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HIGH COUNTRY NEWS is published monthly by:
High Country Business Services Ltd.
 Box 476, Bragg Creek, AB, T0L 0K0
 Editor: **Lowell Harder**
 Layout & Design: **Sam Richey**

ADVERTISING RATES:

Circulation: 12,500
 Front Page Banner: Colour Only \$227.50 Min 3 mo booking
 Inside Cover Full Pg: Colour \$773.50/ B&W \$624.75
 Index 1/4 Pg: \$227.50 Min 3 mo booking
 Full Page: Colour \$702.50/ B&W \$567.00
 2/3 Page: Colour \$494.00/ B&W \$399.00
 1/2 Page: Colour \$377.00/ B&W \$304.50
 1/3 Page: Colour \$260.00/ B&W \$210.00
 1/4 Page: Colour \$201.50/ B&W \$162.50
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LETTER FROM THE EDITOR

Although the February chinooks teased us with the promise of an early spring, winter has shown us that it doesn't want to release us from its snowy grasp just yet. For all those in the agriculture business, I'm sure this latest round of snow was a blessing.

I want to bring to your attention a wildlife picture inside the paper on page 28. The reality is that this weasel is living in a Springbank resident's back yard. When winter running in our local trails around Redwood Meadows, I have been amazed at the diversity of animal tracks one can see after a light snowfall. Our small community is home to a significant number of birds and wildlife.

It has made me ponder two questions. The first, how do we support and nurture vibrant local ecosystems that support a variety of plant and animal species? (More on this in a future article). The second question, which is more challenging, is this: How do we create communities that support and nurture economic and social vibrancy? Our communities are a diverse ecosystem of residents, businesses, and community groups, all working together in a relational balance. Maintaining a healthy balance within these groups can be a challenge.

I would like to suggest a few thoughts, or, in one sense a checklist, on how we can maintain a healthy community ecosystem.

Am I aware of what's going on around me; the challenges, fears, struggles of my neighbour?

Am I listening to understand the perspective of another, or just want to share my opinion?

Do I fully understand other person's needs, and make myself available without looking for something in return?

Do I support the local businesses, development initiatives, and raise concerns without getting aggressive, or defensive?

Can I give constructive feedback without defaming the individual on social media, or through gossip?

Do my words and actions build others up, or tear down?

Am I advocating for others that may not be able to advocate for themselves?

These are challenging questions, but I believe good principles that if lived by, will enable our communities to thrive. If we seek the good and health for our communities, we will find that we in turn are recipients of its good.

Hopefully the natural ecosystems that surround us, will reflect a healthy relational ecosystem.

Lowell Harder



ARTIST PROFILE

Barred Owl, Acrylic on 14" x 18" canvas

The barred owl, although uncommon, is a year-round resident in Alberta, found in mature coniferous and mixed wood forests. It can be easily identified by its "who cooks for you" call and distinctive dark eyes and yellow bill.

Charmaine Carton is an amateur artist who has been painting for about three years. She is a long-time resident in the Priddis area and enjoys painting wildlife and landscapes. She continues to be inspired by the beauty that surrounds us here in the Foothills and in Alberta.

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. We are looking forward to seeing what you create.





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MP UPDATE - Foothills

John Barlow

View from the Hill - John Barlow, MP for Foothills

Conservatives are holding the Liberal government to account and in doing so have achieved some major wins for Canadians.

As a result of work done by the Conservative team, who engaged with stakeholders impacted by potentially devastating policy, the Liberals have been forced to backdown on bad legislation. For example, Prime Minister Trudeau has had to press pause on expanding access to Medical Assistance in Dying (MAiD) and repeal harmful Liberal amendments to the non-sensical hunting rifle ban.

In addition, a Conservative bill to remove the carbon tax on propane and natural gas for vital farming practices such heating and cooling barns and grain drying has almost passed all stages in the House of Commons.

When the Liberals proposed their last-minute amendments to Bill C-21 to ban hunting rifles and shotguns, many Albertans and Canadians spoke up. It was the Conservatives who listened and brought these concerns to the House to stop the Liberals from moving forward. We forced the Liberals to withdraw their hunting rifle ban because we know attacking law-abiding firearms owners and hunters will not address the rise in violent crime. After eight years of this Liberal government violent crime in Canada is up 32% with nonsensical policies like dismantling our bail system and eliminating mandatory minimum sentences on many violent crimes, including firearms.

Conservatives will continue to stand up and defend the rights of hunters, farmers, and Indigenous peoples against Liberal overreach and their ineffective policies. Furthermore, when Trudeau goes after legal firearms again, make no mistake he will, Conservatives will again stand strong.

Since it was first introduced, Conservatives have vehemently opposed their flawed expansion to MAiD legislation to include vulnerable Canadians suffering with mental health issues. The Liberals are now delaying this reckless expansion, for the meantime. However, we are committed to staying focused, working with advocacy groups in mental health and disability communities, and ensuring the Liberals put resources and safeguards in place to ensure Canadians can access the support services they need rather than choosing assisted death. I will continue to work to ensure the Liberals see the dangerous slippery slope.

I am as well very proud of my Conservatives colleague, MP Ben Lobb, as his private member's Bill C-234 has the support of all the opposition parties, including the NDP and Green Members. This Conservative Bill, which I have proudly seconded and helped champion through the House of Commons, is critical for Canadian agriculture and food prices as it would remove the carbon tax from propane and natural gas on farms. I look forward to this Bill passing the House of Commons as it corners its final stage, and will proceed to the Senate before becoming law.

For the last eight years, this out of touch Liberal government has proven to be incompetent and unethical, leading more and more people to feel that Canada is broken. On the other hand, Pierre Poilievre and the Conservatives are the hope on the horizon. I am proud to say we have been an extremely effective opposition in holding Justin Trudeau and his Liberal government accountable for their damaging policies.

Conservatives are committed to fighting the Liberal's tax hikes, inflationary spending and cost-of-living crisis with common-sense and effective policies.

I can feel Canadians are excited to see what a strong, competent Conservative government can accomplish because they are seeing the Official Opposition stand up for what is important to them – cost-of-living, safe communities and the economy. Think about what the Poilievre Conservatives will be able to do for Canadians as the governing party.

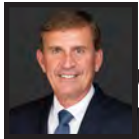


OBITUARY



Marjory Shewchuk (January 16, 1941 – January 30, 2023)

Mom was born in Edmonton in January of 1941 along with her twin brother George. She spent her early years on the family farm in Duffield, Alberta with her parents and older brother Freddie. She entered nursing school at the Royal Alexander Hospital in Edmonton and graduated in 1961. That was a big year for her as she also met her honey Ernie and became a Mrs. in November of that year. Soon after, they moved to Calgary and became a family of five. In 1968, they moved to Bragg Creek where she lived until 2017. After getting the kids all started in school Mom worked as pharmacy technician and loved her fellow workers who she still had contact with. Mom was active in the community - in particular with the Bragg Creek Ladies Auxiliary, the Bragg Creek Artisans, and the Bragg Creek Snowbirds. In her retired years, her job title expanded to Grandma where she was the head crafter and all-around handy woman. After Dad passed away in 2016, she moved to Cochrane and enjoyed a change in lifestyle and living closer to family. Recently she had moved to Big Hill Lodge and loved it there. We will miss her.



COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

Springbank Area Structure Plan

(ASP): the Engagement Summary report was released on October 17, 2022, and is available on the County's website. The previous drafts (North ASP and South ASP) have been combined into a single ASP again, and significant revisions have been made to align with the Regional Growth Plan, and to address community feedback and City of Calgary concerns. Administration is completing those adjustments and are aiming to present Council with the final ASPs for consideration by the end of Q2 of 2023, subject to external factors such as Intermunicipal collaboration with the City of Calgary and further public engagement on the final draft ASP.

Costco Application at Bingham

Crossing: Administration has been working with Costco on the application and has reviewed the Costco revised submission to determine if the documents align with all policy and technical requirements. Administration has conditionally approved the Development Permit for the construction of a Costco warehouse and ancillary uses, in the Bingham Crossing area of Springbank, Rocky View County.

On February 7, 2023, the conditional approval began, a Notice of Decision letter was mailed out to adjacent residents and nearby landowners, and the Notice of Decision was posted on the County's Website.

February 28, 2023, will be the deadline for the County to receive any appeals from the applicant or adjacent/nearby landowners regarding the decision. Information on how to appeal was contained within the Notice of Decision letter and on the notice posted online.

Springbank Community Centre:

The Springbank Community Facilities Business Case was presented at the Recreational Governance Committee (RGC) meeting on February first.

The business case itself is the final piece to the Recreation Parks and Master plan. The data and facilities noted in the business case were generated from almost 4 years of community engagement through the Recreation Needs Assessment, Recreation and Parks Master Plan and through the voice of the Stakeholder advisory group. The business case proposes phases to build multiple recreation amenities that have been identified as a need from the community and groups who would be using the facilities frequently. The amenities are very conceptual and high level in nature. At the RGC meeting, RGC approved Phase 1, the Community Event Centre and to bring a report back with next steps. These next steps would include identifying a project team, capital campaign plan, master site development plans, site servicing quotes and other logistic items to move the project forward. The business case is not intended to identify the final community facility, its purpose is to identify the community need and a concept of what could be built based off of the data. The specifics of the facility are still to be determined with the next steps. Timeline for building of the facility will depend on County capacity and priorities, success of a capital fundraising campaign, and interest within the larger community to take a lead in consort with the County.

Tax Assessment Notices: On January 27th, Rocky View County mailed out the 2023 Property Assessment Notices. If you did not receive your assessment notice or should you have any questions or concerns

about your assessment, please contact Assessment Services at assessment@rockyview.ca or call 403-230-1401. You may also access my.RockyView.ca to obtain Property assessment information, Property tax payments and balances, Tax certificates, etc.

Amendments to County Plan and

Land Use Bylaw: Administration brought forward changes proposing to replace the Business Live Work (B-LWK) and Special Future Urban Development (S-FUD) Districts, and the Special Function Business (SFB) use, with a new HBB3 use. The intent of HBB3 is to allow County residents to undertake limited-scale business uses on their property. A key requirement of the proposed amendments is that a HBB3 use must be secondary to the principal residential use on the site while remaining compatible with the residential and/or agricultural character of the surrounding area. Administration also recommended making amendments to the existing HBB Type 1 and 2 use regulations to improve interpretation, address previously identified issues and to better distinguish the three HBB types. Council requested a workshop to gain a better understanding of the 3 types of HBB land uses and that the proposed modifications address the concerns raised by residents. The revised report will then be presented to the Governance Committee in June before proceeding to a new public hearing.

Don Kochan – Division 2 Councillor
kochandiv2@gmail.com

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NEWSLETTER

Judy Hunter -Ward 5 Trustee

Two of George McDougall High School's creative writing students joined the ranks of published authors this week as their recent works are now available on Amazon.

Grade 10 student Kaylee Yu and Grade 11 student Sadie Tranter said it was surreal to have an assignment they began in their creative writing class at George McDougall progress to this point.

The Stoney Nakoda First Nation in southwestern Alberta is using the written word as a way to preserve its traditional oral language. Stoney is being taught to the 1,500 students on the First Nation, starting off a few years ago with a basic textbook.

An advanced textbook and dictionary were introduced Monday to be used for teaching the language in school, along with a podcast where elders tell stories.

I attended the "Threads of Culture" webinar January 25, 26 sponsored by Saskatoon Open Door Society. It took the form of cultural conversations. A variety of speakers shared how their perception of other cultures change when the person actually lived in that other culture. There was a realization that we often receive our perspectives of other cultures from biases that formed in the culture in which we live.

The webinar shared histories of stories and dance from other cultures and explored the importance of stories and dance in culture. The webinar explored the reasons for leaving one's country and the adjustments that are made as they create a new home in Canada.

The Alberta government produced the following infographic. This demographic forecast has many implications for the school system but society as well.

4 out of 5 Albertans will live in the Calgary – Edmonton corridor by 2046.

open.alberta.ca/dataset/45d8dc72-58d7-4b92-b3e6-589cf1869233/resource/c9785433-07f4-4431-be89-7e43696b909f/download/alberta-population-projections-infographic-2022-2046.pdf

The Board approved a locally developed course French 15. It is a preparatory course, intended to improve French fluency.

As of Jan. 20, 2023, the number of students enrolled in RVS schools is 27,825, an increase of 213 since Sept. 30, 2022. This brings the total number of new students joining RVS for the current school year to 1,203.

Trustees approved spending a maximum of \$1.84 million to install an artificial turf field at the junior/senior school currently under construction in Langdon.

Trustees directed Superintendent of Schools to develop an administrative procedure outlining the parameters,

process and approvals involved in third parties operating before- and after-school (B&AS) programs in RVS schools.

Finding space for B&AS programs in RVS' already over-utilized schools is a challenge. The focus for RVS will remain on the education of students. Where flexible space is available and practical then a B&AS program could be considered.

The Alberta government has just announced that new schools will be in this spring's budget. Hopefully RVS will be a recipient.

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AGGRESSION IN DOGS Live Seminar with Michael Shikashio, CDBC
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SPRINGBANK HERITAGE CENTRE

Upcoming events for the Springbank Heritage Center

For ages 55 + years old....check the Springbank Heritage Club webpage for further information on ongoing activities

March Tuesdays: 10 - 12pm Singing

March Tuesday: 1 - 4pm Games

March Wednesdays: 9:30 - 1030am
Weights and Balance

March Wednesdays: 1 - 4pm
Crafts, Chat and Coffee (CCC)

March 8th: 6pm CPS sponsored Fraud,
Scam and Crime Prevention presentation....
Pizza/beverages (\$5)



SPRINGBANK CURLING CLUB

Springbank Friday morning 50 plus mixed curling league

This socially-oriented recreational league welcomes all levels of curlers including beginners. We have a mixture of conventional, stabiliser and stick curlers participating. Informal training or refresher sessions are available regularly. The Fall Session runs October to December and the Winter Session January to March.

Spares are welcome and often needed so if you would like to sign on as a spare for the balance of the current season, or would like your name added to the contact list

for the 2023 Fall Session please contact our Drawmaster, Brian Davies: 403 861 2742, briancaptitalland@gmail.com. Brian makes a random draw to compile the teams prior to the start of both sessions, based on players preferred positions. If you would be interested in participating but haven't hit the big '5-O' yet, we don't check birth certificates so please feel free to sign up.

The Springbank Friday Morning 50 plus Mixed Curling League provides a good opportunity to get out, meet people, develop or hone your curling skills while getting some of that invaluable health enhancing 'exercise'. See you on the ice!

Contributed by Shirley Tajcnar for the Springbank Friday Morning 50 plus Mixed Curling League.



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Looking after and monitoring our own little patch

Have you started turning your thoughts to spring yet? I know I have. After all, the first day of spring does occur this month! As someone who spent much of their life in a less wintry climate, I always have to resist the temptation to get going too early with seeds and so forth, though. For the time being it's best to hold on for a good while yet!

But as we watch the March and April snow come down, we can still contemplate the different elements we enjoy around our homes later in the year. I'm definitely thinking about how my yard can provide what I want, while impacting the local wildlife as little as possible.

I'm thinking about how to enclose small areas for veggie planting that will keep my plants safe from munching visitors, while not extending so far as to block movement corridors. I'm also thinking about what native plants can encourage pollinators, as well as ways to decrease the need for watering and so on.

In the meantime, though, there are obviously a few things we can be doing year-round including:

- Being rigorous with garbage. This is an ongoing issue, and will continue to be, as long as it's there to attract wildlife. It endangers them, and therefore us. In the light of recent events (and recent raccoon sightings!) let's pull out all the stops to "put a lid on" the garbage. Perhaps we could support each other by offering to take garbage to the dump for neighbours who may be struggling with mobility, time etc.
- Consider letting the birds look after themselves. While we agree with the reader who wrote about the Cornell University's advice on birdfeeders, that advice is mainly aimed at those in more urban settings, where bird food isn't a wildlife attractant.
- Try to keep cats indoors, particularly in the evening and at night. They hunt most effectively in lower light. Local birds and small mammals will be grateful!

While we wait for summer, we can also think about participating in citizen science projects and get ready to monitor and help contribute to knowledge about how our environment and biodiversity is doing. Did you participate in the Global Bird Count in February? I know some people locally did. Although this is over for 2023, there

are plenty of other ways to get involved. The closest to our hearts, of course, is our local Wildlife Mapping project. We are so grateful to everyone who contributes sightings. Please keep it up – every bit of information is useful and informs careful consideration of our wildlife in multiple ways.

Other things you might want to take part in include:

- Bumble bee monitoring project www.bumblebeewatch.org
- Butterfly and moth monitoring inaturalist.ca/projects/lepidoptera-of-alberta
- iNaturalist.org is a great place to look for other projects you might be interested in. It's international, but you can narrow right down to your location. I can see, for instance, that my neighbour registered a bird sighting up the hill from my house last summer.
- The Alberta Bat Community Programme www.albertabats.ca
- The Fall Eagle Migration Count www.eaglewatch.ca

Whatever you decide to do as you daydream of spring and summer, enjoy!

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Key Ideas for Wealth Building Success

Two key observations that can impact your efforts to build assets and wealth over time are:

The first is that many individual investors place one-way bets on their market investments. As long as the investment is making money, all is good. But the minute the investment sinks for a couple of days or goes negative (relative to their starting capital), they quickly sell.

As famed investor, Warren Buffet says, in the short term the investment markets are voting machines and in the long term they are counting machines - for your wealth. In other words, being too emotional and impatient in the short term may cost you returns and wealth-building opportunities in the long run. Buffet says the real rewards come over longer periods of time by investing in quality companies where profit growth inevitably leads to wealth growth of investors who own these companies via mutual funds or segregated funds.

The second observation is that many individual investors tend to expect that economic news is absorbed by economy and investment markets relatively quickly. These investors expect that new information is "priced" into markets almost instantly.

The challenge with this second observation is the "transmission effects" that determine the time it takes for economic changes to be felt at the household level. For example, when interest rates rise quickly over a short period of time, the impact is usually not broadly felt amongst the populace for up to two years. It can take time for higher interest rates to impact consumer debt or mortgages and the economy in general. One observer noted that - using 5-year term mortgages as an approximation - about 20% of mortgages in Canada renew annually, therefore the impact of the rising interest rates will likely have a ripple effect over several years.

During times of economic uncertainty, my advice is to stay focused on the long term as the economy absorbs news or changes. The basic rules of investing remain the same and will seldom change as quickly as market conditions change.

The other chatter in financial news is about how quickly things will return to a pre-Covid "normal". There are several factors to consider:

Rising inflation and rising interest rates are likely to affect overall economic activities for at least several more years. Governments globally are likely to create more money to meet budgetary and debt servicing needs.

The USD dollar is increasingly being replaced as the primary global trade settlement instrument. The recent rise of the BRICs currency regime is foreshadowing the likely continued decline of the US dollar as "King" of the global trade system. This new trading bloc is using other global currencies, such as the Chinese Yuan, and gold, to settle trade amongst their members.

Globalism - as an economic operating model - is increasingly being replaced by trade groups and blocs. This long-term shift will likely impact trade flows and the cost of goods for a decade or more. For example, the US is moving to "re-shore" some of

their manufacturing capabilities - such as producing basic medicines and the mining of rare earth minerals - to replace Chinese facilities and supplies.

Governments are also increasingly playing a larger role in their economies. The Canadian federal government accounts for about 40% of economic activity, and also, for the largest proportion of new jobs created since the Covid Pandemic. In England, the number is about 54%, France about 65% and the US is closing in on 40%. This rise in Statism - and the belief that Governments can solve all of society's challenges - is leading to an increasingly centralized command and control approach by governments around the globe.

For all these above reasons, in the years ahead it will be even more important to have a carefully planned strategy for building and maintaining wealth.

I am here to help.

Also, visit 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

Word of Mouth

It's March and the golf courses should be open shortly as Balzac Billy predicted an early spring. Let's hope Billy's prediction holds true as I'm ready for another season of "Whack F--k".

So on to this month's topic: Word-of-Mouth (WoM) advertising. You've heard me say time and time again that the best form of advertising is when you get to chat one-on-one with a potential customer and ideally "sell without selling" your brand. It's the most inexpensive advertising tactic but at the same time, it can be the costliest. Let me explain.

In its simplest definition, WoM is what you would describe, from the heart, about a brand experience to someone else. If my boss, Tanya, for example, mentioned that the service she received from a particular merchant sucked, or the product was not what was promised,

I would most likely not engage with that business based on her experience. Chances are, Tanya (or myself as I believe everything she says... I mean everything) may tell one of her friends and so on, and so on, and so on, and so on. You get it. This obviously leads to poor customer WoM, negative reviews, no "stars" when it comes to ratings and at the end of the day, a silent cash register. Conversely, positive WoM leads to more "door knockers or tire kickers", therefore, a wider audience, and most importantly, a cash register in need of a silencer.

As you recall (from last month's article), I talked about how your personal brand defines your business. And vice versa. It's a relationship that is a reflection on how your colleagues, friends and family perceive you. I bet you didn't realise how important is it to not be a "dick". Well, whether you're meeting people face-to-face, on a Zoom, over the phone, or on the street, you are personifying your "brand". You are being judged. And WoM spreads like wildfire.

As a creative marketing professional, my job is to produce engaging,

strategically designed advertising creative that gets people thinking about your brand. To get your brand on peoples' consideration list where it's your job to deliver on that brand promise. From there, whether the promise is "lowest priced diamonds", "quietest jackhammer", "freshest tasting sauerkraut", etc, it's up to you to take the ball and deliver the brand touchdown. WoM is the oldest and most reliable form of advertising. Period.

But WoM doesn't have to be taken literally. There's no need to immediately hit the trail running. In today's world, social media channels are at your fingertips to start WoM conversations as it is convenient and can be inexpensive. It allows you to engage, a "million-fold", with potential new customers if you're willing to put in the time and effort. Sounds intriguing? WoM helps you grow personally and can give you that "Midas" touch if you're true to yourself, especially in a social media world filled with blogs, videos, and influencers. But that's a topic for next time.

Until next month, don't be a "dick".

Cheers, mark

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ELBOW INJURIES

By Jennifer Gordon

Myofascial Cupping Technique

Myofascial cupping is a soft tissue technique designed to loosen, lift and separate our layers of tissue. Firm silicone cups are used to create a negative suction effect which also draws blood flow to the surface and through areas of tightness and tension in our body.

This suction and negative pressure effect is used to encourage blood flow, loosen muscles and stretch the myofascial tissue. The myofascial tissue system is a network of connective tissue throughout our body that connects the skin to muscles, muscles to bones, and surrounds our organs. The distraction and suction of cupping techniques can help to stretch and release this connective tissue. It is commonly used to relieve pain, stiff muscles, anxiety,

fatigue, migraines, radiating pain, and inflammation in our bodies.

The cups may be made of glass, bamboo, earthenware, or silicone. The technique dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. One of the oldest medical textbooks, the Ebers Papyrus, describes how the ancient Egyptians used cupping therapy in 1,550 B.C. for internal disease and structural problems.

The practice of cupping involves distracting and gliding along the tissue. The cups aim to release tension over muscle trigger points, encourage circulation, and reduce inflammation. It has been shown to help boost immune function by moving blood and lymphatic fluid throughout the body. Cupping works by stimulating inhibitory neural pathways, altering pain thresholds, promoting circulation, relieving swelling and increasing tissue temperature.

Poor circulation can lead to a buildup of toxins in the body. This buildup can be the root cause of many different health

conditions. Cupping can help to reduce stagnation in our body. This increase in blood flow to an area also brings nutrients, platelets, white blood cells and fibroblasts to aid in healing. This technique helps to heal knots and adhesions, so can be great for scar tissue or a stubborn injury that just isn't getting better. This is why many athletes have recently turned to this therapy to help their bodies recover faster from intense workout sessions. It has been shown that cupping helps to move stagnant lactic acid and metabolic waste from the tissue and enables normal lymphatic flow. Scenarios where cupping may be contra-indicated would be over an acute musculoskeletal injury, over a deep vein thrombosis, infectious disease or malignant tumors.

If you are interested in trying cupping or have an injury that is just not getting better, the therapists at Bragg Creek Physiotherapy would love to help you out!

*Jennifer Gordon (BSc.PT, AFCL, GunnIMS)
Physiotherapist
Bragg Creek Physiotherapy
www.braggcreekphysio.com*

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Taste of Bragg Creek is out of hibernation, so make plans!

After a 3-year hiatus Taste of Bragg Creek is back on Friday April 21st, from 5:00pm – 9:00pm at the Bragg Creek Community Centre and surrounding hamlet.

For complete details and to register visit tasteofbraggcreek.ca





BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Chamber Happenings

Monthly Mingle Meeting March 15, all welcome!

Join us at The Post House March 15, 7 PM for a **Business Net Working Meet and Greet**. Meet and put faces to the names of the business owners and operators in Bragg Creek and area. Network and build relationships to encourage the growth of your business and everyone else involved in the Bragg Creek and Area Chamber of Commerce. Bring your business cards! Members and non-members are invited. Appetizers and beverages are included.

Happenings in Bragg Creek

Check out the Events Calendar to see what is happening in Bragg Creek in February. If you have an event you want others to know about, add it to our Events Calendar.

Upcoming events include Bragg Creek Performing Arts, BCCA fundraiser and plenty of live music, talent nights around town.

Add your Help Wanted ads to the Job Board. Members and non-members can post ads. If you know someone who is looking for a job have them check out the Job Board. Or tell them to post their Help Available ad on the Job Board.

The Chamber is looking to hire a Social Media Manager. More details to follow.

The job posting will be posted to our Job Board soon. Or you can email us at media@braggcreekchamber.com for information.

Events Calendar: visitbraggcreek.com/events-calendar/

Job Board: visitbraggcreek.com/careers/

Meet Your Construction and Trades Members:

- A.C.S. Plumbing and Heating Ltd. Acres West Power and Water
- Aqua Mule Bragg Creek Excavating Inc.

- Bragg Creek Plumbing and Heating Brico Plumbing
- Elsdon's Excavating Inc. High Country Vac Services
- Millbrook Construction Ltd. Moose Mountain Mechanical Ltd.
- Mountain View Building Materials Ltd. Mountain's Edge Renovations Inc.
- Scope Projects Inc. Skywalker Electrical Services LTD.
- Harder and Sons Exterior Maintenance Services Inc.

Meet Our Newest Members-Welcome:

- Bragg Creek Performing Arts Society
- Jennifer Illescas Real Estate
- PFSL Investments Canada LTD
- The Laskin - Bragg Creek

You can find these member business and others on our website visitbraggcreek.com/business-directory/

If you have any questions feel free to contact media@braggcreekchamber.com for more information.

Your Chamber Team

Bragg Creek Area Businesses:
Please Join Us
Last Wed of
Each Month

For a FREE LUNCH
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Bragg Creek Shopping Mall
11:30am - 1:30pm
All Bragg Creek area business
owners/operators
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BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am
(Sunday School runs Sept - July & nursery space is available for parent use)
For youth, business lunches, and other program info please visit our website
and sign up for our email list, which sends out the most up-to-date info
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Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com
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** Purchase Not Necessary



BCCA

The calendar tells us we have pulled out of the winter months, and it comes to our notice that the days are brighter and the sun a bit warmer as we head towards spring.

Just a short time ago in January we held our Winter in the Woods event with temperatures in the -20's. Even with temps like that attendees loved it, did you notice the smiles and electricity in the air when everyone joined in singing "Oh Canada" around the rink? What great passion and comradery our community holds. Thank you to everyone who braved the cold that day, to partake, to volunteer, and to share.

We have in our midst two fine gents whom are long term volunteers and have helped shape our great community. We can say "thank you" time and time again, but when our late Queen Elizabeth II felt it was important to honour contributors of their caliber ... now that's something to take notice of. Please join the BCCA in congratulating both Bob Jackson and Dave Rupert on receiving the Queen Elizabeth II's Platinum Jubilee Medal for Community Building and Volunteerism. Thank you, Bob and Dave, we are lucky to have you.

With March being a long month, demanding our patience as we wait to see some green out there, your BCCA continues to offer great options on a regular basis, like Pickleball on Tuesdays and Rumble & Roar on Thursdays. There's an Artsy Afternoon that runs Thursday afternoons too. Call or stop in to learn about all the great activities sure to keep you active this month.

Did you notice the excellent line up of artistic workshops being offered? Your membership email will give you all the details on options to grow your artistic side, no experience required!

- Express Yourself with Alcohol Inks: March 4, 10am to 1pm
- Creating Felt Landscapes Workshop: April 29, 10am to 4pm
- Linocut Printmaking Workshop: May 6, 10am to 4pm
- Blooms & Vessels Watercolour Workshop: May 28, 10am to 4pm

If you haven't set up your BCCA Membership yet, it's easy to purchase on the BCCA Website or stop in at the Centre any time. For a nominal annual fee, you can be in the know and receive discounts and perks. Save the Dates!

*Lunch and Learn with Michelle Minke on March 15. An extraordinary woman you

will be happy to have met and hear of her life journey. Learn about intuition development and tools you can use today.

*Skuzzy & the Woodticks will be returning to Bragg Creek Centre on March 25. Come join us for a night of fun & great music. Watch our website & social media accounts for more information & tickets!

*Another Paint Night is planned with local artist, David Zimmerman on March 31st watch closely for details for this popular event!

*Taste of Bragg Creek is making a comeback on April 21st! Watch your membership email for details.

Easter is just around the corner and the BCCA brings you a delicious fundraiser! Our Purdy's Easter Fundraiser is up and running. Visit our Website and order now. Your package of treats will be ready for pickup at the Centre on April 3rd, just in time for Easter. As a final note, we want to recognize and thank the efforts of the Bragg Creek Ladies Auxiliary in 2022. They ended off a stellar year of caring and sharing by running a "You've been Jingled" program. Twenty people throughout the community were honoured and celebrated with surprise packages, sure to bring cheer and good will. Take notice, take care, and take time where you need it.

BCCA

PAINT NIGHT

with David Zimmerman

BRING SOME FRIENDS FOR A PAINT NIGHT LIKE NO OTHER!
We'll spend the evening having fun and getting messy as we explore mixed medium painting. You'll create a beautiful, one of a kind piece of art as well as experience a party evening full of laughs. There will also be a silent auction for some of David's artwork with proceeds going to BCCA and Hands at Work Canada.

WHAT TO BRING...

- old shirt or apron (something you can get dirty)
- hair dryer if you have access to one
- thoughts, ideas, reference photos of what you might like to paint
- an adventurous and fun attitude!

friday, march 31
\$65 • includes appetizers + supplies
beer + wine available at an additional cost
doors open 6:30pm • painting 7 - 9:30pm
bragg creek community centre, 23 white avenue
reserve your spot: program@braggcreekca.com

David Zimmerman is a mixed medium artist who resides in Bragg Creek. To find out more visit www.davidzimmermanart.ca or find him on Instagram @davidzimmermanart

For more info about Hands at Work and the team from Bragg Creek Community Church, visit www.hands-ca-teams.funraise.org/team/bragg-creek-church-team

hosted in partnership with the Bragg Creek Community Association

Michelle Minke - Medium

After a 20-year career as an international opera singer and an award-winning entrepreneur and teacher, Michelle Minke's life took a rapid shift with a spiritual awakening through trauma.



Topics will include

- Her story of transformation
- How to trust your intuition
- Tools to live with grief
- How everyone can receive messages from the other side

Bragg Creek Centre

MARCH 15
11:30 AM
- 1:30 PM

LUNCH

and Learn

IN PARTNERSHIP WITH:



BRAGG CREEK TRAILS

Bring on the snow! More Winter has arrived at the West Bragg Creek trail network! Although the trails have been in great shape this season (thanks to our volunteers), the little snow that we have had this season has proven to test our equipment. With technical difficulties in January and February, we are happy to announce that Erica, the Snow Rabbit, was once again hopping in the snow at the end of February. The conditions are fabulous and there are many happy faces out on the trails, including the groomers!

A special thanks to our generous supporters over the last month including James and Brenda Mackie, Arc'teryx, and the many individual donations that we

received to ensure our groomers are warm, our equipment is in good shape and the trails are maintained so we can all enjoy them.

Things to watch for in March:

West Bragg Creek is excited to welcome the 10th annual Alberta Youth Championships from Mar 3rd to 5th, hosted by XCBC. With a few interruptions, they are back this year with participants from Yellowknife, Saskatchewan and Alberta. Come out and cheer on these young athletes!

Some new spring and summer swag will be launched with fresh new designs. Make sure you get your orders in early for the custom MTB jerseys so you don't miss the new addition. We wouldn't want your BCT collection to be missing one of the 'limited edition' jerseys that prove you are a diehard supporter of the trails.

We are planning a few events, including what has become a favorite; monthly gathering to talk trails. Come out and learn about what we do, how we do it and make some new friends. Watch for announcement in our newsletter and on the website for upcoming events in Bragg Creek, Cochrane and Calgary. We are currently preparing for the summer season, looking for trail volunteers once the snow melts. We are also looking for Communications volunteers so if you love hanging out on Instagram and Facebook, enjoy our jokes, or want to write articles and take pictures of all the great things happening at Bragg Creek Trails please reach out.

Have a great March everyone!
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March is fire prevention month!

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

1. Check your smoke and CO alarms: Working smoke detectors and CO alarms save lives. Replace the batteries if required and have the electrical wiring checked. Smoke detectors and CO alarms expire after 10 years. Depending on model and conditions, some CO detectors may expire in as little as 5 years. Be sure to keep track of how old your alarm is and change it when needed.

2. Schedule a check-up for electrical wiring: Faulty electrical wiring can cause fire incidents. If you notice flickering light bulbs and sparking switches, have the lines

checked by an expert as it might be time for replacement or repair. Keep foot traffic away from electrical cords to avoid wiring damage and limit the use of extension cords as they may overheat the sockets. Big appliances such as refrigerators should have their own outlet.

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

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

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

6. Keep emergency numbers visible and easily on hand: In addition to saving important emergency numbers on your phone, write them down and place them in a visible location in your home. Be sure to include your address and home phone number for visiting guests.

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

8. Make it easy to find your home: Ensure that your address number is visible from the road unaided at night so we can find you quickly in an emergency.

Until next month, stay safe.



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BRAGG CREEK PERFORMING ARTS PRESENTS

Bragg Creek Performing Arts is bringing Shaye Zadravec to the Bragg Creek Snowbirds Chalet for an exclusive Dinner Concert on April 1st. "It will be an intimate concert preceded by a delicious three-course dinner, catered by Bragg's Korner Kitchen," enthuses BCPA leading light Clint Docken. "This is a joint event with the Bragg Creek Chamber of Commerce; they support our community in so many ways."

Shaye Zadravec is a full-time singer, and an exceptional one – a throwback to the era when great singers lent their voices to the best material and built careers on these great songs. To see and hear Shaye Zadravec in concert is (as one noted radio personality commented) "like listening to the greatest radio show you ever heard." Her repertoire is familiar and unfamiliar at the same time, including songs written by Bobby Darin, Mary Margaret O'Hara, Lynn Miles, Willie Dixon, Shelby Lynne, Chip Taylor and Doc Pomus. She sings with an ease and comfort that washes over the listener; subtle and graceful – no big notes, no theatrics, just unaffected performance beauty.

Despite her youth, Zadravec interprets country and roots songs in the vein of great singers such as Ronstadt and Harris and it seems that she wants to continue a tradition.

Please join us for an exclusive Dinner Concert featuring Shaye Zadravec on Saturday, April 1, at 7:00 pm.

Tickets are available online at bcpa.ca \$75 per person or \$600 for a table of 8. Seating for 72 persons only.

Doors open at 6 PM – Dinner at 7 PM Performance at 8 PM

Bragg Creek Snowbirds Chalet
19 Balsam Avenue, Bragg Creek

About the Bragg Creek Performing Arts Music Series:

The Bragg Creek Performing Arts is delighted to be presenting live concerts. The next BCPA event will be in June 2023.

The Bragg Creek Performing Arts Society is a registered not for profit charity run entirely by volunteers. Come and join the fun! Contact Clint at cgd@docken.com



BRAGG CREEK PERFORMING ARTS PRESENTS

SHAYE ZADRAVEC

SATURDAY APRIL 1 2023 DINNER CONCERT

6:00 PM

BRAGG CREEK SNOWBIRDS CHALET

Shaye Zadravec
is a full-time singer, and an exceptional one – a throwback to the era when great singers lent their voices to the best material.

Doors open at 6 PM
Dinner at 7 PM
Performance at 8 PM

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A TASTE OF THE HIGH COUNTRY

A Case of a Poorly Designed Policy

Canada's Latest Alcohol Consumption Guideline

The World Health Organization tells the story in no uncertain terms - consumption of alcohol has been on a continuous decline for a long time. Between 1980 (the year Canada started to collect this data), we drank 10.32L of alcohol per capita, per year, and today it is 8.1L. In the past couple of years, mocktails and alcohol-free beverages have become hugely popular, with new and original products coming daily. Why then, did the Canadian Centre on Substance Use and Addiction (CCSA) felt the need to develop a stealthy prohibition-style policy?

In early January, it was OK for men to consume 15 standard drinks per week while women were advised to drink as many as 10. By the end of that month, six standard drinks were considered high-risk for both men and women. This means a person who drinks one bottle of wine over seven days is at high risk of harming themselves. Really?! What gives?

To lend CCSA the benefit of the doubt, I went digging for logical explanations for their decisions. So far, I have only found one plausible reason.

While overall consumption of alcohol is down, the way we consume is problematic. Binge drinking is prevalent, especially amongst the younger population. According to the Centre for Addiction and Mental Health (CAMH), 20% of high school students binge drink once a month, and 32% of 20-34-year-olds will do so at least 12 times a year. Binge drinking is also true for older segments of the population but to a lesser extent. Is this what the new two drinks a week policy is addressing?

The CCSA's job is to reduce substance use harm. They received two years of funding from Health Canada to determine whether our current guidelines were adequate. Some media reported that of the 6,000 research papers reviewed, only 16 met CCSA's research criteria to demonstrate the need for lowering consumption. Coming up with a status quo conclusion was probably not good politics for CCSA.

Interestingly, however, I did not read or hear about the need to improve the quality of the alcohol products we are drinking. Substantial market share (38% of the wine sold by Alberta Liquor Connect costs \$20 or less) is surprisingly cheap. In most cases, the offering at that price point can only be possible with the use of additives designed to mimic the real stuff. And so, while the pre-prohibition practice of infusing gunpowder and opioid to give an extra kick to an 80% proof moonshine isn't offered anymore, new hard to pronounce additives have to some extent replaced them. A poor quality grape juice can now be augmented with a possible 60 additives. The plonk is no more, but the mysterious red skin rashes and headaches are in.

Educating consumers on the healthy consumption of alcohol can and should be improved. For example, it is preferable to start drinking on a full stomach. It is also advised to quench your thirst first with a tall glass of water. Doing both will slow down the rate of alcohol consumption and absorption in the blood. Taking it easy also adds a side benefit - the staging for fine moments with family and friends rather than the staring at empties.

Displaying a list of ingredients on a bottle of alcohol, as is the case for all other food products in our grocery stores, would also go a long way to educating consumers on what they are drinking and helping them make healthy choices. Yet, this is not the case. While conscientious wine producers that care about their vines and wines

use sustainable natural practices that are often more expensive, the mass-produced Cheez-Wiz and Velveeta of the wine world serve us mysterious brews.

Celebrated late Anthony Bourdain proclaimed at a New York Time forum in 2017, "There is nothing on this planet that is more political than food." He might have been on to something.

Sickening oneself by wolfing down drinks is not healthy. But so is a State that prefers to handcuff its society by distorting facts for the purpose of spreading fear and anxiety over a 6,000-year-old cultural practice. In our fast pace world, we need to reimagine the quality of our lives. In my view, teaching how to make healthy choices and make it possible to do so is a better approach. My suggestion to policymakers and consumers alike is to care more about the quality of what we ingest and encourage the art of savouring the moment and what is good in life - For example, in this instance, a decent quality wine paired with a couple of fine cheeses and olives in pleasant company. Otherwise what's next? Full prohibition?

Cheers!



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SHEEP RIVER LIBRARY

By the time you read this, I will be back in Canada with the cold and snow; but as I write, I am basking in the summer sun of New Zealand. Whenever I travel, I always like to check out the reading material on offer. This can mean visiting local libraries, book stores or perusing the book shelves in people's homes. Since I was visiting family, there were no compunctions about browsing through various collections. Sometimes, this provides a trip down memory lane, as at my mother's home, finding volumes that have been around my entire life. Discovering the entire collection of Anne of Green Gables novels had me wondering if that was where my interest in Canada was first fostered. At my sister's home, her vast and glorious collection needed some major organization and culling. (Yes, you can take the librarian out of the library, but you can never take the librarian out of the girl.) This led to piles

of books on the living floor sorted into rough categories, before they were declared "keep" or "discard." I was intrigued by many titles which meant a little peak inside was required, so the process has been slow. I have promised her that I will finish before I leave and that all keepers will be reshelfed in an orderly manner that will be easy to locate. As she is an award winning author her research books cover such broad topics as magic, ancient Egypt, and Forensic Science. If nothing else, I will now be able to commit a murder and hide the body so no one can find it.

Libraries in new locales are always a magnet for me. Since I work in a library, this is the only time I get to see the library from a visitor's perspective. It's fascinating to see what is the same no matter where you are in the world or what language is being spoken. I like to search out New Zealand authors whose books we are unlikely to see in Canada. Comfy chairs, magazines and reliable internet seem to be essential everywhere. As my mother does not have internet access in her home, it was at her small-town library, through the

magic of Facetime, that she got to see her great-granddaughter for the first time and I got to see them blow kisses to each other.

If you love books like I do, bookstores are a must when you play tourist. This is a great time to search out a new poet or children's authors that are unknown on the other side of the Pacific. So, yes, I will be returning with some new titles, though airline weight restrictions means that there won't be as many as I would like.

Since I am several thousand kilometers away, I can't remember what is happening at the library in March, but all programs and events will be on the website or Facebook page. I am going to grab my fizzy water, go sit in the lounge chair in the sun and look at the new book I bought this morning and enjoy the fact that snow boots, jackets, mitts and toques are far, far away!

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Who to Call When

A recent Mountie Moments provided by the Turner Valley RCMP included a chart which illustrated what phone number to call in different emergency and non-emergency situations. If you are a High Country Rural Crime Watch Association member (FYI there are almost 800 members), you would have received a Mountie Moments HCRCWA fanout that had the February 6th Mountie Moments attached which included this chart.

A quick summary is as follows:

If a **crime is occurring NOW**, call **911**. (Also use this number for medical and fire emergencies.)

Call the Turner Valley RCMP **non-emergency complaint line at 403-933-4262** if you need police to attend or call you back. A crime is not in progress. If you live in Rocky View County, I do not have the relevant number, but I suspect the Cochrane RCMP has a similar type of number.

Call the RCMP Turner Valley Detachment Administration line at 403-933-6600 for criminal record checks, collisions, etc, AGLC permit signature, to speak to a Constable about an existing file, booking

civil fingerprints, anything administrative. Please note, if you call the administration line to place a non-emergency complaint you will be transferred to 403-933-4262. Again, I presume Cochrane detachment has a similar line.

Please contact **Foothills County Protective Services (Peace Officers)** at **403-603-6300** M-F 8:30 to 4:30 regarding traffic, bylaw, and animal complaints. Call 1-877-603-6331 afterhours for non-urgent situations.

Moving on, it has come to my attention that there is an online scam that involves the use of a pop-up "Ask an Expert", "Can I Help You" type of situation. The person who made me aware of this was on a valid Government of Canada Pension web site when the pop-up occurred. Given this, you would think the pop-up would be legit, but it's not.

The pop-up asks you if want help filling out a form/application or whatever for a \$2 charge. In this particular incident as soon as the person, who was on a computer, clicked yes and provided a Visa credit card number, they received a text (on their phone) from Visa asking if they wanted to allow this \$71 charge on their account. (Notice the size of the charge had been changed).

The "Ask an Expert" or "Can I Help You" pop-up was not associated with the Government of Canada but is a scam/hack from individuals in another country. There have been previous instances of this scam/hack involving Visa so Visa is aware of it

and sends out an automatic notice asking if you want to go through with this charge.

A Visa employee was in touch with this person and who were informed that the scam/hack had been tried a number of times before. In this instance it appeared the scammers tried to get the \$71 charge to go through a number of times, but to no avail. The scammers now had a name and credit card number so Visa cancelled the old card and issued a new one. Fortunately, Visa believes this person's personal information, like a SIN number, was not obtained by the scammers even though it was provided to the Government of Canada website.

This is a particularly sneaky scam as you are the one initiating the process on-line on a legitimate website. I don't know this for a fact, but I wouldn't be surprised if other websites are vulnerable to the same pop-up scam. So watch out for pop-ups pretending to be associated with a website that ask for a credit card number.

Just as a reminder, whenever you bank online, it is a good idea to check the URL to ensure it is your bank's legitimate website. I don't have any specific advice to give you to spot an illegitimate banking URL, but if you are familiar with your bank's normal look, you should be able to spot the difference. But take the time, each time, to attempt to verify it is indeed your bank's legitimate website. Differences can be subtle as a scammer can "cut and paste" from a legitimate website to make theirs appear official. If you don't have your bank's online banking bookmarked, don't count on Google or whatever search engine you use, to send you to the right place.

*Dave Schroeder
HCRCWA Board Member*



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Weasel Photos

This weasel was on our deck helping himself to veggie and meat scraps that were in our compost bucket. He's been around our place for a while now...we've definitely noticed our mouse population has dropped significantly since he arrived. At one point he's licking some ice on the deck to get a drink.

Central Springbank
Julie Barnden

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MILLARVILLE STOCKLAND 4-H CLUB

The Millarville Stockland 4-H Club members have been attending lots of activities in January and February. Along with our regular monthly meetings; members attended a Poultry Showmanship Clinic and well as a New Lamb Care Workshop.

Our Main Event was our Club Public Speaking on February 5th 2023. At Public Speaking all our members got up on stage to present a speech. We had Cleavers speaking on Wayne Gretzkey, Scouting, Spiderman, Chickens, the Ultimate Ranch Truck and the Craziest Goat in the World.

Our Junior, Intermediate and Senior members had amazing speech topics as well. Everyone did a great job with their prepared and impromptu speeches. Our leaders keep telling us that public speaking is an important life skill that 4-H can teach us.

We couldn't have this excellent event without our many community judges who come out to help us improve our speaking skills. Thank you to our volunteers for giving us their time on our Public Speaking Day.

Many members have projects calving and lambing and hatching at this time of year. We are all enjoying the baby animals; and the warmer weather. Hopefully it sticks around as our beef members head to their workshops and clinics in the next couple of months.

Submitted by Joseph Arkes, Club Reporter



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m. The meetings are held at the Millarville Anglican church house.

Our next meeting is March 14, 2023. We are having a speaker from the Oilfields high school coming to talk about the new and exciting gardening project set up at the school.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at 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. Check us out on Facebook as well

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MILLARVILLE COMMUNITY LIBRARY

As we enjoy an unseasonably warm February as this article is written, we know that winter is not over here in the Foothills. March is traditionally our biggest snow month and it can be chilly. One consolation is that there are always books to be read and workshops to be enjoyed.

Our February seed starting workshop led by Lorraine Clark was a sell-out and participants honed their gardening skills and their anticipation for Spring. Thank you Lorraine!

Upcoming workshops include Designer Cookie Decorating with Sheila Woolner using professional cookie designs following the method as taught and sold by the English Company Biscuiteers. March 30.

Librarian Natasha will teach the basics of cupcake decorating using Pinterest designs (adults).

Edna Howdle will give an introductory Qi Gong and Sound Bath workshop.

As always check our Facebook or Instagram pages for more information or call to register 403-931-3917. And stay tuned for the 10th CanFilm Day on April which features National Film Board movies.

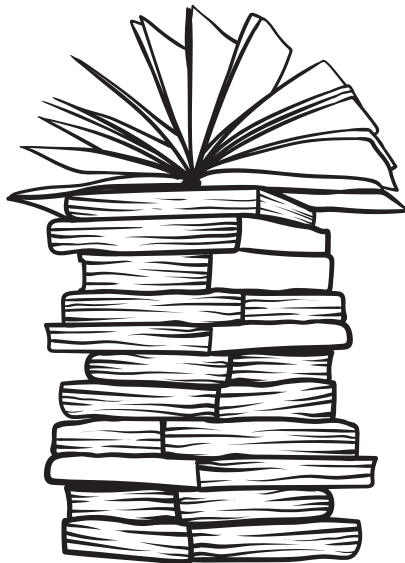
The library will be launching a fundraising arm of the library, Friends of the Millarville Library. Sometime in the Spring, watch for an Open House which is planned to build awareness of our library. Many newcomers to the area don't know that we exist right next to the school.

Spring Break is April 3-14 and reduced library hours will be posted.

Come into the library and admire our colourful display of quilts from local artists while you browse some of our new additions for readers of all ages and tastes.

For mystery fans there are two great new books. Legendary storyteller Stephen King goes deep into the well of his imagination in *Fairy Tales*, a spellbinding novel about a seventeen-year-old boy who inherits the key to a parallel world where good and evil are at war, and the stakes could not be higher - for their world or ours.

And Peter May's new book, *A Winter Grave*, is a gripping tale of a murder investigation set in May's native Scotland, but in the year 2051 where warnings of climate catastrophe have been ignored leading to population displacement and immigration wars as refugees flood into habitable countries.



HELLO DIAMOND VALLEY

Hello, Diamond Valley. What a nice February we had, for the first few weeks anyway. It's Earth Hour this month, on March 25. This is one hour a year where we are encouraged to turn off the lights, the TV, and the computer and ponder our beautiful planet. For ideas and more, visit earthhour.org. Earth Hour runs from 8:30-9:30pm.

Earth Hour is just one of many ways to help conserve our planet. In another vein, our animal rescue organizations work tirelessly to help strays and overpopulation of animals. In the famous words of Bob Barker, please have your pet spayed or neutered. There are literally hundreds of thousands of stray cats and dogs in this country alone that are waiting for a forever home, and many will never see that. Instead, some will let their animals have puppies and kittens, thinking, oh, we'll find them all homes. And then all those puppies and kittens will quickly grow up and more animals will be born, and so on and so on. What about all those animals already needing homes? Many of our local rescue organizations have a spay/neuter subsidy program in place, if cost is a deterrent. Some to look into are our very own High Country SPCA, Pound Rescue, Heaven Can Wait, and any town or city's local SPCA. Also, foster homes are always in desperate need, if you can help, please contact one of these wonderful organizations!

So what's going on this month in Diamond Valley? On the Valley side, the Sheep Creek Arts Council is hosting their annual AGM on March 19 at 1:00. After the meeting, there will be a show and tell from all members present. They have diverse classes so it's exciting to see all the works



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of art created. Upcoming classes include thread painting, beginner quilting, mosaic stepping stones, acrylic painting of a cow, and more. Proposed new classes include creative writing, kids upcycling art classes, and more. Pop by at 133 Sunset Boulevard or go to sheepcreekarts.ca to learn more.

Up the road from SCAC is the Sheep River Library, and they offer a plethora of programs and classes also. Just some include yogurt making, preserving rhubarb, exercise, poetry by the fireside, children's programs, tech talk, financial literacy, quilting, knitting, career development, Sheep River Ramblers, drum circle, a songwriter's group, and more. Drop by our beautiful library or check them out online.

There is a new songwriter's group in town also, over in the Diamond, at the Griffiths Centre. The next session is on March 5. Refreshments will be available at a minimal cost of \$2, and they use the Spotify tool to help with the program. Who knows, you could be the next Rogers and Hammerstein! For more information, email is dvsongbirds@gmail.com. The Griffiths Centre is located on Government Road.

Other musical events going on would be our very own Beneath the Arch Concert Series, this month featuring Slocan Ramblers on March 25 from 7-10. I've seen this band and they put on an awesome show. Hometown Canadian bluegrass complete with classic harmonies and the fastest picking this side of Toronto with a bold sound all their own, for tickets or more info, go to beneaththearch.ca.

The Foothills Philharmonic Society is pleased to present Peter and the Wolf on March 25, with a matinee at 3:00 and another show at 7:00. This is a kid friendly concert featuring their Chamber Choir. For tickets or more info, visit foothillsphilharmonic.com

And also on March 25, the Viano String Quartet will be playing with the Gift of Music Concert Series in High River. There will be two show, 5:00 and 7:30, and this quartet are winners of the 2019 Banff International String Quartet Competition. Tickets and more info can be found at giftofmusic.ca.

There will be a House Concert, "Window on the West", in Bragg Creek on March 5 at 4:00. Bradley and Scott are fiddlers and yodelers amongst their other musical talent. This show is generously sponsored by the Bragg Creek Performing Arts, and will be held at the Chisel Creek Ranch, for tickets and directions to the ranch, call 403-614-7234 or email rickgodderis@gmail.com.

Just a reminder that our organics cart collections are every two weeks instead of every week, this is just for a few more months until yard organics start up. For March, the dates are the 8th and the 22nd, April's are the 5th and 9th, and May's are the 3rd, 17th, and 31st.

If you have any news or events happening in the month of April, please drop me a line at elaine.w@telus.net. The deadline for this issue is March 15.

*Hope your day is awesome,
Elaine Wansleben*



PRIDDIS COMMUNITY

Thank you to all that came out to Winterfest 2023! It was a big success with over 200 people interacting with their community. Thank you to Karla Ramsay for planning, Priddis Fire for bringing the trucks, Millarville Mutts & Mustangs for running the snack tables, the View & Brew for allowing patrons to access the county reserve parking area via their land, and to everyone else who chipped in along the way.

Here is what is coming up in Priddis:

- Drop-in pickleball starts February 23rd and continues every Thursday. We are running 3 time sessions of 1-3pm, 3-5pm, and 5-7pm. Ideally there would be 4-5 people for each session. \$5 drop-in fee payable in cash to the donation box in the hall. We are still hoping for someone to volunteer to coordinate so that the courts are being utilized in the most efficient manner.
- Feeling jazzy? Try Jazzercise! M/W/F from 9:30-10:30. Fees are payable in cash at the door. Contact Judy (jazzed@telus.net) for more information.
- Summer camps and preschool are open for registration. More information can be found on Rediscover Play's website: www.rediscoverplay.com/programs
- Based on our recent facebook poll, the community has suggested that they would love to see a family movie night. Mark your calendars for March 18th at 6pm. This is a free event for PCA members.
- Kids' Clothing & Toy Swap in back on April 15th, 11a-3p at the hall. Please contact Leah (spruceandpinehome@gmail.com) if you would like to donate clothes to the swap. If you do not donate, you can still shop for a small cash fee.
- On April 22nd we will host an evening of live music and dancing at the hall. More details to come!

If you are wanting to join all of the fun that the Priddis Community Association is hosting this year, here is the link to register for a membership if you haven't already done so:

pca.getcommunal.com



*Chicken like Grandma
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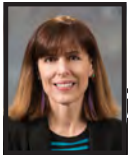
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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Spruce Budworm decline in 2022-2023 (short recap): I'd like to confirm the good news, that we see evidence of a decline in spruce budworm populations in our area! On the 2022.12.13 aerial survey map of spruce budworm populations, provided by the Government of Alberta, there are no indications in the Foothills County area for aerially detectable infestation. The 2021 infestation that spanned Foothills and Rocky View Counties has largely collapsed based on the aerial survey. We are hoping that trend continues in 2023. Small, residual pockets of defoliated spruce will likely still be seen from the ground in the coming years. This can be expected since spruce budworm is a natural part of the ecosystem in this part of the province and is always present at some level. View my January HCN article for more info. Visit the County's weblink to see the map (at the end) and more information on dealing with spruce budworm: www.foothillscountyab.ca/services/agriculture/spruce-budworm

Mountain Pine Beetle: My gratefulness continues as I share this update from the GoA, also as of December 2022. The mountain pine beetle, which is the most destructive pine insect pest in Alberta, is showing a 94% decline in their populations from their most recent peak in 2019. The drop reflects the continuous efforts to slow the spread following the 2019 and 2020 winter seasons. Sustained periods of widespread, extreme cold increased beetle mortality and have helped to limit population growth. While a sharp, widespread decline in mountain pine beetle populations is welcome news for the province, the threat of resurgence still remains in some areas. Continued population pressure from Banff National Park, along with recent, relatively mild winters, mean that the Bow Valley, Kananaskis and Crowsnest Pass areas remain a priority for continued management and control. For more stats,

visit: <https://www.alberta.ca/mountain-pine-beetle-in-alberta.aspx>

Wildfire Season begins March 1: While Oct. 31 marked the end of the legislated wildfire season in Alberta, it is essential that people remain alert and responsive to conditions. As 2023 rolls out, I am sharing a Government of Alberta 2022 news recap, below, as a reminder to everyone that wildfires can start and spread at any time of year, and now the official wildfire season is upon us again. While writing this article in February, there were 11 active wildfires recorded in Alberta, with 3 that had carried over from 2022. BTW, all burning activities in the Forest Protection Area, excluding campfires, require a fire permit: www.alberta.ca/get-a-fire-permit.aspx

"Albertans' shared sense of responsibility for our forests has decreased the percentage of human caused wildfires in 2022, but there is still work to do. In the 2022 wildfire season, 56% of wildfires were caused by human activity, around 38% were caused by lightning and roughly 6% are still under investigation."

"Diligence this summer resulted in a more than 10% decrease in human-caused wildfires and we recorded fewer wildfires than the previous year overall. Wildfire staff work tirelessly keeping our forests safe and it's great to see that their efforts have been supported by the public's responsible behaviour. Preventing wildfire is the duty of all Albertans," stated Todd Loewen, Minister of Forestry, Parks and Tourism.

"In 2022, a total of 1,254 wildfires burned about 153,124 hectares. This is compared with the five-year average (2017-2021) of 1,110 wildfires burning more than 190,000 hectares. Thanks to manageable conditions here in Alberta, we were able to aid firefighting efforts in British Columbia, the Northwest Territories, Yukon, Alaska and Washington, and supported Parks

Canada and the Canadian Interagency Forest Fire Centre. We did this by sending 90 firefighters, overhead staff and aircraft to partner agencies in need."

"Alberta Wildfire staff regularly explore and test new developments in wildfire prevention, suppression, mitigation and smoke detection to assess how adopting technology can support a rapid response. This year, Alberta Wildfire tested technology that predicts and detects wildfires, and helps improve communication between staff. The results from the 2022 season will determine how these technologies might benefit the province's efforts to fight wildfires."

Download the Alberta Wildfire app to keep up to date on wildfires. Report a forestry wildfire by phone: 310-FIRE(3473). 9-1-1 works as well. Use the app to learn about fire advisories, restrictions and bans across the province, or report a wildfire on your Apple or Android device: open.alberta.ca/blog/?page_id=206

Check out FireSmart:
www.firesmartalberta.ca/

Volunteers Needed: Hope you are able to take part in the local events in our beautiful county! Congrats to all Community Associations and their volunteers for making these fun events happen. Please consider joining with the teams in our community to make a difference and to add your valuable perspective and a helping hand. We need you!

For Other News & Updates: Facebook:
www.facebook.com/CouncillorSuzanneOel/
Email: Suzanne.Oel@FoothillsCountyAB.ca
With best regards,
Suzanne



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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

It is nearly Spring! I've started my plants under grow lights. By the time you read this, I may have the greenhouse up and running!

Line Fence Act of Alberta

I have had several discussions with residents as to whose responsibility it is for fences between properties. This falls under the Line Fence Act of Alberta and you can find more information on this here: open.alberta.ca/publications/113

Fences are a civil matter between two landowners and if they disagree, they have options to settle the dispute.

If you are not satisfied with a decision, you can contact the Farmers' Advocate: www.alberta.ca/farmers-advocate-office.aspx

Millarville Stockland 4-H Public Speaking

On February 5th I was privileged once again, to judge the Juniors at the Millarville Stockland 4-H Public Speaking at the Millarville Racetrack. The prepared speeches were excellent, but I think the impromptu speeches allowed the children to communicate their ideas without the constraints of following a script. Congratulations to all the speakers on a job well done!

Millarville Racing and Agriculture Society (MRAS)

There are 4 opportunities that you might be interested in:

1. Operations Manager
2. Maintenance Worker
3. Campground Host
4. Request for Proposal to Lease the Food Concession Building and Commercial Kitchen Equipment

For more information check out page 3 of the latest edition of the MRAS Track Watch (February 2023): www.millarvillracetrack.com/newsletter/

Priddis & Millarville Fair

The Fair committee met February 9, 2023 for the first time this year. I cannot give away too much yet. Watch for more good

news in my April newsletter. Meanwhile mark these dates in your calendar.

The Priddis & Millarville Fair is being held on August 19 & 20, 2023 from 9:00 am to 4:00 pm at The Millarville Racing & Agricultural Society (MRAS). The theme for the 2023 Fair is COUNTRY FUN FOR EVERYONE! We have a full weekend of old fashioned, country-style family fun that draws our extended community together. The Fair is suitable for all ages and includes a wide variety of competitions, contests, displays and entertainment. The Fair is proudly co-hosted by the Millarville Racing and Agricultural Society & the Priddis Community Association.

Millarville Community School Spring Round-Up

The Millarville Community School Fundraising Society is holding their bi-annual event – The Spring Round-Up!

A great Western event is planned for Thursday, March 16, 2023 from 5:30 p.m. to 9:00 p.m. at the MCS STARS gymnasium. It sounds like a fun-filled event with dinner, games, basket raffle, family dance, and a silent auction. The proceeds will support the school's technology, outdoor pursuits programme, fields trips, and various other programmes.

KIDS ONLY SHOPPE

Supply Needs Updated

Since its introduction at the 2014 Millarville Christmas Market, the Kids Only Shoppe (KOS) has become an integral and valued part of the market. It is a special place for children ages 5-12 to shop for everyone on their list. All items are \$15 or less, making it affordable for as many families as possible. Each gift is wrapped and tagged to keep the contents a secret until Christmas.

The following is a list of supplies that the Kids Only Shoppe is still in need of:

- Cloth bags - all sizes but 24" x 10" urgently needed

- Miniature figurines for snow globes
- Large pieces of fabric - cotton, poly, blend - any design
- Mason jars with lids (all sizes)
- Blue jeans
- Heavier cloth curtains used for making sewn gift bags
- Large plastic or cloth grocery bags for carrying wrapped gifts
- Snazzy socks - lost socks are great as one of a kind, great designs- those fuzzy socks are best! Plain men's white socks are great too for snowmen bodies
- Small/medium flat canvas boards
- Woodblocks (all shapes and sizes, 2x4 cut offs, triangle shapes, tree shapes, etc.)
- Small embroidery hoops (about 3-4")
- Wood slices - all sizes
- Wood stars - all sizes
- Photo frames - all sizes (glass included) – need to be in good condition
- Shotgun shells and rifle bullets (empty/old ones)
- Old fishhooks/fishhook feathers (minus the hooks or we take the hooks off) the red/white fish bobbles (fish bobbles)
- Baseball or softballs (in decent shape)
- Horseshoes

Thank you to everyone who has provided supply donations to The Kids Only Shoppe to date. The group is very grateful for your support, but they still have a bit of a way to go to ensure they have enough supplies on hand to fulfill their inventory needs!

If you want to volunteer or donate materials for the crafts send an email to:

kos@mras-track.com

*To all my Irish friends,
Happy St. Patrick's Day!
Looking forward to Spring!*

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca





DIAMOND VALLEY CHAMBER

Hello Members and Friends,

A big thank you to those who attended our AGM on Sunday, February 29th!

It was an informative and fun evening of collaboration and forward conversation. We were also entertained by musical guests TIMOTHONIUS and vocalist Jane Madeleine as well as Tammy & Todd William's Chamber Benefits presentation!

Meet Your New Diamond Valley Chamber Board!

Please join us in saying hello to our new Board Members:

Cathy McVee (Beneath The Arch/Great West Media)

Chris Goss (Twin Cities Hotel & Saloon)

Erling Nielsen (Banded Peak Tree Farm - Vice President)

Larry Kapustka (Diamond Valley Sustainable Living Centre)

As well, congratulations to all incumbent Board Members:

Chelsea Vogel (Image Marketing)

Glenn Chambers (Treasurer)

Monika Lokietko
(Monika Lokietko Real Estate)

Murray Rodgers
(CEO Energy Ltd. - President)

Ryan Lindsay (Adjunct Media Services)

Samantha Istance (Canadian Radon Solutions - Administrator)

The new board is set for our first meeting this Wednesday at 7PM, all are welcome to attend at 151 3rd St NE in Black Diamond or message us for a Zoom link.

It's an exciting year ahead for Diamond Valley and we're excited to move forward and get to work in our community!

Group Picture with Names

Front (L to R): Samantha Istance, Monika Lokietko, Chelsea Vogel, Cathy McVee, Larry Kapustka. Back (L to R): Murray Rodgers, Erling Nielsen, Ryan Lindsay, Chris Goss.



LONGVIEW LIBRARY

Lynda Winfield, our librarian, now has a sheet at the check out counter for people to write the name of a book they have enjoyed. This will help patrons choose a book when they are wondering what to read.

We are very pleased to have the interest shown by our new principal at the Longview Elementary School, Andrea Laubman and Danielle Bushchman, teacher of grades 5/6 who have paid a visit to the library with their students. This is very special and we hope there will be more of them to come.

For Valentine's day there will be a scavenger for youth who drop in.

Lynda will be having a seed exchange again soon, as last years was so successful. Watch for more about this on the bulletin board.

New books to the library are: 5 novels by Katie O'Connor and Hang the Moon by Jeannette Walls. Also, Making Great Relationships by Rick Hanson.

Freedom to Read Week is February 9th.-25th. This is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom.

Sylvia Binkley
sliv@telus.net
Longview, AB





DUANE HARDER

HELP!

When a crisis hits, like it has in Turkey and Syria, people around the world are motivated to help. Even Russia, a country that has caused massive destruction in Ukraine, was among the nations responding to give help. In times like these we need our mind to guide our heart. It seems prudent to me to know that what I am giving has the greatest possible benefit for the cause to which it is being given. I want to suggest a few principles and tips to keep in mind when the heart urges you to open your wallet for a human crisis.

Rule number one: Assess the agency that will handle your money. All relief agencies are not created equal. There are organizations that use 80% of the donations for the administration of the agency. On the other hand, there are those that disperse 90% of their income and use only 10% for administration. Personally, I want to know how much of what I am giving is going directly to the need.

Rule number two: Be cautious when it comes to "Matching Gifts." If there is someone who will match my gift – wow – that gives the agency double the money. That leaves two questions in my mind: a.) Am I tempted to give less knowing that what I give will be matched? b.) The fact that my gift is doubled does not mean that what is given will be used in the most efficient way.

Rule number three: What is the track record of the relief agency? The relief agencies that are the most effective are

those who have already been operating there. They have "boots on the ground": personnel, partners, processes, and infrastructure. Give to these. How long has the agency been operating and with what track record?

Beware of scams: Unfortunately, there are unscrupulous people who will take advantage of human tragedy to profit for themselves. A few years ago, I read of situation where a "relief" agency was soliciting funds for an orphanage in Haiti. They photoshopped their name over a sign at the entrance of a legitimate humanitarian work. Fortunately, the fraudsters were caught and charged but hundreds of thousands of dollars never arrived at the donor's desired destination.

As a donor you need to know where the money is going. If the fundraising appeal doesn't specifically say so, ask. If the agency doesn't respond with clear and specific answers, it's possible it is just using the crisis opportunistically, hoping for a financial windfall.

There is a Christian organization in the States called Ministry Watch that has data on over 1000 different agencies that do relief work. I regret that some may stumble over the fact that they are Christian, but I do know the information they gather will help you give with the confidence that your investment will produce the greatest return.

Here are some of the most trusted agencies that are currently bringing relief to the disaster in Syria and Turkey.

International Disaster Emergency Service has been involved in disaster response for 50 years since its founding in 1973. It is partnering with groups in Turkey and Syria to provide assistance. Ministry Watch gives International Disaster Emergency Service

a donor confidence score of 92 and an "A" transparency grade.

MAP International provides medicine and lifesaving health supplies to those in need, including following a natural disaster. According to its spokesperson, it has been working in the region for five years and has Interagency Emergency Health Kits which contain 90 days' worth of medicines for 10,000 individuals ready to deploy. It will also continue to help through the recovery and rebuilding phase. MAP International was a 2021 Ministry Watch Shining Light Award winner and has the highest efficiency rating.

Partners Relief and Development has a history of doing relief work in Syria. It has teams in Aleppo, Jableh, and the Idlib region in Northern Syria as well as in Turkey near the Syrian border actively responding to the crisis. Rapid response teams were mobilized within 12 hours of the earthquake to help with the rescue. This organization has a high efficiency rating and has already committed \$620,000 toward the relief crisis.

World Vision has responded to 69 disasters and emergencies in its history with its "first in, last out" approach. It has an excellent track record in its ongoing commitment to alleviate human suffering.

One final word: We first give ourselves in service and then our substance. Keep on giving and I'll see you at the top.

Duane Harder



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THE CHAULK TEAM

Real Estate Outlook 2023

Based on the Calgary Real Estate Board and Royal LePage forecast reports for 2023 it looks as though with the pandemic largely behind us, we are headed for a year of more typical real estate conditions and a pause on significant price gains following very healthy 10-12% sales volume growth in 2022.

According to the CREB report, largely authored by Economist, Ann-Marie Lurie, recently elevated lending rates are expected to weigh on sales in 2023, bringing levels down from the record high in 2022.

"Higher commodity prices, recent job growth, record high migration and relative affordability are expected to help offset some of the impacts higher lending rates are having on housing demand. At the same time, we are entering 2023 with low supply levels which are expected to prevent significant price declines in our market," said Lurie.

Additionally, the Royal LePage forecast report offered more predictions for 2023. "As a result of low supply and a lack of new listings, home prices in Calgary continue to rise year-over-year, despite overall activity in the region having been lower in the fourth quarter of 2022 than the same time a year prior; a period of higher-than-normal activity. The increased cost of living and rising interest rates has dampened demand somewhat, but a steady flow of buyers remain active in the market. Demand from out-of-province buyers has been consistent, as those searching for affordability in a city where their dollars will stretch further, and can afford them a larger property, continue to flock to the region.

Corinne Lyall of Royal LePage further goes on to predict the following. "I believe a brisk spring market is on the horizon. Many sidelined buyers have grown tired of waiting, and will return to the market at the first sign of stabilization in lending rates. Once demand picks up, sellers will feel more confident to list their homes, bringing some much-needed inventory on the market." Actually, I have heard from a few agents in our brokerage that there are already signs of product selling quickly and competing offers because of the current low inventory levels!

Comments above from Lurie and Lyall are largely directed towards the Calgary market but I feel do have relevance to the country market as well. Certainly the smaller rural towns such as Okotoks, Black Diamond, Turner Valley and even Longview are experiencing growth and plenty of new home development.

As far as the acreage and agricultural markets, compared to last year it looks as though there is less inventory coming on the market so far in 2023, but as spring approaches inventory should improve in the country. I also suspect after the

significant increase in acreage and rural town demand through the pandemic years among people wanting more space and the flexibility to work at home afforded during the COVID era, more people will hang on to their acreages. Demand for this lifestyle should remain healthy, fuelled by the ring road completion offering great access to the city from many country properties.

Of note, and based on 2021/2022 sales and several calls I have had for evaluations, I feel that there will be a growing trend towards downsizing among the aging country property owners selling properties with older homes and structures again this year. This sector bring their own challenges as older country home properties are not necessarily as attractive to the younger acreage buyers who will likely want to renovate with sometimes costly budgets required to update.

For those wanting to build new in the country there are a couple of challenges going into 2023. Firstly, finding suitable lots, as there is not an abundance of outstanding country lots and for those lots that are on the market they are not inexpensive. That along with increased building costs and delivery chain challenges for new builds and the cost of attractive newer type existing acreages means potential buyers will need strong purchasing power.

In actuality no-one really knows for sure how 2023 will turn out but the opinions and predictions given in the forecasts are useful to consider as one plans for the year relative to potential overall real estate activity. One thing most opinion providers agree on, and I am of the same opinion, is that Calgary and region is a very attractive market nationally with strong migration here and has a bright future.

By Wayne Chaulk



Katerina Renny, MSc, Registered Psychologist

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ADHD, SLEEP AND ME: IT'S COMPLICATED

What is the connection?

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

and can help you consider how to manage ADHD symptoms.

ADHD is always awake

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

Buzzing brain or faulty sense of time?

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

Sleep deprivation with ADHD is not something you choose.

Should I see a physician or a therapist?

Sleep disorders often mimic ADHD symptoms, causing inattentiveness and restlessness in people who don't have ADHD.

There are two types of sleep disorders.

Primary - physical conditions that disrupt sleep i.e. obstructive sleep apnea, restless leg syndrome, delayed sleep-wake phase disorder or bedwetting in children.

Secondary - behaviorally based problems i.e. co-existing anxiety or mood disorders or children who cannot make the transition to bedtime or in adults who follow habits that disrupt sleep. The first step is to review your sleep behaviors. If that doesn't help, then consult your physician.

Help with sleep problems

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

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

Roché Herbst, M. A. R. Psych.

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MORTGAGE MATTERS

10 Mortgage Trivia Facts

These trivia facts of mortgage knowledge are not only interesting, but they may save you money, too!

#1 It's your Death Pledge. The word mortgage is derived from a Law French term used in Britain in the Middle Ages meaning "death pledge" and refers to the pledge ending (dying) when either the obligation is fulfilled or the property is taken through foreclosure.

#2 We've got nothing to complain about!

The highest mortgage interest rate was really high; in the second half of 1981, the rate peaked at 21.46%. 5 year fixed mortgages were more than 15% for about two years, from the fall of 1980 to the fall of 1982. 5 year fixed mortgage rates never fell below 10% for a full 18 years – from 1973 to 1991.

#3 Mortgage rates can be quite volatile.

Mortgage rates are hot news right now. Many assumed rates change slowly but the Bank of Canada's eight rate increases in a row have shown us otherwise. Fixed

and variable rates can change quickly and without notice.

#4 Different rates for different

applicants. You might assume that the advertised interest rate is what you'll be offered, but that may not be true. Different lenders will offer different rates. Specific application circumstances, such as your credit score, down payment, or property location, will affect rate options.

#5 Mortgages are not the same. Watch out for "no frills." A no frills mortgage is the most basic, entry level, type of mortgage a borrower can obtain. It has very little or no flexibility, but it also offers lower interest rates than most other home loans. The terms and pre-payment options available with a no frills mortgage are minimal or nonexistent, which can be a huge disadvantage for borrowers over time.

#6 Prepay your mortgage. You can automatically pay down your mortgage (assuming you do not have a "no frills" mortgage as per above). Paying just \$100 more per month can shave many years off your amortization & reduce your interest cost by thousands. You can set up automatic money transfers, over and above your scheduled payment, from your bank account to go directly to your mortgage.

#7 Your mortgage was probably sold-off. It's very common for you to take out a mortgage with one lender, only for that lender to sell it off to another lender, an investor or have it administered by a third-party.

#8 A great credit score is important.

A poor credit score will stop you from being offered the lowest interest rates or qualifying for any mortgage at all. Higher credit scores have exception allowances, lower interest rates, and programs for those well-qualified. Look into how you might raise your credit score and take the necessary steps.

#9 Your assets are not as important.

If you have low income but have many cars/trucks/houses, don't assume that it will be smooth sailing getting approved for a mortgage. Lenders care much more about your verifiable guaranteed ongoing income than your assets; they need to be confident you can afford your monthly payments.

#10 Lenders may overestimate how much home you can buy. I always ask clients: what is your "sleep at night factor?" Don't let a lender or mortgage broker tell you how much house can you afford to buy. Take the data, but crunch your own numbers; be sure to leave a big margin of error for other costs (kids sports, groceries, travelling, etc), as well as unanticipated issues such as job losses, health issues, or income reductions.

Candace Perko, Mortgage Broker

Get a local Point of View



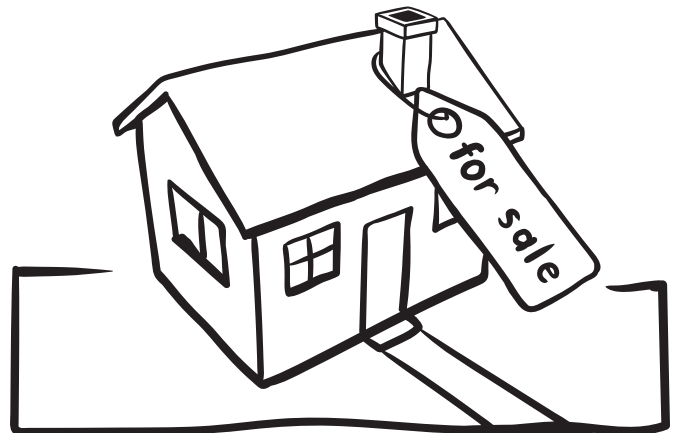
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OUT OF THE RUT

Chapter 151

The month of March is the month of my birth, it's kinda special that way. It houses the birth dates of half my family – guess there must have been a lot of excitement in south Yorkshire in the summers. We all converge on the madness of March, leaping and cavorting with the spring-sprung hares. I used to watch rabbits going a-crazee on Watership Down (yep, real place) at this time of year. We're all moving slower these days, especially since we're breaking bones and falling over like a bunch of skittles. Our disastrous lack of balance extends to our friends who are going so far as to fall off ramps in electric chairs & end up in neck & back braces. It's a wild world out there.

Fingers crossed we can all avoid injuring ourselves long enough to fully recuperate and get together to have some fun. I seem to be doing ok so far, the threat of over-exertion resulting in accidental/compounded injury lurks in the background. That lurker seems to be in the right place as I am told things are improving at a great pace and I feel fitter and more mobile every day. What an experience this is, how entertaining to watch the way in which my body does its thing. An epiphany creeps up on me, what was far out of reach one day is suddenly simple the next, and the reverse is also often true.

They do say, if you don't have your health, you have nothing. I am reminded always of the brilliance of mobility, agility, flexibility. Being granted the gift of a highly athletic build is pretty freakin awesome, but not having a naturally athletic shape is not a reason to adopt the shape of a triangle. As Fantuzzi says, get off your booty & move it, it only gets bigger when you sit on it!

Speaking of the man, he is of course, in one of the most spectacular places on earth. Back in 2007 – conveniently timed to the global financial crisis which considerably impacted attendance – I hosted a Thai Massage/Yoga retreat at JungleYoga in Khao Sok National Park in the south of Thailand. A more remote, exquisite place is hard to imagine. It can get pretty frustrating to be organising things for Fantuzzi and

knowing each step he takes, place he stays, the glorious beaches, beautiful lagoons, amazing weather, food and friends... ho hum.

And yet... I was out shortly after 7am, driving to the pool which takes me 36+ minutes. On the way I see the glorious sunrise. I look for two horses on one particular corner & see one is looking north-east at something. What is that? I think. Slow down so I can turn & look good... it's two moose nibbling the red tips off the top of a stretch of russet willows in the white field. Two yellow school buses come past with lights bright & brown slush churning. I go over the next rise & pop up into the pink & blue & silver of a cloudy stretch of sunrise. Time in pool is beneficial. It passes like treacle at times, at others my focus stays true & I move the right muscles... I just realized the whole time I've spent typing the above section, I've been leaning with my hips stuck out in the wrong direction. Bad girl. This I must not do. Keeping my focus to make all the muscles work in the right sequence in the right pattern is the most incredibly taxing challenge. It's only possible to sustain absolute focus for about 1 minute at a time. Repeat, change practice, repeat, change, repeat... usually 45-60min or so. Who knew walking was such a complex challenge. Babies make it look like child's play.

I sometimes wonder if I should keep describing my wonderment at the natural abundance around us. Then I think, YES. It's always different, always incredible, always full of food for thought... and maybe you are reading this for the first time so it's all new to you anyway. What do I know?

On the way home today, under an incredible blue sky with bright bright sunshine, I had to stop to watch two big coyotes near to the road. They loped off once they realised I'd stopped, obviously wary of parked cars. Once home the birds were all over the feeders, filling my world with the rumble of feathers in air, peeps and squeaks and chirps. I had the doors wide open and the wind whistling through the house. Last night at about 9pm I got a whiff of something. That smells pretty skunky I thought. Stuck my head outside and my nose confirmed initial suspicion. I stood on the deck and listened for a while. I could hear it pattering around in the undergrowth somewhere. I wondered if it had been next to the house when the heating kicked on and that startled it

enough to spray? The furnace air exchange was sucking the skunk smell into the house. Just before I returned indoors he made his appearance... quite unconcerned, bumbling around the trees, bucked logs, undergrowth, then towards the house again. I beat a prudent retreat.

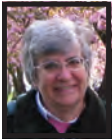
The aroma was still prevalent this morning and while driving I had to keep sniffing my hands convinced I could still smell skunk. The sulfur atom hooked to the hydrogen atom... those wee thiols make skunk spray gaggingly offensive, yet they are also responsible for making garlic and onions tasty. Did ya know that water actually makes the smell BIGGER? It's like The Trouble With Tribbles, whatever you do, don't try adding water (or tomato sauce). Baking Soda and Hydrogen Peroxide do the chemical dance with the pesky thiols and actually do negate the smell, but a splash of rain might revitalize some lingering aroma for ya.

If you can smell it, it's on you somewhere. Sometimes it's just the hairs in your nose that are carrying the smell so it doesn't go away. I figured after I'd been through the pool and the chlorinated showers, I should get rid of it and I was right.

I came home, everything is beautiful, I open the door and the smell of skunk is still in the house. So the heating goes off and all the doors and windows go open. The sunshine and the wind are chasing each other through the rooms and it's absolutely wonderful. All the smell is gone and it's like the middle of spring. This is what I adore about this place; the crazy wild Chinook happenings. They make living in this incredibly Long Winter I like a slightly surreal acid trip... not that I've ever had one... yet.

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A PROSY ODE TO WASHING DISHES

by Andrea Kidd

Our dishwasher doesn't wash dishes any more. I press the buttons and nothing happens. It needs a new thingummy – an electronic something or other – and that will cost at least half as much as a new dishwasher.

We used to bend down, load it up, put in the detergent, push the button and swish! Swish! Swish! Two or three hours later dishes would be clean and down we would bend again and again to unload and put the dishes in the cupboard. But not anymore! Now the function of our dishwasher is to fill the gap under our kitchen counter where there are no cupboards. It looks great, but it doesn't do anything.

Now I come to think of it, that dishwasher didn't used to wash ALL the dishes. It was rather picky. We used to scrape off any

obvious food remains, but it never did like removing egg, cookie dough or the lasagna left on the edge of the pan. Frying pans were out of the question! So we sorted before loading and we sorted again when the dishes were "clean". Washing dishes was always a two part process. The dishwasher washed some and we washed the rest in the sink, always feeling a bit annoyed that the dishwasher was not accomplishing what we thought it ought to do.

We decided to wash dishes by hand, in the sink and let them dry in the dish rack. No more bending down to the bottom rack! All our dishes are now at the handy height of the kitchen counter, ready to grab for the next meal.

I don't miss that dishwasher!

Painful arthritis in our hands is now relieved. Hot soapy water soothes away the painful ache leaving our fingers tingling, warm and relaxed; a good feeling that spreads throughout the body.

I don't miss that dishwasher!

Of course, washing dishes by hand is a boring task, but it's so good to be bored! To have time for my mind to wander, to

ponder, to sort things out that have been buzzing around in my brain in a muddle, to make a plan of some good little thing that will bring a smile on another's face as well as mine. There are at least two other people who also feel boredom is a good thing. Brene Brown quotes Sherry Turkle as saying, "Boredom is your imagination calling to you." I like washing dishes and going on a flight of fancy and imagination! Sometimes a very good idea comes from it and I feel as refreshed as if I were on a mini holiday.

I really don't miss our dishwasher!

Sometimes someone comes into the kitchen and says, "Oh, let's get these dishes done!" and we start chatting about what happened that day or a conversation we had. We share our thoughts; we feel listened to, appreciated and understood. And there, gleaming in the dish rack are the fruits of our labours, praising us for a job well done! We have clean dishes, clean counters, a relationship nurtured, happy hands and contented hearts.

No, I don't miss that dishwasher at all!



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ALBERTA SHAMROCKS - MORE COMMON THEN LEPRECHAUNS

By: Laura Griffin

Depending on the weather this March this article may be slightly before its time, but I could not say no to a friend who really wanted to know about their 'luck' of finding four-leaf clovers in time for St. Patrick's day. It may be a 'four'-lorn endeavour but not entirely impossible in this area.

The shamrock itself is a sham in that it does not exist, it is a common word to describe one of several different plant species. Our equivalent of the shamrock is the introduced red clover, white clover or the hybridized Alsike clover. These introduced species are easily recognized by their three round-oval leaflets (trifoliate) that look very similar to the shamrocks that will be popping up in store windows. The clover was introduced from Europe as the plants were excellent cover crop as the clover can fix nitrogen in the soil, this can reduce the use of synthetic fertilizers. It was also originally useful as green lawn cover and was put in lawn grass seed mixes as it would grow better in less fertile soil than grass. As time went on it fell out of favour with the public and became known as a weed.

However, weed is in the eye of the beholder. The clover is a perennial and is one of the first plants to come back in spring. This is of benefit to many hungry pollinators. The flowers of the clover

appear as pink or white or a mix of both colours and are quite small, but they grow in clusters which make them look like those beautiful orbs we are used to seeing from a distance. They are an important flower for pollinators in the spring and forage for herbivores as they appear so early. The petals are also edible if you want to add some flowery hints to your cooking. Or if you are staring out at you lawn of clover and feeling as ambitious as I once did, can even be made into wine.

Now how do four leaf clovers come into the mix? You are essential looking for a mutant. Rarely, when the clover grows in the right environmental conditions or has a certain recessive gene, the clover will have four leaflets instead of three. Sometimes even five or six leaflets can occur, the more leaflets the rarer the plant. This rarity has helped shape the belief that finding a four-leaf clover will bring you luck. As someone who has found a few in my lifetime I can tell you that if you find one you should definitely take the time to examine the other clovers around it. Given the genetics and environmental conditions are similar you are more likely to find another close by, as in the photo. I recommend that if you find a four-leaf clover consider taking a photo instead of picking it. The saying is that finding a four-leaf clover is lucky, and that passing it on doubles your luck. All superstitions aside, letting the four-leaf clover live helps it pass on its genetics to the next generation, which I think the clover will agree is lucky indeed, and increases the chance that the next wanderer 'march'ing through the area will share your luck.



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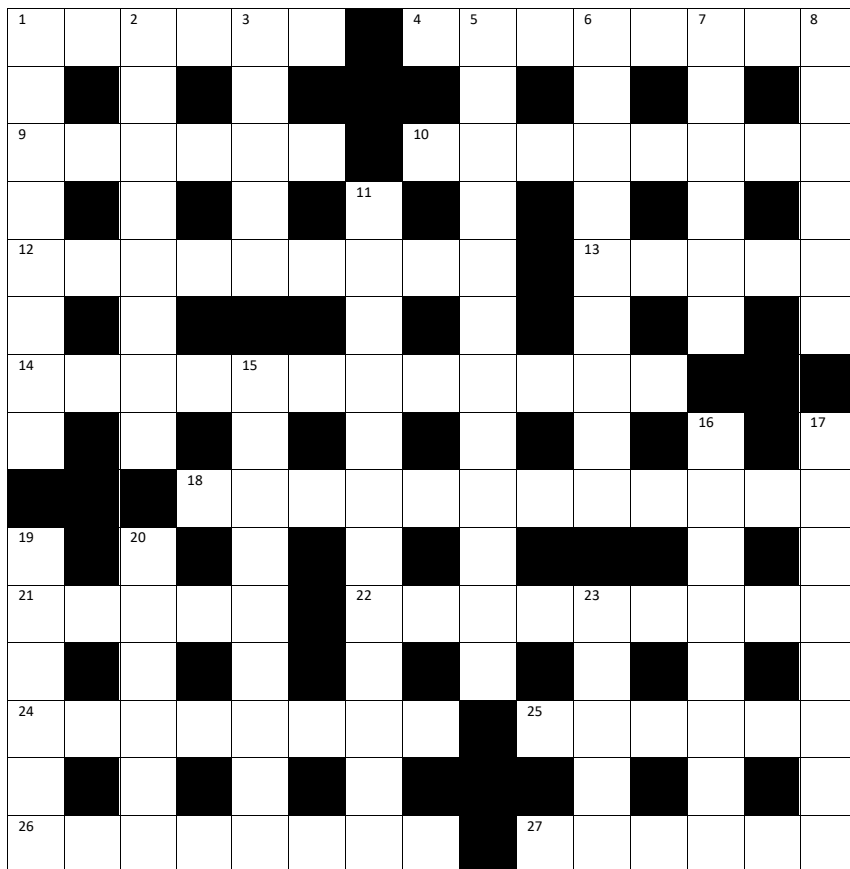
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Cryptic Crossword #21 By Jan Burney

Answers:
Across:
1. Superb 4. Amicably 9. Abrupt 10. Flanking 12. Whirlwind 13. Entry 22. Rainstorm 24. Contempt 25. Impact 26. Pharmacy 27. Endear
Down:
1. Star Wars 2. Partisan 3. Repel 5. Melodramatic 6. Convinced 7. Baiters 8. Yogurt 11. Misanthropic 15. Pachyderm 16. Sabotage 17. Odometer 19. Tea cup 20. Stanza 23. Simon

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Across.

1. Public transport returns to pick up backwards agent. Excellent! (6)
4. A group of tailless rodents skillfully appear in a friendly manner. (8)
9. A blunt, rapid, unexpected, precipitate term at the start. (6)
10. Attacking from the sides, throwing custard dessert at royalty. (8)
12. From the west say, hurl wrap around tornado. (9)
13. Champion loses his head when invited into this circle. (5)
14. Prance repeatedly to cause a second arrival. (12)
18. Lady cons dart around British police HQ (8,4)
21. Guard is beheaded at the doorway. (5)
22. To problem solve without a leader in a downpour. (9)
24. Confused NCO able to entice is beneath consideration. (8)
25. Little devil likes to perform and make a smash. (6)
26. Sounds like Old MacDonald's place got air conditioning and unknown drugstore. (8)
27. Spend earnings within, to be loved. (6)

Down:

1. 1977 movie made only from straw. (4,4)
2. Hiding in rampart is an enthusiastic supporter. (8)
3. Fight off each one the French return. (6)
5. Reportedly, easy going theatrical production receives spasm and becomes exaggerated. (12)
6. Swindle French wine on short last month going up, to be sure. (9)
7. I enter storehouses to search for Scottish children. (6)
8. Tug Roy about for breakfast food. (6)
11. Disorganized main tropics get hot and become unsociable. (12)
15. Mix up my parched loose skin mammal. (9)
16. French peasant shoe gets time to vandalize. (8)
17. Deep Space 9 character met the queen with a device to measure distance. (8)
19. Cut pea in elegant drinking vessel. (3,3)
20. Extremes of standard pizza found in verse. (6)
23. A simple Bible character, pie-man or American Idol judge. (5)

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GET RIPPED

Clean the Cupboards to Enhance Results

We've all heard the old expression "out of sight, out of mind", but most of us also know that this saying may not be as accurate as possible. Just consider the food pantry and the refrigerator. We cannot technically "see" what they contain, but our brains sure know what's in there, and most especially when we are on a diet.

So, if you are beginning a diet and exercise regimen, do yourself the favor of eliminating these hidden temptations. Toss, or give away, the sugary sweets, the salty snacks, and the foods that you must

now acknowledge as the "enemy". Don't forget to also become a label reader and understand when something is cunningly packaged to deceive you into believing that it is not that bad.

Here are our tips for identifying the hidden dangers in the cupboards:

- Artificial sweeteners - Wait a second, your mind might be shrieking, that is the only sweetness in my entire diet! Yes, that may be the case, but did you know that the belly "pooch" you are combating or the chronic bloating that you feel could easily be due to the sugar-free stuff you drink and eat? Get rid of this fake sugar and go for fresh and dried fruits, pure fruit juices, and even nature's sweeteners like a bit of honey or a tiny amount of maple syrup. Your belly will thank you.
- White flour - Full of empty calories and almost no nutritional content, you want

to immediately replace all of the white breads, crackers, and baked goods with the much more nutritious and beneficial "whole grains". This includes things like cereals, crackers, and more.

- High fat meat - The only way to remain an omnivore and lose weight is to go exclusively with lean meats.

By following these steps, you can get your pantry into shape as you are improving your health and fitness too.

About the author:

Jari Love is a certified trainer and creator of the successful scientifically tested **Get RIPPED!®** Series that garnered her international attention as a top trainer and fitness personality. Jari makes her home in Calgary, Canada, and most recently named **IMPACT Magazine's 2023 Canada's Top Fitness Instructor**. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.

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