visiting their ensemble's website [www.landsendensemble.ca](http://www.landsendensemble.ca). I will be your sommelier for the evening, pairing wine with food and introducing them through spoken words. You can find out more about me on [www.tastingpleasures.ca](http://www.tastingpleasures.ca)

In a world where we eat mindlessly with our phone set next to the cutlery, we forget how to savour the moment. We invite you to leave that phone at home, settle in and feast your senses.



*Renée Delorme  
Sommelier  
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## Indulgence

*Pairing music, wine and food  
in the intimacy of the forest*



*March 19th, 7pm*



**Chisel Creek Ranch**, Bragg Creek  
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Info: [www.tastingpleasures.ca](http://www.tastingpleasures.ca)  
Ticket Pro: [www.braggcreekperformingarts.com](http://www.braggcreekperformingarts.com)  
\$85/person



**Indulgence** is an offering to the community on a cost recovery basis. There are only 42 tickets available for \$85 each.

We are grateful to the Bragg Creek Performing Arts for facilitating the sale of the tickets and assisting us with the promotion of the event.

For logistical details and to purchase your tickets on Ticket Pro visit:

<https://braggcreekperformingarts.com/> Or [www.tastingpleasures.ca](http://www.tastingpleasures.ca)

To reserve a "bubble" for 4 or 6? Please call us before buying your tickets at 403-472-1396.



### Invitation to food artisans, growers, producers and restauranters:

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## CHAMBER NEWS

### MEET YOUR BOARD & GIVE YOUR FEEDBACK

Greetings Membership: What should the Chamber focus on this year? Please drop in on Tuesday March 8, 7-9 PM and Friday March 11, from 3-5 PM, at the BCCA to

meet with members of the Chamber Board. We are all ears to hear about your ideas and feedback for all things business in Bragg Creek.

A special general meeting to present bylaw revisions will be held on March 16th, 2022 at 7:00 pm at the Bragg Creek Snowbirds Seniors Fellowship (Snowbird Chalet) located at 19 Balsam Avenue, Bragg Creek. Snacks will be provided.

See you soon, Sherri Olsen



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## PRIDDIS NEWS

I hope everyone enjoyed the beautiful weather in February. What an incredible month it was. Feels like spring is right around the corner. Here's what's happening in our community.

### Priddis Panthers:

The Panthers have numerous games this month. Head to the website for their schedule and come out to cheer them on! For the public skating schedule as well as ladies and men's shinny, head over to the home page of our website: [priddispantherhockeyassociation.teamsnapshots.com/](http://priddispantherhockeyassociation.teamsnapshots.com/)

Thank you again to everyone who contributed to the construction of the Zamboni garage.

For more information, email [priddishockey@gmail.com](mailto:priddishockey@gmail.com) or follow our Facebook page: [www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/](https://www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/)

### PCA Casino 2022:

The Priddis Community Association is having our AGLC casino this year. Dates are Tuesday and Wednesday, May 17th, and 18th at the ACE Casino Blackfoot, 42 Avenue SE, Calgary. Come and join in the fun as several positions on each shift need to be filled. If you have never worked a casino before, no problem. Training is provided. Meet your neighbours and make new friends. All proceeds from the casino go towards hall maintenance and improvements. If you would like to volunteer, please contact [priddisgrants@gmail.com](mailto:priddisgrants@gmail.com) for more information.

### Parent & Tot Playgroup:

Playgroup is back at the community hall. Join us every Friday 9:30 – 11am for a chance to socialize with other parents while your children engage in free play. Free for PCA members. \$5 drop in for non-members. Please contact [pcayoungfamilies@gmail.com](mailto:pcayoungfamilies@gmail.com) for more information and be sure to follow our social accounts for community event updates. @priddiscommunityassociation on Instagram and Facebook page. Mandatory masking in effect for parents.

### Priddis Early Learning Program - PELP:

Keep an eye out for information regarding the 2022/2023 registration.

Our fundraiser is ongoing: Mabel's Labels order your very own personalized holiday labels and stamps. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com)

Please email our program director for more information: [pelppreschool@gmail.com](mailto:pelppreschool@gmail.com) [pelppreschool.wixsite.com/pelp/registration](http://pelppreschool.wixsite.com/pelp/registration)

### Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com). In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g. Family. Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Business Memberships are also due, and the form is online. E-transfers will also be accepted. Go to [www.priddisalberta.com](http://www.priddisalberta.com) Fill out your business details and email it with your payment to: [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com)

How easy is that! Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities. Thanks in advance.

### Red Deer Lake School Playground:

Red Deer Lake School Council is excited to announce we have met our fundraising goal for the Inclusive Playground Expansion and construction is set to begin in May. This fully accessible playground will not only benefit the students at Red Deer Lake School, but children in the surrounding communities as well. Thank you to everyone for your generosity and support in making this happen.

### Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books

are quarantined for 72 hrs. Your donations are appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb, and Jeanie. Thanks ladies, for volunteering your time to keep the library operational for the community.

### Booking the Hall:

We are taking bookings for the Hall for 2022. 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 online. To view or book the Hall, contact the Hall Rental Director at [PCAhallrentals@gmail.com](mailto:PCAhallrentals@gmail.com) Check our 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 Buy and Sell
- Priddis Mom Connect
- [www.priddisalberta.com](http://www.priddisalberta.com)
- [www.facebook.com/PriddisCommunityAssociation/](https://www.facebook.com/PriddisCommunityAssociation/)
- [www.facebook.com/Priddismoms](https://www.facebook.com/Priddismoms)
- @priddiscommunityassociation Instagram photos and videos



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## OPEN HOUSE for ALL PRIDDIS RESIDENTS

**Wednesday, April 13<sup>th</sup> at 7pm**  
**Priddis Community Hall**

Join Mage Networks in discussion about bringing MagiNet™ high-speed internet to Priddis!


Mage's network technology, MagiNet™, is a multi-hop hybrid network configuration. MagiNet™ uses fiber, wired and wireless technology using multiple hops to overcome obstacles and distance to reach all customers in a target area.


### Topics of Discussion:


- Introduction to connectivity issues to Priddis community
- MagiNet™ Technology
- Network Design and Data Pipeline Relay requirements
- Preliminary network coverage – to be developed in conjunction with PCA
- Timeline of project – Start deployment Summer 2022
- Service Package –Maximum 100 Mbps symmetrical Download and Upload Speeds with Guaranteed Streaming Bandwidth™
- Costs of installation and service package

Come out and meet with us! Internet connectivity has become a crucial utility and is a necessary investment in your property value. We have already received quite a bit of interest from the community and are needing ~ 25 more homes to commit to our network to start the project.

For further information, send an email to: [priddisspecialprojects@gmail.com](mailto:priddisspecialprojects@gmail.com).

 Suite 271, 3553-31<sup>st</sup> NW,  
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## RED DEER LAKE UNITED CHURCH

As of this writing, we are once again offering in-person services at our church west of Calgary on Highway 22X. And as of February 9, we have removed the requirement to show proof of vaccination when attending our services and events, although we are strongly encouraging the use of masks going forward.

The best thing to do in these uncertain times, if you're thinking of joining us for a service or event, is to check our website – [reddeerlakeuc.com](http://reddeerlakeuc.com) – for the latest information.

If you're still not completely comfortable with in-person gatherings, we also offer

online services each Sunday. Look for the links on our website and YouTube.

The lifting of restrictions was good news for the On the Edge 2021-22 concert series. As of this writing, we were able to offer our March concert – Doris Daley and Doc Mehl, local cowboy poets and musicians. We have high hopes of completing the series with our May presentation. Join us for "R.E.S.P.E.C.T. featuring Shannon Gaye" on Friday, May 6, 2022 at 7:30pm.

Soulful singer/percussionist Shannon Gaye and Bulgarian pianist extraordinaire Kristian Alexandrov join forces to present R.E.S.P.E.C.T., an inspired program celebrating women of soul, rhythm and blues. Paying homage to trailblazing female artists, the R.E.S.P.E.C.T. show features tunes by classic icons like Aretha

Franklin, Patti LaBelle, and Etta James as well as contemporary artists such as Alicia Keys, Adele and Amy Winehouse.

Tickets are \$25 and are available on our website: [reddeerlakuc.com](http://reddeerlakuc.com).

If you have any questions 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.*



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## CH FINANCIAL LTD

### 'Til Debt Do Us Part

Calgary's CH Financial Ltd offers Financial Advice for Couples - Finding your forever partner is tricky enough and the thought of merging your finances together can be daunting. After already establishing your own habits for managing expenses and personal debt, creating financial dependency can seem overwhelming.

We say for better or for worse, for richer or poorer, in sickness and in health, but what about in good debt or bad debt? A recent poll by FP Canada shows that 48% of Canadians say their top financial priority is paying down their debts. Calgary-based company, CH Financial Ltd, is offering tips on how to navigate financial literacy in your relationship. Erika Stewart, Chief Operating Officer of CH Financial, can help advise you

on the right steps to take to combine finances based on each individual while still meeting your joint and independent financial goals.

"Joint finances look different for every couple and it is no secret that money is a huge factor in relationships," says Erika Stewart. "Knowing where to start the conversation can be hard to navigate. Our team of financial experts will sit with you and your partner and build a step-by-step plan to help you tackle things like joint bills, debts and future goals."

CH Financial's approach provides an in-depth look into a client's finances from a holistic perspective. Their team of experts are available to help navigate changing financial landscapes, and identify where to start your planning and wealth management. To learn more about CH Financial visit: [chfinancial.ca](http://chfinancial.ca) and follow them on Instagram @ch.financial or LinkedIn at CH Financial Ltd.

### For media inquiries, please contact:

Bob Sumner Sydney Karaja  
PARKER PR PARKER PR  
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### About CH Financial:

At CH Financial, we provide all the services necessary to ensure your financial well-being - from financial wealth and tax planning, risk management, estate and business succession planning, to structuring charitable trusts.

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## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, usually at 7:30 p.m. Due to COVID-19 restrictions however, we have been holding Zoom meetings starting at 7:00 p.m.

Our next meeting is March 8, 2022. The speaker is not confirmed yet. Please check our face book page for updates.

In April the meeting will be building blue bird houses. We are unsure what the date will be. If you are interested in attending or

purchasing a bluebird house kit, please contact [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). The kit fee will be \$20.00.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family.

The Millarville Horticultural Club is 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, 2022. 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.





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## MILLARVILLE COMMUNITY SCHOOL IS FUNDRAISING FOR A NEW PLAY GROUND

The Society for Millarville School Fundraising is coordinating a new playground for Millarville Community School. Playgrounds provide children the opportunity to practice key skills. Children constantly learn through play, making new friends, sharing, taking turns and interacting with others. Our playground is a destination, attracting families from all over the community, bringing people together and creating a sense of belonging. It is a safe space for the children in our community

to build friendships, gain confidence and develop physical, social, emotional and imaginative skills. Our current playground is 30 years old. It has outdated equipment which has continual issues that can no longer be repaired. We are continuing to apply for more sponsorships, but we need your help to continue our work.

As a nonprofit organization, we completely rely on community support.

None of our efforts would be possible without the help of donors, volunteers and supportive community members like you.

Would you please consider making a donation to help us?

Any and all donations are greatly appreciated. Tax receipts available for monetary donations.

If you are able, please consider a donation of \$5000 for optional public recognition at the playground.

For more information on how to donate or become involved, please email: [mcsfundraisingsociety@gmail.com](mailto:mcsfundraisingsociety@gmail.com)

Thank you for being a part of our community and our story!

We would like to take this opportunity to acknowledge the traditional territory of the indigenous peoples of the Foothills Region in Southern Alberta, which includes the Tsuut'ina Nation, the Stoney Nakoda First Nation, and the Blackfoot Nations, consisting of the Siksika, Piikani and Kainai peoples.

At Millarville Community School we are grateful to have this land to learn, live, work and play.



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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

**Highway 762 Concerns:** A variety of topics are crossing my desk these days. While some residents are planning to build out their dreams on their properties, some are experiencing the challenges associated with living in a beautiful and popular area for touring. The Highway 762 area continues to be a challenge, especially during the days of good road conditions, due to some travelers creating unsafe conditions with their speeding, stunting and noise. Recently a meeting was held with local community representatives and municipal, provincial and law enforcement representatives. Along with monitoring of the traffic and speeds, follow-up actions will be taken, including planning education and police presence initiatives. Because Highway 762 is a provincial Highway, much of the action will be taken under the lead of Alberta Transportation with MLA Rosin. Councillor Castell and I have raised these concerns with Foothills County Council and will follow through with coordinating the efforts of all our agencies.

**Ambulance issues continue to be in the news:** We are grateful that the Province is coming to the table with a ten-point plan to address issues related to ambulance availability, waits times, staffing issues and rural service disparity. This complex problem has been studied under a number of governments, over many years. We are hopeful that the amount of interest in this situation will now equal some results. The Foothills Regional Emergency Services Commission, which owns and operates our Foothills Regional 911 Dispatch Centre,

has written a letter to the Health Minister, on behalf of our 25 municipal members, that we are interested to participate in any reviews and would be happy to supply our experiences and proposed solutions. We await this opportunity and will let you know if there are any newsworthy updates.

**Property Rights:** The Province is inviting comments regarding property rights through a special committee review and engagements. I recently observed a virtual meeting chaired by MLA Sigurdson. I thought the proceeding to be professionally done and welcoming of all submissions. While many aspects of property rights concerns were presented, I learned that there is considerable interest in removing "Adverse Possession". From the municipal perspective, through recent years, we have also strongly advocated to our MLAs for the elimination of the Calgary Region Board and the Regional Growth Plan. This Board and Plan create a disadvantage for rural landowners and developers, who want to build businesses and develop larger projects. All these projects, as you probably know, must be approved by this unelected Board, i.e. the Calgary vote. Currently, the Municipal Affairs Minister is listening to all 10 CMRB members and will be providing direction to the Board regarding the Regional Growth plan approved in May 2021. We have also raised this issue in the light of property rights review.

**Review of Policing:** Many events and discussion are being held about the viability of an Alberta Provincial Police Service. Recently, many municipal representatives attended RCMP-held information sessions, where RCMP shared their perspective on the studies and aspects of policing. The scope of this potential Provincial policing service includes the rural municipalities and Towns, which currently contract RCMP services. Next up, the Province is holding engagement sessions, which we will also attend. We will be asking questions

and awaiting information about costs and logistics.

**Legal Seminar:** The municipal world of today includes numerous aspects which require legal involvement or opinions regarding liability, business, insurance, enforcement, procedures, inter-governmental compliance and more. In an effort to stay current and benefit from legal expertise and the experiences of other municipalities, our Council and Admin recently attended a virtual seminar, which provided an interesting overview regarding municipal legal topics. We gained some great insight into: serving as Directors, the Freedom of Information and Protection Act, municipal tax powers, efficient managing of legal budgets and regarding recent case law updates.

**Water Matters:** Water approvals and projects are quite slow-moving in the municipal realm. Costs, impacts and approvals need to be carefully considered. Some projects that are currently in the works include: potable waterline planning with the Town of Okotoks in our central area, updating water-use agreements with the Town of High River, moving forward with a water treatment plant in the Aldersyde area and working with watershed planning groups. A State of the Watershed report has been created by the Fish Creek Watershed Association, with next steps to work with stakeholders on further learnings and actions. The Highwood Management Plan – Public Advisory Committee recently met to discuss work being done in the Sheep and Highwood upper-watershed and in the Frank Lake area. We look forward to gaining a greater understanding of the groundwater/surface water interaction component of this watershed, through applying new science and through stakeholder collaboration.

### For Other News & Updates:

Facebook: [www.facebook.com/CouncillorSuzanneOel/](http://www.facebook.com/CouncillorSuzanneOel/)

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With Best Regards, Suzanne



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## COUNCILLOR UPDATE Foothill County

### Barb Castell - Division 3

As I am writing this, it is a beautiful sunny winter day and +6C! Unfortunately, we still need a lot of moisture in the fields. There was another fire in a farmer's field on February 12th, just north of Turner Valley. A few more snow falls would sure help.

On January 27th, I attended the Crescent Point Energy Community Foundation where the last of the two million dollars was given away, to many deserving groups. This money came from a water licence that Crescent Point Energy sold to the Town of Okotoks several years ago. Crescent Point Energy decided to give all that money back to the community organizations where they currently operate. I want to thank Crescent Point Energy for supporting so many groups as I know they are all truly grateful.

I recently attended a virtual Marigold Library System Board meeting. Do you wonder where all those books come from at your local library? The Millarville Community Library is part of the Marigold Library System that is based in Strathmore and distributes books to 35 member libraries. A new building was recently built there as it was much needed because the Marigold service population has tripled since 2017. With 320,000 Albertans in its service area, Marigold is the third largest library system in Alberta based on population, after Calgary and Edmonton. The Board is hoping the Grand Opening will happen this June.

If you go to the Marigold website, you will not believe all the materials you can access if you are a member of the Millarville Community Library:  
[www.marigold.ab.ca/eResources](http://www.marigold.ab.ca/eResources)

Councillor Oel and I went to a meeting at Square Butte Hall on February 2nd to discuss issues on Highway 762 and Plummers Road by Brown-Lowrey Provincial Park. MLA Miranda Rosin, the Turner Valley RCMP, the Friends of Highway 762, and Square Butte Community Hall directors were in attendance. We had an excellent discussion on speeding, noise, and parking. I felt the conversation was productive, everyone was heard, and many solutions were suggested.

There was a KeepAlbertaRCMP Community Engagement Tour virtual meeting on February 3rd. PricewaterhouseCoopers did a \$2 million study which was released November 2021; 84 % of responders DO NOT support replacing the RCMP and 9% do support it. I wanted to know the reasons that the 9% gave for replacing the RCMP and whether the remaining 7% just did not respond or there were other reasons, but there was not much time for Q&A other than submit your question. 92% of Albertans want detailed accounting of costs and impacts.

My biggest concerns are the Costs to municipalities, which is at risk without the yearly Federal contribution of \$185 million; the proposed Transition study timeline with the 4 year planning and preparation period; and then the 2 year transitional period. There are too many unanswered questions.

You can visit KeepAlbertaRCMP website to participate and express your thoughts and concerns about policing satisfactions with the Alberta RCMP, and the transition.  
[www.keepalbertarcmp.ca](http://www.keepalbertarcmp.ca)

On February 6th I was privileged to judge my favourite age group, The Cleavers and Juniors, at the Millarville Stockland 4-H Public Speaking at the Millarville Race Track. I laughed, was educated, entertained, and had my emotions turned upside down by a little girl giving a speech about her Dad. The lessons learned by these children from this programme are immeasurable. Most of the intermediate and seniors that

we listened to I had previously judged when they were Cleavers and Juniors. They have grown up so much, are so confident, respectful, and are ready to enter adulthood.

It was interesting that several of the participants were from Calgary. They purchased some livestock and they board them in Foothills County just so their children can learn about farm life and be part of 4H.

There was a day long virtual presentation on Emerging Trends in Municipal Law in February. Some members of Council were in attendance and were made aware of our obligations, confidentiality, Freedom of Information and Protection of Privacy (FOIP), Municipal taxation powers, and management of legal budgets. I found the proactive vs. reactive legal assistance presentation the most informative course.

There was no better way to spend Valentine's Day than listening to the many deserving organizations that applied for Foothills Family and Community Support Services (FCSS) funding. FCSS is a legal partnership between the Province of Alberta and municipalities. This is an agreement under which locally driven preventative initiatives can be developed to enhance the well-being of individuals, families, and communities.

To find out more about how your organization can apply, go to:  
[www.mdfoothills.com/residents/community\\_services/fcss.html](http://www.mdfoothills.com/residents/community_services/fcss.html)

With Spring around the corner, I have started more plants with my new full spectrum LED grow lights. Soon they will be moving to my greenhouse. I can hardly wait to get into the greenhouse and start transplanting!

*Barb Castell*

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## SQUARE BUTTE COMMUNITY

Spring: a lovely reminder of how Beautiful change can truly be...

Even though Spring has not arrived at the time of writing this, our weather of late has me thinking and dreaming of Spring's arrival and all the changes in store for us. Ranchers are anticipating the arrival of newborn calves along with the prospect of a couple months of no sleep, countless trips to the field, barn, and pens to check on the welfare of everyone, and lending a helping hand (or many) to the animals who may need it. It has us thinking of finding those first crocus buds and pussy willows – a sign that things once again will begin to grow and bloom.

Along with that, it has me thinking of the many changes that our Community has witnessed over the years – some more tangible than others. Since the Square Butte Community Hall was moved to its current location in the 60s the constant transformations it has seen may not be readily visible to those who pass through the area occasionally, but for those of us who are more connected to its history and relevance to our area, our Hall has transformed in step with everyone it benefits.

The original main Hall was such a welcomed addition to the community, complete with outhouses and a cloak room (that doubled as

infant sleeping quarters for many). It serviced the needs of the growing community around it, and slowly both began to evolve. The Square Butte Ladies Group was, and is, an ever-present support for the Community and helped raise funds for the addition of indoor washrooms (through their locally famous walk-a-thon or more aptly named "John-a-thon") in the 70s, the addition of the small stage, and addition of wall ovens in the current kitchen.

Building the east wing of the hall in the late 70s and into the 80s allowed for a larger kitchen and bar area and expanded occupancy for the ever-growing community. This coincided with the building and paving of the current Highway 762 which brought more and more visitors and residents to the area.

Our Hall boasts one of the most beautiful views in this community and the addition of the patio door, and covered deck along its west side in the 90s, was a major improvement to the aesthetic of the building and enjoyment for everyone who visits it. Adding wheelchair accessibility, an upstairs barrier-free washroom, entrance foyer and storage room was a major undertaking and huge improvement! Landscaping with the addition of a few trees, flower beds, rail fences and new gates, was also extensive and the yearly maintenance of all of it requires hours of dedicated volunteer service. The metal gate toppers added within the last few years were an amazing bonus and tribute to our Community Hall, along with the new events/info sign which is a vast improvement on

what we previously had and is used for advertising and celebrating Community happenings.

Our kitchen also now boasts a commercial dishwasher, new sinks and taps, making for easier and more efficient clean up. Upgraded electrical throughout not only improves the functionality of everything, but is also much safer!

The basement of the Hall saw a major upgrade with new drywall, painting and lights – a multi day volunteer blitz brought members together and transformed and brightened this area of the Hall. Adding to this, the recent refurbishment of the North and East basement walls ensured not only the longevity and safety of our building, but requirements for even further improvements and renovation to the basement and a new furnace!

There are always many items on the ever-growing "to do" list but we are proud of what our Community has accomplished over the years. All the hard work, dedication and commitment only serves to enhance the opportunity for each and every individual who lives, works and plays here! Happy Spring Everyone!  
(submitted by Susan Graham)

Website: <https://www.squarebuttehall.com>

Facebook: <https://www.facebook.com/Sqbuttecommunity>

Rental Inquiries: [contact@squarebuttehall.com](mailto:contact@squarebuttehall.com)

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Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
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Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	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 (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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## SHEEP RIVER LIBRARY

### On the verge of Spring.

March is here and if all goes the way we want it to, this month should come in like a lion and out like lamb. However, if March comes in like a lion and out like a psychopathic dragon on steroids, all bets are off. Whenever spring arrives though, there are two activities most of us are looking forward to: spring cleaning and gardening and the library has many resources to help you with both. There has been a lot of focus in recent years on decluttering our homes. Many of you will be familiar with Marie Kondo and her book *The life-changing magic of tidying up: the Japanese art of decluttering and organizing*. Kondo's focus is on tidying by category, being grateful for what we have and only keeping what "sparks joy". Kondo was first intrigued by the subject of tidying when she read *The art of discarding* by Nagisa Tatsumi, which explains the importance of getting rid of unnecessary

things. Just in case you were thinking that the Japanese have the corner on purging and tidying, *The New Minimalism* written by two women from California is available in our collection as well as the two books previously mentioned. The authors, Cary Fortini and Kyle Louise Quilic look at how we relate to our possessions using four archetypes: sentimentality, usefulness, energetic and frugal. Even if you don't take the further steps of eliminating useless stuff from your abode, figuring out which archetype you are is a fun exercise. At least you will know why you have become such a hoarder.

Once the inside of your house has been straightened up, it will be time to turn your attention to your yard and garden. There are many resources at the library to help you with this. As well as a large selection of gardening books, we have several magazines available: *Birds and Blooms*, *Canada's Local Gardener* and *Mother Earth News*. We usually keep two years' worth of back issues, so even though the current issue is for in-library use only, back issues can be checked out. If this is a new area for you, consider joining the local community garden groups, who depending

on COVID-19 restrictions, may be holding some educational evenings at the library in the spring.

So now that we have your domestic situation all sorted out, you will have plenty of time to come browse the stacks for reading material. Imagine, relaxing in your now beautiful backyard, in your freshly hung hammock (which you can easily locate in your junk free basement), sipping on iced tea while delving into your favourite author's latest offering. (We also have books about day-dreaming and unrealistic expectations).

At the time of writing, certain restrictions have been lifted. We no longer have a capacity limit, nor do we have to ensure physical distancing. Masks are still required at this time. We have more and more programs returning to the library so please check our website to see what is happening and for more up to date information regarding the lifting of restrictions.

*For more information on either of these opportunities, please call Jan at 403-933-3278.*

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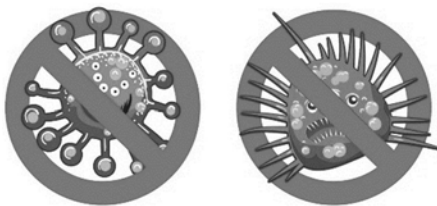
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Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, 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.

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## HELLO DIAMOND VALLEY

Hello, Diamond Valley, and welcome to March, the month that is supposed to come in like a lion and leave like a lamb. Not sure what climate this cliché comes from but here in the Foothills March comes in like a chameleon and leaves like a goat. I did see a few Canada geese flying home on February 15, probably wishing they had stayed south a little bit longer. Average temperature in March is between plus 4 to minus 7, with a mixture of snow, rain, and sun. The first day of spring is officially March 20.

With spring comes the lifting of most restrictions, such as wearing a mask, and the music is back with dancing as well! Beneath the Arch Concert Series presents Pharis and Jason Romero on March 26. The Romeros hail from Horsefly, B.C., where they grow their own food, raise their kids, and make banjos. In between doing that, they have picked up 3 Junos and 7 Canadian Folk Music Awards. With fiddle, banjo, guitar, and lovely harmonizing, this promises to be a great show. For tickets and more info, visit [beneaththearch.ca](http://beneaththearch.ca). And the Turner Valley Legion is looking to bring some music back in the form of a Saturday jam in March, give them a call or drop by to find out more details.

On the Edge Concert Series presents Cowboy Poet Doris Daley and Contemporary Western Musician Doc Mehl on Friday, March 4, 7:30pm. The

performance is held at the beautiful Red Deer Lake Church on the 22X. Doors open at 6, for tickets or more info, please call 403-256-3181, extension 4, or online at [reddeerlakeuc.com](http://reddeerlakeuc.com).

Canada was doing pretty good in the 2022 Winter Olympics as of the middle of February, with 17 medals won so far. Black Diamond and Okotoks will be hosting the 2023 Alberta Summer Games from July 20-23. This is pretty awesome as it will bring people and recognition to our community. And if you are interested in Fastpitch, the Foothills Fury welcomes all young ladies aged 6-19 who live within Foothills County to join their team. For info, visit [foothillsoftball.ca](http://foothillsoftball.ca). The deadline for registration for the season is March 26.

As we transition into spring, there is still skating and hockey going on at our Arenas. Foothills Skate Club is pleased to present their annual Ice Show on March 13, 1:00pm, at the Oilfields Regional Arena. The Club offers Skate Canada programs from ages 3 and up, and you can find out more about the Ice Show and the Club at [foothillsskatingclub.ca](http://foothillsskatingclub.ca). and The Arena is also home to a free family skate on Sundays from 1:45-2:45 until it starts getting too warm for ice. These are stick and puck times and helmets are mandatory.

The Valley Neighbours Club in Turner Valley is open again! The Club is open to anyone over 18 with Euchre, Whist, Bridge, Floor Curling, Hand and Foot Canasta, Bingo, Exercise, Xen Ci, Beginner and Intermediate Line Dancing, and a new energetic Fitness Dance directed by

Jodi Puhalski. Information or to register can be found by calling 403-933-3606. Membership is still only \$20 per year, and they will be holding their annual General Meeting on March 3. They encourage all members to attend, and a class on using the defibrillator will follow the meeting. The VNC is located in Turner Valley on Sunset Boulevard.

It's tax time again, don't we just love doing our taxes. If you are in a low-income bracket, the Town of Black Diamond has volunteer tax program. The program does not complete complex tax returns for people who are deceased, bankrupt, or have business, farming, or rental income. To find out if you are eligible or to book an appointment, call Suzan Nagel at 403-933-4348.

STARS Air Ambulance is hosting their annual lottery with over 4.8 million in prizes. The final deadline for tickets is March 23. To get in on this lottery, visit [starslottery.com](http://starslottery.com) or call 1-855-STARS-68.

If you have any news or events happening for April, please drop me an email at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is March 15. Don't forget Daylight Savings Time is March 13.

Happy St. Patty's Day March 17!

*Elaine Wansleben*



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## BLACK DIAMOND AND TURNER VALLEY PRESS RELEASE

### BLACK DIAMOND AND TURNER VALLEY COUNCILS AMALGAMATION VOTE PASSED

Today, Black Diamond and Turner Valley Councils re-confirmed their support for the application to amalgamate.

The vote is part of a requirement set out by the Honourable Ric McIver, Minister of Municipal Affairs, who directed both Councils, who are newly elected since the last vote, to individually re-confirm support of the proposed amalgamation by a formal resolution prior to the end of February 2022. Initially agreed to by previous Councils, the joint amalgamation application submitted to the Minister on September 14, 2021 indicated support for amalgamation.

Minister McIver acknowledged the work and dedication of both towns and said he is prepared to recommend the amalgamation to Cabinet.

In response to the vote, Black Diamond Mayor Brendan Kelly commented. 'After lots of reading, consulting the public and collecting all information available, I'm happy to see the hard work of this Council and the previous one, being recognized. I support most of the amalgamation application that was submitted to the Minister of Municipal Affairs, but there is still lots of work to be done. We look forward to the work ahead with Turner Valley, the Minister and his team.'

Turner Valley Mayor Barry Crane said, 'This result allows the two communities to set a path forward, together. If approved by Cabinet, which I expect it will be, it will start the process of formally joining the municipalities. While there is a lot of work ahead, I'm extremely excited about the future and the efficiencies and opportunities which lie ahead, we are stronger together, and may we thrive as we grow. Thank you to everyone for your input and support.'

#### Media inquiries may be directed to:

Mayor Brendan Kelly  
Mayor Barry Crane

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Turner Valley

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## LONGVIEW LIBRARY

Forty years ago, on February 6th, 1976 the official opening of the Longview Community Library was held in the Longview Elementary School. Roy Russell was mayor, Don Tannas, principal of the school and Board member. Other board members were Mrs. Mary Andrews, Mr. Baranek and Mrs. Russell, chairman. To start things off, the Russells donated 1300 books.

The TD Summer Reading Club's 2022 theme is "Once Upon a Time: Myths and Legends". Lynda, our librarian, will send out a recommended reading list in the last report card of the year.

Celia Dewane's book, *Stories From the Rocking Chair*, is for sale now in the library for \$20.00. Celia is a long time resident of Longview and many of her stories are about Longview and the surrounding area.

Freedom to Read Week was from February 20-26. It is an annual event that encourages Canadians to think about and reaffirm

their commitment to intellectual freedom, guaranteed them under the Charter of Rights and Freedoms. A striking abuse of these rights is the burning of the Harry Potter and Twilight novels in Tennessee, by a pastor, Greg Locke. He also banned a graphic novel about the Holocaust. The week provides us all with the opportunity to focus on the issues of intellectual freedom, whether you are a librarian, teacher or a member of the community.

February was Black History Month. It is an invitation for Canadians to honour the legacy of Black Canadian writers. It's theme this year is "February and Forever, Celebrating Black History, ToDay and Everyday." The CBC has compiled a list of 28 very accomplished Black Canadian authors whom you would enjoy.

A good read is *Greenwich Park*, by Katherine Faulkner, an award winning journalist. It is a psychological thriller about a strange, brazen woman who slithers into the lives of an unsuspecting family, playing havoc with them all, and culminating in a brutal murder.

*Happy Reading,*  
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## DUANE HARDER

### Honesty Without Tact

"I don't beat around the bush; I just tell it like it is!" The man who was the president of the denomination where I served, spoke to me after an executive council meeting and said, "Duane, you are a brash brat." Ouch! I shared his comments with the man who was my mentor hoping to find some sympathy. His response was, "Well, is it true Duane?" Another "Ouch!" This was radical honesty.

Tact is radical honesty with anaesthetic. I have a good friend of whom it has been said, "He is the only man I know who can tell you to go to hell and you will enjoy the journey." Tact is the ability to take the truth and clothe it with persuasive words. Tact doesn't dull the point of the truth; it simply dulls the pain of its insertion. There is an old proverb that says, "Better are the wounds of a friend than the kisses of an enemy."

Radical honesty is about facing the truth about ourselves; what behaviors are offensive; am I drifting or achieving goals; what is working and what's not working. It's about moving from fear and denial to making more conscious choices and decisions. In business, it means telling the truth about your market, your industry, your company, and your job. It means clearly facing business challenges, anticipating future trends, and finding ways to innovate—before someone or something else forces you to change. In the home it's about facing my relationship with my spouse and children with transparency and trust. In what ways do I offend? Do I keep my promises? Do I announce decisions or interact to gain input from each person?

Radical honesty ultimately frees you. The hardest place to start on the path to honesty is with ourselves. It's simply easier to tell ourselves what we want to hear or what we think will make us feel better than what is ultimately truthful about what's going on. The issue with this kind of benevolent mendacity is that it creates blind spots. These blind spots shield us from reality and keep

us from fully utilizing our keen senses and loving awareness to collect the feedback that is all around us. Without that feedback, it is so much harder for us to learn and grow; therein lies our dilemma. Without growth, we perish. Totalitarianism thrives in controlled speech and muted counter speech.

Radical honesty opens the door for transparent dialogue. Not long ago a movie was released entitled, *No Safe Spaces*. The two men who produced it represent polar opposites in their ideological perspectives. Through this film, Prager and Carolla are tackling the dangers of "wokeness" and the suppression of speech that has taken over college campuses. Like the two producers, the people interviewed in the movie have radically opposing points of view. But, they can all agree on this: Free speech on our campuses and in the public square is essential for a free society.

Radical honesty has been suppressed in Canada over the past 2 years. Our government, national media, major institutions, and unfortunately, our own family and friend circles, are guilty of covering over or silencing opposing

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ideas and suppressing or twisting truth. This culminated with the recent declaration of the emergency measures act, which, has now been revoked.

What I want to see is open transparent communication. When we allow opposing voices to be silenced by intimidation, force of power, or any other means, we are casting a vote for totalitarianism in our homes, workplaces, communities, and ultimately our nation.

Go ahead; state your case and present your facts and I'll see you at the top.

*Duane Harder*





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## DESIGNING YOUR NEW KITCHEN WHAT TO CONSIDER

With spring around the corner, the urge to brighten your home can result in a redesign of one, or several, rooms. Kitchens are a frequent 'spring update' choice because they get the most wear and tear!

If you redo your kitchen, before dreaming about quartz countertops, tile floors and kitchen islands, make sure you've addressed these three things:

1. WHO will be using your kitchen?
2. HOW do you plan to use your kitchen?
3. WHEN do you use your kitchen?
4. WHAT are your kitchen needs?

### Who?

The question of, "Who uses the kitchen?" informs decisions about space, counter area, and storage.

If your kitchen needs space for many helpers so you're not bumping into one another, consider the size of your walkways. Kitchen walkways should be a minimum of 36 inches wide, but in high traffic kitchens, 42 inches is roomier.

If your kitchen features a kitchen island, or a peninsula (an island attached to the counter and cabinet structure), with seating, then a 48-inch walkway might be the best choice for you. Of course decisions are dependent on the size and layout of your kitchen!

### How?

Is the kitchen a daily eating space? Then perhaps incorporating a breakfast nook would be beneficial. Do you cook daily meals from scratch? Then you will need lots of counterspace and storage. Do you feed pets in your kitchen? A sliding drawer 'hidden bowl' solution will keep petfood bowls out from underfoot.

When you've identified how you use your kitchen, divide it into 'zones'. Here are some common zones to get you started:

1. Pantry: Adequate storage for foodstuffs, small kitchen appliances.
2. Food Prep Zone: A sink for washing and preparing food; storage for 'prep tools'.
3. Cooking Zone: Stove, wall ovens, utensils, pots and pans.
4. Cleanup Zone: Kitchen sink, dishwasher, disposal bins.

### When?

Kitchens need to be versatile, as they are used at all times of day. 'Layer' your kitchen lighting to meet this need. For focused lighting while working, overhead pot lights are a good choice. Task lights under cabinets illuminate workspaces by day and provide soft evening lighting at night. Pendant and chandelier lights over islands and peninsulas provide a touch of class. Install dimmers for all overhead lighting—yes, all!

### What?

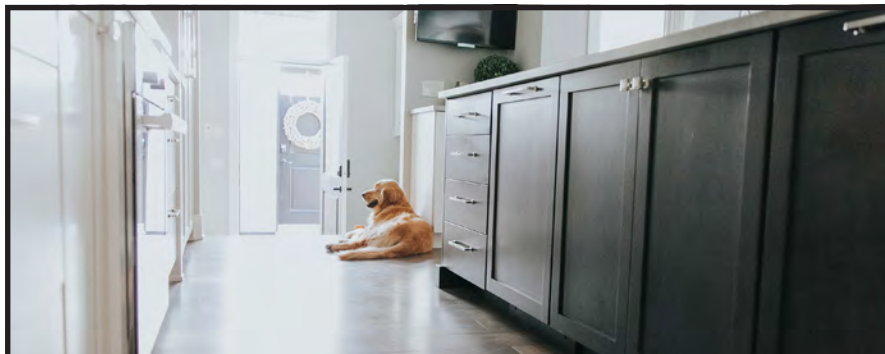
Is your kitchen specifically for food preparation? Does it double as an office? Is it the family gathering place?

In the past, kitchens were small, separated from the dining area to hide mess, and used only for cooking. Today, combined cooking/dining spaces have made kitchens into multipurpose rooms where people not only cook, but entertain, eat, complete homework—and even do crafts with the kids!

From small, utilitarian spaces, kitchens have evolved to feature comfortable seating and abundant storage, as well as office-style workspaces, complete with USB ports for smart devices, so people can easily and securely pay bills, update calendars, and answer email.

Make decisions that ensure you will love your kitchen for years to come!

*Karen Horte, DID*  
karenhorterinteriors.ca  
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## KITCHEN REDESIGN?

Have you answered the Who, How, When and, What? No? I can help you answer those questions.

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## MORTGAGE MATTERS

### Unconditional Offers

If you're planning to buy a new home, you will make an offer\* to start negotiations with the homeowner on the house you've chosen. There are two basic types of real estate offers: a conditional offer and an unconditional offer.

**Conditional Offers.** Conditional offers are the most common type of offer. Conditions are inserted into a buyer's offer with specific dates to meet said conditions. The most common conditions are financing, home inspection and condo documents review (but may include others as well). A condition clause affirms that if the buyer could not obtain financing, a home inspection is unsatisfactory or if the condo docs are inadequate for example, the buyer does not have to proceed with the deal.

**Unconditional Offers.** An unconditional offer is an offer to purchase with no conditions at all. If a buyer makes an unconditional offer that is accepted, it's

a firm deal. If the buyer can not obtain financing, a home inspection (if done at all) is unsatisfactory or if the condo docs are inadequate, it does not matter as the buyer has committed to proceed with the deal (or face the consequences).

A concerning trend is transpiring. Buyers making unconditional offers on a new homes. It is understandable in such a heated market, especially when a buyer may be competing with multiple other buyers. A competitive real estate market means that sellers may give preference to offers with no conditions attached.

This is very risky. If a buyer needs a mortgage to purchase a property... I would not advise a buyer to make an unconditional offer. Even if a buyer is pre-approved, it is not a guarantee the buyer will meet the closing finance conditions required. Unfortunately, situations happen and employment, credit, debt level, etc can change which may affect a pre-approval becoming an approval. Moreover, mortgage pre-approvals only consider the applicant upfront, not the property itself. The property - value, marketability, condition - is just as important. If a property appraisal is required, CMHC and/or the lender, may not agree with the purchase price.

A heated market may not support a purchase price significantly higher than recent comparables and a lender will not mortgage higher than a property's appraised value. This situation requires the buyer to pay cash for the difference or seek out additional (more costly) financing to make up any shortfall. Often times a stressful situation.

Making a conditional offer, with a reasonable timeframe to meet those conditions ... makes for a less risky real estate purchase.

\*An Offer to Purchase is a standard form legal document used to outline a potential real estate transaction between two parties. Please speak with a real estate professional about all the particulars.\*

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## ADHD AND EXTREME SENSITIVITY

### It's a brain thing

Those with ADHD have more difficulty with low frustration tolerance, impatience, hot temper and excitability. Challenges with emotions start in the brain itself.

"ADHD is not a mood disorder, but a failure-to-regulate-mood disorder. It impairs our ability to express our emotions in a controlled way" (Russell Barkley). Neuropsychologically, it's about processing and connectivity.

### What happens?

The limbic system generates emotions i.e. anger, fear, pleasure and is connected to the prefrontal cortex that manages emotion. Working memory impairment can allow emotions to go "unchecked" and become too strong. The frontal cortex acts like a security checkpoint. In the ADHD brain, the neurochemical connectivity that is needed to guard that checkpoint is weak. This allows our emotions to stampede past the security gate and cause havoc. Our emotional reactions are not assessed. Not calculated. Not suppressed. Not always in our best interest.

### Carried away with emotions

Minor problems or irritations become DEFCON level 1 threats – you hit panic mode or get super stressed out about small stuff that do not warrant such 'catastrophizing' or 'over-reaction'. It's difficult to calm down – you can stew for hours or days over an emotional event. This can impair your ability to get back to work or to move your priorities forward. When you get overly excited, it is not necessarily a bad thing. However, your driving emotion is stronger than the ability to think things through. For example, diving headlong into a new hobby only to realize after spending lots of money, that you should rather have 'eased into it'.

### Is it me, you or ADHD?

An extreme sensitivity to disapproval, rejection, criticism or the perception that somehow you have failed. Rejection sensitivity dysphoria (RSD) is very common in people with ADHD. Social anxiety involves exaggerated fears of being seen as incompetent, unappealing or 'not cool'. Perceived criticism or withdrawal of love and respect is just as devastating as the real thing. The term "dysphoria" means

"difficult to bear" and disapproval hurts much more than it does for neurotypical people.

### What about the longterm implication?

There is a broad spectrum of mood disorders i.e. anxiety, depression, bipolar; substance use disorders i.e. alcohol, illicit drugs and personality disorders i.e. borderline personality, which can co-exist with ADHD etc. They all have strong emotional behaviours that overlap with ADHD. During a professional assessment, one has to be mindful of the complexity and degrees of severity here.

### Does ADHD Medication numb your emotions?

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

### What can I do?

- Do mental Taekwondo. Flip your anger into constructive action. Get busy on a tough task.
- Name your emotions. Describe in detail what you feel or write it down in a journal.
- Check your lifestyle and listen to your body. Are you getting enough sleep, eating healthy, correcting bad habits?

### Sources:

Barkley, Russell, A. Taking charge of ADHD: The complete, authoritative guide for parents. 2020. New York: Guilford Press.

*15 Ways to disarm and understand explosive ADHD emotions*, 2016. ADDitudeMagazine. New York: New Hope Media.

Roché Herbst, M. A. R. Psych.



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## PRAYER by Andrea Kidd

At this time of the year, when days are still short and temperatures discouraging for outdoor pursuits, it is good to relax in a favourite chair and bask in the warmth of the afternoon sunshine as it streams through a west window. My eyes close and I remember a hot summer day at Camp Norland in Northern Ontario. I walk purposefully through the tall trees in shorts and a tee shirt, tanned skin glowing in the hot sun under the pure blue sky.

In my imagination, I am walking up the steps into the boys' cabin again. I need to meet with them about a program they will present tonight at the campfire. I knock briefly and lift the latch ready to step inside; they are expecting me. But I stop in the doorway, stunned by the sudden darkness. I grope my way to sit on a bunk amongst the guffaws and chortles of the boys. I am impressed with the industry of these young lads. They have blacked out the windows with curtains and towels and secured the seal with tape. Knotholes and chinks in the cabin walls and roof are stuffed with socks. They have worked hard and achieved their goal amazingly well. Even so, as my eyes adjust to the darkness and we talk about their contributions to the evening campfire, little beams of light that have escaped their attention glow in golden streaks and dust particles swirl around in the cabin space.

How hard it is to block out the light of the sun! Even a cloudy, misty or foggy day is full of the sun's irrepressible presence. We need the sun. It is ever present, providing what we need. In the same way, we need to pray and God is ever present. Bruce Hindmarsh, a professor at Regent College in Vancouver, B.C. wrote, "There is a danger that when we think of prayer, we might think of it as doing something strangely unnatural. Nothing could be further from the truth. As strange as it may sound, without prayer we are not fully human."

When I first started texting with my cell phone, I thought LOL was short for "Lots Of Love". Warmth would glow in my heart as I thought of the sender. It is good to be loved. I was a bit disappointed when

I learned that it really meant "Laugh Out Loud". I enjoyed the joke but it didn't feel the same. Communication from one heart to another is not only precious, it is vital to every person. This is what prayer is.

Now I'm learning what TTYL, BTW and IMO mean. OMG was not very hard to figure out since it, too, is a phrase used commonly in every day speech:

"I slipped on the ice!" - "Oh my God, are you okay?"

"Oh my God, look at that sunset!"

"Oh my God, where did I put my keys?"

"I have to go for tests." - "Oh my God, I hope it's not cancer!"

"You're going on a cruise?" - "Oh my God, that's so exciting!"

"Oh my God, you're driving to Calgary in this weather?"

We pray to God more often than we think. We call out to Him to share with us our sadness, surprise, gladness, distress, anger and love. We call out to Him because He is Almighty God, our Creator and Sustainer. We know, innately, deep within our souls that God Is. We want and we need to talk to Him. Deep within our souls, almost hidden, is the knowledge that He is there.

It takes great effort to block out God's light. Our souls naturally fly to Him when they are released from any grip of disbelief we, society or culture try to exert. Love from above cannot be kept from creeping or flooding into our souls just as at dawn the sun rises above the horizon and the light pervades our wakefulness.

As I am drawn to take my coffee outside to enjoy the warmth of the sun I reflect that I am also irrepressibly drawn to prayer.

*Andrea Kidd*



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## OUT OF THE RUT

### Out Of The Rut, Chapter 139

Practising living in impermanence. With Pele's capricious moods on the other side of nature's whims, this is the perfect space to let go and drop into the flow and ebb of life and death. The increase in population, both transient and permanent, is significant since my last sojourn. There is standstill traffic each day on the one road to and from. It's a far cry from the peaceful hum I used to know in lower Puna, the wooden boardwalks will soon become a thing of the past, ploughed under by 'progress', another small drop in the endless swirling soup of life amid the Pacific.

Faces are, on the whole, maskless. This is mainly because I restrict my habits to spaces on the beach or lonely roads, village essentials and little more. Visitors here from Europe exclaim over the delightful energy, people's friendliness, the absence of cellphones...

At the end of a random trail cut from the road toward the shore, beyond an impenetrable wall of deep green, swarthy,

significant leaves, I find the end; a lava cliff falling eternally into the glorious azure, rolling away under the foaming white caps, accents to constantly changing hues of blue. Beyond this breath of poetic vision, the waves of the Pacific purl on, the myriad lives beneath continue while we above struggle onward in utter ignorance.

I have spent most mornings at the beach. Some mornings, like today, I rouse early and visit with the unfurling breath of sunlight. The peace of the ocean in the first slice of the day is juicy and tender, welcoming me into the tranquil waters without so much as a splash. I wonder how I walk through those white waves into the deepest blue, they are equally likely to pick one up and toss a careless body back into the ever-shifting rocks.

The rocks, black and murderous, pile high book-ending the beach. Daily people rebuild a solid stairway from sand to carved igneous shelf. Nightly the ocean wraps silken formless fingers around these great rocks and tears them away as though they were mere fragments of lace against the sand's breadth.

In the daybreak hours, I dance down the treacherous gnarled cliff trail, shifting my harp from one shoulder to the other to avoid the reaching rock-faces that snug

close then fall away to stunning views. Last week, standing at the halfway point, thankfully without harp, I was smitten by a freak wave that rose from no-where – at least 30 feet below – and swept a blast of chilly end-of-the-day water across my back.

This morning, I stop at the same point to take pictures of the pastel sky, the sun's first rays bleeding life into the world, colour into the water, the clouds and the fragile delicacy of the morning sky. Dropping to the beach, I observe the new day's arrangement of wave-smooth rocks, mountains of tiny black pebbles highlighted with rare white specks of coral and shell.

There is an arch of heavier pebbles mid-way along the beach, a space generally reserved for smooth black sand. It appears the ocean is mixing things up today.

Feeling the energy of the earth rise up with the sunlight. Sweet.

Two days prior... I arrived to the empty beach, save for the regular morning crew of diligent swimmers, yogis and practitioners of varied and interesting rituals, all of us unclothed in the simplicity of being. Sun beaming. Ocean rolling and singing its song. I played my harp. The way the music flows from the strings has evolved over the short time I've been here and the ears of others no longer sends my small voice

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into a tailspin. It's fun to play to the sun, sea, sand...and the appreciation of others. It's a joy to wake this simple machine from its packaging, some times, when the wind picks up, all I have to do is raise it aloft and the wind will pick the tune.

"The dolphins are here!" is a regular cry. One man suggested the harp brought them in, a nice idea, but they come at their own whim. Willie is donning his half-wetsuit over his interestingly-tattooed body. He has large leaves shoved down the front... for the dolphins. It's all about the energy...

I've watched them play in their dozens, diving and leaping and spinning. Some times they like human company, others not so much. On this day, I swim out, my concession to clothing a pair of goggles for underwater vision. Willie is not far behind, he too wears goggles, not fins. I swim out.

The dolphins come. There are at least 20 or maybe 30, mothers with young 'uns at their sides, adolescents bouncing and

leaping with the glory of youth, everything in between. Willie casts out a few leaves to float, swaying back and forth down through the waters, until the dolphins pick them up on tails, dorsal fins or flippers. The dolphins play with the leaves, suddenly launching up just beyond arm's reach ahead of me, spinning in the sunlight before plunging below.

I look below me to watch the cetaceous group wend across the rippling sand floor of the ocean, their change in speed from cruising to sudden turbo-boost before my face is incredible, the propulsion indiscernible. At the surface behind me "This is so much better than I ever imagined! Swimming as naked as the dolphins around us, amazing!" I turned to see a beaming face of a man obviously having the time of his life.

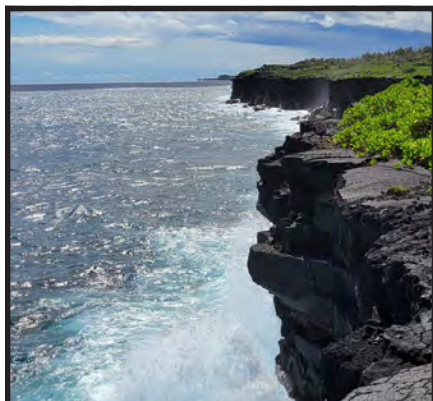
Fantuzzi and I finally had a date – after two weeks of my being here. The next morning we went to the beach and swam together

amid a pod of happy dolphins. What a treat from the universe to celebrate our reunion.

For many, it's beyond reach, even when they make it to this island. Swimming out here is not for the faint-hearted, people die each year as I have documented before now. Yet I am surprised how few people are comfortable in these waters. I am surprised at others who swim around the point and over to the south where the currents can pull you out into the ocean and far, far away. I stay within a certain boundary, I know my limits...some of the time!

By the time this reaches your eyes, my body will be back in winter world, wrapped up and feeling a tad chilly no doubt. My heart may still be elsewhere...

*With gratitude and love,  
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## FOR THE LOVE OF CAVITIES- PILEATED WOODPECKERS GIVE REASON TO SMILE

When your dentist tells you there is a cavity in your mouth, a feeling of dread, maybe guilt may surface in your mind. However, in the forest the news that a new cavity has developed is reason to celebrate. Let me try to convince you to share a little love for the champion cavity maker of the parkland forests. Winter is an especially good time to spot them flying from tree to tree in the forest, pileated woodpeckers. This is easier to do at this time of year because one of the benefits of no leaves is high visibility.

The pileated woodpecker is our largest woodpecker at around 40 cm, about the size of a crow. It is always the size that catches my eye when I see it flitting through the woods or flying overhead. Although mostly black, it has beautiful white stripes on its face and both males and females sport a crest of red feathers. Males also have a red moustache. But let's put aside looks for a moment and talk instead

about the beauty of its role in our community.

Living up to its name, the pileated woodpecker carves holes in trees with its chiselled beak and amazing impact resistant head. Why "wood" this bird repeatedly slam its face into a tree at speeds that would surely kill other species? One reason is to get at those tasty carpenter ants which make up most of its diet. The other reason is to build a nest.

True romantics, the pileated woodpeckers mate for life and find a territory in which to carve out a new home, literally. Both male and females help to peck a hole into larger trees big enough to raise 3-5 young. These holes are called tree cavities. As the woodpeckers build their own home, they are called primary cavity nesters. Not only are they excellent carpenters to create such sturdy holes in trees, they are also a very tidy couple. Parents can be seen removing the poop of the young from the cavity with their beaks to ensure they stay clean; now that is next level parental care.

Every year the couple will build a new nest, abandoning a perfectly good cavity to go create another. Before you call "fowl" on what could be seen as unnecessarily destructive behaviour let's look at the

benefits. Very few species in the forest are equipped to chisel into trees and create safe nesting spaces for their young. The abandoned, but poop-free, holes are quickly occupied by secondary cavity nesters. These can include songbirds, squirrels, ducks, and even owls. By looking out for its own needs the pileated woodpecker creates conditions to fill the forest with cavities, which in turn supports other neighbouring species efforts to raise their families. This biodiversity (many different living things) enhances the health of the community as these species all have their own role to play in the ecosystem whether they be pollinators, seed dispersers, or predators. Finally, cavities we can all smile about. I wonder what it would be like if everyone provided for their community like the pileated woodpecker?

If you would like to try to find these community builders in your own yard look for large rectangle holes in trees, piles of woodchips at the base of trees or listen for sounds of knocking and its laughing call in the forest.

Dedicated to the memory of  
Dr. Mal Blasetti- birder, dentist, &  
community builder

*Laura Griffin*

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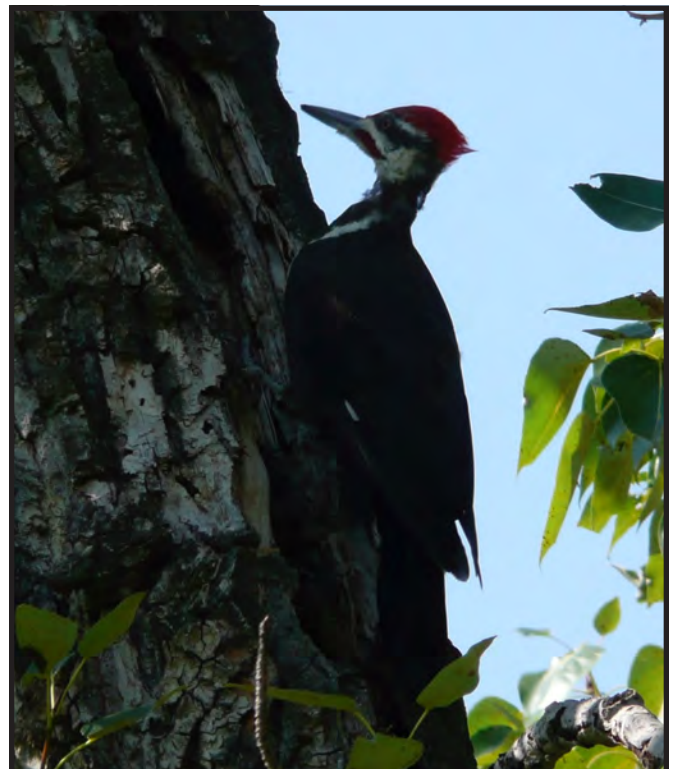
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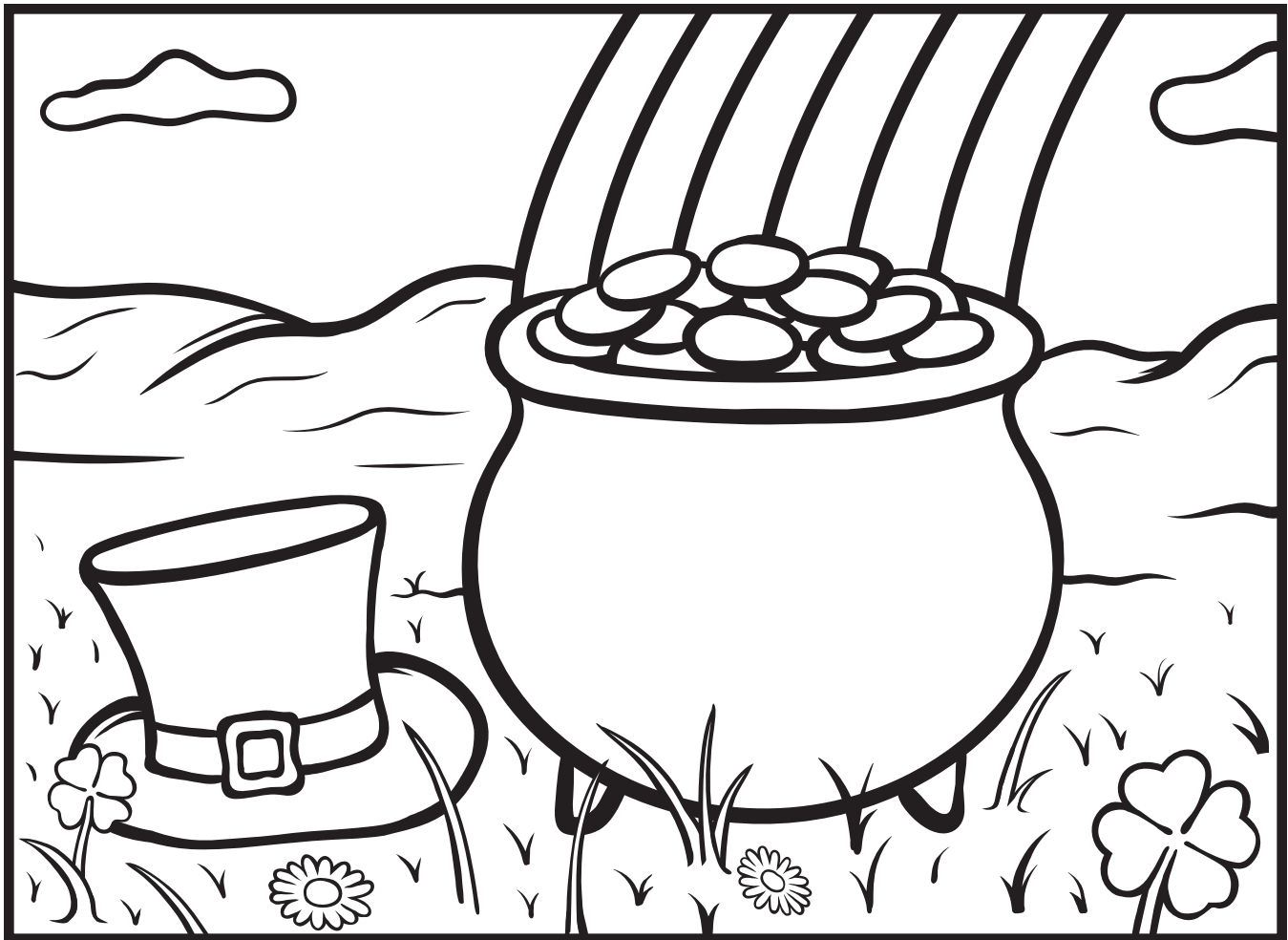
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**KIDS!** Have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca) and you may see your project in print!

We will include your first name and age if you include that information

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**PAY YOUR TUITION.** Looking for motivated hard working students to join our team this summer. If you are prepared to learn new skills, work outside, and be apart of a hard working team serving your community then Harder and Sons is a place for you. Full time and part time seasonal positions available starting mid April through to the end of August. To apply contact [info@exteriorsmaintenance.ca](mailto:info@exteriorsmaintenance.ca)

**Seeking Amazing Volunteers.** Wild Rose Community Connections is looking for generous, compassionate individuals to volunteer their time driving seniors in Black Diamond/Turner Valley. Current needs : Drive an individual to dialysis at Calgary South Health Centre once a week  
Drive a senior to essential medical appointments  
Please call for more information. Contact: Cathy  
Phone: 403-601-2910

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**WOOD BURNING STOVE,** Black, Good for a work shop or garage. Will heat 500 sq. ft., Pedestal type, take 16" length logs. \$100.  
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## WE NEED YOU!!

This year we had to say goodbye to three who are retiring from our De Winton Community Association (DCA) Board of Directors. We are looking to fill these positions from our wonderful Community.

### Our DCA Mission Statement is:

Dedicated to fostering a strong community spirit through events and programs for all within our community

For those of us who have been here for many years, the DCA has met this commitment through our very successful Playschool Program, dances, seasonal events like Christmas Craft Fairs and Canada Day Pancake breakfasts.

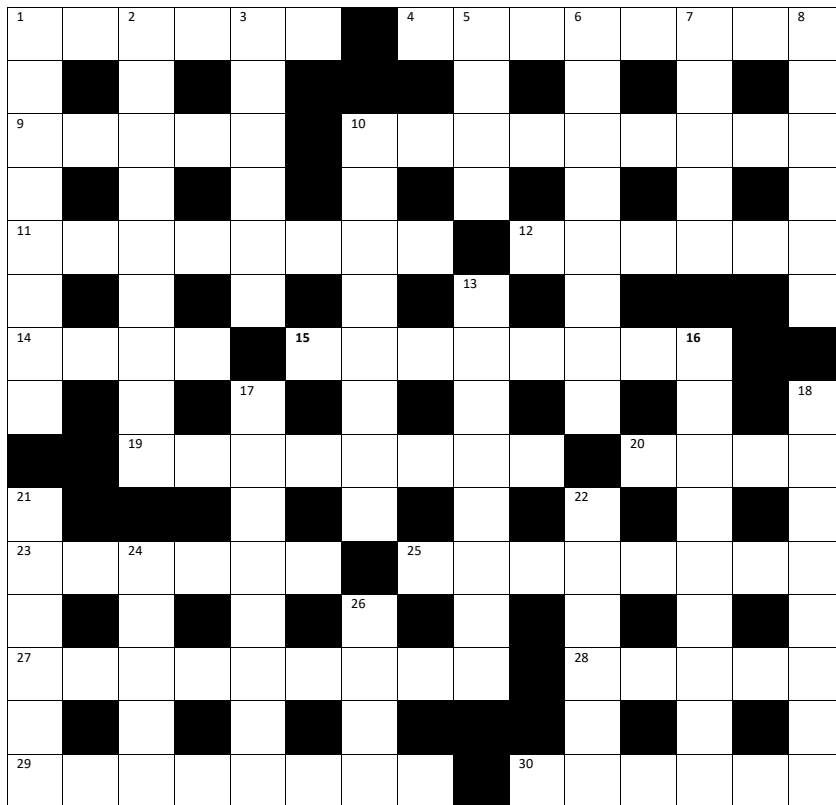
We are so blessed to live in such a wonderful place and we need help to continue to support and grow our community spirit growing. Please consider giving us some of your time so we can continue to grow and promote our strong community spirit.

We know time is a valuable commodity. As a Board we meet once a month for roughly 2 hours. In addition, each Board member often contributes time in an area which they would like to help out. (Last year I stepped up to help develop a new Communication Strategy, updating our website and streamlining all our communication contact points. Lucky for me, my neighbour Mia Staysko - who actually knows what she

is doing - stepped up and was able to update our website and our social media platforms, and has been a wonderful resource. Truly couldn't have done it without her.) Yes, volunteering takes some time, but with a bit of preplanning it's not hard to do.

Please seriously consider helping out your community. If you want to talk to someone on the Board for a candid conversation about what being on our board would look like - please contact us through the Hall at [dwca@platinum.ca](mailto:dwca@platinum.ca). Our Hall Manager will ensure you are contacted as soon as possible.





#### Across.

1. Blue is the beginning for person who likes pain. (6)
4. Be quiet! A French wine gets empty glass and flakes. (8)
9. Sounds like I'll be going the clean up here. (5)
10. Snowy landslide picks up middle of leaves, kale plants, and orchid stems. (9)
11. Illegal gift I've given to you now that you're avoiding prosecution. (8)
12. Untainted editor puts his food through a sieve. (6)
14. Tells falsehoods about resting positions. (4)
15. Half of Carolina hockey team absurdly attempt to learn of ethnic descent. (8)
19. Sounds like undoing posting whilst coming downstairs. (8)
20. Primarily, fumes leave up exhaust pipe. (4)
23. In theatre, mortifying spasm is found. (6)
25. Cowardly, headless nun, she gets nothing when in charge. (8)
27. Over and over again, native shows he is conscientious. (9)

28. There it is! A broken string instrument. (5)

29. Disastrously, a shark on board this boat would have caused problems. (5,3)

30. Bishop is not wrong about being brilliant. (6)

#### Down

1. In a rebuke, put a very loud platform. (8)

2. Expressing a different opinion, Sid turned up to a get a deadly sin (9)

3. Endlessly swear poet Eliot perspires. (6)

5. Hark, he works with accounts receivable. (4)

6. Go by many 20 across to reach bridge-like structures. (8)

7. Nickel, Carbon and Helium all found in their specialized segment. (5)

8. Street goes partly east and edges directly to be stabilized. (6)

10. Moved ahead by replacing 2001 computer in 10 across with Double ds. (8)

13. Repeatedly decant for a late afternoon event. (3,5)

16. Showing age with sharp cry of pain ending with gin cocktail. (9)

17. Partly astonished at German and early Swiss but still dumbfounds. (8)

18. Has a fondness for female swan's song. (8)

21. Great effort to sieve. (6)

22. In probe, average lodge dweller is found. (6)

24. For more than required internally, text rather than call. (5)

26. Sounds as though you want to look at the dock. (4)

Cryptic Crossword #10 By Jan Burney

24. Extra 26. Pier  
16. Yellowing 17. Astounds 18. Penchant 21. Strain 22. Beaver  
8. Steady 10. Advanced 13. Tea Dance  
1. Scaffold 2. Disagreed 3. Sweats 5. Hear 6. Viaducts 7. Niche  
Down  
Noah's Ark 30. Brilliant  
20. Flue 23. Tremor 25. Unheroic 27. Attentive 28. Voila 29.  
Pureed 14. Lies 15. Ancestry 19. Descends  
1. Sadist 4. Shavings 9. Aisle 10. Avalanche 11. Fugitive 12.  
Across  
Answers:

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WATER'S EDGE PUB & Cafe, Priddis ..... www.watersedgepub.ca ..... 403.931.0155

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

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