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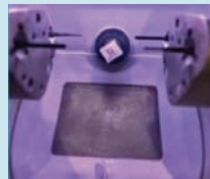
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LETTER FROM THE EDITOR

Who's feeling ready to spring forward with the upcoming time change March 10th? Asking me to feel "spring like" when they rob me of an hour of sleep is a bit of a tall order. The person selling me on the fact that I can get an hour back in the fall and can make up for the sleep debt in 6 months must not have been a parent or ran a business. I feel victim to society's love of Daylight Savings Time, and the circadian change that is forced upon this unwilling subject.

All jesting aside, change can be difficult. I'm currently reading *Diagnosing and Changing Organizational Culture* by Kim S. Cameron & Robert E. Quinn. It has challenged me to think about change and the culture I've created and influenced. Some of this culture isn't - and hopefully I can soon say, "wasn't" - healthy. It's worth considering the question, "What's the culture of my family, organization and community?" Then to ask, "How must I change in order for the culture around me to change?"

Here are a few questions that you may want to consider:

- Are my life actions congruent to my values?
- What am I doing that needs to stop?
- What am I not doing that I need to start?

Rather than vocalize my dislike of the time change, maybe I can learn and promote a healthy sleep practice or promote the positive perspective on the increased afternoon hours of daylight and what that can afford in evening recreation with my family or friends. If we embrace the changes we face, perhaps we can create a healthier culture in our community.

Changing the subject, there is some great information and events on our winged neighbours throughout the paper. I must confess that my knowledge on birds is miniscule; I can recognize crows and magpies (well maybe a bit more than that). It's an area that I'm endeavouring to learn more about this year. As we look forward to spring, the robins that nest in my yard will sing and wake me up with the rising of the sun - paying no regard for the alarm clock and the conspiracy of daylight savings time.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Angela Lorenzen has been showing and selling her paintings as a professional artist since 1993. She fulfilled a lifetime dream of moving to the Alberta foothills in 2022 and is now happy to call Diamond Valley home. She is a self-taught artist and the subjects of her high-realism acrylic paintings range from Canadian landscapes and animals to still life and architecture.

Keep an eye out for Angela's paintings at the 21st Annual Juried Members Exhibition at the Leighton Art Centre (April 1 to June 4) and the Cultivation of Art Show and Sale at Vales Greenhouse in Diamond Valley (June 16-18). For more information and to view more of Angela's artwork on-line, please visit www.angelalorenzen.ca

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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HIGH COUNTRY LIFE

BY MARK ADMAKI, CA



SPRINGBANK HERITAGE CENTRE

Springbank Heritage Club news for late February/March

Tuesday

Singing Group, 10am-12pm
Games, 1-4pm

Wednesday

Weights and Balance, 9-10am
CCC (coffee, chat, crafts), 1-4pm

Friday

Weights and Balance, 9-10am

Wednesday, FEBRUARY 28

Calgary Police Crime Prevention Unit presents updated information on FRAUD & SCAMS FACING US TODAY
Pizza supper at 6pm followed by presentation. REGISTRATION a must! \$10/person for pizza, drinks and dessert.
Sign up and pay at the Springbank Heritage Club or send an e-transfer to springbankhc@telus.net indicating "Fraud and Scams evening"
EVERYONE WELCOME!!!

Wednesday, March 13

7-9, Sip and Paint (WATERCOLOR INTRODUCTION....bring watercolor paints, brushes and paper)
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Consider a membership \$50.00 per year – take advantage of everything the Centre has to offer! (must be 50 years young to qualify)

Springbank Heritage Centre
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Please take 15 minutes to share your thoughts on County Services through the biennial Citizen Satisfaction Survey.

A unique pin was mail to each household on a postcard, needed to complete the survey. If you didn't receive one, email questions@rockyview.ca or call 403-230-1401.

Go online today to complete the survey. The survey will be open for 3 weeks!

Your feedback is crucial and can influence how the County sets priorities and allocates budgets. It's your opportunity to shape the future of the County.

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

Springbank Area Structure Plan - the Governance Committee at the January 16th/2024 meeting provided direction on how the Springbank ASP is to proceed. The following motion was approved and Council will see the new report from administration by the end of Q2 providing their evaluation of the direction.

MOVED by Chair Kochan that Administration be directed to provide a report to Council in Q2 of 2024 on the feasibility of combining the Central Springbank, North Springbank and Middle Area Structure Plans (ASP) into one ASP with the intent to maintain the existing land use strategies while implementing minor amendments that:

- a) Ensure alignment with higher order policy and guiding documents adopted since the approval of the ASPs;
- b) Update technical policies to reflect current studies; and
- c) Address policy gaps in the existing ASPs identified by Council, Administration, and the public.

With the strong community feedback on preserving the rural character of our community and the technical analysis indicating that the community has ample commercial capacity, Council recognized that there is no need to adjust the current ASP's that are existing. Council will make the final decision when administration brings the report forward for a decision.

Bingham Crossing Project – As an update to the Bingham Crossing project, the following information has been provided by Rencor (developer) on its progress:

Final preparations are being undertaken to restart onsite infrastructure improvements and other grading work for this coming spring/ summer. Rencor are working through final refinements to the off-site drawings to allow for Alberta Transportation and Economic Development (ATEC) and RVC approval that would allow for a

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mid-year construction start of the highway 1, range rd. 33 and township 2 50 road improvements. Costco is nearing development permit release followed by their building permit application submission, allowing construction on the Costco building to start later in the fall of 2024 and it is expected to have construction completed by the end of 2025.

Final subdivision endorsement items are in the process of being completed which will allow construction activities to begin this coming Spring. Pre-Leasing efforts for Phase 1 retail, which will complement Costco, are moving forward and Rencor hopes to announce many high quality national and local tenants who have committed to the project in the coming months. Many sought after services and amenities will help shape the overall tenant mix at Bingham Crossing. Rencor expects possession of these stores will commence late 2025 or early 2026. Marketing and ongoing negotiations for the seniors / residential site are underway with discussions taking place with multiple operators and residential developers. Rencor is in the process of evaluating the best configuration and partnership for the lands and hope to make announcements in the coming months.

Springbank Community Event Centre - Administration is currently finalizing the details surrounding the engagement opportunities that will start in the spring. At these engagement opportunities, input from community groups and residents on how the design of the hall, multipurpose rooms and studio spaces can best accommodate the needs of the users will be collected. The County invites you to participate in the engagement sessions and provide input and feedback at that stage. It will be considered alongside all the feedback received from all community members and stakeholders.

To learn more about the project and for more frequent updates please check out the engagement page here: [South Springbank Community Event Center | Your View \(rockyview.ca\)](https://southspringbankcommunityeventcenter.yourview.ca)

2024 Alberta Wheelchair Curling Championship - On January 20th, it was my pleasure to be part of the opening ceremonies of the Alberta Wheelchair Curling Championship tournament hosted at the Springbank Park For all Seasons facility. It was amazing to see that level of competition. The winner of the tournament is headed to the Canadian Nationals. Good luck to the Alberta team.

*Don Kochan - Deputy Reeve - Division 2
Councillor - kochandiv2@gmail.com*



MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

March means two important things: Spring is around the corner and legislature is back in session! As the weeks get warmer, I'll be spending the next three months back and forth between Edmonton and the constituency. We can never be sure what Mother Nature has in store for us (this is Alberta after all!), but most signs are pointing to an early, dry spring. The little snow we do have isn't going to last long as the sun spends more time in the sky.

While I hope you all get out and enjoy the coming season, these conditions will continue to focus my work as your MLA on making sure we can protect our homes, our forests, our agriculturalists, and our health from upcoming wildfires and this prolonged multi-year drought. The Official Opposition caucus is ready to extend all efforts to work with the government in protecting the lives and wellbeing of everyone in this province.

At the end of January, I attended a drought resiliency workshop focused on preparing communities and agricultural producers for the dry year ahead. I'm meeting with watershed groups and local producers to discuss how we apply the things I learned to our local area. We're also working to define what kinds of government supports we may need as the year progresses.

Our legislature session will start with a few weeks of debate around our provincial budget. I've been connecting with stakeholders across our riding to assess what Banff-Kananaskis needs to see in the provincial budget – wildfire and drought resilience, more healthcare professionals, tourism related infrastructure, and, as always, government accountability and transparency.

We're going to be addressing some challenging issues in legislature this spring. The new trans policies put forward by the UCP are concerning to many. Doctors and members of our LGBTQ2S+ community are concerned about the safety of trans youth, and so am I. I have also heard from parents who are in support of these

policies. I am available to speak with anyone in our riding who would like to discuss this further. I remain resolute to ensure that all human rights are protected and I believe this complex discussion is best left to doctors, parents and their children. My colleagues and I will continue to stand up for the human rights of every Albertan.

We've also heard support for Bill 205, the Housing Security Act, put forward by fellow opposition MLA Janis Irwin. As a reminder, the Bill proposes an immediate cap on rent increases of two per cent per year for two years. I believe it's imperative the government step in to address the housing crisis now before more people lose their homes and more families are stuck without a place to rent. This bill is the first step in addressing a housing crisis, and I hope it will be the start of tangible options that ensure all Albertans have access to a home that is safe and affordable.

As it's budget month, I'm swamped with preparatory work and meetings with stakeholders. Due to this and Easter holidays at the end of March, I'll only have one MLA on Tour stop this month, but it's going to be a fun one! Let's get outside and hit the trails! Trails Day with Sarah will be on March 23. Join Max (my friendly great dane) and me at at Troll Falls trailhead in Kananaskis at 11am for a short hike and conversation! Everyone is welcome, just remember all your hiking gear and snacks! Please register with our office if you plan to join us: Banff.kananaskis@assembly.ab.ca

We had a great series of stops this past month! It was lovely to enjoy coffee with many of you at Creekers Bistro in Bragg Creek. I also enjoyed meeting with the Harmony Lane Community Association and making stops at the Beaupre and Square Butte community halls! A nice perk to this job, alongside getting to meet so many constituents, is visiting the small, yet beautiful and thriving communities that dot this part of the country.

Even though I'm away from the constituency more often during legislature, our office is always open for visitors and to serve our community!

Sarah Elmeligi



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

I have not heard any further news from the Province via our Administration about the Highway 8 cleanup project. Tendering was to be this spring, and the Provincial Budget is in the midst of being approved, so hopefully some further news comes to light after the budget is passed. Now that Policy C-350 was recently approved by Council, on February 27, we will decide on bringing forward \$50K held over from the 2023 Economic Development Initiatives budget. This funding would be immediately available to both Bragg Creek and Langdon Chambers of Commerce in support of their recent grant applications. Further funding of 75K is included in the 2024 budget, for 2024 grant applications.

Tourism Alberta presents at BC Chamber and Council's PPC Committee

Cameron Spence, Destination Development Manager, Foothills and Canadian Rockies, Travel Alberta, was at the February 21st Bragg Creek Chamber of Commerce meeting. Both myself and Arron Latimer, RVC's Economic Development Manager were in attendance. It was a good chance for local business owners to hear first-hand the Provincial strategy to develop specific zones in Alberta tailored for more high value / experiential focussed destination tourism and looking for ways to spread visitation more evenly across the seasons. In addition to the information presented, there was also a good Q&A dialog between Cameron and Chamber members.

Back on January 17th, Cameron had also presented to all of Council, where he was joined by Dayna Smockum, Specialist, Corporate Communications and Engagement, Travel Alberta. They presented quite an aggressive strategy to help diversify the economy and outlined how the Province is specifically making investments to help grow this opportunity they have identified. They are patterning some of the planning efforts and best

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practices from other global successes in countries like Iceland and Ireland. This includes important concepts like regenerative tourism and having strong buy-in from the local areas.

Cameron described their fast-track effort as building the plane, while you are flying it. Bragg Creek is in an interesting position in that it is in the Foothills Tourism Development zone. He has said that it ultimately may end up having a regional destination management organization. This of course would be a complex initiative that would see Bragg Creek, Diamond Valley, Okotoks, High River, Nanton, and Longview collectively execute the region's destination development and promotion with the goal of growing the visitor the area through 2035.

Cameron's full presentation to Council is available on the Rocky View County Website - just look for Public Presentation Committee under the Meetings&Hearing tab. In the entry for the January 17th meeting, you can find the agenda as either HTML or PDF format for downloading.

Bragg Creek Seniors

The official January 31st opening of Rocky View Foundation's new hotel conversion - Abrio Place - in Airdrie was unfortunately postponed in the days just before the event, based on Alberta Health Services advice. A new date has not been selected, but will likely be some time closer to the June-July time frame, once the cold and flue season is over with. The foundation continues to move forward with both Cochrane and Bragg Creek projects, and a steering committee for Bragg Creek has been struck and has had one meeting so far, with another scheduled for March 4th. Agenda items included reviewing applications for community representation, and review of proposals for updating the Housing Needs Assessment (step one of moving forward on land use redesignation for the site).

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Preparing For Wealth Transfer

By 2026, an estimated \$1 trillion in personal wealth will be transferred from one generation to the next in Canada, the largest transfer of wealth in our country's history. This transition involves financial complexities for both benefactors and their heirs. Without planning and clarity, wealth transfer can lead to confusion and misunderstandings and extra taxation.

If you are preparing to bequeath wealth to your heirs or anticipate receiving an inheritance, some of the information outlined below might be helpful.

1. Begin with a plan

A recent survey found that almost 73 percent of Canadians over the age of 45 have not started estate planning. A third of those either put it off or don't know where to begin. As you already know, from building wealth over your lifetime, successful outcomes depend on a thoughtful plan. An estate plan is a road map that can maximize the lasting benefits of this hard work. Knowing how to anticipate the financial road ahead helps you to avoid expensive mistakes and establish benefits for your family for years to come. A plan developed, in conjunction with a financial planner, will assist you in which path to follow and will result in a better outcome.

2. Communication

Transparent, two-way communication between benefactors and heirs is also crucial, especially when it involves parents, a spouse and children. Clear expectations and open conversations can be invaluable to the transition process. Good communication helps preserve family harmony and strengthen relationships across generations. Start early and communicate often to avoid shocks. It is helpful to know what your heirs think about the process you are examining. That is why it is important to talk to them.

3. Choose a timeline

Many people would rather see their family enjoy an inheritance while they are still alive. Choosing this path may inspire intergenerational financial stewardship in your family, such as learning the basic concepts of saving, spending, investing,

and sharing. For parents concerned that their children or grandchildren may not use their inheritance wisely, this could be a helpful option to consider. One option to consider is a trust, into which the assets, you are seeking to bequeath, will be held, and managed.

4. Tax considerations

There are several tax considerations that should be factored into your wealth transfer plan for you and your heirs. For example, cash gifts are tax-free in Canada, which effectively creates less taxable income for all parties. There may also be significant advantages to changing ownership of qualified assets. Timing of the ownership change will be a factor. However, these are complex decisions that should be guided by professional advice, as not all qualified assets are treated the same way.

5. Choose your guides

When it comes to proactive estate planning, 48 percent of Canadians are unsure where to turn for advice. The good news is that a knowledgeable financial advisor

understands the complexities of planning and wealth transfer. They also have the expertise and neutral perspective to help navigate healthy communication between benefactors and their heirs.

I am reminded of the old Japanese Proverb, 'the best time to have planted a tree was 20-years ago, the next best time is TODAY.' If you have not thought about your wealth transfer before today, then today is the day to begin exploring the many options outlined above.

For more information on how to grow, preserve and transition your wealth, contact my office for a review and to begin the process.

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MAKE YOUR MARK By Mark Kamachi

Use a celebrity for your branding?

Welcome to another discussion on creative marketing, straight from the inner workings of my squirrel brain and 35+ years of advertising-design experience. This month's topic was born from a call into a radio show I was listening to driving home. I'm paraphrasing here:

RADIO HOST: Welcome caller. What's your question regarding celebrity endorsements?

CALLER: I'm tired of seeing famous people in the media endorsing products such as gaming, online sports gambling, etc. Celebrities shouldn't be used in ads as they do it only for the money and it only hurts people. These folks are the reason for all of society's problems such as drug and alcohol addiction, mental illness, crime, etc. They not only harm the vulnerable but also influence children. Companies and their advertising agencies are to blame, and they should be punished and held accountable for the damage they cause.

RADIO HOST: Okay. Next caller.

Hold it right there! That was the host's reply! Even a sarcastic "thanks for your viewpoint but not all celebrities are into it for the money and fame" could have engaged more discussion and brought to light the positive side of celebrity endorsements. After all, there are many celebrities who promote brand awareness for good. Their status brings about action to create positive change and awareness. I have been fortunate to work with such folks in my career. Paul Brandt, Mark Giordano, and Trevor Linden come to mind.

These folks, as well as unrecognized celebrities, were in it for the cause, not the glory (although it does help their brand awareness). Climate change, animal cruelty, homelessness, hunger, and physical disability are just some causes that have gained brand awareness from a celebrity endorsement.

Regardless, the ROI from using celebrities pays dividends for a brand. Sure, there are celebrities who do it for the money. Nothing wrong with that. They worked hard to build their reputation and are being hired for their skill or talent. Their clout may just make customers open their wallets to help. If Ronald McDonald asks me to donate at the till when I'm having a "junk food" day, I'll donate to help a cause.

Most business sectors come with their own celebrities which whom one would not recognize unless part of that industry genre: home building/renovations, cooking, fashion/music style. I'm sure in your profession, there are some you would not have considered as celebrities. You'd be surprised if your competition wasn't promoting one in your field of work. If not, be the first.

Celebrity endorsements are part of building one's brand and you can utilize this tactic in your own business' awareness. Of course, celebrity status is open to debate. It's risky if your "celebrity" attracts bad publicity down the road but that should be part of your plan when choosing one.

A celebrity doesn't have to be A-list, they could be a well-recognized local customer of yours, a social media influencer, a community leader, etc. If there is a connection to your brand, it's worth considering. Why not create your own celebrity? Mickey Mouse, M&M guys, the Energizer Bunny, come to mind. Keep an eye on Swamp Donkey's moose, Alberta Distillery Trail's "Kernal" (unofficial) and Skuzzy. I'll save the non-human "spokesfolks" topic for another article.

Cheers, mark.



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THE WONDERFUL WORLD OF FASCIA

In recent years there has been an explosion of research on fascia and how various treatment modalities (acupuncture, acupressure, laser, ultrasound, manual therapy) effect our myofascial system.

Fascia is a dense, irregular connective tissue throughout our body that surrounds and connects every muscle, bone, organ and joint. It forms continuity throughout the entire body that is important in movement organization and posture (Schleip, 2003). It is made up primarily of collagen that forms sheets or bands beneath the skin to attach, stabilize, enclose and separate muscles and internal organs.

There are distinct layers that play different roles. The superficial layer connects our skin to tissues beneath and allows gliding and sliding of these layers. This layer also acts as a heat insulator and thermal regulator. The deep fascial layer is a denser fibrous tissue that penetrates and surrounds the muscles, bones, nerves and blood vessels of the body. This layer transmits forces from muscles to bones, encloses our muscles into groups and assists muscles with tension and pressure regulation. The visceral layer encloses our internal organs and helps to suspend our organs and reduce shock and friction.

These layers form a complex network of tissue that influences every organ, muscle, blood vessel, bone, lymph vessel and nerve. It is a continuous sheath of tissue that moves, senses and connects all structures (Langevin 2005). This matrix also transports nutrients to tissues and helps to flush out toxins in our body. This is an interesting parallel to how the Traditional Chinese Medicine ideology describes how our organs are intimately linked to our musculoskeletal system. Barrett (2013) states that “TCM holds that the body’s vital energy circulates through channels, called meridians, that have branches connected to bodily organs and functions.”

There are a variety of receptors within fascia that detect and respond to light touch, pressure changes, vibration, stretch, and pain. For example, golgi receptors detect stretch, paciniform mechanoreceptors detect pressure change and stretching forces and nocioreceptors detect pain. These receptors all play a role in pain and proprioception (body awareness) and are thus capable of responding to the external environment and surface stimulation (ie. manual therapy techniques, needling, massage, cupping).

When there is an area of disuse, overuse or injury - the collagen in fascia becomes thicker in that area and there is less nutrient transfer and less ability to flush toxins. As this thicker fascia becomes less mobile, injury and postural dysfunctions occur. Muscles, ligaments, and tendons have less nutrient transfer, less waste

disposal, less water content and become stiffer and fibrotic. Tissue in the deep and visceral layers can form connective tissue adhesions causing pain and “trigger points” (Myers 2001). A release of these adhesions via a variety of mechanical stimulation (such as massage, acupressure, acupuncture, stretching, ultrasound, shockwave, electrical muscle stimulation) allows the cells to spring back into shape and function. For example, a needle inserted into these collagen fibres causes a “mechanotransduction” stimulating receptors and thus affecting circulation, pain and healing.

Identifying movement dysfunctions and assessing the body as a whole unit is vital to recovery. Often an area of pain develops as a result of stiffness or disuse elsewhere in the body. Addressing postural dysfunctions can affect overall wellness, reduce pain, improve energy levels and play a role in preventative health. Our team of physiotherapists and massage therapy specialists are well versed in identifying movement dysfunctions and targeting problem areas in the body. We would love to help get you back on track and back to the activities you enjoy.

*Jennifer Gordon (BSc.PT, BA Kin, AFCI)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.com*

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How to Support Our Avian Friends: Practical Steps for Bird Conservation

The delightful presence of sparrows and other feathered neighbors adds joy to our lives in ways few other wild creatures can. Their melodic chirps, their curious antics and variable colorations bring tranquility and wonder to our surroundings. Yet, beyond mere entertainment to humans, birds play essential roles in maintaining ecological balance and biodiversity.

Birds contribute to pest control by preying on insects like spruce budworms and mosquitoes. They are also effective pollinators and disperse seeds through digestion. Additionally, scavenger birds such as crows help clean up the environment, while apex predators like eagles and hawks help in regulating the food chain.

Most importantly, however, the current reality for birds is grim, with human activities affecting their populations. Recent data from Physorg.com - a research-based organization - reveals a staggering decline of approximately 2.9 billion birds since 1970; a loss of more than one in every four birds. Habitat loss due to agricultural intensification, urbanization, declining safe migratory routes and climate change are the primary causes of bird mortality. Alarmingly, in Canada, household cats claim an average of 196 million bird lives annually. This is followed by other lethal human-caused hazards like power lines (25.6 million deaths yearly), houses (22.4 million), vehicles (13.8 million), hunting (4.7 million), agricultural pesticides (2.7 million) and buildings (2.5 million) - as evidenced by Environment Canada and Canadian Geographic.

While these statistics are shocking, there are practical steps we can take to mitigate human impacts on bird populations:

Keep Cats Indoors: Keeping cats indoors or under close supervision when outside can significantly reduce bird fatalities while also protecting the cats from wild predators.

Reduce Pesticide and Fertilizer Use: Minimize or eliminate the use of artificial pesticides and fertilizers, as these chemicals

can harm birds when ingested through contaminated bugs and plants.

Ensure Window Safety: Make windows visible to birds by utilizing visual markers on window surfaces to prevent collisions. Install bird feeders away from windows to minimize accidents.

Turn Off Unnecessary Lights: Dimming lights in the evening and turning them off when not in use reduces window glare and decreases the likelihood of bird-window collisions, while also contributing to dark sky initiatives that support the needs of our other wild neighbors.

Maintain Wild Spaces Around Your Property: Preserve undeveloped areas on your property with native vegetation to provide much-needed shelter and food sources for birds.

Participate in Citizen Research Projects: Contributing to bird research projects is fun! Collecting data helps in scientific efforts to mitigate bird mortality and supports broader conservation efforts.

Visit the "Be Wild Smart" page on our website for more comprehensive guidance on coexisting with our avian friends and minimizing their mortality.

By adopting these simple yet effective practices, we can all play a part in safeguarding the well-being of our fine feathered friends and preserving the beauty of our natural world.

Sources: *Canada Environment and Natural Resources, Canadian Geographic, Physorg website.*

*Bragg Creek Wild - www.braggcreekwild.ca
braggcreekwild@gmail.com - 403-200-9961
People and wildlife living in community*



**In Canada,
household cats
claim an average
of 196 million
birds every year.**

How To Save Birds Lives



**Reduce pesticide
fertilizer use**



**Participate in citizen
research projects**



**Turn off
unnecessary lights
at night**



**Keep cats
indoors**



**Maintain wild spaces
around home**



**Put visual markers
on windows**



XC BRAGG CREEK SKI AND BIKE SOCIETY

What are Those Kids Doing Out There?

If you've been out to the West Bragg Creek trails on Wednesday evenings, you may have noticed the bright spotlights in Chickadee Meadow and the sign that reads, "Biathlon Training in Progress". XC Bragg Creek Ski and Bike Society offers a biathlon training program for youth ages 9-12 as part of our Nordic ski options.

In the world of winter sports, biathlon is a unique and challenging event that combines two very different activities: cross-country skiing and rifle shooting. Biathlon has its roots in northern European countries where hunting and skiing were common activities. The first known biathlon competition took place in Norway in 1767, where soldiers competed in skiing and shooting contests. Since then, it has evolved into a highly competitive and popular winter Olympic sport. The Biathlon World Cup will be hosted at the Canmore Nordic Center in March 2024.

Biathlon requires exceptional physical fitness, mental focus, and accuracy. During competition, competitors ski a set distance and shoot at targets after each lap. The skiers must shoot at five targets, and for each missed shot, they receive a penalty in time or a skied penalty lap. The winner is the skier with the fastest time, including the time penalties. XCBC athletes compete in Kinder Cup races hosted by different Nordic clubs in Calgary and the Bow Valley and at larger competitions hosted by Biathlon Alberta.

The XC Bragg Creek biathlon training program uses Eco-aim photo rifles. Eco-aim photo rifles are a type of biathlon rifle that uses a laser system to simulate the firing of a live round.

These rifles are primarily used for training purposes, as they allow athletes to practice their shooting without the need for a live firing range or the expense of ammunition. When the trigger is pulled, a laser beam is emitted instead of a bullet, and this beam is detected by a sensor on the target. The sensor records the position of the beam, which is then used to determine whether the shot would have hit the target or not. The addition of the Eco-aims to the XCBC program has offered an opportunity for our budding biathletes to practice their shooting skills in a safe and controlled environment while remaining on our home trails. Older athletes then transition to training on the biathlon range at the Canmore Nordic Center.

Biathlon requires a unique combination of physical and mental skills, making it a challenging and exciting sport to watch and participate in. Feel free to swing by and cheer on XCBC's young biathletes as they train.

See you on the trails!

Athlete Spotlight:

The Kary Brothers: Owen and Davin
Sport: Nordic and Biathlon



Favorite West Bragg Creek Trails:
Owen: West Crystal Line
Davin: Sun Dog and Loggers Loop

Words from Coach Allison:
XCBC is a family-oriented club and Owen and Davin Kary are brothers who exemplify what we are all about. They are new to the Nordic program and have both embraced the challenges of being in a competitive program after transitioning from being recreational skiers. Both are keen to improve, give 100% in practice, and have taken on racing this year. Owen shows dedication and willingness to improve his knowledge of the sport. He is not afraid to ask questions even when he knows his teammates already know the answer. He has taken on all the Alberta Cups this year and each time pushed himself to the limit. Davin is also in the XCBC biathlon program and has competed in both the local Kinder Cups and the larger Calforex cups. He brings courage, a positive attitude, and an outstanding work ethic to each practice and competition.




Are you feeling peckish for Easter?

You should be. Easter is early this year, so why not satisfy your hunger pangs with Easter schnitzel. Okay. So there's no such thing as Easter schnitzel, but that's no reason not to celebrate at the BavTav.

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BRAGG CREEK TRAILS

It's official! After two years of consultation, conversation, ground truthing proposed trails and word smithing, BCT has an updated plan for the WBC trails. The West Bragg Creek Master Trail Plan (January 2024) confirms opportunities for BCT which includes 20 km of new trails upgrading, re-routing and/or general maintenance as well as improved signage and mapping.

TRAILS 2025 FUNDRAISER – Trail Blazing Together

The TRAILS 2025 Campaign is a one-time, defined-duration capital donation effort designed to run in parallel with regular ongoing fundraising outreach and support the endeavours of the above mentioned West Bragg Creek Trail Master Plan.

The Trails 2025 Campaign has a fundraising goal of \$1.66MM for 54.7 km of ski trail upgrading and 20 km of new all-season singletrack. This is a huge fundraising feat which we know we can achieve with your help. BCT fundraising efforts include connecting with established Provincial and Federal Government infrastructure grants and sourcing parties of direct benefit from well-maintained and dynamic recreational destination. Regional municipalities, corporate partners, community members and local business are all beneficiaries, directly or indirectly.

The most direct beneficiaries of the proposed trail upgrades is you, our trail user. The love and appreciation for the WBC Trail System is obvious if you use the WBC parking lot as a barometer and the smiles, laughter and connection of our trail users is immeasurable.

BCT is requesting support from you, our beloved trail user, with our Trails 2025 Campaign initiative. Please take the opportunity to review the West Bragg Creek Trail Master Plan (www.braggcreektrails.org) and get inspired to spread the word, get involved & hit the donate button!

Fundraising efforts are already coming in and we are beyond thankful. Thank you!

Fundraising efforts are already coming in and we are beyond thankful. Thank you!

VOLUNTEER OPPORTUNITIES

BCT is actively searching for many helping hands. If you have time to share, please consider volunteering. We do warn you though; volunteering with BCT is infectious and you may become addicted to time on the trails and getting dirty. If the getting dirty part doesn't appeal to you, we have need of enthusiast Trail Hosts to impart "trail wisdom" on the many trail users that visit WBC.

To Donate and to Volunteer please go to: www.braggcreektrails.org

MESSAGE FROM THE TRAIL GROOMERS

The BCT Operations Team would like to thank all the trail users for their kind comments and support during the season. Despite early season challenges, we are coming out of the winter season with a highly motivated and well-trained grooming team.

Just a quick reminder, the GROOMING SEASON ENDS ON MARCH 31.

See you on the trails
Conrad Schiebel (BCT President)



THE LITTLE SCHOOLHOUSE

This month The Little Schoolhouse will be exploring the colours of the rainbow. Through song, rhyme, art, and STEM we will investigate creating and identifying different colours and shades.

Our classes will also be exploring community. Gaining a greater understanding of how we and those with in our community contribute to the growth and goodness of where we live. Our kindergarten will have the opportunity to tour local businesses witnessing first-hand how they serve and help our community. They will also enjoy a special presentation from an Indigenous Blackfoot Elder who will share important history and knowledge regarding the land where we play, learn, and explore.

At The Little Schoolhouse we feel very fortunate to have such an amazing, supportive community. Registration for the 2024-25 School Year is currently open for our Preschool and Kindergarten classes. We would love to welcome you into our special community of families. Please see our website for more information, www.thelittleschoolhouse.ca

Wishing you all a happy and healthy month!

Ms. Shelley and The Little Schoolhouse team

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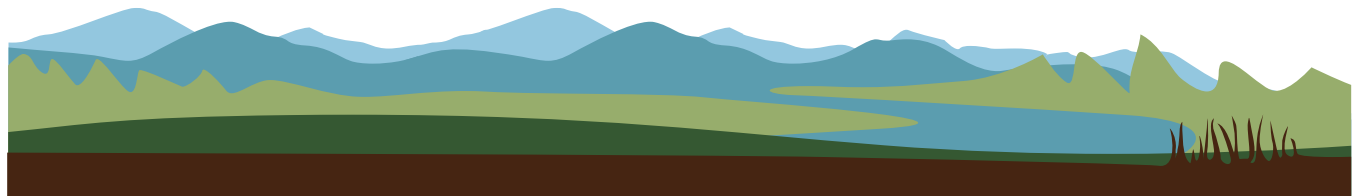
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BCCA

Inspiration often comes to us in the course of day to day life. It could be a quote you read, or an appreciation of nature, space, or natural wonder. We can be inspired by the actions or mentorship of others, like watching an Olympian take home the Gold or watching a co-worker rise to a challenge and hit the ball out of the park.

We don't have to look far to find inspiration here in Bragg Creek. On Jan 27th, The BCCA hosted Winter in the Woods. It was a fun and exciting celebration of all things winter. This event has snowballed over the last 3 years into an event that unifies sports, business, volunteerism, music and community spirit.

A huge thank you to all involved, with much gratitude extended to:

- Volunteers Extraordinaire - You were part of a huge team that took on over 60 shifts and made this event possible. Thank you!
- Volunteer Supporters – Ripresa Wine Boutique sponsored our volunteer buffs. Rockies Tavern & Grill provided the volunteer hot lunch. Thank you to Kieran Kettle Academy who provided a free draw for 1 month membership for Muy Thai.
- The Little School House was busy the whole day keeping everyone warm with free hot chocolate and smores and smiles.
- Camp Horizon – You brought us an Alumni Hockey Game that pulled in the crowd. We are so pleased you were able to exceed your fundraising goals.
- Dick Koetsier – Thank you for once again for providing the sound system and donating parking space.
- The Powderhorn was onsite hosting the Beer Garden and played a key role on the organizing committee.
- To all the businesses that supported the Chuck-a-Puck event with all those pucks. Thank you!
- The Ladies Auxiliary were the chefs behind the scenes and also ran the concession. Thank you for your hard work and talents. We received a donation of Buns from the Italian Bakery. Thank you.
- Calvin Hanson – Thank you for bringing us the Bank Machine and the Global Fest Trailer.

• The Rink Rats. This is a dedicated group working the rink, headed by Bob Jackson. The tradition speaks volumes. Thank you all.

• John Morris, two-time Olympic Gold Medalist in Curling, ran our Human Curling event. Sooo much fun. We are lucky to have you.

• Michelle Minke – Thank you for sharing your voice in the singing of the National Anthem. Beautiful.

• Mark Kamachi – You never disappoint! Thank you for lending us your skills as MC for the Hockey Games.

• To Dave Rupert, our keeper of the flame for BCCA, thank you for all you do.

Our Hamlet is full of heroes. Thank you for inspiring a whole community to come out and play.

Bragg Creek is officially on the map! ...for EV charging that is. On Jan 27th, community members gathered to celebrate the official grand opening of four EV chargers, located at the Bragg Creek Community Centre.

“This project, the first for our sustainability committee, is a sustainable step forward that will benefit residents, visitors, the local

economy, and future generations,” says Terri-Lynn Duque, BCCA Sustainability Member and Board Vice President. She adds, “As a non-profit, much of our funding comes from the generosity of our community members and local businesses.”

The passion driving this growth is truly inspiring. Check out the full article on page 19, including who supported and partnered with us in this endeavour.

Casino Fundraiser - March 9 and 10th, 2024 - The funds raised enable us to maintain and improve our facilities. Please consider taking a shift that will pay off tenfold in our community. See our website for online SignUp or call Kim, our General Manager (403 949 4277). Thank you for considering.

To Kim, Lily, Lynn, Adrian, Bonnie, and Renate: Your dedication and steadfast support to the BCCA is truly inspiring. Thank you for your expert running of the Centre, for volunteering at every event (we see you), and for pouring care and integrity into all you do.

“Gratitude turns what we have into enough.” – Anonymous

Your Bragg Creek Community Association





This charming Alberta hamlet, and Gateway to Kananaskis Country, that draws over 200,000 visitors per year has been known as a “charging desert” for electric vehicle (EV) owners, with many of its rural neighbours offering EV charging for a few years already. But on January 27th, community members gathered to celebrate the officially grand opening of four EV chargers, located at the Bragg Creek Community Centre.

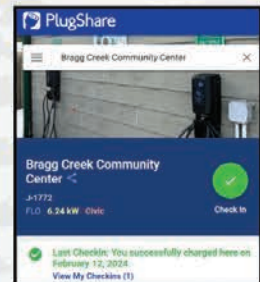
“This project, the first for our sustainability committee, is a sustainable step forward that will benefit residents, visitors, the local economy, and future generations,” says Terri-Lynn Duque, BCCA Sustainability member and Board Vice President. She adds, “As a non-profit, much of our funding comes from the generosity of our community members and local businesses.”

“By supporting the installation of new EV charging stations, we’re not just quenching thirsts but also fueling journeys in a sustainable way. This leap forward highlights our commitment to innovation, community, and the environment, ensuring Bragg Creek remains a beloved destination for all, powered by both nature and technology,” says Jason Traviss, owner of the soon-to-open Cowboy Trail Brewery.

The community gathering was held in conjunction with the Bragg Creek Community Centre’s third annual Winter in the Woods event and fundraiser. This year’s festivities which included a winter market, ice skating, hockey games and even human curling, drew in 1200 attendees.

Significant funding for this project was provided by the SouthGrow Regional Initiative (SGRI), in partnership with the Municipal Climate Change Action Centre (MCCAC), and Natural Resources Canada (NRCan), through the Zero Emission Vehicle Infrastructure Program (ZEVIP).

Additional support was garnered from our amazing community members and businesses, including FORTIS Alberta, Cowboy Trail Brewery, Deborah Clark Realtor, Bragg Creek Chamber, Powderhorn, Bragg Creek Distillers, Alberta 66 Mountain Biking, Kjinserdahl Motor Company, Camp Sayahh, Smiling Tooth, Bragg Creek Physiotherapy, Trading Post, Gary Sutton, and the BavTav. For more information about the chargers, check out plugshare.com/location/591396





BCEC

Heading for a dry spring in Bragg Creek and area



As you've probably heard or seen in the news, things may get extremely dry as this year moves on.

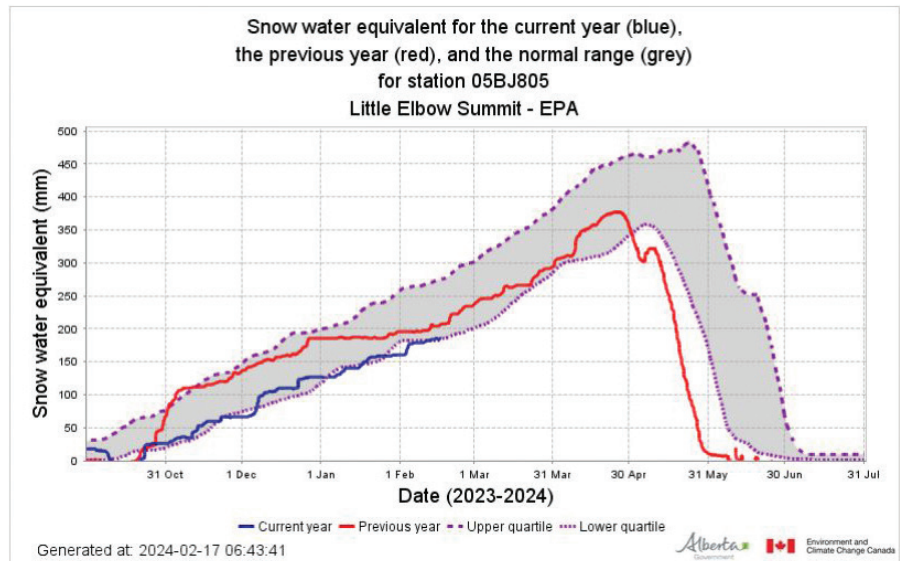
The signs of drought have been around us for a while. We've had a series of dry seasons, the Elbow River has seen record low levels, and we've had much less snowfall this winter than we'd want.

Alberta is currently in water shortage management stage 4 (out of 5), meaning water shortages are already in evidence in parts of the province, and the provincial government is working to ensure water is managed and conserved effectively where it can be.

According to the Alberta government website, "without sufficient precipitation, the province faces the risk of a significant drought in 2024".

The questions we should all be thinking about now are: how much of a problem will it be and how long will it last?

Measurements and monitoring have been ongoing locally and experts have been keeping a close eye on levels in the river, levels in wells on residential properties, and on groundwater levels. All are low. *



In the short term we may be able to expect some relief by the end of 2024, according to a report by U of C Professor Masaki Hayashi, as the El Niño-Southern Oscillation (ENSO) moves on. We all hope this will be the case, of course.

Longer term, because of the way multiple weather and climate patterns interact over the Pacific, it's possible that we're headed for a very dry few years coming up. What happens depends on longer climate patterns, which are becoming harder to predict as climate change progresses.

What will this mean for us in the short-term future?

Three main things:

- There will very likely be budworms because conditions will definitely favour them
- We need to be serious about fire-smarting around our properties if dry conditions persist
- We will probably have water shortages, given the already low water levels.

For properties with wells the first thing to do is check water levels in your well. Call in a specialist if you aren't sure of how to check this yourself. One course of action may be to buy a cistern in which to store drinking water.

Homes supplied with water on the town system will be notified of measures by RVC in the event of shortages. This is likely to occur at some point, as levels in the Elbow River are "historically low".

There is some chance that we will have good spring rains, but this may not be as prolific as we'd like. So it makes sense to take sensible precautions and conserve water generally (all the usual things like taking shorter showers, using grey water where possible e.g. for plants, avoiding leaving taps running etc.)

The fact is that we can't be sure how dry the spring and summer will be, and we may have a good rainfall, but the wisest approach is to be prepared.

You can see the January 2024 Groundwater Connections newsletter by following this link: http://groundwaterconnections.weebly.com/uploads/9/6/5/0/9650096/newsletter_jan2024.pdf

* For more detailed observations and data, please check our website regularly. Please consider becoming a member and supporting our efforts to protect our beautiful and diverse environment.

Check us out at braggcreekenvironmentalcoalition.ca

Contact us at info@braggcreekenvironmentalcoalition.ca





REDWOOD MEADOWS EMERGENCY SERVICES

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 yearly and have the electrical wiring checked. Smoke detectors and CO alarms expire after 10 years. Depending on model and conditions, some CO detectors may expire in as little as 5 years. Be sure to keep track of how old your alarm is and change it when needed.
- 2. Schedule a check-up for electrical wiring:** Faulty electrical wiring can cause fire incidents. If you notice flickering light bulbs and sparking switches, have the lines checked by an expert as it might be time for replacement or repair. Keep foot traffic away from electrical cords to avoid wiring damage and limit the use of extension cords as they may overheat the

sockets. Big appliances such as refrigerators should have their own outlet.

- 3. Keep flammable items away from children:** Store flammable fuels (gasoline, propane etc) in a shed separate from your home or attached garage.
- 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!



TASTE of Bragg Creek

"I don't get up early for nothing"

Well, except for the goodies at Taste of Bragg Creek

Wake up your taste buds to this year's Taste of Bragg Creek on Friday, April 26th from 5:00pm to 9:00pm. Come quench your thirst and satisfy your post-hibernation hunger.

For complete details visit tasteofbraggcreek.ca

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KAT AUTOMOTIVE

To the community & surrounding areas thank you!

We wanted to take a moment to thank all our amazing KAT Kustomers- from those who have been with us since day one the O.G.s, to customers we just met yesterday and to those Kustomers who are still to come. We want to say “Thank You”, for your unwavering support, your patience, and your understanding as we have grown.

When we started this whole process, we initially only took jobs on evenings and weekends. We have come a long way since then, from one mechanic in one bay to where we are now. When we started KAT Automotive, we had a few rules. If we were going to start a business, it would be “By the Book” and not a backyard mechanics shop. Rule #1- We will always have a current business license in place. Rule #2 - Appropriate Insurance Policy in place to protect us, our employees and our customers including WCB. Rule #3 – Our business must be AMVIC Certified. Rule #4 - Our technicians will have to be Red Seal Endorsed Automotive Service Journeyman or be an approved registered



apprentice. Rule #5 - This Business and its employees will always strive to provide honest, reliable trustworthy, knowledgeable, and affordable automotive repair to our friends, family, and customers. When COVID hit we saw that there was an increased need for this level of service. We took a leap of faith, and we went all in on KAT Automotive. Skip ahead 4 years and here we are now!

We are super excited that our shop addition is now finally complete. This means we can actively serve you and the community better. We now have four hoists with space for six vehicles to be worked on simultaneously, resulting in a quicker turn around for our customers. We hope that you get a chance to stop by and have a tour, or maybe a coffee in our new waiting room where you can visit with our service advisors. With the addition of our 20,000 lb four post hoist and high shop doors, it's

easier to service RVs, larger diesel vehicles and wheel alignments. We still offer the same full bumper to bumper mechanic services that our loyal customers have appreciated and expect from a mechanic shop. KAT Automotive will gladly work with our customers to help set up a repair and maintenance plan for your vehicle that will work within your budget and timeframe. All repairs and maintenance are documented on CARFAX for resale history.

KAT Automotive is also proud to offer a Fleet Vehicle Care Program, benefitting local businesses by taking care of all their vehicle repair and maintenance needs. We offer reliable, honest service, with the bonus of a labour discount, striving to be accessible for emergency repairs when needed. For more info on our program or to enroll and or see if your business is eligible, contact us @ 825-734-1043.




KAT Automotive
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katautomotive@gmail.com
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Equipment/ System	Maintenance Required	Recommended Frequency	Risks/Results if Neglected
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually <i>(as per Alberta Environment)</i>	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year <i>(as per Alberta Environment)</i>	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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Your Policing Priorities and RAVE

First off, I want to invite you to the High Country Rural Crime Watch Association Annual General Meeting to be held on Tuesday, March 12 at 7:00 pm at the Priddis Hall. After a short AGM business meeting, RCMP guests will share an update on what's happening in the local detachment area. Then there will be a fraud and scams discussion with Q&A throughout. Refreshments will be served.

Note: you do not have to be a member of HCRCWA to attend. If you want to join HCRCWA, we'll have sign up forms at the meeting. Because we've had generous sponsors, presently TC Energy, sign up is free and has been for quite some time.

Secondly, Foothills County, along with our local RCMP detachments, want to hear your thoughts on policing services within the County. You are invited to complete a survey. Please visit: <https://www.surveymonkey.com/r/FZTN7JL>. This is a great opportunity for you to personally tell the RCMP and the County what you would like the policing priorities to be. It's anonymous.

Now on to the main topic for this month RAVE. There is a relatively new method to receive real-time alerts from the RCMP. It is called RAVE. It is an app you can download and customize to whichever jurisdiction(s) from which you want to receive alerts. The following information is from this rural crime watch website <https://www.ruralcrimewatch.ab.ca/resources/rave>.

"What is RAVE? RAVE is a web-based communication platform that RCMP officers are mandated to fan out real time alerts to community members in Alberta. Alerts are operational and educational in nature. They might look like BOLOs (Be On the Look Out), Crime Prevention, Victim Services, and District reports. Alerts are sent via email, text message or phone call – preference is on the account user."

This website gives you instructions on how to sign up. It's quite straightforward (even

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I could do it), and if you run into trouble with sign up there is a pop-up buddy that you can use to ask for help. You can amend or opt out of RAVE at any time.

A couple of things to note when you are signing up are: 1) if you use a phone number that uses call blocking or call control, the message will not come through on that line and, 2) when making your selections as to what jurisdictions from which you want to receive alerts, the default setting is for every jurisdiction to be selected in the sign up process, so you will have to unselect those you don't want otherwise you are going to receive notifications from all 115+ jurisdictions across the province. I wound up with six jurisdictions selected, but you can select any number of jurisdictions that you want. You can change the jurisdictions you've selected at any time by logging in and clicking or unclicking on each jurisdiction.

Another feature is that you can add phone numbers to your RAVE account which can be an easy way to include other members of your family or whoever else without them having to create their own account. The whole sign-up/amendment process is quite straight-forward.

Although I don't use my cell phone very much (poor reception), I did have to use my cell phone as the sign-up phone number as I have call control on my home phone which prevents the voice alerts from coming through. In addition to voice alerts you can also use email and text messaging

to receive any alerts. RAVE recommends that you use all three message reception options, but you can choose any or all three message reception options.

Unfortunately, because I have just signed up to RAVE, I cannot give you any guidance on how many alerts you will receive. This will also be contingent upon how many jurisdictions you've selected.

On a related note, we need you to be aware that when HCRCWA does a fanout, for those of you who use the phone message option for receiving HCRCWA fanouts, if you have call control set to "on" on your phone, you will not receive fanout messages as the fanout phone message provider has no way of entering the number call control asks for to complete the call. If you have call control set to "off", you will receive the fanout message. It should be noted that we are moving away from phone callouts because of the above and the small and declining number of people who have chosen the phone method of receiving fanout messages. We strongly suggest moving to the email method of receiving HCRCWA fanout messages. By far the vast majority of HCRCWA's 800ish members receive fanouts via the email method.

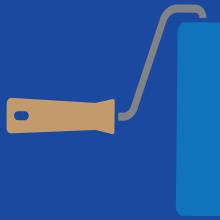
Dave Schroeder
HCRCWA Board Member



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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.

We will be having a bluebird box building workshop. March 9, 10 am to noon at the Millarville racetrack quonset. \$20 for members and \$25 for non members. Registration requested at February 13 meeting if possible to plan for supplies.

March 12 Meeting: Arden Nering from Wild About Flowers will be speaking on wildflower seeds and plugs.

Small groups will also study seed catalogues and recommend their favourite vegetable and flower seeds.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new president) at louisepattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com.

Or just come to our monthly meetings and buy a membership.

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

The Millarville Horticultural Club is offering a Creative Landscape Grant in 2024.

The grant is open to non-profit organizations operating in the Foothills county. Hard landscaping, permanent plant material and installation costs can be included. The maximum amount is \$1000. The deadline is March 31, 2024.

If you are interested in applying for this grant please email Arlene Visser at vissera@hotmail.com or call 403 933 2885.

*Millarville Horticultural Club
millarvillehorticulturalclub@gmail.com
millarvillehortclub.com*



MILLARVILLE COMMUNITY LIBRARY

Did you know?

Your library card gives you free access to lots of great online resources.

***Libby app-** read thousands of books and magazines on your device.

***Kanopy app-** a streaming service for movies, shows and documentaries.

***Brainfuse app-** provides resources for the Alberta Curriculum with live tutors, also resume writing.

Classes

Watch for these in person classes to be offered in the coming weeks-

March 1, 7pm – Micro greens and sprouting class.

Watch for classes in making lotions and photography in the coming months. For further information please drop by the library or email the library at Millarvillelibrary.ca. Check our Facebook and Instagram pages for news and upcoming events.

Would you?

Come and share your skill, talent or passion? We are looking for interested people to offer classes at the library. You could provide a wonderful learning opportunity in our community. Contact Natasha, 403-931-3919, at the library in Millarville for details.

Boquets

Stop by the library this month to see the beautiful quilts on display crafted by the talented quilters from Country Lane Quilters. Thank you to all who share their skills and time to make our library a learning hub in the community.

Need a Read?

Ruth Hogan writes a heartwarming novel that makes you want to believe in serendipity in “The Keeper of Lost Things.” One event leads to another till the circles are complete. Karen Whitley, Millarville.




BLUEBIRD NEST BOX WORKSHOP

Saturday March 9th 2024 10am
Millarville RaceTrack Quonset
\$20 Members \$25 Non Members

Come and assemble a pre-cut BlueBird Box that you can put on your fence (or give as a gift). Adults, kids and grandkids welcome.
More details on our Millarville Horticultural Club FaceBook page on how to register (scan barcode)



HIGH COUNTRY NEWS
 Check us out online: highcountrynews.ca



BUSINESS PROFILE FOOTHILLS SEPTIC

My name is Sam Beaudoin, owner of Foothills Septic. Nestled just 5 minutes from Bragg Creek townsite, my fiancé, our two dogs, and I feel blessed to call this stunning area home.

Septic systems often slip homeowners' minds until problems arise. After facing the challenge of replacing our own system, I saw an opportunity. Leveraging my commercial construction background and personal experience, I founded Foothills Septic to offer better solutions to others in similar predicaments.

At Foothills Septic, we prioritize your peace of mind. As fellow acreage owners, we understand the complexities of managing septic systems. Our goal is to make the process stress-free and reliable for you.

As certified Private Sewage Installers, we're committed to ensuring your system functions flawlessly, safeguarding your family's health and the environment. Many aren't aware of potential issues without proper planning and service. We're here to prevent problems with our comprehensive, certified services.

We specialize in designing, installing, replacing, servicing, inspecting, and repairing septic systems. Whether you need a new system installed, troubleshooting for existing issues, or regular maintenance, we've got you covered.

Our services are tailored to fit your needs and budget, with options for design-only, design & build, or build-only services. We're expert troubleshooters, diagnosing and repairing issues efficiently for lasting reliability.

For ongoing maintenance needs, we offer custom plans with pre-scheduled service intervals, with the additional benefit of including discounted rates and priority for emergency services.

Dealing with septic issues can be stressful, but we're here to make it as easy as possible.



Our friendly and knowledgeable team is always available to answer your questions.

Equipped with a fully stocked service truck and our own earthmoving equipment, we ensure competitive pricing, quality work, and timely service. Additionally, we also offer general earthmoving & excavation services to meet your other property needs.

At Foothills Septic, we aim to provide the service I wish I'd experienced during my own septic failure: a reliable resource, competitive pricing, and expert installation - minimizing disruption to your property and schedule.

Ready to experience hassle-free septic services? Reach out to us today.

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LONGVIEW LIBRARY

February is Black History Month. It is an occasion to reflect on the challenges Black Canadians have faced throughout our history, while celebrating their contributions to our society. Black Canadians have played superlative hockey over the years. A good read is *Black Ice*, by Hubert Davis. It tells the history of hockey as seen through the eyes of Black hockey players, from the trailblazers of decades past to some of to-days's most prominent NHL stars.

Freedom to Read Week was from February 18th, to February 24th. It is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom. Many children's classics have been banned recently, stealing from them many hours of pleasurable reading and wisdom gleaned from the books.

Your library has many resources to offer you. One of them is the Marigold Kits and Games Catalogue. From it, you will discover Maker Space Kits, Early Literacy Kits, Life Size Games, Lego Kits and several more. Pick up a pamphlet at our library and discover more. Loan times vary according to the item taken out.

Sylvia Binkley - sliv@telus.net



RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together in community and explore God together Sunday mornings at 10:30 am. We are excited to share that our Worship Service is also available on our YouTube channel, [@RedDeerLakeUnitedChurch](https://www.youtube.com/@RedDeerLakeUnitedChurch). We are an affirming, safe space for all. We are located on the south side of the new ring road in SW Calgary. Check us out online at reddeerlakeuc.com/

CARE MEALS: Congregational Care Packages are assembled once a month. These care packages include a meal, usually soup, or a casserole, and dessert, along with some tea, treats and reading material. To read more about this valuable service visit us at <https://reddeerlakeuc.com/care-meal-program>

FAITH & COFFEE: Bring your coffee and join us weekly at Red Deer Lake United Church, as we focus on the life

and faith of one of Jesus' most famous disciples. In Peter, we often see ourselves. By following Peter's journey, we watch the story of Jesus unfold through the eyes of a very normal human trying to figure it all out—just like us.

DESSERT & DIVINE DANCE BOOK STUDY: Join us on Thursdays at 7 pm for dessert and a book study on *Divine Dance* through to March 28.


SOUP LUNCH: Join us on March 17 following the Sunday Worship Service for a soup lunch.

CONCERT SERIES: Love live music? We have an event for you! On The Edge Concert Series invites you to The Wardens on March 22 at 7:30 pm. For more information or tickets, visit On the Edge Concert Series at <https://reddeerlakeuc.com/concerts>

GOOD FRIDAY SERVICE: Join us on March 29, 11 am for a contemplative service of scripture, prayer, and music.

MEN'S BREAKFAST: March 30 at 9 am: Join us for breakfast and fellowship. We meet for approximately 2 hours to enjoy a meal and a chance to come together.





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Flare & Derrick Community Hall, Diamond Valley

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SHEEP RIVER LIBRARY

We have a new quilt display up in the main library space courtesy of the Country Lane Quilters in Millarville. The nine quilts will be on display until May. Details about each quilt and a write-up about the guild itself are in the binder on the new bookshelf outside the manager's office.

Tech Talk beginner and Tech Talk Drop in will return in the spring as promised in our latest program guide. Geri from Literacy for Life will be offering these classes starting Tuesday, April 9 through to June 25. Beginner class will start at 10:30 am and Drop In at 1:30 pm. Please note the change of day from Thursday to Tuesday. You are welcome to bring your own devices (laptops, ipads etc) but we do have laptops available if needed. If you have any questions relating to using your computer or accessing the internet, this is the class for you. In the meantime, library staff are happy to help you if time permits.

Deanna is offering the First Aid Courses again in April. The one day Basic First Aid will be on Saturday, April 6 with the

Intermediate Course continuing the next day Sunday, April 7. Start times and cost are in our brochure and on our website.

Teagan has been updating our children's area. We now have some new play items, such as large Lego blocks, a magnet board with animal and dinosaur magnets and new wooden puzzles. This is a fun part of our library to hang out in after attending the Moms (or Dads) Coffee/Playtime on Monday mornings at 10:30 or the Busy Bugs sessions starting April 4. These classes fill up quickly, so go to Greater Foothills Family Centre website and register soon. Little Gardeners takes place in May followed by Little Explorers in June. There are two sessions: 9:30 and 11:00. Don't forget to check out the new book rack on display above the picture books as there are new items every week.

There are many community groups that have made the library their home for meetings or group gatherings such as the Leos, Diamond Valley Choir, Foothills Energy Co-op and the Community Garden. If you are part of a group and are looking for a regular meeting space or somewhere to hold seminars or webinars, please give us a call and we'll slot you in.

Even though we are looking forward to the arrival of spring, we are already thinking about the fall. If you have an idea for a program or wish to see a particular class offered at the library, now is the time to come and talk to us. We love to try new things and see new programs happen, but they do take time to organize.

We are looking for volunteers who could come into the library from 5 -8 pm Tuesday, Wednesday and Thursday so that we do not have staff alone in the building. You can just sit by the fireplace and read or do any other activity you see fit or we can throw some tasks your way. If this sounds like something you would be interested in, come and talk to Jan at the library.

We will be closed Saturday, March 30 for the Easter Weekend. The library will be open on Monday April 1.



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MARCH 15, 16, 17

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. Such a mild winter it's been so far. Good Friday this year is on March 29, with Easter Sunday the 31st. It should be fine weather for the Easter Bunny to hop on over and hide his eggs for all the kids. The Easter Bunny was first introduced to North America by German immigrants to Pennsylvania, who reportedly brought over their tradition of an egg-laying hare named "Osterhase" from the Old Country. Our Turner Valley Legion generally has an Easter Children's Party to celebrate Easter, please check the Legion's Facebook page for information on when this will be as they weren't quite ready at the time of printing. The Legion is doing so well, if you haven't been there in a while, please drop by for darts on Wednesdays, pool and wing night and meat draw Thursdays, and lots of other special events they put on. The kitchen is open from Wed-Fri from 4-8, and no, you don't have to be a member to come to the Legion.

It's also Earth Day this month, and Earth Hour is March 23rd from 8:30-9:30pm. People are encouraged to turn off the TV and their devices to save electricity, and studies show that past Earth Hours have saved tons of electricity in this hour. Another way we can help save our precious Earth here in town is by checking out the Sustainable Living Centre in Turner Valley. The Centre shares tools, workshops, seminars, training, and presentations to educate us in sustainability. Some examples are gardening and growing your own foods, sewing, understanding your utility bills and suggestions for reducing them, how to build things, and also has the Connections Nature School so our children can start learning these things at a young age. The Centre is located at 218 Kennedy Drive SE in Turner Valley, drop by to check them out

Lots of music this month to sit back and enjoy, starting with Beneath the Arch Concert Series right here in town. They are pleased to present John Reishman and the Jaybirds, who will entertain with homegrown Canadian bluegrass complete with classic harmonies and the best picking ever. The Arch puts on several concerts a year and provided bursaries for youth as well. I have been to many Arch concerts and have enjoyed every single one of them. This show is on March 23rd at 7:00, for tickets and more info, visit beneaththearch.com.

The Gift of Music in High River presents the Calgary Girls Choir on March 10 at 3pm, at the High River United Church, how sweet will that sound? And On the Edge Concert Series at the Red Deer Lake United Church presents the Wardens on March 22 at 7:30, they are a Rocky Mountain based band, whose stories and songs rise from the very land they've protected as Canadian national park wardens. Please go online to find out about tickets and more for these shows.

We have a nice off leash area for dog walking in Black Diamond, alongside the Sheep River. Dog owners will be pleased to hear that Turner Valley now has a Dog Park with a fenced park, located at the end of Turner Gate near the river. It is an off leash as well, but with both parks, owners must keep their pets under control at all times. Go to DiamondValley.town/DogParks to find out more.

Diamond Valley Parade Day is always the first Saturday in June, and is something we all look forward to. The committee is starting early this year in their quest for parade entries, vendors, and sponsors, and volunteers as well, as they are the heart of our community. The Parade gets better every year, if you would like to be a part of it, go to DiamondValley.town/ParadeDay. This year's date is June 1st.

The Griffiths Centre in Black Diamond is offering Country Social Dancing beginning March 15th from 7-8pm. I have talked to participants of the Valley Neighbours Club dance programs, and they all said how much fun it is to dance, get some exercise, and socialize with others at the same time. Please wear comfy shoes that slide, and this is a free program, as long as you are a member of the Griffiths, which the membership fee is extremely reasonable. You can also get coffee and a cookie for \$2 afterwards. Where else in this day and age can you have such a nice night out for next to nothing? If you are interested in the Country Social Dancing at the Griffiths Centre, contact Jeannine at lovewhatarises@outlook.com to sign up for this fun class, and the Centre is located on Government Road.

The Griffiths also offers many other programs and classes, including a Memory Cafe. This is for people with memory loss and their caregivers to meet and provide mutual support. It is on the fourth Friday of the month from 1:00-2:30, and is offered through Wild Rose Continuing Education. For a more detailed list of all the programs and classes offered at the Griffiths Centre, please drop by or check out their website.

Lastly, the much -anticipated Skijordue is set for March 2nd at the Millarville Racetrack. This is such a fun event where teams are on skis being pulled by horses. Contestants dress up, do tricks, and win bragging rights along with great prizes and belt buckles. Afterwards there is a fantastic menu featuring fondue, bratwurst, poutine, and much more. The event runs from 10-6, for tickets and more information, go to skijorcanada.com.

We love to hear from our Foothills community, please drop me a line for any events for the April issue before March 15, at elaine.w@telus.net.

Happy Easter,
Elaine Wansleben

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TOWN OF DIAMOND VALLEY COUNCIL APPROVES 2024 OPERATING AND CAPITAL BUDGETS

The Town of Diamond Valley Council has approved the 2024 municipal Operating and Capital budgets.

The Operating Budget, endorsed during a regular Council meeting held on December 6, 2023, reflects a zero percent tax increase—a significant achievement considering the current economic climate.

Mayor Barry Crane remarked, “Council has been diligent in finding a balance between being fiscally responsible and managing the inflationary pressures of operating a municipality. We take pride in keeping this budget as low as possible to lessen the burden on households and businesses by finding organizational and financial efficiencies. We know growth is coming and we will continue to listen to taxpayer concerns and ensure they are involved in setting the vision for our community.”

The approved \$14.15 million Operating Budget includes a minor draw of \$46,500 from the general reserve to cover the anticipated deficit. With the approved Operating Budget, Council aims to create efficiencies in Town services to the public. The budget includes the alignment of utility rates for water, wastewater, and stormwater between the two former municipalities, and supports various municipal partners such as Sheep River Library, Sheep River Regional Utility Corporation, Westend Regional Sewage Services Commission, Foothills Cemetery, and Foothills Regional Emergency Services Commission.

Looking ahead, forecasted budgets for 2025 and 2026 stand at \$15.60 million and \$16.07 million, respectively.

The \$4.58 million Capital Budget was authorized at the regular Council meeting on January 17, 2024. This budget prioritizes operational and capital investments to ensure long-term sustainability, and focuses on projects aligned with the Council’s Strategic Plan. Council also approved the 10-year Capital Plan forecast included in the presentation. Most of the 2024 capital projects will be financed through grants and reserves.

2024 Capital Investment Highlights:

- Road construction with new sidewalks, water, and sewer pipelines along 1 Avenue NW- NE from 4a Street NW to 1 Street NE
- Speed radar signs and LED stop signs for increased traffic and pedestrian safety
- Swimming pool shower and equipment upgrades
- Upgraded security access for Town facilities
- Facility backup generators; firehall and water tower
- Replacement of arena refrigeration system
- Bailey Ridge lift station upgrades

Council sets the property tax bylaw in the spring, at which time other factors such as school and seniors requisitions will be known, as well as the final property assessments, all of which have an impact on property taxes.

For those interested in learning more about the 2024 Budget, resources are available on the municipal website. For more information, please contact the Town of Diamond Valley.

Media inquiries may be directed to:

Mayor Barry Crane
Town of Diamond Valley
Mayor@diamondvalley.town

Todd Sharpe
Interim Chief Administrative Officer
403-933-4348
CAO@diamondvalley.town

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DEWINTON COMMUNITY ASSOCIATION

The De Winton Community Association held its annual AGM in January, providing members an update of all of the Community's activities and finances for 2023. Since the end of Covid the DCA has been working hard to resume programming and offer fun new activities to members and the broader community and it is beginning to pay off.

There are a lot of fun activities planned for the remainder of the colder months. Our Friday night social dances have been well attended and are super fun. Friday Mar 1 will include a Double Shuffle Western Dance lesson followed by socializing and more dancing. Friday April 5 will have us learning the East Coast Swing. For those who may not have a dance partner or wish to just come to socialize contact Amanda for a reduced ticket price and come join the fun after the lesson. Open to all from 6:30-11pm.

Wednesday April 24 we will be hosting another Paint and Sip night and we will be holding a spring Garage Sale again this year. Watch for more details to come.

Our annual Member's Night social event will be held Wednesday Mar 27. This event is free and is open to all DCA members. Come and celebrate our volunteers and help in recognizing this year's recipient of The A. Walter Turnbull Award for outstanding volunteerism. You must RSVP to Amanda - email dwca@platinum.ca or call 403-938-7197

Ongoing activities

Open to all members. A membership for the entire family is \$21.00 annually

Yoga

Monday 9:15 AM, Thursday 9:15 AM

Quilting

Wednesday 9:30-2:30

Bridge for fun

Wednesday 10AM-12:00

Contact Amanda at the Hall for more information email dwca@platinum.ca or call 403-938-7197

To keep up to date we suggest joining our newsletter to receive timely news and current event information at www.dewintonca.com or on our Facebook page.



- Tree Felling
- Removal
- Pruning
- Stump Grinding
- Tree Risk assessments
- Storm clean-up



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Join us March 1 for a fun night out with friends, and casual dance lessons with Ranchmans own Steve and Laurie

SOCIAL NIGHT AT DEWINTON HALL

Friday March 1
Doors open at 6:30, Lessons start at 7 pm sharp!
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For more info or to buy tickets, contact Amanda at
Email dwca@platinum.ca or call 403-938-2525
DCA Members \$22 Non Members \$27
Cash Bar and snack available

The De Winton Community Association 2024 Board of Directors

- Mike Kosinec (President)
- Alan Alger (Vice President)
- Donna Fracchia (Secretary)
- Jessica Ceraldi (Preschool)
- Cindy Poole (Facility)

- Edith Rabinovitch (Membership)
- Mia Staysko (Communication and Media)
- Michele Waldner (Communication and Media)
- ...as well as our on site Facility Manager, Amanda Gotmy



COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

High Country Rural Crime Watch – 2024 AGM: Please hold the date on your calendar to join the 2024 HCRCWA AGM on Tuesday evening, March 12, 2024, starting at 7:00 pm at the Priddis Hall. After a short AGM business meeting, RCMP guests will share an update on what's happening in the local detachment area and discuss fraud and scams. Q&A throughout. Refreshments will be served.

Fraud Prevention Month - March 2024: Check out some resources here: <https://ised-isde.canada.ca/site/competition-bureau-canada/en/fraud-and-scams/fraud-prevention-month>

Foothills County Policing Community Survey: Foothills County, along with our local RCMP detachments, want to hear your thoughts on policing services within the County. You are invited to complete the survey. Please visit: www.surveymonkey.com/r/FZTN7JL

Rural Foothills Policing Committee: On February 13, 2024, our first meeting took place, where we had the pleasure of welcoming the new committee. Voting members include representatives from our three rural crime watches (Foothills, Okotoks area and High Country), two appointed Foothills residents as members-at-large, and two County Councillors. Non-voting members include our three RCMP Detachment representatives, Foothills County CAO, Director and/or Deputy-Director of Community & Emergency Services, and Legislative Services staff. At the meeting we reviewed the new Bylaw, which outlines the enactment, duties and responsibilities, composition of the committee, meetings, and effective date. The purpose of the committee is to act as a liaison and facilitate communications between Foothills County Council, the Royal Canadian Mounted Police (RCMP) detachments that are responsive to lands within the County which include the High River, Okotoks and Diamond Valley detachments, and Foothills Patrol.

The committee shall:

- Act in an advisory capacity to the RCMP detachment commanders and Foothills Patrol with respect to policing of the municipality;
- Provide community feedback to the RCMP and Foothills Patrol concerning policing concerns and activities within the County;
- Cooperate and liaise with community groups in creating programs or pursuing initiatives to improve public safety;
- Assist the RCMP and Foothills Patrol in providing council with annual reports outlining activities, initiatives and future plans as they would relate to policing within the County.

Wildfire Awareness: Following our community Wildfire & FireSmart meeting, which was held on January 23, 2024, thought you may be interested to receive a few of the links that were referred to throughout the presentations. See the next few items...

2023 Alberta Wildfire stats: 1,088 wildfires. Causes: 381 lighting, 176 resident, 125 intentionally lit, 97 recreation, 85 powerline, 45 agriculture. Find the report here: <https://open.alberta.ca/publications/alberta-wildfire-season-statistics>

How to get a WILDFIRE ALERT on your cell phone: The “Alberta Emergency Alert App” is the primary alert App for all types of emergencies. You can subscribe to notices from “Foothills”, “Kananaskis”, “Tsuut’ina Nation” locations (and anywhere else you choose). If a fire reaches a threshold where there is concern for the fire escalating and affecting people and/or structures, the municipality(s) is notified by the attending fire departments. In the case of Foothills County, this would be the Foothills Fire Department and our partners. In the case of the Kananaskis Improvement District, Alberta Forestry provides notification. The affected municipality will immediately write an emergency alert message and send it out through the Alberta Emergency Alert App. You can download the App here: www.alberta.ca/alberta-emergency-alert.aspx

Check out Wildfire Apps & Online Maps: You can stay informed about wildfires in Alberta and in B.C. through their Apps or online maps via your computer. You can download the “Alberta Wildfire App” to your phone and enable push notifications. Note that the Alberta wildfire dashboard with the latest wildfire news is updated every three minutes.

Be sure that you have the latest version of the Wildfire App: https://open.alberta.ca/blog/?page_id=206

AB Wildfire Map online: <https://www.alberta.ca/wildfire-status.aspx>

BC Wildfire Map online: <https://wildfiresituation.nrs.gov.bc.ca/map>

Stay Informed: You can request updates about the “Calgary Forest Area”, including Kananaskis directly west of us, by signing up for email notifications: <https://srd.web.alberta.ca/calgary-area-update>

Find road conditions: <https://511.alberta.ca/>

Find out where the smoke is: Firesmoke.ca

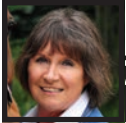
Find Fire Ban status: www.albertafirebans.ca/

Be Prepared: Consider “FireSmarting” your home and property. www.firesmartalberta.ca (See the checklist & guide, here.) <https://firesmartcanada.ca/> www.alberta.ca/wildfire-preparedness.aspx www.getprepared.gc.ca/index-en.aspx

Volunteers Needed: Hope you are able to take part in our local events this year! 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. Currently, we are looking for volunteers for the Treasurer of the Priddis-Red Deer Lake Recreation Board, and a Division 4 Representative to the Northwest Foothills Recreation Board. If you would like to know more about these positions and how to apply, please contact me.

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

With Best Regards, Suzanne



COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

It is nearly Spring! Many of you will have started your plants for Spring under grow lights, on your window sills, or in your heated greenhouses.

New Speed Signs for the Hamlet of Millarville

The posted speed limit in the Hamlet is 30 km/h. A traffic study done by public works in 2022, showed a total of 1673 vehicles using the road. Of those vehicles, 93.5% were identified to be speeding for a total of 224 violations a day. 18.3% of the vehicles, 44 per day, were recorded as speeding 20 km/h over the limit.

After many speeding complaints, Foothills County Council was presented with 3 options for new signage in the hamlet of Millarville on January 31. At Council's direction, administration obtained three quotes for solar powered radar speed signs for the hamlet of Millarville. Council approved the best option. These signs have been ordered and will be installed as soon as possible.

Millarville Sports Association (MSA)

Millarville Sports Association recently applied to the Calgary Foundation for a grant from the Darryl K. Seaman Canadian Hockey fund under the partnership programme. The grant will be used to construct a large viewing deck for watching hockey as well as relocating and expanding the players boxes to the other side of the rink. Foothills County agreed to be the managing partner for MSA on this a grant application. Exciting news! MSA was selected to receive the grant money! Congratulations to Kirby Nicholson, Troy Motz, and Jarrod Jahnke (current President of the MSA) for completing the application and assisting with the survey and design details.

Millarville Stockland 4-H Club Public Speaking

The Millarville-Stockland 4-H public speaking was on Sunday, February 4. I was invited to judge the Juniors, who were unbelievable. Some of the topics were:

Music to my Mind, Salamanders, Fishing Fundamentals, Cheerleading, and History of the Cow. As far as I was concerned, they were all winners just for getting up on the stage and presenting. The day ended with an excellent lunch prepared by the parents.

If you are new to the area and would like to get your children involved in the 4-H club, send an email to: millarville.stockland.4h@gmail.com

MRAS Race Committee

In case you missed this, the Race Committee needs people to lead and co-lead the races on July 1.

If this is something you might be interested in, contact the Millarville Racetrack office: office@mras-track.com

Or the Race Committee directly at: aces@mras-track.com

Skijordue 2024

The Skijordue 2024 competition is set for Saturday, March 2 from 10:00 am to 6:00 pm at the Millarville Racetrack. The event raises money for the charity, Prairie Sky Equine Assisted Therapy.

The competition will feature a first-place prize of \$1,200 and a champion horse blanket, while the second and third place teams will take home \$800 and \$500, respectively. Skijordue features competitions in circuit, sprint, relay, and long jump.

Beyond the competition, a major focus of the Millarville event is the menu, which will feature fondue, bratwurst, poutine, and more. Children under 10 free. Tickets are non-refundable. For more information and tickets, go to: www.showpass.com/skijordue-2024

Leighton Art Centre -

Art & Nature Summer Camps

Art & Nature Summer Camps are now registering! For kids aged 6-14*, these camps offer kids a hands-on connection to art, nature, and Alberta's heritage. Each week during July and August, summer campers are inspired to create in a wide variety of art forms while exploring Leighton Art Centre's natural setting through nature hikes and outdoor games and activities. For more information: leightoncentre.org/parents/summer-camp

Leighton Art Centre - Online Exhibition

There is an Online Exhibition from now until June 9, the 22nd Annual Members

Exhibition. This celebrates the incredible talent and creativity of the Centre's member artists. This year's exhibition is a virtual 'square foot show', featuring over 100 works that are small in size and big on artistry! For more information: leightoncentre.org/event/22nd-annual-members-exhibition

Dark Skies

Let's help our wildlife and turn off our outdoor lights! Research shows human interference does negatively affect animals, insects, fishes, birds, mammals, and reptiles, and even humans with too much light. Many plants, animals and other organisms are harmed by light pollution. Harm to wildlife includes death, injury, reduced nutrition, changes in behaviour, and mistimed growth and reproduction. Effects of lighting on one species have consequences for other species as they depend on each other for food, shelter, or reproduction. Artificial light can also scare or repel animals away from an area. Light pollution transforms otherwise suitable habitat into unsuitable habitat, resulting in habitat loss for many species.

Millarville Horticultural Club

The Bluebird Nest Box Workshop is coming soon.

Date: Saturday, March 9.

Time: 10:00 am until noon

Location: Millarville Racetrack Quonset

Cost: \$20 for members and \$25 for non members

Payment: eTransfer to:

millarvillehorticulturalclub@gmail.com.

Please add that it is for Bluebird Workshop.

Everyone welcome - adults, kids, and grandkids. Early registration is appreciated.

With the anticipated drought this year, how will you handle the lack of water?

Join the Millarville Horticulture Club and get ideas from knowledgeable fellow gardeners.

For more information check their Facebook page: www.facebook.com/millarvillehortclub

Or contact them at: millarvillehorticulturalclub@gmail.com

To all my Irish friends,
Happy St. Patrick's Day!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca



DUANE HARDER

Four Essential Components to Life

After 82 years of life experience, I have discovered there are some things that are important if we are to have a meaningful life experience. To write all that I have learned through my failures and successes would be more than you might want to read. However, there are four priorities that I would like to leave with you.

1. Achievement — goals that have been successfully reached. We have probably all heard the statement, “If you aim at nothing you will be sure to hit it.” It is important that we recognize that achievement is to be measured by the small steps that we take. A person was seeking help to break the habit of smoking. The doctor who had referred the person had explained both the health and financial benefits that stopping would bring. The first goal was to go for a month without smoking. In one week, he was back depressed over the fact that he fell short of his goal. I reminded him that

he had achieved a milestone — he went a week without smoking. I encouraged him to celebrate his success and start again. We went through this process several times before he finally “kicked” the habit. Small achievements are important but often overlooked. Faithfulness in “keeping your hand on the plough” in the routine of life is a significant achievement. Faithfulness in the little things adds up to much.

- 2. Significance — my part is important for the success of the whole. Significance and fame are opposites. You may not be considered the most valuable player on the team, but the team needs each member doing its part to be successful. Ultimately, significance is investing in others for their future. While running through an olive grove in Morocco, I met a young man who was the owner. He told me that his grandfather had planted the olive grove to give to him. The grandfather knew that he would not reap the benefits of his labor, but he planted it for his grandson. The grandfather did something significant – he invested in the future success of his grandson.
- 3. Legacy — the value of what we transfer to the next generation. History is the record of events. Legacy is the value we

derive from those events. When we think of legacy, we often attach monetary value to the word — land, cash, valuable art, and other physical assets. The cash value of the estate is not the real legacy. There are two eternal elements at the heart of legacy: a.) The values that govern a person’s life. Marva and I received a rich inheritance from our parents. They valued people over profit. They valued faith over doubt and skepticism. They valued family and community over individualism and self-fulfillment. b.) Character that was manifest in daily life choices. They demonstrated loyalty, faithfulness, care for others, excellence, and many other qualities. We are the richer because of the choices they made and the character they emulated.

- 4. Happiness — a benefit we derive from the choices we make. We want all honey and no bees. No storms and smooth seas. A life of pleasure filled with ease. Everyone wants to live on the top of the mountain, but we forget that all the happiness and growth occurs while we are climbing it. When you harbour harshness and bitterness, happiness will dock somewhere else. You suffer a great loss and happiness seems to evaporate. I did not choose to have my wife die but I can choose what I do about it. I need to look past the loss and see the benefit that may be derived from it. Seeing the benefit brings happiness into the sorrow. When I apply myself wholeheartedly to whatever my hand finds to do, I discover that the outcome of that brings an emotional response of happiness.

These are four priorities that this great grandfather thinks are essential for life. And don’t forget, love, not time, heals all wounds and keep your words soft and tender because tomorrow you may have to eat them. Keep climbing, and I’ll see you at the top.

Duane Harder




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ADHD AND HORMONES

ADHD AND ESTROGEN – IS IT A THING?

Let us talk about hormones - everybody's favourite topic. Well, what about hormones? We know that the brain is a target organ for estrogen and that estrogen has a profound effect on mood states and memory. It does this by enhancing the monoamine (about 30% of serotonin and dopamine) release at the synapse. That is the result of estrogen enhancement. It happens for both men and women. Men have estrogen which stays relatively stable in their bodies up to a late age. Women on the other hand, have fluctuating estrogen.

HOW DOES IT AFFECT WOMEN OVER A LIFETIME?

Starting in puberty we will see the cyclical fluctuations of estrogen during menstruation. During pregnancy we have very high levels and with post-partum, the estrogen levels fall again. Symptoms may include sleep problems, forgetfulness, brain fog, irritability, depression and anxiety. Some women notice a shift in their mood and mental capacity almost immediately when they become pregnant. Ever wondered where "baby brain" and "baby blues" come from? Peri-menopausally, the estrogen levels start to decrease. Most women's estrogen levels start to fall about a decade before they go into menopause. This may be late 30's, early 40's and gradually coming down until menopause. In their 50's, women's estrogen levels are

very low. Men continue to have higher estrogen levels well into their 70's.

WHAT IS THE CONNECTION?

Women with ADHD are especially sensitive to lower estrogen levels. It helps to understand that whenever estrogen levels fall below what scientists call the 'minimum brain estrogen requirement', then brain dysfunction happens because the amount of neurotransmitters decrease by 30%. Dopamine decreases before a period, with peri-menopause and lower serotonin right after having a baby. That is why we see Pre-menstrual Syndrome (PMS) in women as serotonin decreases, an enhancement of ADD symptoms before their period, with peri-menopause and in menopause. It is called pre-menstrual magnification of ADD symptomology or magnification of ADD symptoms in peri-menopause.

DOES HRT LESSEN ADHD SYMPTOMS?

While menopause causes ADHD like symptoms (or makes existing ADHD worse), Hormone Replacement Therapy (HRT) is complicated. It has pro's and con's. Some women will consider it to keep their estrogen levels up or simply to prevent them from fluctuating. The effects of HRT on ADHD can vary. It depends on the age of when the person begins therapy, what menopausal stage she is in, her activity level, any previous estrogen therapy, socio-economic status and the form of HRT used. Each case needs to be discussed individually with a health care professional, based on each person's risk factors.

WILL MY ADHD MEDICATION STILL BE EFFECTIVE?

Several studies investigated whether medications used to treat ADHD are becoming less effective. Very often women in their late 30's, early and mid 40's will say: "My meds just don't seem to work as well as they used to." One of the things to consider is whether a person is in peri-menopause or entering menopause. As their estrogen levels decrease, they may not be as responsive to their stimulant medications as they had been before. Alternatively, their symptoms have increased and their current level of medication may not be as effective in treating those increasing symptoms.

There are multiple clinical trials and published studies are available on the internet for reference.

Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.

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- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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ASK CARA - AN EVERYDAY ADVICE COLUMN

Cara Chalmers

Dear Cara,

My husband and I have been married for 20 years this August. Throughout our relationship, my husband's younger brother has been the primary source of tension in our marriage. My brother-in-law has leaned on my husband as a dependent, including numerous requests for financial assistance and support in providing childcare to his three children for long periods of time. My husband is old fashioned in this regard being that he is the oldest of three siblings.

Part of my problem is that my husband has very poor boundaries with his brother and often enables him and shields him from true responsibility taking. My husband has asked me to stay removed from this dilemma. Despite my best efforts to remain neutral, I have consistently observed that my husband has no backbone when it comes to holding his brother accountable for his poor life decisions.

I have grown more and more resentful towards my husband and I have lost trust in him that this dynamic between he and his brother will

ever change. What is more concerning, recently my brother in law has requested a personal loan in excess of \$20,000. My husband feels that he should assist his brother in his financial situation given that we ourselves are financially stable. However, my position is that my brother in law is exploiting my husband in this relationship.

I have never given my husband an ultimatum but I am writing to seek your assistance in helping me understand if I am being unreasonable in my desire to finally say no to these outlandish requests and if I have an equal vote in being considered in the equation. I feel totally lost and confused and afraid this will never end.

Sincerely,
Tapped Out

Dear Tapped Out,
It seems that your husband is 'old-fashioned' not only in his feelings of responsibility for his younger sibling but also in his approach to how your shared assets as a married couple are to be handled. As you describe it, your husband has been making financial decisions that impact you both without taking into consideration your feelings or interests. Your husband is using both his and YOUR money to assuage his own (I'm sure complex) feelings about his relationship with and responsibilities for his brother.

The problem here seems to be more about your husband's beliefs about money and less about your brother in law's ongoing requests for support. You can't necessarily change or influence what your brother in law requests of your husband, but you can and should be an influence on how these requests are met.

You are not being unreasonable in your desire to want to say no to your brother in law's continued requests for money. Marital assets are shared fifty-fifty between couples. You have a fifty percent stake and say in what is done with your family's finances. Unless your husband entered the marriage with a pile of money from which he is supporting his brother, it is not all up to him.

I would encourage you and your husband to seek a qualified marriage counsellor to help you both understand this issue better and more from one another's own unique perspectives. Obviously this issue is causing harm to your relationship with your husband and this is an opportunity for the two of you to seek support and guidance on how you can face this challenge, together.

Cara Chalmers, is a local writer, therapist and registered social worker living in Springbank, Alberta. Need some advice? Questions for Cara can be emailed to: cara@askcara.ca



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linda@lindaandersonlaw.com
Calgary Address: 2822B 40 street SW
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MARY AND MARTHA
by Andrea Kidd

“How many are coming?” asked Martha.

“Simeon didn’t say,” replied Mary. “He wasn’t sure. He said seventy two were going ahead of Jesus as they were traveling this way, but that was a while back. He’ll have at least ten with Him, or maybe twenty, though some won’t come as far as Bethany.”

“Let’s get to work, then! Would you go to the market and buy as much fish as you can? You should get a good price if you explain that the Teacher is coming.”

“Yes, and will you get water from the well and begin the pot for the stew? There’s plenty of lentils, chickpeas and onions. Oh, and put in some of that salted goat meat left over from the feast. That will make it good and tasty.”

When Mary returned home carrying a full basket of fresh fish on her head, the sun was setting and Martha had lit the oil lamps. The stew was bubbling gently over the fire and Martha was taking the last round of

bread from the oven. Mary roasted the fish over the embers, turning them often.

“I hear voices! They’re here!” called Martha from the doorway. Both women picked up their skirts and ran out to greet Jesus, Peter, John and their other friends.

“Welcome! Welcome! Come in! Lazarus is away right now. He will be sorry to have missed you all.”

A village girl washed the tired feet of the visitors who then crowded into the room, sitting on rush mats on the floor.

“But how do we know what’s right?” asked Simeon. “Rabbi Isaac says we should shun evil. Surely we shouldn’t have anything to do with that foreigner.”

Martha went out to the storeroom to get cheese; Mary was arranging dates and melon slices on a wooden platter when she paused and strained to hear Jesus’ words, “...our Father... children...love...,” she heard. Hungry for knowledge, she scooped the remaining fruit onto the platter, placed it on the table and went to sit at Jesus’ feet.

Martha returned with a cheese. She noticed Mary sitting at Jesus’ feet. All this work to do, she muttered to herself as she set the cheese on the table. So many people to feed and she sits over there like she’s one

of the men! Salt! We should have more salt and herbs on the table for the bread ... and the best olive oil. We should taste the stew before serving. Martha did not hear what Jesus said. Her thoughts were elsewhere. Mary should know her place! She should be serving! Doesn’t she care?

Her resentment towards Mary grew and stepping between those seated she went up to Jesus and asked, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.”

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”¹

Martha turned and left, her face flushed.

But Mary listened to Jesus and found peace. Then she stood up, smoothed her dress and checked on the stew.

“Master,” said Mary, “the meal is ready. Come and eat! Martha, shall I ladle out the soup?”

After the meal, the women collected the scraps and fed them to the chickens. The men pondered questions about life and the women listened as they worked. Jesus’



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words had stung Martha into silence but now, as she listened, her attitude softened. She realized that Jesus' rebuke was justified and given in love. Her anger had distorted the truth because, in fact, Mary had been working just as hard as she had to make preparations. Also the meal had already been prepared for serving when Mary had gone to sit at Jesus' feet. Yes, eating and drinking were important, vital for physical life; but the inner life of mind, heart and spirit needed nourishment too.

At times I too, like Martha, get busy, fuss unnecessarily and block the quieting, helpful words of Jesus. At other times, like Mary, I ponder his words carefully and talk to Him about the tough questions in life. Jesus said, "I am the Truth²," and truth brings peace.

¹ Luke 10:40-42 New Living Translation

² See John 14:6



MAKING FIRE

As my son Colin and I packed the car with camping gear and headed toward Coronado National Forest, south of Tucson, the familiar discussion had already begun -- basically about him being the best he could be. This topic always seemed reasonable, even essential. But we faced the usual barriers, one of which was my stubbornness: I was a dad stuck in the sun-launching mode. When would I just let him write his own script? Actually, even then I trusted his judgement and the directions he was choosing, but I had orders from my genes to share lessons my lessons learned. I probably thought I was going the paternal extra-mile, still dispensing Band-Aids to store up for all those times when things would really suck.

"You have to love the work you do," I said, for probably the hundredth time. "And If you find the right work you've just given yourself five days a week." (He'd surely auto-memorized this one.) Then the voice of stark-reality came through my vocal chords. "It's also true that you may have to bump around a little to assemble all the tools you'll need," I counselled. "You may

even hate your work sometimes, but you still have to pay the bills on your way."

Twenty-one years-old and six-foot-four, he spelled it out: "I don't want any part of a desk job. Period. And I don't want anybody looking over my shoulder to see how fast I'm working."

"I get it. I understand."

"I want to be like climber Jimmy Chin, doing what I love because it makes me feel alive," Colin said as we drove through a landscape of saguaros and creosote bush. A large part of me was in synch with Colin and his hero.

But in today's world, everybody wants your job. Everybody wants your money. How do you find your signal in all the noise? Colin's patience was wearing thin. "Don't worry, I got this." Eyeball-to-eyeball, he convinced me he had the right stuff to create a lifetime. So I deliberately, strategically backed off, better late than never.

We set up camp, discovering how close we were to the Mexican border; a patrol blimp hovered silently above the desert canopy. He had recently led a group of fellow Prescott students through this same Arizona terrain, and on a walk to stretch our legs from the travel, he said, "I want to show you something, I think you'll like this." Standing next to a ten-foot-tall flower stalk (sotol, in the agave family) he cut a walking-stick length of the stalk, about the diameter of a fifty-cent piece. He carved a small section into a platform, and then added a notch in one edge of it. As we gathered clumps of sunbaked grass and he set the tinder ball aside, I could tell he was excited about demonstrating his fire-making skills. His intensity and focus were so familiar!

"Can you help with the drilling?" he requested. "It takes a lot of energy, but there's a sweet payoff when we get fire!" I stepped into the heart of this ancient, treasured craft: he would waggle down the shaft with the palms of his hands, then I'd quickly take over at the top. The friction we made bored a tiny hole in the platform, and I announced from my hands and knees that we were getting a wisp of smoke in the borehole. He responded in a grunt, "But no coals yet, right?" I wanted this effort to be successful for many reasons. I wanted to celebrate a skill he'd perfected and in a wider sense, I wanted to join the ranks of so many ancestors, hungry and cold, desperate for fire. I felt like a son of many fathers.

Eight or nine minutes went by, no coals. Finally, after my own arms were exhausted, he rubbed sweat from his forehead with a handkerchief and tried one last time. At last, a tiny coal fell down the carved notch and into the warm mound of sawdust. "This is the moment I like the best. I can take a little break now, the glowing coal will spread into the sawdust. If we're lucky." After a few catch-up breaths, he grabbed the tinder ball and placed it over the tiny coal, softly breathing fire into the bed. I was so proud of this tall, confident senior in college, crafting a fire inside himself that would surely last a lifetime.

David Wann - Guest Contributor
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MORTGAGE MATTERS by Candace Perko

Planning a spring purchase?

Whether you are buying a new home or renewing/refinancing an existing home this spring, it is important to make informed financial decisions that will make homeownership viable and affordable over the long term.

Improve your credit score

Your credit score is one of the factors lenders use when they consider you for a mortgage. It's a number that signals your financial health at a specific time. It also gives information about your financial past, and how consistently you pay off your bills and debts. Make sure to:

- Pay your bills in full and on time. If you can't pay the full amount, at least pay the minimum shown on your monthly statement.
- Pay off your loans, credit cards and lines of credit as quickly as possible.
- Stay within the limits on your credit cards. Keep your balances as low as possible.
- Don't apply for more credit cards or loans than you can comfortably manage.

Qualify

Try the Financial Consumer Agency of Canada's Mortgage Qualifier Tool <https://itools-ioutils.fcac-acfc.gc.ca/MQ-HQ/MQ-EAPH-eng.aspx> to help you determine whether or not you can qualify for a mortgage based on detailed income and expenses. The tool offers unbiased, trustworthy information. We also offer a quick & easy mortgage calculator at <https://www.countrysidefinancial.ca/mortgage-calculator/>.

Shop around

Shopping around is key when getting a new credit product such as a mortgage. Better yet, engage a Mortgage Broker who is an independent financial advisor that specializes in the mortgage industry.

Facilitating a mortgage between a borrower and a lender for a pre-qualification or a live deal, Brokers are experts in every available choice of financing for your home. There are over 60 mortgage lenders in the marketplace right now – each offering different mortgage products and interest rates. A Mortgage Broker finds the best-fit mortgage for your particular circumstance. And, in most cases, a Mortgage Broker's work is without charge to the borrower! Broker's are paid a commission from the lender.

Borrow less than you're allowed

Prime mortgage lenders use 2 rules to decide how much they'll lend you:

- Your housing costs cannot be more than 35% (39% for those considered well-qualified) of your gross monthly income. Housing costs include mortgage principal and interest, property taxes, heating expenses, to also include other potential fixed costs such as water hauling, leased-land fees, HOA fees, condo fees, etc.
- Your total debt (all housing costs as per above, plus car payment, credit cards, child/spousal support, etc) cannot be more than 42% (44% for those considered well-qualified) of your gross monthly income.

Borrowing this maximum amount can be risky. If your income drops, your expenses increase, or interest rates rise, you may have trouble making your payments. Take on a smaller mortgage than your maximum so that your housing costs stay within your means.

Pay off your mortgage faster

Try to pay more each month:

- Increase your regular payment amount. Pay \$700 rather than \$652, for example.
- Make lump sum payments to your mortgage principal. An extra \$1,000 here and there can make a big difference.
- Make accelerated payments. Instead of making one payment per month, make accelerated payments every two weeks (26 per year).

By paying more now, you'll save money in the long run and you'll build a financial cushion.

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2023 REAL ESTATE SALES PERFORMANCE VERSUS 2022 - FOOTHILLS by Wayne Chaulk

As we are now newly into 2024 and a new year for real estate, I thought it would be interesting to compare sales activity for acreages and land for 2023 compared to the previous year 2022 and see what changes/trends there were in volume of activity.

In the analysis I am mainly reviewing properties 2 acres and above. I looked at Heritage Point and Hawks Landing/ Priddis separately as those communities would distort the property value analysis for acreages as there are a lot of high-priced properties in those communities on smaller city type lots.

Total sales of acreages above 2 acres were 256 properties in 2022 versus 233 in 2023, a 10% decrease in sales. The price range with the most significant volume difference was that range over \$2M with 18 sales in 2022 versus only 4 property sales over \$2M in 2023, or a 450% difference in sales volume between years! Sales of properties under \$2M were at very similar levels in both 2022 and 2023 but 2022 had slightly higher levels.

The total of raw land sales was 86 in 2022 versus 105 parcels in 2023, so there is not a big difference in that category. There were 7 more land sales over \$1M in 2023 versus 2022.

Most of the sales activity in both Heritage Point & Hawks Landing was in the \$1m - \$2M range with the highest levels in the \$1M to \$1.5M range. There were no sales in the \$2M + level in either 2022 or 2023 which is surprising.

Overall, 2022 was a much busier market in the country than 2023. I suspect one of the main reasons was a carryover of activity

during the COVID years of 2020 and 2021 when there was a significant movement to the country to attain more privacy and experience the rural living style supported by the increases in the ability to work at home with technological advances and prevailing low interest rates during those years. Of course, that has changed now with rates currently higher than 2023 or 2022.

It will be interesting to see how 2024 performs given the ongoing increase in

property values over the last 2 to 3 years, the higher interest rates, and the continued record-high migration to our province and city, leading to the growth and high demand for real estate generally. I also think virtually all acreages reasonably close to the Calgary area will be selling above \$1M going forward, unfortunately placing pressure on first time acreage buyers.

Below is a summary of related charts of the sales activity for 2023 and 2022 by groupings of price ranges I generated for this article.

FOOTHILLS

2023 SALES

Acreages – 2 acres +	Land only
\$500K - \$1M – 81	\$250K - \$500K - 42
\$1M - \$1.5M – 114	\$500K - \$750K - 18
\$1.5M - \$2M – 34	\$750K - \$1M - 17
\$2M - \$2.5M - 2	
#2.5M + - 2	

2022 SALES

Acreages - 2 acres +	Land only
\$500K - \$1M – 83	\$250K - \$500K - 36
\$1M - \$1.5M – 121	\$500K - \$750K - 18
\$1.5M - \$2M – 32	\$750K - \$1M - 7
\$2M - \$2.5M - 11	\$1M + - 10
#2.5M + - 7	

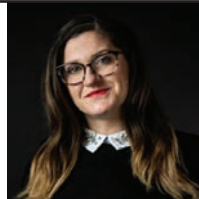
FOOTHILLS – HERITAGE POINT & HAWKS LANDING

2023 SALES

Heritage Point	Hawks Landing
\$750K - \$1M – 3	\$750K - \$1M - 0
\$1M - \$1.5M – 5	\$1MK - \$1.5M - 1
\$1.5M - \$2M – 3	\$1.5M - \$2M - 1
\$2M - \$2.5M - 0	\$2M - \$2.5M - 0
\$2M+ - 0	\$2M+ - 0

2022 SALES

Heritage Point	Hawks Landing
\$750K - \$1M – 4	\$750K - \$1M - 0
\$1M - \$1.5M – 9	\$1MK - \$1.5M - 5
\$1.5M - \$2M – 2	\$1.5M - \$2M - 1
\$2M - \$2.5M - 0	\$2M - \$2.5M - 0
\$2M+ - 0	\$2M+ - 0



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GET RIPPED by Jari Love

Top 5 Reasons Why Fiber is So Important for Weight Loss

Fiber can be beneficial for weight loss for several reasons, supported by research. The average daily fiber intake can vary widely depending on dietary habits and geographic location. However, in many Western countries, studies have shown that the average daily fiber intake is often below recommended levels.

To meet the recommended daily intake of fiber, individuals should focus on incorporating a variety of fiber-rich foods into their diets and making conscious choices to increase their fiber consumption.

Here are the top 5 reasons why fiber is so important for weight loss along with some high-fiber foods you should consider including in your daily diet:

- 1. Increased Satiety:** High-fiber foods tend to be more filling and can help you feel satisfied with fewer calories. Fiber absorbs water and swells in your stomach, creating a sense of fullness, which can reduce overall calorie intake.
- 2. Reduced Caloric Density:** High-fiber foods often have lower calorie density, meaning you can eat a larger volume of food for fewer calories. This can help you control your appetite and calorie intake without feeling deprived.
- 3. Slower Digestion:** Fiber slows down the digestion and absorption of nutrients, including carbohydrates. This helps stabilize blood sugar levels, preventing rapid spikes and crashes in energy, which can reduce cravings and overeating.
- 4. Improved Gut Health:** Research has shown that a diet rich in fiber promotes a healthy gut microbiome. A healthy gut can contribute to weight management by influencing appetite regulation, metabolism, and inflammation. One of my favourite products that helps to do just that, is Trimstix! Trimstix includes Fibersol, which is a concentrated form of dietary fiber that mixes well in liquid beverages.
- 5. Reduced Risk of Overeating:** Fiber-rich foods typically require more chewing and take longer to eat, promoting mindful eating. This can lead to better awareness of your food intake and make it less likely for you to overeat.

Here are some high-fiber foods you can include in your daily diet:

- 1. Legumes (Beans, Lentils, Chickpeas):** These are excellent sources of fiber,

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providing both soluble and insoluble fiber. They are versatile and can be added to soups, salads, or used as the main ingredient in various dishes.

- 2. Whole Grains (Oats, Quinoa, Brown Rice):** Opt for whole grains over refined grains to benefit from their higher fiber content. Whole grains can be used in breakfast cereals, side dishes, or as a base for meals.
- 3. Fruits (Berries, Apples, Pears):** Fruits are a natural source of dietary fiber. Aim for a variety of fruits in your diet to get a mix of soluble and insoluble fibers.
- 4. Vegetables (Broccoli, Brussels Sprouts, Spinach):** Leafy greens and cruciferous vegetables tend to be particularly high in fiber. Incorporate them into salads, stir-fries, or as side dishes.
- 5. Nuts and Seeds (Chia Seeds, Almonds, Flaxseeds):** These can be sprinkled on top of yogurt, added to smoothies, or used as a topping for oatmeal to increase your fiber intake.

Remember that it's important to gradually increase your fiber intake and drink plenty of water to prevent digestive discomfort. While these top 5 reasons why fiber is so important for weight loss, additionally, a balanced diet, regular physical activity, and portion control are key components as well. Consulting with a healthcare professional or registered dietitian before making significant dietary changes is advisable, especially if you have specific health concerns.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. 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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MODELS

In a recent discussion with a father and his 15 year old son on how we create models to understand complex things, the son startled us by saying “Models are used to tell lies to children.”

It made me laugh. This idea was originally put forward by Ian Stewart and Jack Cohen in a book called *Figments of Reality* (1997), and a gentleman named Andrew Sawyer explains it as “the necessarily simplified stories we tell children and students as a foundation for understanding so that eventually they can discover that they are not, in fact, true.”

Okay. It would have been nice if someone would have explained that to me earlier, like maybe in kindergarten. As we learn and our understanding of something grows our models need to be updated, advanced, or discarded. When we keep operating out of the starter-level model we risk believing that the model is truth.

We create models for all kinds of things. Some of the models are better than others. Knowledgeable, creative people

are constantly updating models that aren't serving us, with remarkable results. For example, Esther Perel has updated models of love and relationship. Brené Brown has done the same with how we deal with shame and vulnerability. Francis Weller has updated our approach to processing grief. Examples are everywhere, in all fields, in all disciplines.

But the model that is used to explain how we move and exercise, physically breakdown and heal has remained alarmingly unchanged for over 100 years. In its simplification of the body this model heavily biases muscles and joints as the sources of movement problems, and somewhere along the way we started thinking of this as truth - despite the clinical and scientific evidence. The assessment and treatment techniques that professionals are taught and use to approach pain and movement problems, the language they use to explain their findings and theories, and the research that is done still comes directly out of this entry level model. Why?

Well, the body is immensely complex. There is a lot to learn. Professional health training requires years of intense guided study and learning just to encompass what the basic model contains. There is much

that gets left out. Once graduated, it takes 12 - 15 more years of clinical practice to see where the omissions and simplifications of the model are letting us down.

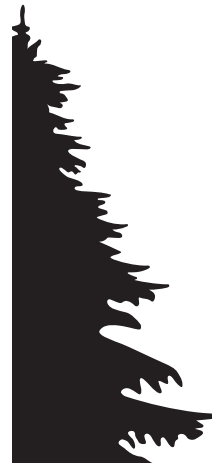
There isn't a mandatory “recall” for Physicians, Nurses, Physio's, and Massage Therapists after 15 years of practice to study intensely in the middle of their careers to upgrade to the next level. It is left up to the individual practitioner to do this on their own in little bits and pieces. Everybody does what they can. Life gets in the way. Upgrading frequently falls short.

The result is a persistence of mediocre therapies and medical and exercise prescriptions in approaching pain and suffering. Interventions that have long been proven to be ineffective or incomplete are still used. As consumers of health services, we need better. We're living longer, and too few of us arrive into later life with bodies that still work well. We need next-level models and the skilled practitioners to use them. The body is complex. It is time we stopped pretending it wasn't.

Of course there are people doing next-level work out there. They are a distinct minority. We could increase their numbers with better support from educational institutions and funding sources, and set up mentoring programs. These next-level people have built upon basic concepts and filled in major omissions in models. Their ideas are good, forged and tested in years of clinical trial and error. They are helping people attain better results. Seek them out. Perhaps you'll be one of the few that arrives into later life with a body that works.

But for now children, the lies will continue and the models will persist until we collectively demand better. Or we can remain passive and just hope that some kind of Messiah will come along and lead us out of mediocrity.

*Jeff Harvie - Physiotherapist
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COLOURFUL WINTER BIRDING TO BEAT THE BLUES

by Laura Griffin

If you think that winter is lacking in vibrance then look no further than a few of these winter feathered friends to bring your cold season a splash of colour. Photos and tips for how to attract them to your feeders are included thanks to the wonderful knowledge and skills of Jackie Sills.



Pine Grosbeaks will bring a nice red for the males and a muted yellow tone for females and can be seen till early April. They have a melodious call and can be found in coniferous patches eating the buds off branches, but they also eat seeds. Their favourite at the feeder is black oil sunflower seeds.



The **Blue Jay** gives the winter blues a new meaning with one of the most colourful coats found in the corvid family. The fastest way to find them is to listen for their raucous calls with incredible variation. Shelled peanuts will attract them to your feeder. In the wild they look for seeds and have found a way to eat ants in the non-winter months.



A **Common Redpoll** is easily recognized by its red cap. It is the hardiest of songbirds in terms of cold temperature tolerance. It considers this area to be a nice warm place to migrate to in the winter. They love shelled sunflower seeds at the feeder but will forage for seeds in nature with a particular fancy for birch and alder cones, so check out those groves first. They look like a sparrow from the back.

Bohemian Waxwings have beautiful orange accents and a bright yellow tail band. My favorite way to find them is listening for the high pitched “zirr” sound they make and then looking up to see big flocks moving as one. Mountain ash trees are a favourite of these berry eaters, but they will also eat juniper berries. Check out your favourite berry patches to see if they’re around.



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OUT OF THE RUT Chapter 163

Ahh, what to say. This is the month I came into the world, it has a certain significance, at least to me and those who joined forces to bring me here, opening a portal to another dimension. I always associate March with the brightness of Spring although in this neck of the woods it's still a couple of months away. The first flicker of life; Snowdrops poking their delicate heads through a slight covering of snow, bulge of Crocus, a hint of Bluebells about to burst forth. In my youth, my brother and I played in endless carpets of Bluebells in a south-eastern corner of England. I have no doubt that area is now restricted since English Bluebells (about 50% of the global bluebell population) are now endangered due to erosion of land and invasion of the Spanish Bluebell. It is now illegal to pick English Bluebells, the easy gatherings of my youth are now a criminal act. The abundant flower-rich hedgerows and endless dancing fields of wildflowers now a thing of fiction. Where I used to wander in school-free liberated days of summer, narrow pathways now meander along the edges of once-rich vistas. There are still glorious sights to see, but for those of us who remember, the dramatic changes are quite frightening. The collapse of the English countryside had a significant influence on my exit from that land. I was surprised Canada let me in, I was such a rabble-rouser for the protection of land, flora and fauna.

Here today, I was slightly staggered to drive through what thirty years ago were food-producing farmland acres by the thousand. Now homes to thousands of families. Where is our food coming from these days? How much of our food is produced locally, year-round? The advent



of freezer technology, pasturisation and development of transportation corridors, made foods available around the world, around the clock, all year long. Things that were unknown a few decades ago, are now commonplace. But at what cost? What are all these families doing to add to the welfare of the land we now occupy. What am I doing?

I've done a lot of travelling. Many would argue that's a terrific waste of resources and I would concur on some levels. However, the massively destructive practices of large-scale intensive meat and dairy production are creating huge toxic effects for both humans and the land. It's the second biggest source of pollution after the use of fossil fuels and it uses fossil fuels in massive amounts, so that's a slightly disingenuous measurement. It's not that people shouldn't be eating meat, it's that people might want to think twice or thrice about the gorging on meat that has been encouraged as 'normal' or 'reasonable' or 'healthy' by groups with vested interests in selling 'product'. When did living, breathing beings become 'product'?

Fashion. There's a bizarre industry if ever there was one...and the third biggest source of pollution on the planet. I have been

happily shopping in thrift stores since I began buying my own clothes a million years ago. I remember one day heading for Oxfam to see what glories I might find there (I still have an item I bought there nearly 50 years ago, it's so well-made). My friend accompanying me, a year or two younger than my tender 17 or so years, refused point blank to either enter the store or be seen with me carrying an Oxfam bag because of her social prejudices imbued upon her from unknown (to me) sources. That is one of the strangest things I've experienced and I've experienced an abundance of strange things in all the places I've lived and visited.

Whatever you may be doing with your life and time, I hope that the beauties that surround us here continue to inspire each day for you and that if you're heading out shopping for something new, you make it something 'new to you' rather than just the latest pressure-sell for the masses.

Good luck out there!

*Be peaceful, Kat Dancer
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COUNTRY LANE QUILTERS GUILD meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

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Lost on Highway 22 near Millarville, aluminum fridge vent cover for Triple E trailer. White in color. Approximately 10" high x 20" long

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SUPER POLE for bathroom. one pair under fridge roller set. Phone Ross @ 403 8150562



Bragg Creek Centre

NOW HIRING: RENTAL & OPERATIONS COORDINATOR

We have a combination of long-term rentals and short-term rentals/events that utilize our space (gym, meeting rooms, kitchen, rink, grounds, etc.). The Rentals & Operations Coordinator takes pride in managing the relationships and needs of our Centre's rentals and events, while also ensuring that the back-end office processes are effectively completed. In this role, you will work in close coordination with the Program Coordinator, General Manager, and Facilities Lead to coordinate the needs for each client

Other Details

- Take the lead on all event and rental bookings of the Bragg Creek Community Centre facilities (not including specific BCCA fundraising events) such as weddings, birthday parties, meetings/corporate functions/partnership groups, or equipment bookings
- Ensure all proper documentation is completed and filed (ie. Contracts, licenses, insurance, etc.)
- Manage all communications for events & rentals such as answer phone, emails, and return messages, including facility tours
- Facilitate all invoicing, receiving, and processing of payments for events and rentals
- Part-time temporary role with the potential to become permanent. Work a flexible 20 - 30 hours/week, based on the schedule of events, which will include some evenings and weekends

For Full Job posting visit:

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Email your resume & cover letter to:
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