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LETTER FROM THE EDITOR

Becoming Communities of Hope

I recently read a survey conducted by Gallop research that 56% of people are looking for leaders to inspire hope, followed by trust at 33%.

The above survey result is both inspiring and sobering. Hope and trust represent 89% of what people are looking for in leadership. When we think of our circles of friendships, associations, and customers, the list of people is quite large. Our position of influence is often much larger than we realize. How will we use our voice? We often use it selfishly to gain more business and attention for ourselves, to make ourselves look good, or put another person in their place.

Every post, every comment to a co-worker, even our silence, are all defining moments of truth about ourselves, influencing

those impacted by our words (spoken and unspoken). When looking circumstantially around us, it's easy to communicate negativity. We can be like the old proverb that states "A fool's vexation is known at once".

We can define ourselves with words and actions that inspire others to see truth, beauty and goodness in our present place. We can encourage people that they can face tomorrow, even with the overwhelming situations they may be facing.

I have appreciated that the contributors of this paper have caught this vision. Writing from their expertise, experience, and failures, they have endeavoured to write words that inspire, give hope, and help the people around them. It's noticed and appreciated!

I trust you will enjoy this month's edition of the High Country News.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

My painting "Where the Water Flows" speaks to the movement of our mountain water. It can trickle or rush, but the flow carries on in the same direction. We can parallel this forward flow to our own lives, gentle or tumultuous at times, as we pass through life. The only way through uneasy times is "through" and follow your path as the river follows its own.

More of Longview artist, Deanna Lavoie's artwork, can be discovered at www.DeannaLavoie.com

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



MP UPDATE - FOOTHILLS John Barlow

Canada First.

I remember a time when people walked proudly, wearing their Canadian toques or Team Canada hockey jerseys, and cheerfully tipped a morning nod to a neighbour or stranger alike. I remember walking downtown seeing Canadian flags waving above store fronts, doors propped open welcoming folks to pop in. It was a quaint time, but not so long ago.

After 10 years of Trudeau's harmful policies dividing our country, it is hard to listen to the news one of Canada's closest allies has turned target towards us.

While many ask how Liberals could possibly let our great nation stumble and fall to this point with our closest trading partner, Conservative's remain steadfast and focused on how we repair the damage Trudeau has caused.

President Trump's tariffs are a wake-up call to all political leaders, who are now forced to put the national interest ahead of their own special interests.

We need a common-sense government focused on Canada first. We need a government focused on ensuring we have a united front here in Canada.

It is time for us to put Canada first above all else: our workers, our paycheques and our people. Our resources represent an opportunity to fuel, feed and secure the world; bring home powerful paycheques for our people; build energy projects, reduce global emissions; build economic reconciliation with First Nations; and rebuild our armed forces.

For many, Canada's role in the world is often centered on what we can do with our intellectual and cultural talents. We see ourselves as a country best suited to act as a teacher, a mediator or as a good example. This distracts from the fact we can lead on two important fronts: energy and agriculture.

Canada is a world leader in its supply and sustainability of agricultural and energy resources. With this enviable access to the assets to fuel 21st century life, Canada has the ability and the opportunity to present itself as a true world leader. We have a unique opportunity to supply our allies with the energy they need, while also reducing the energy influence of the world's bad actors.

We must unshackle our farmers from harmful Liberal policies. We must unleash Canadian energy on the international stage.

This is not the first time Canada's national interests have encountered obstacles; Canada itself was forged by overcoming divisions with a grand national vision, uniting a country with ribbons of steel and advancing a shared vision. For more than 150 years, our country has endured wars, depressions and hard times. Our experience as one of the oldest democracies on earth affords us the opportunity to apply the lessons of an imperfect past toward shaping a promising future.

In an uncertain world, Canada's essential rise as an energy and agriculture power hinges on our ability to reconnect with the determination and resolve to get things done. To once again be the can-do Canada.

We must take back control of our lives and country; a country which can be the source of energy and food security to the United States and our allies around the world. To achieve that goal, our country needs a Common Sense Conservative government that puts Canada First.

John



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

Calgary Municipal Regional Board (CMRB) – On February 7th the CMRB passed the following two motions:

Motion 1

- That the Board send a letter to the Minister of Municipal Affairs notifying the Government of Alberta of the following:
 - That the Board has directed administration to initiate the process for the orderly winding down of the operations of the organization.
- That the Board request the immediate repeal of Ministerial Order MSD/064/22 to remove the requirement of the Regional Evaluation Framework and to repeal the Growth Plan.
- That the Board requests the Minister repeal the CMRB Regulation effective May 1, 2025.

Motion 2

- That the eight members of the CMRB agree to meet and discuss an alternate regional approach before May 1, 2025, which recognizes the significance of a coordinated approach to:
 - Regional amenities, including source water protections/distribution, transit, recreation, commercial and other
 - Economic development opportunities; and
 - Planning and development for residential, industrial commercial and mixed use

Recycling results - Rocky View County residents are leading the charge in agricultural sustainability, contributing 15 per cent of Alberta's total twine recycling in 2024 as part of the Alberta Ag-Plastic Recycle It! pilot program administered by Cleanfarms. The County also accounted for seven per cent of all agricultural materials recycled in Alberta last year. Recycling materials like plastic twine keeps waste out of landfills and protects Alberta's soil, water, and air while reducing the need for new plastics. Rocky View residents can build on this success by participating in the

Great Twine Round-up, a province wide initiative rewarding farmers for recycling used baler twine. Through May 2025, residents can return cleaned, bagged twine to County transfer stations for recycling and a chance to win cash prizes. Every bag of clean, plastic twine is an entry in the contest, showing how Alberta's farming communities can combine sustainability with a little friendly competition. Details are available at GreatTwineRoundUp.ca.

Springbank Recycling Center opening

- The Springbank Recycle Depot is in the process of relocating to the west portion of the Springbank Dog Park. This site will enhance service levels by providing trailer access, while additional space will support future growth and further improvements. Work on the new location is ongoing with portions of the fencing and gravel already complete.

The new location is set to open on April 30th, 2025.

SPFAS business plan – At the February 5th meeting of the Recreation Governance Committee (composed of Council members), the SPFAS board presented a recreation facility proposal representing phase 2 of the Springbank Community Recreation Business Plan. The proposal was a facility expansion business case for the development of a multi-use sports, courts and indoor turf training field complex at the SPFAS complex. The committee unanimously voted in support of having the proposal to be brought forward in the spring to the capital budget prioritizing session for approval consideration.

Alternative Land Use Services (ALUS)

- As a producer, your land can do more than grow crops or raise livestock—it can support clean water, store carbon, reduce flood risks, and provide vital habitat for pollinators and wildlife. Rocky View County's Alternative Land Use Services (ALUS) program, in partnership with ALUS Canada, provides funding to help farmers and ranchers improve environmentally sensitive, marginal, or inefficient farmland. ALUS offers cost-sharing for project establishment and annual payments for ongoing land stewardship. Applications are accepted year-round. To see if your project qualifies, contact the ALUS Rocky View Program Coordinator at agservices@rockyview.ca or 403-520-1190.

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



SPRINGBANK HERITAGE CLUB

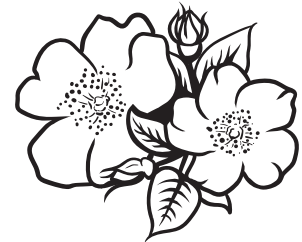
March 2025

Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. We are located at 244168 Range Road 33.

A heartfelt THANK YOU to Rocky View County for the generous funding it provides to the Heritage Club. Most recently, the County approved a \$36,000 operations grant to our Club. It is to be used in 2025 to pay the Club's utilities and bookkeeping/accounting costs. This is not the first grant we have received from Rocky View. We also received a \$30,000 operations grant for 2024. And prior to that, we received a \$279,000 capital grant for upgrades to our building for the period from May 2023 to June 2025. Some of these funds were used in the recent installation of our HVAC system and new windows. We greatly appreciate the support of our municipal government!

Our (AGM) will be held **March 18, 2025 at 2:00pm** at the Club. This is a great opportunity to learn more about the Heritage Club – who we are, how we operate and the number of ways you can become involved, whether to participate in the activities we have available or if you would like to volunteer. We are fortunate to have so many willing volunteers, and they are the reason why we are able to offer so many activities for reasonable or even no costs. Come check us out!

For more information check out our website at springbankheritageclub.com or email springbankhc@telus.net





NEWSLETTER

Judi Hunter - Ward 5 Trustee

Mechanics Training Program Celebrates 25th Anniversary

Rocky View Schools' Mechanics Training Program was launched in 1999/2000 and celebrates its 25th anniversary this year. This unique program, located at Cam Clark Ford in Airdrie, allows high school students to work in a fully equipped shop while learning the mechanics trade through hands-on instruction. RVS highly values partners such as Cam Clark Ford that are instrumental in supporting longstanding programs connecting students to career pathways and hands-on learning opportunities.

Chestermere Grade Configuration and Attendance Areas Changes Better Balance Utilizations

With a 262 percent rise in population over the past two decades, RVS' schools in Chestermere are experiencing significant and sustained enrolment growth. The Board approved changes to East Lake School's grade configuration, which adds a second middle school to the city. The Christian and French Immersion programs for kindergarten to Grade 6 will remain at East Lake School and the Christian and French Immersion programs for Grades 7 to 9 will continue to be offered at Chestermere Lake Middle School.

School Designation Adjusted to Address Utilization at Muriel Clayton School

The Board of Trustees created new school designations for students residing in the Prairie Springs neighbourhood . as updated numbers indicated a change of designation for the Prairie Springs neighbourhood. Beginning in the 2025/26 school year, students residing in Prairie Springs will attend: Kindergarten to Grade 9 at Windsong Heights School; Grades 10 – 12 at W.H. Croxford High School

Education Plan Update

Administration provided the following updates:

- Provincial government mandatory literacy and numeracy screening and assessment results.

- Based on these literacy results, RVS will provide additional supports to 10 schools.
- RVS administered a new numeracy assessment aligned with the curriculum for Grade 4 – 10 students.
- A Career Learning Practice Guide provides guidance to all schools for advancing career learning Grade 1 – 12.
- RVS is expanding positive behavior interventions and supports (PBIS) implementation across all schools and on school buses.

Trustee Orientation Ad Hoc Committee Created for Upcoming Trustee Election

An ad hoc committee has been created by the Board to guide development and delivery of the orientation process for new trustees following the election in October.

Building Upgrades to Schools in West Rocky View

Each year the maintenance department provides an update on the monies spent ensuring that our schools are safe and well-maintained Alberta Education provides a grant to service our schools based on enrolment and square metres. The money comes in two buckets: (CMR Capital Maintenance and Renewal); and IMR (Infrastructure and Renewal. The following projects in West Rocky View are in process.

The site drainage project the Elbow Valley is completed except sod replacement

These are new projects that are scheduled: Springbank High School asphalt

replacement, upgrading Westbrook condensing units in, Springbank Middle School elevator upgrade, a section of the roof at Elbow Valley being replaced, and Banded Peak Fob door installation is underway.

Board Approves Budget Development Process and Budget Priorities

Each year, the Board approves the budget development process and the budget priorities. These priorities are used to develop school/departmental budgets.

The budget priorities are strongly aligned with RVS' Strategic Plan. The priorities for 2025/26 are:

- Provide direct resources to schools to support student learning with a focus on numeracy, literacy and new curriculum implementation.
- Support student and staff wellness.
- Enhance facilities and technology infrastructure.
- Target an operating reserve balance at the end of 2025/26 fiscal year, excluding transportation, at 1 to 2 per cent.

For 2025/26, schools have been directed to maintain optional school fees at the current levels, if possible, with no increases to individual courses greater than \$10 or five per cent. No new alternative program fees for programs of choice are to be introduced.



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Jerry & Nancy Kamphuis

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

The Firesmart Committee had a very productive meeting, with the major business being kicking off the Bragg Creek Wildfire Mitigation Strategy update project by reviewing its new outline with consultant Josh Hoddinott. Committee member John Morris and I will work with our emergency services folks to organize a FireSmart town hall to help educate and disseminate information for residents – hopefully before summer arrives.

Rocky View Foundation – Seniors Housing Update

I had a short call with the CAO of the foundation Chris Rowe. For now I can report that the Foundation is making significant headway on their seniors housing project in Bragg Creek. They are in the midst of making an application to Rocky View County seeking both land use redesignation and approval of a Master Site Development Plan (MSDP) for their property in the hamlet core. This is the land that was donated by Dick Koetsier a number of years ago, and is located east of his planned Gateway development. I believe part of the funding for this new work was from the CMHC Affordable Housing initiative.

There are some interesting new and innovative ideas related to seniors housing that I am sure will be considered as part of this site design – and Chris hinted at potential for 360 degree rendering to help visualize design choices. Part of the work preparing for the applications will be an updated needs assessment, conducted by a

3rd-party consultant. The Foundation has an ongoing community steering committee for the project, but further opportunities for resident input should be available through the upcoming needs assessment and our public engagement process related to the land use and MSDP applications.

CMRB

Sometimes a government can move quickly! On February 18th, Minister McIver signed Ministerial Order MSD:017/25, which rescinds the approval of the CMRB's Regional Evaluation Framework and Growth Plan, immediately suspending the requirement for the CMRB members to submit new or amended statutory plans to the CMRB for approval. More legislative changes to come, as the Board and the Province finalize the wind-up. The target effective date for the outstanding repeals is May 1, 2025, consistent with the CMRB's recommendation to the province.

Prairie Economic Gateway – “Joint Venture” with Calgary

Rocky View County Council made a landmark decision at it's February 18th meeting, where the following motions were all carried unanimously:

That Council approves the Prairie Economic Gateway Deal Agreement Heads of Agreement, as per Attachment A in Confidential Report RVC2025-04;

that Council authorizes the Chief Administrative Officer to negotiate and to execute the Deal Agreement between Rocky View County and The City of Calgary for the Prairie Economic Gateway by end of Q1 2025, such Agreement to be consistent with the terms outlined in Attachment A of Confidential Report RVC2025-04, and to be in content satisfactory to the Chief Administrative Officer;

that Council direct Administration to bring a Terms of Reference for the Prairie Gateway Oversight Committee for Council approval by no later than Q2 2025;

that Council direct Administration to prioritize securing private sector, provincial, and federal financial and/or regulatory commitments by Q4 2025;

that Council hereby resolves to demonstrate leadership on a regional approach involving neighbouring municipalities to ensure that growth in the Calgary region is respectful of collective regional success, including but not limited to:

1. Regional servicing and amenities, including source water protection and distribution, transit, recreation, commercial and other;
2. Competitive economic development, well-paying jobs, and career opportunities; and
3. Planning and development for residential, industrial, commercial and mixed uses.

Prior to the vote, our CAO Reegan McCullough presented that this business arrangement with the City was the first time a “Shared-Investment for Shared-Revenue” inter-municipal deal would be completed in the history of the Province. After the vote, Calgary's COO Stuart Dalglish also spoke about the anticipated benefits of the collaboration. As the last motion above indicates, I am very pleased that the municipalities built enough trust that they could collaborate in this manner to meet a North American-wide opportunity in a timely fashion, and avoid a protracted and expensive annexation process. At time of writing, Calgary's Council still has to vote on the matter to ratify the deal from their side.

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MANY LEGS



PET GROOMING & SUPPLIES

To say "Time flies" would be an understatement. We moved to this wonderful part of Alberta in 1998 and opened up a Pet Grooming business in the year 2000. We have serviced Bragg Creek's pets for over 25 years now and have made some great friends along the way, some 4 legged ones as well as 2 legged ones.

Mr. Gustavo Bolivar of Dope Raw, a family owned business will take ownership of Many Legs Inc. To continue the tradition of excellent service to Bragg Creek and surrounding area.

Please join us on Saturday March 29th as we say good bye for the final time to Bragg Creek and our friends that we have met over the years.

Michael & Murray will finally make the move to Nova Scotia, as we take on a new endeavour and try on retirement. Come and say good bye as we will have appetizers and refreshments. There will be specials and give aways all day long. We look forward to seeing everyone.

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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

March is my favourite month. Not only is it my birthday month (yeah!), but it also really starts to feel like spring might be coming soon! The days get longer and the sun feels a little warmer on my rosy cheeks as I explore our local trails. I hope you're taking some time to enjoy our beautiful outdoors and cozy times at home with loved ones, all of which are good reminders of the good things in life.

In February, I spent time preparing for the upcoming legislative session and budget. I've connected with constituents across the riding talking about their dreams for the 2025 budget, issues that are concerning for them, and so much more.

Trail Days with Sarah are back on and more are coming up. Trail Days combine my two favourite things – walks in the woods with my goofy great dane, Max, and time getting to know you! There are many ways that I connect with constituents, but there is something quite lovely about spending a few casual hours wandering the trails of one of our many provincial parks together and chatting. Sometimes we chat about serious things, and other times we don't. I hope to see you at one soon. Politics and politicians don't always have to be so serious. I'm actually pretty fun to hang out with too (or so I'm told)!

My email inbox has been inundated with messages from thousands of Albertans opposing opening our Eastern Slopes to coal mining. I've been working on this issue for the past 5 years, since before I was your MLA. There are many concerns about coal mining the eastern slopes: poisoning our headwaters with selenium, which will impact every living thing (from plants to wildlife, livestock, and us), further disruption to wildlife habitat,

a lack of long-term economic benefit, a complete dismissal of input from Albertans showing repeated opposition, and an understanding that we cannot go back from these decisions. Coal mining on our eastern slopes impacts all of us and presents grave risks to various established industries like tourism, agriculture, ranching, and recreation. The continual flip flopping on this issue has also confused industry and Albertans and has dramatically eroded public trust in government.

This issue will continue to be a big focus for me both in budget debates and throughout the spring session. I will continue sharing your views in the legislature and holding this government accountable to share how these decisions were made and how they will address the very valid concerns that people have shared.

My colleague Nagwan Al-Guneid and I hosted a coal town hall to listen to peoples' concerns directly. Over 400 people came to ask questions and share their views. We heard strong opposition to coal mining and concerns about its impact on water quality, wildlife, and local industries. This is exactly why we need clear legislation—such as the proposed Eastern Slopes Protection Act—that provides a clear path forward, safeguarding these special places for future generations while supporting sustainable economic growth for communities without compromising our water.

This month, I've also been working with my colleagues to process changes to the Alberta Healthcare system and what it means for your access to healthcare professionals and facilities. Thank you to all of you who have shared personal stories of your struggles with the healthcare system. All that helps me to understand more about this system and how best to advocate for you when I'm discussing healthcare with my colleagues and in the legislature. I remain focused on patient care and ensuring your tax dollars are spent in ways that best serve you.

March is a busy month in the legislature with budget related debates. My MLA on Tour events the first week of March are an opportunity for you to come by and share your thoughts on the budget – what would you like more or less of?

Then we've got a couple of fun events to welcome spring! Sarah's Spring Fling in Canmore on March 8th is a great evening of live music and fun conversation. The Biosphere Institute in Canmore will also host a silent auction, so we can help spread some community love.

I keep hearing from many of you concerns about wildfire and being prepared. On March 22nd, I'm hosting a wildlife preparedness workshop. Guest speakers will share their wisdom on wildfires and community resiliency. Then we'll work through what you'll need to prepare your property and yourself for the upcoming wildfire season.

Watch my social media channels for event registration links, or email my office to let us know you'll be there.

There's plenty of opportunities to engage this month and I look forward to seeing you, whether for a casual walk in the woods or a more serious meeting. I'm listening.

Sarah Elmeligi



MLA SARAH ELMELIGI BANFF-KANANSKIS

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MLA on Tour

Mar 4th | 4 - 6 pm
Beaure Community Hall

Mar 6th | 9:30 - 11 am
The Heart of Bragg Creek

March Events

Mar 8th | 6 pm
Sarah's Spring Fling
artspace, Canmore

Mar 22nd | 9:30am - 1:30pm
Wildfire Preparedness Workshop
Bragg Creek Community Centre

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Meet the Team



BEFORE



AFTER

Robert M. Hughes Financial Solutions Inc.

The True Cost of Financial Procrastination

Have you ever thought, “I’ll start saving next month” or “I’ll get serious about my financial strategy next year”? If so, you’re not alone. Procrastination is something we’ve all been guilty of at some point. However, when it comes to your finances, the costs of waiting can be much higher than you think. Let’s explore three ways financial procrastination can quietly derail your dreams: buying a home, traveling the world, and enjoying a comfortable retirement.

1. Difficult Housing Transitions

Buying a home is a significant milestone, but financial procrastination can make the dream of homeownership feel like a distant mirage. If you delay saving for a down payment or improving your credit score, you might find yourself stuck in the renting cycle for longer than planned.

Consider this: the longer you wait to save, the more likely you’ll face higher home prices and rising mortgage rates. A \$400,000 property today might cost significantly more in five years, meaning you’ll need a larger down payment just to keep up. This can lead to frustration, financial stress, and even the feeling that homeownership is slipping out of reach. Starting a plan now, can make a world of difference.

2. Delayed Recreation Opportunities

How often have you daydreamed about exploring new destinations, but then told yourself, “I’ll travel someday”? Without a financial strategy, “someday” often turns into “never.”

Traveling requires time and money, and both become harder to come by if you’re not prepared. When you procrastinate on saving or investing, your future disposable income may be limited by debt or unexpected expenses. Instead of jet-setting to your dream destinations, you might find yourself stuck at home, watching travel documentaries instead of living them.

Start small. Open a dedicated travel savings account, automate contributions, and watch your dream fund grow. Every step counts toward turning that “someday” into a booked ticket.

3. Disappointing Retirement Realities

Retirement is often painted as a golden phase of life filled with leisure and freedom. But without adequate financial preparation, the reality can be far from that idyllic image.

The power of compounding works best with time, so delaying your retirement contributions can severely impact your future nest egg. For example, someone who starts saving in their 20s has a significant advantage over someone who waits until their 40s. By postponing your planning, you risk entering retirement with limited funds, forcing you to make tough choices about where and how you live—and even whether you can retire at all.

Take the first step by assessing your current savings and setting achievable goals. Whether it’s increasing your RRSP contributions or working with a financial advisor, every effort adds up.

The Bottom Line

Procrastination seems harmless in the short term, but its consequences can be overwhelming. From the stress of buying a home to missed opportunities for adventure and an underfunded retirement, delaying your financial strategy only makes things harder.

The good news? It’s never too late to start. Take a deep breath, make a plan, and take small but consistent steps toward your goals.

Call me today, to set up an appointment to review your goals and objectives and to ensure that your current investment approach will allow you to fulfill your goals.

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

Robert Hughes,
P. Eng., CFSB, CFP, CPCA

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MAKE YOUR MARK By Mark Kamachi

Your logo. Graphic or wordmark?

Its March already! February sure left a mark. Frostbite. Speaking of marks, let's talk about types of logos. First, let me define each. A logo represents your company's brand. It can be composed of a wordmark, a graphic design or a combo of both. Some go as far as even having a sound associated with it.

A logo, or visual identity (what I refer to them as), serve as the face of your brand. They create recognition and communicate your brand values on signage, packaging, advertising, etc, wherever your target audience interacts with your business. It should be simple, easily identifiable and most important, be memorable. It should evoke an emotional response. A well-designed logo is crucial to any brand's marketing and future success. Many entrepreneurs take for granted the importance of this aspect of their brand. You want to build recognition.

Now there are a couple of directions to look at when designing a logo. It's like trying to select the right vehicle to buy for your needs. A Ford F150 truck might associate you with being hard working and tough while a Mustang convertible might suggest you are carefree and outgoing. Each comes with its own vibe. Its own purpose.

Let's start with wordmarks. In its simplest form, a logo that's a wordmark is one which uses just text. Think Coca-cola or Google. The name is front and centre. Not much work required to get your name in the mind of your target audience. These companies are counting on aspects of their brand to do some heavy lifting such as having a unique product or offer great service. They also count on the fact that their names aren't common. So, there's an opportunity to make them memorable with lots of repetition, aka advertising.

A wordmark comes in handy if you provide a unique product or service, and you want to get immediate brand awareness. A graphic logo on its own takes longer to establish. Ideally, if you have a fun, quirky name, a wordmark will allow for a creative twist. Typography will be key in adding visual appeal.

On the other side of the logo coin, you have what I like to refer to as the "bug". The graphic, visual representation of your brand. A symbol or image. This is where you let your brand speak without saying a word. Think the Nike swoosh or Apple's apple. These logos are iconic and recognizable worldwide. They break language barriers.

Now when it comes to graphic logos, you won't catch me using a wrench in your logo if you're a plumber. That's a DIY solution. I create stories with each logo design. Your logo can give a hint of your business but not give it away. A good bug starts conversations.

Personally, 99% of the time when designing a brand identity, I'll use a combination of a graphic and wordmark. This allows you flexibility in application as your brand grows.

Regardless, whether you use a wordmark, graphic, or both, your brand identity should reflect your personality, your business and make your customer feel confident in interacting with your brand. Be unique. Be memorable.

Cheers, mark.



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Wordmark? Graphic image?
Or both? When it comes to creating a visual identity aka logo for your brand, your aunt who decorates cakes won't cut it. Leave it in the hands of proven professionals in advertising-design content creation to get you noticed. Cake anyone?



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BRAGG CREEK COMMUNITY ASSOCIATION

You never know what's around the corner. March shows up and it could be winter for at least another month, or it could all melt away and we enjoy an early spring. Thankfully life is a like that, bringing us challenges along with hope, all at the same time.

Let's start with a look back –

On Feb 1st, The BCCA hosted Winter in the Woods. Originally set up as a fundraiser for the Rink, this event has snowballed over the last 4 years into an event that unifies sports, business, volunteerism, culture, and community spirit.

Chuck-a-Puck has spoken – our outdoor rink will be named after **Many Legs Pet Grooming & Supplies** until next year!

Warm Gratitude extended to all involved:

- Our Title Sponsors - Bragg Creek Chamber of Commerce and Cowboy Trail Brewery! Thank you for working alongside us to keep the flame roaring in our great community.
- Volunteers! - You were part of a huge team that took on over 100 shifts and made this event possible. Thank you!
- Volunteer Supporters – The Italian Farmhouse provided those great toques, while Rockies Tavern and The Handle Bar provided meals for our hard working volunteers! Thank you to Mable & Maries, Whiskey & Woodsmoke, and The Heart Café for sponsoring our free volunteer draw prizes.

- Gold Sponsors:
 - 3 Point Environmental – Human Curling
 - Big Earls Dirt & Snow – Jr Classic Hockey Game
 - The Italian Farmhouse – Toques
 - Maverick Law Office – All Ages Skill Competition
 - Paradise Landscape – Sr Classic Hockey Game
- Silver Sponsors:
 - KAT Automotive – Jr Hockey Skills Competition
 - Rockies Tavern – Meals for our Volunteers
 - The Trading Post – Auntie School Activation Space
 - Walsh Equipment – Fire Pits
- Bronze Sponsor – Castle Creek Homes, thank you for supporting our Kids Zone!
- Presenting Partners:
 - Auntie School hosted the Métis Activation Space – Thank You!
 - Bragg Creek Bears hosted the Jr Classic Hockey Game AND the Powderhorn Afterparty & Silent Auction.
 - Bragg Creek Distillers hosted The Power Play Parking Lot Pub!
 - The Handle Bar provided the onsite concession – Thank You!
 - The Little School House provided the Hot Chocolate Station – Thank You!
- To all the businesses and individuals that contributed silent auction items and prizes, lent a helping hand or even a family of hands, THANK YOU so very much!
- Dick Koetsier – Thank you for once again for providing the sound system and donating parking space. We couldn't do it without you and Gateway Developments.
- To all the Chuck-a-Puck businesses, Thank you over and over again!
- The Rink Rats. This is the dedicated group working the rink. The tradition speaks volumes. Thank you all.
- John Morris, two-time Olympic Gold Medalist in Curling, ran our Human Curling event. We are lucky to have you.
- Michelle Minke – Thank you for sharing your voice in the singing of the National Anthem. Beautiful.
- To Dave Rupert and your family, thank you for supporting the community in this, and all BCCA events.

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

And now, a look forward –

Are you looking for an unforgettable summer adventure for your kids? Bragg Creek Summer Day Camps offer 9 weeks of all day fun for ages 5-12. Campers will enjoy sports, an outdoor skills field trip, hikes to the river, creative art and crafts - offering a balanced day of full active fun, recovery and personal growth. Stop by, register online, phone, or email us.

The staff at the Community Centre are working hard to uncover programming opportunities and venue usage growth to keep us strong and vibrant. If you have ideas, we would like to hear from you.

In the meantime, and while we are on this corner, stick with us and keep care of you and yours.

The BCCA
www.braggcreekca.com



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CONCUSSIONS

Concussions are a common occurrence, not only in sports, but during the winter season with slips and falls and motor vehicle accidents. You don't need to hit your head to sustain a concussion. A whiplash or jarring type accident can be an injury to the brain as well. Current research emphasizes the importance of early physical therapy for improving outcomes after sustaining a concussion. A study from Oregon Health & Science University suggests that initiating physical therapy promptly can enhance balance and reduce persistent symptoms (OHSU Dec 2024). Similarly, findings published in the Physical Therapy & Rehabilitation Journal indicates that patients who began physical therapy approximately five weeks earlier than others, reported less dizziness and faster symptom improvement (APTA Jan 2025)

Concussions are a growing concern in sports, workplaces, and everyday life. Once thought to be minor injuries that resolved with rest alone, recent research has shed new light on the complexity of concussions and the critical role physiotherapy plays in recovery. With evolving diagnostic tools, personalized rehabilitation plans, and a greater understanding of how concussions affect brain function, physiotherapists are becoming essential in helping individuals regain their cognitive and physical abilities.

Improved diagnostic tests such as blood tests and advanced imaging techniques have improved the accuracy of concussion diagnoses. Researchers have identified specific proteins and enzymes in the blood that can indicate a brain injury and help determine the extent of damage and prognosis of recovery. The post-concussion management has evolved as well. Previously, it was recommended to follow a "rest until symptoms subside" approach. Research now suggests that recovery timelines can vary depending on age, sex, history of prior concussions, and genetic predisposition. A more personalized approach, including early intervention and an individualized rehab plan, is proving to be more effective in reducing long-term effects.

The role of exercise in recovery has evolved as well. Previous recommendations of complete rest are now replaced with controlled, symptom limited physical activity. Light aerobic exercise can help to improve blood flow to the brain and stimulate neural repair. There is also a growing recognition of the link between concussions and mental health challenges such as anxiety and depression. Mental health support alongside physical rehabilitation can improve overall recovery outcomes.

Physiotherapy can help to address and recognize various post-concussion symptoms including dizziness, headaches, balance issues, and cognitive impairments. The main areas your medical team needs to address are (a) vestibular – dizziness

and balance problems can stem from a vestibular dysfunction in the inner ear complex. (b) oculomotor therapy – vision problems such as focusing, eye strain and sensitivity to light are common (c) cervical spine treatment – neck pain and stiffness can result from whiplash type injuries. Physiotherapy can help to release muscle tension, improve posture, and restore proper neck mobility, which can alleviate headaches and discomfort (d) physical activity – a monitored return to exercise protocol, ensuring increased activity levels without worsening symptoms. This approach prevents deconditioning while promoting neuroplasticity and brain healing (e) cognitive therapy – difficulty with memory, concentration, and problem-solving abilities can follow a concussion.

Concussion research is continuously evolving, leading to more effective diagnostic tools and treatment strategies. The shift from passive rest to active rehabilitation has emphasized the role of physiotherapy in concussion recovery. With specialized techniques targeting balance, vision, cervical spine health, and cognitive function, physiotherapy plays a crucial role in helping individuals safely return to their daily activities and prevent long-term complications.

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

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BRAGG CREEK TRAILS

VOLUNTEER WITH BRAGG CREEK TRAILS!

Bragg Creek Trails thrives because of incredible volunteers like you! Whether you're building trails, grooming ski tracks, supporting special projects, or lending your expertise behind the scenes, there's a role for everyone. Volunteering with BCT is an opportunity to give back, meet new friends, and be part of a passionate outdoor community.

Get Involved on the Trails

If you love being outside and making a difference, consider these opportunities:

- **Trail Builders** – No experience? No problem! Help build and maintain sustainable trails with a safety orientation and hands-on training. Join for a single day or as often as you like.
- **Trail Crew Leaders** – If you're an experienced trail builder who enjoys mentoring and leading others, apply to become a Trail Crew Leader and help

shape the next generation of trail stewards.

- **Groomers** – Love early mornings and fresh snow? Ski and fat bike groomers keep the trails in top condition. Learn about grooming technology, winter trail maintenance, and get first tracks on the trails you groom!
- **Trail Hosts** – The perfect role for social volunteers! Greet visitors, offer trail recommendations, promote responsible use, and sell BCT swag. Help create an inclusive, welcoming space for all trail users.

Behind-the-Scenes Volunteering

Not a fan of dirt but still want to contribute? You can support Bragg Creek Trails off the trails too!

- **Committee Members** – Dive into fundraising, marketing, environmental stewardship, safety, events, or trail operations. Committees are a great way to learn how BCT operates and get involved in decision-making.
- **Board Members** – Guide the future of BCT by representing the voice of our trail community. If you have a passion for trail access, sustainability, and community engagement, consider joining the Board.

- **Special Projects** – Help bring unique initiatives to life! From new trail builds to infrastructure improvements and wildlife impact studies, your expertise and enthusiasm can make a lasting impact.

There are so many reasons to volunteer with Bragg Creek Trails. It's a great way to give back to the trails you love, meet an incredible community of like-minded people, and gain new skills while making a meaningful contribution. Whether you're out in the forest digging into trail work or helping behind the scenes, every role is essential in keeping our trail system thriving.

Getting involved is easy! Simply email volunteer@braggcreektrails.org with your area of interest. We'll follow up, answer any questions, and make sure you're all set to start your BCT volunteer journey!

Join us and be part of something bigger—because great trails don't build themselves!

Conrad Schiebel (BCT President)

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6:30 - 7 pm
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BRAGG CREEK TRAILS



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1 - 4pm: Ladies Group & Snooker

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1 - 4pm: Snooker

4 - 9pm: Open House/Pub Night

First Wednesday each month

1:15pm Book Club - bring a book to share with the group

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

1:15pm: Exercise Class - 45 minutes
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The foundation for your spring projects starts right now

Winter is a great time to start planning for next year

Did you know planning your spring/summer construction projects of any size can be completed while snow is still on the ground? Getting the legwork of quoting and planning completed now means we can be ready to move on your project before the first grass appears.

Want to get the most enjoyment from your outdoor space during our short summer so you can spend your time not having to do it while the warm weather slips by? Then don't wait until April or May to book Harder for your work, our reply might hit you like a tonne of bricks.



that's how we work

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XC BRAGG CREEK SKI AND BIKE SOCIETY

Over the past month XC Bragg Creek athletes took part in several big race weekends; two Alberta Cups, the annual Fruit Loops Race, and the Western Canadian Ski Championships.

Alberta Cup 4 and 5, hosted in Calgary by the Foothills Nordic Ski Club, was the first event of January that XCBC took by storm! This was a challenging race with minimal snow and narrow winding trails that our athletes would compete with. Our athletes worked hard, and navigated the icy slopes and rolling hills with a high level of proficiency, claiming two podium medals over the weekend and half-a-dozen top 10 finishes.

After a short rest XCBC took off to Grande Prairie for AB Cup 6 and 7. Organized by the Wapiti Nordic Ski Club, this race continued the themes of narrow trails and sharp downhill corners that were introduced in Calgary. Joining forces with Foothills Nordic and Canmore Nordic, XCBC athletes continued to push themselves on the race course bringing home four separate podium finishes and memories with new friends.

On January 24th, over 40 Bunnies and Jackrabbits took part in the annual Fruit

Loops Cross Country Ski Race! Ranging in age from 4 to 12, these kids raced around the course, each doing as many loops as they could in an exciting and friendly competition. The event emphasized fun, fitness, and friendly competition, with everyone giving their best effort. At the finish line, the winners were rewarded with a sweet treat—Fruit Loops—celebrating their hard work and determination. It was a day full of smiles, laughter, and great skiing!

The Western Canadian Ski Championships, hosted in Kimberley, BC, was the next event for XCBC athletes. This is the first year that XCBC has attended a Western Championship, a significant opportunity for our Club Racers, granting them the chance to race alongside Western Canada's best Nordic Skiers. XCBC athletes fought hard though three challenging days of racing, pushing through heavy snowfall, countless sprint heats and screaming downhills, coming out with a number of top 30 finishes!

We are incredibly proud of all the athletes that raced this past month, not just for the great results and podiums, but for the hours of hard work and dedication that each athlete put into their training before stepping out onto the race course.

Athlete Spotlights from Coach Josh:

This month I would like to introduce 2 athletes to highlight, both share a high level of dedication to skiing, consistently showing up to practices with an eager

mentality to learn and improve, always asking questions, I would like to introduce Owen Kary and Avery Balbinada!

One of XCBC's up and coming U16 boys Owen is more than just a skier, he takes pride in his photography as well as competing in Ski-mo. Throughout the season Owen has worked hard to improve his technique and fundamental ski skills, work that has developed into multiple podiums during January's AB Cups. Always available to help a team mate, or to tell a good joke, I am stoked to have Owen as part of the XCBC crew.

Avery B, XCBC's sole U18 boy is an accomplished skier, having competed not only in Alberta and BC but across the globe during the Youth Olympics. This season Avery continues to push himself at each AB Cup and loppet he attends, attacking each race with a high level of technical proficiency and strategic knowledge. During training Avery shows consistent focus for each task he takes on, never settling for his current best. Outside of the ski world Avery has been accepted into the University of Calgary for a degree in Political Science, an accomplishment that everyone at XCBC is excited about!

As a coach I am consistently amazed at all the great athletes I am fortunate to have within XCBC. Each one makes up an important part of the team fabric, and I am proud to share that fabric with Avery and Owen.



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BEFORE



AFTER



BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Chamber President Reports: Tourism Summit Serves Up Food for Thought (And Pretty Decent Chicken)

As your Chamber of Commerce President, I recently braved Edmonton's February charm to attend the Tourism Industry Association of Alberta (TIAA) Summit. Between battles with drifting snow and ice on the QE 2, I gathered some valuable insights that could help enhance Bragg Creek's tourism future.

Your Chamber at Work

The Chamber's presence at these provincial gatherings is crucial - someone has to ask the awkward questions about how small communities like ours fit into Alberta's grand tourism schemes. The province has ambitions to double tourism revenue by 2035, and the push to spread tourism beyond the usual suspects (sorry, Banff) has put communities like Bragg Creek squarely in the spotlight. We are attracting more notice than you might think, so it is important to harness this on our own terms.

Emergency Preparedness: Not Just Another Buzzword

At a reception I had the opportunity to chat with one of Jasper's town Councillors about their harrowing experience with forest fires this past summer. They managed to evacuate 20,000 people in five hours and he credited that achievement to years of joint planning involving 3 levels of government. It was a sobering reminder that being prepared isn't just good business, it's essential business. Like Jasper, we have multiple government jurisdictions in a very tight area. A fire could quickly move

across the boundaries of provincial crown land, Rockyview, Foothills and Tsuut'ina without a care to who is responsible. Your Chamber is taking notes on their multi-level planning approach, because when it comes to emergency preparedness, copying someone else's homework is actually encouraged.

Economic Insights

ATB has a knack for hiring economists who are also great speakers. Chief Economist Mark Parsons painted an interesting picture of Alberta's economy. Thanks to our unpredictable neighbour, the global economic uncertainty index is at an all-time high, and predictions made at breakfast seem quaintly dated by lunch. The good news? Interest rates will likely continue to decline in Canada, and tourism is one sector of the economy that should fare well in a trade war.

The Numbers Game

TIAA CEO Darren Reader shared some interesting statistics: government support to the tourism sector equates to \$3,100 per job, compared to \$7200 for energy and an eye-popping \$21,400 per job for the agriculture sector. Housing is the elephant in every room, and affects tourism employees even more than most. The ratio of housing costs to income for tourism employees is 13:1, compared to 7:1 for the general economy. Some of that distortion is caused by wages that are typically below the provincial average, and the rest because the housing market in tourism centres is particularly expensive. Figuring out solutions to staff housing is one of the Chambers priorities.

The AI Revolution (Or: How I Learned to Stop Worrying and Love the Bots)

Christopher Penn from Trust Insights convinced me that AI isn't just for generating questionable art and frustrating chatbot conversations. He likened AI to having the smartest, hardest working, and

most forgetful intern working for you. It's great at many tasks, but don't let any of its creations leave the office without being vetted by senior management's (human) eyes. If you are reading this and are thinking to yourself "that doesn't sound like Neil's normal tone", it's because I wrote this with the help of AI tools. AI offers bold new communication opportunities to people like me who are both lazy and talentless.

Business Tourism:

The Suit and Tie Opportunity

A key revelation was that 40% of tourism dollars come from business travel. Given our proximity to Calgary and Kananaskis, your Chamber sees an opportunity to position Bragg Creek as the perfect "escape the conference" destination. Conferences tend to be booked 2 or more years in advance and a large part of Tourism Calgary's efforts are expended attracting business travellers. As a day-trip destination between Calgary and outdoor recreation opportunities we're well positioned to share in this market. On the subject of conferences, the G7 will be meeting in Kananaskis 10-18 June, placing much of Highway 40 off-limits to travellers. There lies an opportunity to attract people who might have gone to Kananaskis Village.

Music to Our Ears

One presentation emphasized how music tourism ranges from Taylor Swift-scale events to local buskers performing at farmers' markets. While we probably won't be hosting the next Eras Tour (never say never), Bragg Creek's music scene is an asset we can amplify. Over the past 3 decades Bragg Creek has hosted many movies and celebrities. None of these connections are celebrated with plaques or signage. Other towns and cities have made much ado of their connections to beloved singers, actors and cultural touchstones, and we should think about recognizing ours.

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Looking Forward

I came away from the summit energized and optimistic, with several ideas to work with:

- Leveraging the upcoming G7 summit to grow awareness of our area
- Working on creative housing and transportation solutions for our hospitality workforce
- Enhancing our digital presence (without becoming overly dependent on our AI overlords)
- Developing and showcasing our connection to music and arts
- Building connections with regional partners like Cochrane Tourism and Travel Alberta

The Bottom Line

The Chamber's participation in events like the TIAA Summit ensures Bragg Creek's voice is heard in provincial tourism discussions. While we may be smaller than some tourism destinations, we're perfectly positioned to benefit from current trends toward authentic, experience-based tourism. Visitors are seeking places where you can get great coffee with a side of deer watching.

The conference also provided valuable face-time with representatives from Cochrane Tourism and Travel Alberta. The ideas and insights garnered from outsiders is vital, as is communicating our concerns and priorities to them.

Your Chamber of Commerce is committed to supporting our tourism sector while preserving the unique character of our small community.

W: visitbraggcreek.com/bragg-creek-chamber
E: Office@braggcreekchamber.com
On behalf of your Bragg Creek & Area Chamber team.



"I can be a little purrsnickety with so many choices."

Meow. It's lip-smacking time again.

This year's Taste of Bragg Creek takes place on Friday, April 25th from 5pm to 9pm. Participating Bragg Creek & Area restaurateurs and liquor merchants will feature their culinary skills and products for folks from near and far. You'll enjoy a walkable format so you can also experience local retailers who will showcase their wares. Bring the whole pride and make it a Bragg Creek date.

This event raises funds for the Bragg Creek Foundation.

Calling all vendors!

The date is set, now all we need is you. It's that time again to register to be part of the magic that happens in Bragg Creek once a year. The committee is working hard behind the scenes to set the stage for another amazing event and if you'd like to participate please visit our website for info and registration forms.

tasteofbraggcreek.ca

[facebook.com/tasteofbragg](https://www.facebook.com/tasteofbragg) @ [@tasteofbraggcreek](https://www.instagram.com/tasteofbraggcreek)

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AT THE BAVARIAN INN



BRAGG CREEK PERFORMING ARTS PRESENTS:

An East-Coast Romp with Sister-Duo Cassie & Maggie

Prepare for a memorable evening of live music and fine dining as the Bragg Creek Performing Arts Society proudly presents the Celtic contemporary Sister-Duo of Cassie & Maggie, in a special dinner concert.

Taking their musical cue from some of eastern Canada's oldest traditions, this amazing pair bring their own modern flair to our nation's Celtic roots, using innovation and talent to electrify their performance. Switching between English and Gaelic, blending instrumental arrangements and percussive step dance, they have enchanted and thrilled audiences worldwide.

"Cassie and Maggie... What an unbelievably gifted duo, the train is just gathering steam and leaving the station on these new stars. It is going to be a glorious journey, and it is already well-begun" - Live Ireland Radio - Dublin, IR.

Hailing from Nova Scotia with longstanding family roots, this promising duo has turned heads worldwide. They have been recognized as Galaxie Radio Rising Star award winners, have 17 Canadian Folk Music, East Coast Music and Music Nova Scotia awards, and Album of the Year by NPR's Celtic Connection.

Event Details:

Date: Sunday, March 16, 2025

Time: Doors open at 6 PM, dinner at 7 PM, concert at 8 PM

Location: Bragg Creek Snowbirds Chalet, 19 Balsam Avenue, Bragg Creek, Alberta, T0L 0K0

Tickets: Available at bcpa.ca or via Ticketpro (1-888-655-9090). General admission: \$75 or reserve a table of eight for \$600.

Indulge in a three-course seafood styled dinner catered by Bragg's Korner Kitchen. Clint Docken of Bragg Creek Performing Arts says, "Nothing accompanies Celtic music better than a good seafood dinner!"

SUN
16
MAR
2025

Nova Scotian sisters Cassie & Maggie are among the top musical acts in demand on the Irish/American/Canadian scene. Join us for a fabulous evening with this folk music duo.

DINNER CONCERT WITH
CASSIE & MAGGIE

DOORS 6:00	DINNER 7:00	CONCERT 8 PM	TICKETS \$75	BRAGG CREEK SNOWBIRDS CHALET 19 Balsam Ave, Bragg Creek AB
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For tickets visit braggcreekperformingarts.com or call Ticketpro 1 888 655 9090.

About Bragg Creek Performing Arts Society:

Bragg Creek Performing Arts is committed to delivering live concerts that captivate and inspire. Our future performances and shows are on our website, bcpa.ca. Our next season begins with the acclaimed roots songwriters John Wort Hannam and T. Buckley, known as "Woodshed". Join us on September 19, 2025.

Bragg Creek Performing Arts is run entirely by volunteers and is a registered not-for-profit charity. For more information, contact us at info@braggcreekperformingarts.com. Come celebrate live music with us!





SWAMP DONKEY MUSICAL THEATRE

Swamp Donkey Musical Theatre Society is a not for profit society based in Bragg Creek. Our mission is to provide musical theatre education and performance opportunities to foster skill development and build community.

Since our inception in 2018, our society has succeeded in:

- building our own black box theatre that hosts all our musical theatre productions as well as fitness classes, recitals for local schools and music teachers, and other musical performances;
- producing 24 full scale musicals, including 12 youth musicals, and a number of musical theatre workshops and events; and
- participating in numerous community events including Bragg Creek Days, the Cochrane Labour Day Parade, Winter in the Woods, The Spirit of Christmas, the Airdrie Rotary Festival of Performing Arts, and Banded Peak School theatre workshops.

Over the course of 7 seasons, 439 cast members have graced our stage, singing 440 songs, with the help of 237 production team members backstage! All these individuals are volunteers and come from Bragg Creek, Redwood Meadows, Priddis, Diamond Valley, Cochrane, Calgary, and as far away as Canmore, Airdrie, Olds, and Chestermere!

Musical theatre is not a cheap endeavour. Did you know the average musical theatre licence costs approximately \$5,000?!

On Saturday, March 8, 2025, we are holding Broadway in Bragg, a fundraising event that will feature live musical theatre performances, a silent auction, and food from the Bav Tav, a local Bragg Creek restaurant. This event will help us to continue creating amazing musical theatre performance and educational opportunities in Bragg Creek.

SWAMP DONKEY
MUSICAL THEATRE PRESENTS:

BROADWAY

IN BRAGG

A MUSICAL THEATRE FUNDRAISER

7PM SATURDAY MARCH 8

LIVE MUSICAL THEATRE PERFORMANCES SILENT AUCTION FOOD FROM BAV+TAV

TICKETS \$75 LIMITED SEATING

TICKETS AND INFORMATION
SWAMPDONKEYTHEATRE.CA

Tickets for the event are available on our website at www.swampdonkeytheatre.ca.

We are seeking donations for the silent auction. Please contact us at swampdonkeytheatre@gmail.com if you are interested in making a donation.

To learn more about the Swamp Donkey Musical Theatre Society and our impact, or to read more about our upcoming productions, please visit www.swampdonkeytheatre.ca.

*Trisha Gizen
Founder & President
Swamp Donkey Musical Theatre Society*





THE LITTLE SCHOOLHOUSE

Happy March! We are excited to celebrate this month by exploring the colours of the rainbow. All our students will have the opportunity to learn about this topic through songs, rhymes, art, and STEM activities as we investigate creating and identifying different colors and shades.

Our classes will also focus on community, gaining a deeper understanding of how we, along with those in our community, contribute to the growth and well-being of where we live. Our kindergarten students will have the chance to tour local businesses and see firsthand how they serve and support our community.

At The Little Schoolhouse, we feel fortunate to learn, live, and play within a supportive community and the beautiful Treaty 7 lands. We are honored to learn from the Elders in our community about the past and present, and to gain a greater understanding of the importance of respecting the land, nature, and kindness to all.

Registration for the 2025-26 school year is currently open for our Preschool and Kindergarten classes. We would love to welcome you into our special community of families. For more information, please visit our website at www.thelittleschoolhouse.ca.

Wishing you all a happy and healthy month!

Ms. Shelley and The Little Schoolhouse team



REDWOOD MEADOWS EMERGENCY SERVICES

There are an estimated 3,200 fire departments in Canada, approximately 80% of these are staffed by volunteer firefighters. As a volunteer-driven organization, Redwood Meadows Emergency Services (RMES) responded to 458 calls for help last year.

Every year, Canadian firefighters are injured or killed in the line of duty. This month, we're giving some tips to protect your volunteer firefighters as we do our work.

SLOW DOWN. AND THEN SLOW

DOWN SOME MORE: One of the most dangerous parts of our job is doing traffic management at motor vehicle incidents. When you see emergency vehicles on the highway, slow down well in advance. The slower the better when we have team members on slippery highways and focused on quickly grabbing equipment from trucks! Resume speed only when you are well clear. Treat every firefighter you see working on the highway as a family

member, neighbour or friend – because we are all of these to someone in the community.

FOLLOW FIRST RESPONDER

DIRECTIONS: Follow the directions of the first responders. Don't stop to take pictures (we aren't that good looking!) and don't ignore their instructions because you feel they're meant for vehicles and you're riding a bicycle or walking.

MOVE OUT OF THE WAY –

IT'S THE LAW: When you see the big red trucks heading to someone else's emergency with lights flashing, pull over to the right side of the road and STOP, until the emergency vehicle passes. Once the truck passes, check your mirrors to ensure more emergency vehicles aren't following before resuming speed.

KEEP YOUR DRIVEWAYS AND PATHS CLEARED OF SNOW AND

ICE: Sliding is fun on sleds and skates in the winter, but not down snowy driveways in firetrucks or while carrying emergency gear. If you know of a neighbor with mobility issues, be a snow angel and help them keep their paths and hydrant access points clear of snow and ice.

Until next month, stay safe!



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WELL OWNERS



ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

<i>Equipment/ System</i>	<i>Maintenance Required</i>	<i>Recommended Frequency</i>	<i>Risks/Results if Neglected</i>
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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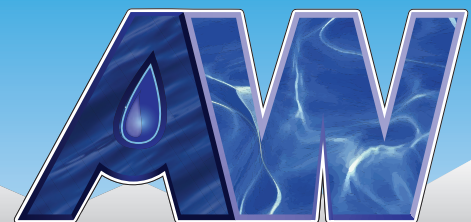
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That Extra 2.7 Minutes

Ever wondered how much you actually achieve by speeding? Or maybe what the trade-off is between speed and risk? I found a "Fact Sheet" put out by the Institute for Road Safety Research in the Netherlands (Search the web if you want to read the whole paper – 5 pages. I think the version I've quoted from is an English translation so the grammar and punctuation in any quotes I've inserted may seem unusual.) Most of the contents of this article are taken from the fact sheet. As it turns out for rural drivers, the consequences are more significant than for urban drivers.

The fact sheet analyzed the relationship between speed and crashes drawing upon numerous studies done around the world. The Conclusion states "in general the relationship is very clear: the higher the speed, the greater the probability of a crash. At the same percentage increase in speed, the crash rate on rural roads increases more than the crash rate on urban roads. The crash rate is also higher for an individual vehicle that drives at a higher speed than the other traffic on that road."

That may seem like a "Duh" statement, but why exactly is that? Specifically, "Higher driving speeds provide less time to process information and to act on it, and the braking distance is longer. Higher driving speeds also lead to higher collision speeds and thus to severer injury. This is a law of physics that involves the quantity of kinetic energy that is converted in an instant into heat and matter distortion." You may be able to escape traffic law enforcement, but you cannot escape the laws of physics or probabilities.

Given these consequences, let's look at what a typical drive/commute is for rural drivers.

Let's assume a 50 km drive. Driving at 110 km/h vs 100 km/h will save you a total of 2.7 minutes. That number may not be actually achievable as there are always factors that don't allow you to maintain your speed such as "getting boxed in". If you are driving at 105 km/h, the time

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saved is 1.35 minutes. Ask yourself a question: What is it you are going to do with that extra 1.35 – 2.7 minutes? Only you can answer that. I'm just trying to give you the information to make your own risk/reward decision.

"The second pillar of the relation between speed and safety concerns is the risk of a crash. Irrespective of the research method used, practically all of the studies concluded that ... the crash rate increases more rapidly when the speed increases."

Now you might be saying, but I travel rural roads, they are made for faster speeds. Well maybe, but "there is a distinction between urban and rural roads. The effect of an increase in speed on rural roads is relatively greater than the effect on urban roads."

Some will say, yeah, but it's the slow drivers that are the problem. And it is true that "the differences in speed between vehicles also has an effect on the crash rate. The studies mostly conclude that roads with a large speed variance are less safe." However, "They still indicate that vehicles that drive faster than average on the road have a higher crash rate; vehicles that drive slower, however were found not to have an increased risk."

Here are some local statistics for Foothills County as taken from the Foothills Enforcement Services Traffic Safety Plan. The latest full year statistics (2023) show there were 1101 Total Collisions in the county. Of those there were 8 Fatal Collisions, 179 Injury Collisions, and "Other" Collisions 914. That's about 2.5 collisions per day. (I have some doubts about the "Other" Collision number as it was only 570 in 2022). To give a bit broader perspective, full year total collisions in 2022 were 689 – still a high number of 1.9 collisions per day.

There are three main traffic enforcement bodies in Foothills County. As a general rule, the RCMP patrol the main highways, Alberta Sheriffs rural highways, Foothills County Enforcement Services (Peace Officers) more local roads. Each of these bodies however can issue traffic tickets on any of the 2000+ kms of highways and roads within the county. To be clear, speeding tickets are issued to save lives and injuries, not whatever else you may think they are for.

"Living Life in the Fast Lane" does have its consequences.

Dave Schroeder - HCRCWA Board Member



PRIDDIS COMMUNITY

As the hockey season comes to a close, we wanted to take a moment to thank all of the wonderful volunteers who made this winter such a success. Every part of this organization is run by volunteers, from the managers and coaches, to the score keepers and equipment organizers and so many more. We would be remiss to not mention the many hours that our ice crew has put in over the season, spearheaded by Ice Captain Tristan Beddoe. The dedication of this crew not only allowed the Panthers to have a successful season, but it meant that our community could enjoy pristine ice on our beautiful rink every day of the week. Last, but certainly not least, we would like to thank our Priddis Panthers Coordinator Jeff Young. Being the hockey coordinator is a huge job and we are so appreciative that Jeff stepped up to take on this role.

Exciting News!

We are thrilled to announce that we are planning a Vendor Market in conjunction with this year's Stampede Breakfast. We are looking for local vendors with hand made and home baked goods to join us. Each year our Stampede Breakfast sees attendance numbers around 600, so it is sure to be a busy day. Details:

Sunday July 6, 2025

8am-Noon
Priddis Community Rink (outside)
10' space
Bring your own table/chair/tent \$50

Please email priddismarkets@gmail.com for more information or to register

Looking ahead, we have many popular programs continuing in March including:

Playgroup- Wednesday mornings from 10-noon in the Preschool room. This is a drop in, parented program for PCA Members.

Indoor Pickleball- We will be keeping the indoor court open through to the end of March for PCA members. Secure your spot here:



Yoga- The next session of our popular yoga program runs from March 17-April 17. Classes take place on Monday and Thursday evenings from 7:30-8:30pm at the Priddis

hall. Email the instructor to register- loricwbffpro@gmail.com

We also hope that you will save the date for these upcoming community events:

May 10- Annual Garage Sale

June 21- Community Pickleball Tournament

July 6- Stampede Breakfast and Local Vendor Market

We are excited to debut our beautiful new website and hope that you will check it out. www.priddisalberta.com. Be sure to also follow us on Facebook and Instagram to keep up with everything that is happening in our vibrant little hamlet.

~Priddis Community Association Board

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SQUARE BUTTE COMMUNITY

The Square Butte Community Association was proud to partner with the Millarville Sports Association for the Comedy Date Night Fundraiser on February 14th.

The event was a tremendous success. Supporting local community events is one of the things we like to do. Here's what is happening at Square Butte Hall in March:

March 8th - Leanne Lightfoot Album Release 'Sill Knowing'

Come on out to experience a magical evening with Leanne's soulful, original music. Doors open at 6:45pm. The entertainment kicks off at 7:30pm with an opening act (TBD), followed by Leanne Lightfoot, Jamie Newsom and Jim McLennan, sharing songs and stories from Leanne's latest album Still Knowing. Tickets are available on [eventbrite.ca](https://www.eventbrite.ca)

March 22nd - Dance with Alicyn Campbell & Band

Doors open at 7pm. Come dance the night away to a very talented local singer & songwriter. Dance is 14+. Tickets are available at www.squarebuttehall.com

Would you like to get plugged into your community? Take advantage of our community membership to get involved and stay informed, plus it gives you the added benefit of discounts on event tickets and rentals.

www.squarebuttehall.com/buytickets

Square Butte Community Association



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm.

The meetings are held at the Millarville Anglican Church House on Hwy 549 East.

Tuesday March 11, 2025 meeting will feature Patty Webb. She will be speaking on the History of flower arranging.

There is no one better to give this talk. She is a wealth of knowledge!

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. 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.

Hort Grant Article

The Millarville Horticultural Club is offering a Creative Landscape Grant in 2025.

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, 2025. 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?

Our seed library is back! Bring in any leftover seeds you have and look through our selection to see if there is something that you would enjoy planting this Spring.

Classes

There will be an author presentation by Rob McWilliams on May 1st. Keep posted for further details.

Would you?

Stop by the library to check out the art display by Blanca Botero. We are honored to showcase the work of this acclaimed Foothills artist.

Need a Read?

"KATIE THE CATSITTER is a funny, adventurous book. It mixes together humor, excitement, animals and more. There is a lot of cats and Katie the main character gets the job of caring for them. Through a series of events Katie learns secrets, navigates friendship, cares for the cats and more. This book is very good, and I would recommend it to kids from grade 3 to 6, especially if they like cats!"

Ella, Grade 6, Millarville

BENEATH THE ARCH CONCERT SERIES

CARA LUFT AND FRIENDS

SATURDAY, March 29, 2025

Concert at 7:30 pm ~ Doors Open: 7:00 pm

Adult: \$30 / \$35 at the door

Child (6-12) \$12 / Kids under 6yrs - Free

Flare & Derrick Community Hall, Diamond Valley

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SHEEP RIVER LIBRARY

Over 46,000 Albertans are living with dementia; almost 1% of the total population. By 2043, if the trend continues, this will increase to 225,000 Albertans, almost 3.5% of the population. These statistics make the issue of memory and memory loss a hot topic. To provide local residents with information and education on this subject, Sheep River Library in Diamond Valley is hosting a series of six talks by Jennifer Mallamo of Brain Health Catalyst to take place from March 4 - April 8 at 1:00 pm. These Tuesday afternoon talks deal with many aspects of memory and brain health. Jennifer will provide an overview of the workings of the brain. This will be followed by discussing memory loss and progression to dementia. Other sessions will deal with modifiable risk factors such as inflammation and managing blood sugar, nutrition and digestion, detoxification and intentional supplementation. The final talk deal with supporting those with memory challenges and engagement strategies. Dates for

specific topics and online sign up can be found at sheepriverlibrary.ca/News.

Have you ever watched a movie and thought that can't be right? So have we. To have our curiosity satisfied, we have recruited several experts to let you know if our/your gut feeling was correct in a series we have entitled Hollywood Got It Wrong.

Each speaker has been asked to use their professional experience and knowledge to let us know:

- what the film makers got wrong
- what they got almost right
- what (if anything) they got right

Some speakers will also add some food for thought about the topics the movie has directly or indirectly covered. The series begins on March 8 with retired Anglican Minister Andy Lees taking on The Da Vinci Code. On March 15 retired Detective David Sweet will talk about Bon Cop, Bad Cop. Jason Donev, a tenured University of Calgary physicist will talk about Oppenheimer on March 22. Classical Mythology and History professor, Amber Porter will unpack problems with Hercules on March 29. The series wraps up in April with geologist, Brandon Karchewski vs. San Andreas (April 12) and nursing

professor, Kerri Alderson vs. One Flew Over the Cuckoo's Nest (April 26). All talks begin at 3:00. Three of our speakers will be staying after their talk to share about employment opportunities in their fields: Professor Amber Porter will discuss careers in classical history and mythology (March 29); Professor Brandon Karchewski will provide information about the University of Calgary's Department of Earth, Energy, and Environment and careers in geology and geosciences (April 12); and Professor Kerri Alderson will be available after her talk to discuss Mount Royal University's School of Nursing and Midwifery and careers in these fields.

If you need to re-watch the movie, we will be showing it just before the talk. Start times vary depending on the length of the movie, please check the website for screening times. There will be a brief break between the movie and the talk. Bring your own popcorn and willingness to learn. More information about our chosen professionals is available on the program tab on our website.

Please sign up by phone, in person, or online for both the Your Memory and Hollywood Got It Wrong series.



It's the most wonderful time of the year!

BAR T5 DAYS ARE MARCH 21, 22, 23

Join us for our annual storewide sale, with clearance items including blowout saddle sale, giveaways, and door prizes. See you at the hot dog lunch Saturday 11:30am - 1:30pm

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RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together and explore God together onsite and online (YouTube - @RedDeerLakeUnitedChurch) every Sunday morning at 10:30 am. We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think, located only 5 minutes west of Spruce Meadows!

MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- March 16, Following the service - Affirming Lunch and Learn (Soup Lunch provided)
- March 29, 9 am - Men's Breakfast

Lent / Easter Activities

- March 4 - Mardi Gras Creole Dinner and Mask Making. Registration is required. Visit reddeerlakeuc.com/current-and-upcoming-events to register.
- April 13, 10:30 am - Palm Sunday Service
- April 14-17, 9 am - 2:30 pm (Drop In) A Lenten Holy Week art installation and self-guided walkthrough depicting various artistic representations of Lent and Holy Week. A contemplative activity leading up to Good Friday.
- April 20, 6:15 am - Easter Sunday Sunrise Service followed by a light breakfast
- April 20, 10:30 am - Easter Sunday Worship Service

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Join us as we present Steve Pineo with Horns on March 14 at 7:30 pm and The Travelling Mabels on May 2 at 7:30 pm.

For more information or to purchase tickets, go online at reddeerlakeuc.com/concerts

RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. For more information about booking an event, availability, and pricing, please contact the office at office@reddeerlakeuc.com or (403) 256-3181.

Visit us at www.reddeerlakeuc.com to stay up to date on all our events!



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For more Information visit www.meotaparish.com

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Proclaiming Christ in the Heartland!



DE WINTON COMMUNITY ASSOCIATION

Annual General Meeting

On the evening of Thursday January 23, 2025, 14 community supporters attended our Annual General Meeting at the De Winton Hall. The meeting was short and sweet with time for coffee, treats and catch-up chats after the formal meeting was over.

Some of the highlights over the past year were:

- The winding down of the DCA Preschool and the beginning of Birchwood at the DCA Hall. Birchwood is a Reggio-inspired Preschool which offers expanded hours of operation and additional programming such as summer camps compared to the past. Next year, Birchwood hopes to plan a collaborative holiday community event with the DCA.
- Our Treasurer indicated DCA made a profit for 2024. However, DCA anticipates extraordinary repairs costly to the building will be required this year.
- The DCA received \$70,000 in December 2024 from a casino fundraiser held in

Sept 2024. The casino fundraiser is of great importance for the DCA's cash flow and we would be hard pressed to raise this amount of funding by any other means. Our next casino fundraiser will be held in 4 years.

- DCA continues to host several events and activities this year. Examples are Canada Day Breakfast, Paint and Sip, Members Night Western Dance, Family Halloween Party, Christmas Craft Fair, Dog Scent Classes, and Social Nights.
- We also continue to offer free to members: Bridge, Stretching/Yoga, Coffee Club, Quilting, and De Winton Pony Club.
- The casino fundraiser and rentals are our main sources of income. These funds allow us to maintain the hall and provide activities and events for members.
- Amanda left us at the end of 2024 and Matt, our new Hall Manager, started in December. He is a great addition to the DCA and comes with many skills that will be very beneficial to us.
- We are badly in need of volunteers to organize events such as the Western Dance, Family Halloween Party and Canada Day Breakfast. We are a volunteer organization. Without support, we can't run these events!

- For those wishing to nominate a member for their long-term outstanding contributions to the community and our Turnbull Award, please contact our Facility Manager at 403 938-2525 or dwca@platinum.ca.

Looking Forward in 2025, DCA:

- Is initiating a move of financial institutions.
- Is working on Website re-development.
- Increasing focus on insurance coverage and risk management.
- Must deal with big ticket ongoing items that must be addressed this year; our roof and furnaces (close to 30 years old) and alarm monitoring.
- Continued improvements to policies, practices and governance of DCA.
- Partnership with the Davisburg Community Association in discussing the land jointly owned by the two associations and continued work with the Orphan Well Association.

A special thanks to all of our Volunteers -We are not a Community without your support!

Date Added!

Paint your Pet!

A repeat Performance!
With Russell Thomas from Birdsong Studios

Wed, April 9 7-10pm

Spend a super fun evening with friends painting your favorite 4 legged friend. No drawing talent is required as your canvas comes pre-drawn* with your perfect pet so you are sure to get a work of art that you are proud to say you made yourself!



De Winton Hall
DCA Members \$60, non-members \$75 (+GST)
All supplies included. No experience required
*A Suitable image must be provided to instructor prior to class.

Wine will be available for purchase

Scan to Register

Beginner Sewing Lessons

Instructor: Gerda Honsek

Tuesdays 9AM to 12PM
Feb 25, Mar 4 and Mar 11

OR

Wednesdays 6PM to 9PM
Feb 26, March 5 and March 12

This is a beginner sewing class where participants will learn the basics and will complete 3 projects - a muslin bag, a tote bag with a pocket and a reading pillow with 2 pockets

Students must bring their own sewing machine

Includes 9 hours of instructions, patterns for 3 projects and fabric for first project

\$50/ member or \$60/ non member (+GST)



For more information, photos of the projects, or to register contact the hall at dwca@platinum.ca or call 403-938-2525

Class Limited to 4 students

www.dewintonca.com/events



LONGVIEW LIBRARY

Freedom to Read Week, February 23 to March 1 is a time to reflect and to be thankful that we in Canada are able to read what we want to. But we must be alert, knowledgeable and proactive to keep it this way. Books are not often banned in Canada, but some are challenged, as well as programs, room usage, displays and computer access.

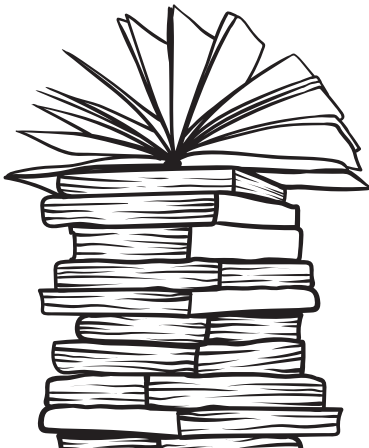
The CBC's, The Fifth Estate has uncovered a very frightening War ON Books in a small rural town in Alberta. Its council has defunded its library, claiming that the books and the programs it offers are harmful to the community. One of these programs is the GSA (Gay Straight Alliance). It provides a safe place for the youth to meet and find support that many do not get at home. Many libraries have support groups for seniors and reading programs for preschool children.

We must protect our libraries and be proactive about the safety of our children. They, as we, must have the right to read. Libraries are more than just books. They are very special places that enrich a community in wonderful ways.

Lynda, our librarian, has a display of books that are challenged, which she will dismantle after the week is over. Books are not often banned in Canada, but there are starting to be more. Many are challenged and taken off the shelves, Challenged means there is an intent to ban them.

One of the books being challenged is the HOLY Bible. The reason for the censorship, "Offensive language".

Sylvia Binkley - sliv@telus.net



HELLO DIAMOND VALLEY

Hello, Diamond Valley. Brrrrrr it was a very cold February, at least the first few weeks. I always feel bad for people that work outdoors, and am pretty grateful that I'm not one of them. Hopefully that's the end of the really cold weather, we shall see what happens.

You could retire if you get the lucky ticket on STARS Lottery. There is 5.4 million up for grabs, and your ticket is someone's else's lifeline. STARS is going on 40 years and has helped thousands of people in need with their helicopters. The final deadline for this year's lottery is March 27, with the draw on March 31. To get your tickets, go to starslottery.ca or call 1-855-STARS-68, and help keep STARS in the sky.

Our local Sheep Creek Arts Council is looking for volunteers for their annual bake sale on June 7, and, also, they are looking for a volunteer for their treasurer. SCAC's annual General Meeting is on March 3 at 1:00, they are located on Sunset Boulevard in Turner Valley. March's showcase is "My Favorite Color", where members can show art that highlights the color they love the most. For a full list of classes and programs that the SCAC offers, go to sheepcreekarts.ca or drop by. They have some new drop-in classes as well if you don't want to make the full commitment.

The Valley Neighbours Club is right beside the SCAC and they offer a full roster of classes and programs as well, for a very reasonable yearly membership fee. Floor curling has resumed and is quite a fun game and a way to get a little exercise as well. They also host Bingo, Mexican Train, Bridge, Canasta, Social and Line Dancing, Exercise, Euchre, Wizard, and more, and also host dinners and special event throughout the year. For more information, drop by or visit valleyneighboursclub.com.

Down the street from these two organizations is our Turner Valley Legion. March 1 they will be hosting a Bluegrass Picker's Jam at 2pm. Sundays are Sunday Fun Days for the whole family with a jam, games and pool, snacks, and more. They will be holding a Senior's Dinner on March 31 at 5pm, please call to reserve. And they always hold a very fun St. Patrick's Day

Party, this year St. Pat's falls on a Monday, when they are closed, so keep an eye on their Facebook page to find out when this party will be held.

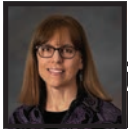
Sheep River Library is putting on some interesting and fun programs this March. For ages 5-9 years, March of the Penguins is a fun arts and crafts morning with the theme of penguins. This class runs March 15 from 10-12. And on March 13 from 1-3 they are hosting Cyber Security for Seniors. This is a course on how to stay safe online, recognize scams and protect your information. Many more courses for all ages and interests are offered at the Library, for full details or to sign up pop by on Main Street in Turner Valley or visit their website.

I've been reading about the history of our area some more and am sure enjoying learning about how life was back in the day of the Oilfields Boom. The first hospital in the area was in operation in 1928 at the home of nurse Rose Ellen LaRosee on Frontenac Avenue in Turner Valley. Shortly afterwards, the original Turner Valley Hospital was located at 1205 Okalta Rd SW, right by the river. The 1 ½ story wood frame structure contained the original circa 1930 cookhouse with several wings constructed in the mid-40's. Doctors Harry and Dave Lander served this hospital faithfully for many years. In 1952, when oilfield activity started to slow in the area, the Turner Valley Hospital became known as Turner Valley Municipal Hospital and a staff residence and east extension was added in 1961. Our Oilfields Hospital in Black Diamond today was built in 1980. Today the old Turner Valley Hospital is home to Youth With A Mission, a not for profit organization.

220 Main Street in Turner Valley was the business of Solloway Mills Company. This 1 ½ story wood frame building on the west side of Main Street wasn't a Mill which I originally presumed, it was a stock brokerage and investment business. The history of Solloway Mills stems from the second oil and gas boom that occurred in Turner Valley in 1924. Today 220 Main Street is home to the Diamond Valley Tropicals, where you can pick up amazing tropical flowers and plants.

More to come next issue, have a great rest month of March and stay warm.

Elaine Wansleben



COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

2025 Events – Please mark these dates in your calendar! As mentioned in my February article, I am working with County departments and community groups to offer some informative events in 2025, which I hope you can attend. Please mark these three dates, below, in your calendar as planning continues. A few more details are added to the event summaries, below.

High Country Rural Crime Watch Association (HCRCWA) AGM: Mark your calendar for Thursday, March 13, 2025, 7 pm, at the Priddis Community Hall. The HCRCWA will hold a short AGM, including a recap about the association and elections. Following the AGM, there will be a presentation + Q&A session with our local Diamond Valley RCMP Detachment representatives, including the Staff Sergeant. Topics of interest to our area will be discussed: more police visibility, road safety, rural patrols, speeding enforcement, police body-worn cameras, recent stats, cyclist and “share the road” issues. Bring your questions along and join in the conversation.

Wildlife Co-existence Workshop: Mark your calendar for Tuesday, April 8, 2025, 7 pm, at the Priddis Community Hall. Foothills County and Alberta Environment departments are collaborating to provide presenters and are teaming up with local community associations and HCRCWA to host this Wildlife Coexistence Workshop.

We are planning to include these topics: introduction to our Agricultural Services Department, wildlife species awareness, conflict-reduction strategies, carnivores, managing the local Elk situation, recognizing invasive species, and Q&A with presenters. More in my next HCN article.

Chainsaw and Tree Safety Workshop: Mark your calendar for Tuesday, May 6, 2025, 7 pm, at the Priddis Community Hall. Foothills County will be connecting us with an accredited instructor so we can learn some safety tips on dealing with our west country treed properties. Again, this event will be a collaboration of guest presenters, County departments and community groups. Whether its seasonal clean-up, clearing a treed area, pushing back the tree growth to FireSmart around buildings, or responding to the dead-fall of a windstorm, tree management is required every year. We hope to include these topics: awareness about safe chainsaw use, understanding tree dynamics, how to approach a clean-up, where to take accredited chainsaw training, and Q&A with presenters. The focus of our meeting will be educational presentations and discussions with residents, along with introductions to our Agricultural Services Department and some local area tree-services contractors. Tools will not be used by residents. More in my next HCN article.

Be on the look out: In mid-February, the Hawk’s Landing Community experienced vandalism of two entry signs, which stated “Hawk’s Landing At Priddis Greens”. Parts of the community signs were removed and taken. If you know anything about the whereabouts of the missing metal pieces, with the words “At Priddis Greens”, please call the RCMP complaints line: 403.933.4262.

Policing Study: In 2024, Foothills County was awarded a Police Transition Grant. A request for proposals was advertised to conduct a Public Safety Cost Benefit Analysis for Foothills County. MNP was awarded the contract to carry out the study and report on findings. The final report was presented to Council on February 5, 2025, which you can read in that Agenda. Foothills County faces a changing landscape in its approach to law enforcement and public safety services, including legislative changes, staffing issues, and financial pressures. This report analyzed various law enforcement resource options and service models, primarily comparing the existing RCMP service model with alternatives, including the expansion of the Community Peace Officers’ authorities and contracting services from the Alberta Sheriffs. The report highlighted public safety topics and service delivery analysis of legislation, operations, management and finances. Lastly, concluding next step options were stated: maintain status quo, expand authorities of the Community Peace Officers, and explore opportunities with Sheriffs. Council acknowledged the report and directed administration to provide the report to the Rural Foothills Policing Committee for discussion. Additionally, Foothills County just learned that enhanced policing options with the RCMP may also be available again. Administration will consult with the RCMP and provide an update on logistics and costs back to Council soon.

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

Visit High Country News online for my previous articles.

With Best Regards, Suzanne

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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

Our hearts go out to the family on Highway 762 who lost their home in a fire a few weeks ago. Thankfully everyone made it out safely. A huge thank you to the volunteer firefighters and firefighters from 3 different locations who made sure the fire did not spread to neighbouring properties.

Foothills Agricultural Services – Equipment Rentals

Did you know that Foothills County rents equipment?

Here is some of the equipment available for rent:

- Agrident RF ID Tag Reader
- Bag Roller (Grain & Silage)
- Cattle Scale
- Hay Probe
- Skunk Traps
- Solar Pump Livestock Watering System
- Trailer Sprayers
- Tree Planter

For more information:
www.foothillscountyab.ca/services/agriculture/agriculture-resources

Millarville Stockland 4-H - Public Speaking

I was honoured again to judge the Millarville Stockland 4-H Public speaking on a frosty Sunday, February 2 at the Millarville Racing and Agricultural Society Hall. The Cleavers, Juniors, Intermediate, and Seniors were all unbelievably entertaining.

In a complete twist of the norm, the Cleavers, who are usually better at the Prepared speeches and are very young,

blew us away with the Impromptu speeches. They were given a topic and off the top of their heads, delivered the most incredible, hilarious speeches of the day. Thank you for the invite.

For more information about the Millarville Stockland 4-H:
www.millarvillestockland4h.com

Kids Only Shoppe

KOS is in need of the following items:

- Small ornaments or figurines for snow globes
- Large pieces of polar fleece
- Fabric for men's aprons – denim, heavy cotton, men themed patterns for cut out and appliqué
- Christmas bags - all sizes for putting the wrapped gifts in

Please drop items off at the Millarville Racetrack office during office hours.

For more information:
millarvilleracetrack.com/christmas-market

Square Butte Community Association

Something is always happening at the Square Butte Hall.

Check out the Square Butte Community Association Facebook page for fun events to sign up for:
www.facebook.com/SquareButteHall

Or check out their website:
squarebuttehall.com

Leighton Art Centre

Here are just a few upcoming events:

1. Backyard Wilderness: Burrows & Bungalows by Leila Armstrong February 1 to April 6
The works in this exhibition find their origins in Leila's interest in the nature/cultural divide.
2. 2025 Summer Camp, Week 1: Wild at Heart! July 2 @ 9:30 am to July 4 @ 3:30 pm Get ready for an adventure into Alberta's wild side!
3. Living Curtain by Svea Furguson February 1 to December 21

A site-specific installation in the botanical garden.

4. 23rd Juried Member Exhibition

February 1 to April 6

An annual curated exhibition of LAC member art.

For more information visit their website:
leightoncentre.org

You can also shop online:
shop.leightoncentre.org

Know Your Neighbours - Evening Grosbeaks

You may have seen Evening Grosbeaks in area or even at your bird feeders. They are members of the finch family.

The yellow-bodied, dusky-headed male has an imposing air thanks to his massive bill and fierce eyebrow stripe. The female is more subtly marked, with golden highlights on her soft gray plumage. This declining species is becoming uncommon particularly in the eastern United States.



All About Birds www.allaboutbirds.org/guide/Evening_Grosbeak

Unfortunately, the Evening Grosbeak "has declined 92% since 1970 and is listed as a species of conservation concern." The Finch Research Network (FiRN) is working to change that. For more information on this project:
finchnetwork.org/projects/the-evening-grosbeak-project

The first day of Spring is on Thursday, March 20 this year. I can hardly wait to get my plants into the greenhouse!


Barb Castell

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Memory Cafe

Compassion | Connection | Resources

An opportunity for people with memory loss and their caregivers to meet for mutual support

Griffiths Center
122 Government Road, Black Diamond
1:00 - 2:30 pm
Every Fourth Friday of the month

Contact Jennifer 403 969 6040



DUANE HARDER

Developing the Power of Influence

Last month we started looking at ten possibilities for developing the power of influence. Here is a brief recap of the first five.

1. Look for the gold in the rock.
2. Keep your word.
3. Admit your wrongs.
4. Agree on limits, rules, expectations and consequences of any contractual agreement.
5. Separate a person's value from their performance.

This month let's explore five more steps we can take. These will expand the horizons of your influence and move you from good, to better, to best.

6. **Perform Anonymous Service** — It is one thing to serve when we are assigned a task but quite another to serve an anticipated need without being asked. A servant will focus on the task assigned. Someone with a "servant heart" will focus on a person's need and look for ways that they can enrich, enhance, and expand the success of the one being served. The person who performs anonymous service is saying I am more interested in making you successful than establishing my importance.
7. **Anchor Relationships in Common Ground and Expand your World in the Differences** — In order to do this I need to know the values of the person that I am serving. This involves taking time to get acquainted with the person. What are the company values? What is the mission statement? How could I help the person I am serving be more successful? What strength do I have that will cover their weakness? Differences in values, procedures and worldview can be opportunities for personal growth.
8. **Determine the Legacy You Want to Leave** — Do you want to be remembered as the person with the hammer or the one with the heart. As a person who is loyal, faithful and committed. Or someone who serves his own interests. In the Viet Nam conflict two close friends were together on a mission. The two friends were

separated and the one out front was struck with enemy fire. His friend said to the commander, "I've got to go rescue him." The commander said, "It's no use. He won't survive." The friend insisted and was granted permission to go to his friend. He went, got his friend and headed back. When he arrived back, the friend was dead. The commander said, "I told you there wasn't any use in risking your life." To which the friend replied, "When I got there, he was still alive and he said to me, 'I knew you would come.'" Here is a man who would leave a legacy of loyalty, faithfulness, and commitment.

9. **Reward Open, Honest Expressions and Questions** — Too often we punish displays of honesty by upbraiding, judging, belittling, or embarrassing the one who has spoken their mind on a policy, procedure, or way of governance. The fact that people have trusted us with their opinion needs to be emphasized. Why they hold their opinion is more important than the fact that it may disagree with the policy. We honor them most by trying to understand them before we try to correct them. Far too often the child is dismissed because they are a child, and the employee is discredited because they are a "laborer." The words that are expressed can be

a verbal freeway to the mind, heart, imagination or values of the one who has spoken. Don't let "rabbit trails" hinder you from investigating a "freeway of thought."

10. **Live With the Law of Love** — The highest level of love says, "I will seek your good at my expense." Putting it in other words it is the willingness to embrace inconvenience and immaturity because I see the possibility of helping you become a better person. People react when they feel used to "fulfill a vision" or "meet someone's personal need." Love invests in a person because they see the possibility of future development. Lust, envy and greed are looking for an immediate return on their investment.

When I teach this material in a seminar, I suggest that those attending select one or two items from the list as starting points. Then I suggest that they write out steps of action they will take to implement what they have listed.

Information with implementation results in growth. Information without implementation usually results in stagnation. Write out your steps, start climbing, and I'll see you at the top.

Duane Harder

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GET RIPPED by Jari Love

Weight Loss Injections the Truth Behind the Hype

In North America's battle with weight, one solution is dominating headlines—weight loss injections. From Oprah calling it a 'lifesaver' to Elon Musk swearing by its power, celebrities are shedding pounds fast. More than vanity, it's health, confidence, and control. Is this the game-changer we've all been waiting for?

Dr. Peter, MB BS, MD, IAPAM, an expert on the weight loss injections, took the time to break down how GLP-1 medications work, and why they're not just about dropping pounds but about long-term health. In this interview, Dr. Peter answers some of the most common questions about GLP-1 medications.

Q: What are GLP-1 medications, and how do they work for weight loss?

A: GLP-1 (Glucagon-Like Peptide-1) medications mimic a natural hormone in the body that helps control blood sugar, reduce appetite, and slow digestion. This results in eating less and feeling full longer, leading to weight loss.

Q: What is the difference between Ozempic, Wegovy, and Mounjaro?

A:

- Ozempic – Treats type 2 diabetes; often used off-label for weight loss.
- Wegovy – The same medication as Ozempic (semaglutide) but at a higher dose, specifically approved for weight loss.

- Mounjaro – Works on two hormones (GLP-1 and GIP) instead of one, leading to potentially greater weight loss.

Q: What are the top 3 benefits of taking GLP-1 medications like Wegovy?

A:

1. Significant Weight Loss – Wegovy helps regulate appetite and reduce food intake by mimicking the GLP-1 hormone, leading to substantial and sustained weight loss.
2. Improved Metabolic Health – It enhances insulin sensitivity, lowers blood sugar levels, and reduces the risk of type 2 diabetes, making it beneficial for overall metabolic health.
3. Cardiovascular Protection – Studies suggest that GLP-1 medications lower the risk of heart disease by reducing inflammation, improving lipid profiles, and lowering blood pressure.

Q: How much weight can I expect to lose with these medications?

A: Wegovy users lose about 5-10% of their body weight on average. Mounjaro shows even higher weight loss in studies, up to 15-20% over a 12-week period as per Health Canada guidelines.

Q: How soon do you start losing weight after starting the medication?

A: Weight loss is variable as no two individuals see exact results in view of genetics and environmental factors (diet and exercise with motivational support). However, weight loss often begins within the first month, but significant changes are typically seen after 12-16 weeks of consistent use and close monitoring under supervision of a MD trained in weight loss medicine.

Q: What are the common side effects of GLP-1 medications, and are they safe for long-term use?

A: Common side effects: nausea, vomiting, diarrhea, constipation, and bloating. Most side effects are mild and improve over time. Long-term safety: Studies suggest these medications are generally safe, but like everything in life, more research is needed on lifelong maintenance use.

Q: Are there risks of developing serious complications taking any of these medications?

A: Rare risks include pancreatitis, gallstones, and thyroid cancer. Regular checkups and close monitoring with a doctor minimize these risks.

Q: Can I lose weight on GLP-1 medications even with an unhealthy diet?

A: Weight loss is possible but less effective and sustainable without healthy habits and life style changes. It is highly recommended on combining the medication with a healthy diet and exercise maximizes results and maintenance.

Q: Will I plateau, and how can I overcome it if I do?

A: Plateaus are common after significant weight loss. Overcome them by close regular checkups with the MD, tweaking your diet, increasing exercise, and consulting your doctor about dosage adjustments.

Q: What happens if I stop taking the medication, will I regain the weight?

A: Weight regains is likely unless lifestyle changes are sustained.

Q: Can I maintain weight loss by sticking to a low-calorie diet and exercising after stopping?

A: Yes, but it requires consistent effort, close monitoring and planning. Obesity is a

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Peter Idahosa, MD, Mb. BS. IAPAM
 Physician/Weight-loss Injection Specialist, Anti-aging Consultant

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recognized chronic medical condition like hypertension and diabetes.

Q: Are these medications intended for lifelong use?

A: They are often recommended for long-term maintenance use in managing obesity, Type 2 diabetes mellitus and other chronic related health issues, with direct correlation with excess weight gain. Recent studies have shown increase benefits, using these medications, in preventing heart attacks and stroke.

Q: Why do these medications work so well for some people but not others?

A: Differences in genetics, metabolism, and lifestyle influence effectiveness.

Q: What alternatives are available if I can't take GLP-1 medications?

A: Alternatives: Low-calorie diets, exercise programs, other medications (e.g., Contrave, Saxenda), or bariatric surgery. Newer medications are in the horizon as well.

Q: Can these medications be combined with other treatments for even better results?

A: Yes, combining them with behavioral therapy, structured exercise programs, non-invasive fat destruction medical devices and low-calorie meal plans have been shown to enhance outcomes.

GLP-1 medications are a powerful tool for weight loss, but success depends on the right approach. If you're considering GLP-1 therapy, consult with a qualified physician, and pair it with sustainable nutrition, exercise, and muscle-preserving strategies for lasting results.

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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MORTGAGE MATTERS by Candace Perko

CMHC 2025 Housing Market Outlook

Explore the future of Canada's housing market based on the latest trends and indicators on new homes, resales and rentals.

Highlights

- Foreign trade risks and immigration changes add significant uncertainty to the outlook. We expect economic activity to be modest in 2025, picking up in 2026 and 2027.
- Housing starts will slow down from 2025 to 2027 mainly due to fewer condominium apartments being built but total starts will remain above their 10-year average. Rental apartment construction will remain high but may slow in 2027 as demand eases. Ground-oriented homes (detached, semi-detached, row homes) may recover slightly, especially in more affordable options like row houses.

- We expect housing sales and prices to rebound as lower mortgage rates and changes to mortgage rules unlock pent-up demand in the short term. In the longer term, stronger economic fundamentals will support this rebound. The recovery will be uneven, with slower progress in less affordable regions and in the condominium apartment market.
- Rental markets are expected to ease with higher vacancy rates slowing rent growth. Renter affordability will improve gradually, with more noticeable changes happening later in the forecast period.

Housing markets

- Affordability improvements release pent-up housing demand, supported by economic recovery later in the forecast.
- Despite the economic headwinds, we expect housing market activity in Canada to improve. The combination of lower mortgage rates and changes to mortgage rules introduced in 2024 should unlock pent-up demand from homebuyers previously priced out of the market. However, some of these homebuyers may face longer loan terms, higher interest costs over the duration of the loan and larger down payments as prices continue to rise.

- Compared to new homes, we expect resale homes to attract a larger share of renewed demand as they offer more options for financially constrained homebuyers. In addition, the length of new construction projects may limit developers' ability to meet demand quickly.
- Millennials, many of whom are first-time buyers, are currently driving housing demand. As remote work declines, we assume this group will prioritize being closer to jobs, boosting sales recovery in larger urban markets.
- We also expect some repeat homebuyers to return to the market. This will include those looking to upgrade, taking advantage of lower mortgage rates. It also includes homeowners who purchased during the pandemic, facing mortgage renewals between 2025 and 2027. These factors may lead them to rethink their housing needs, driving sales activity.
- Prices will grow faster in 2025, reflecting a recovery and renewed demand for ground-oriented homes, before slowing down in 2026 – 2027.

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- The more affordable Alberta and Quebec markets began recovering in early 2024. Sales in these provinces are expected to reach historically high levels, with prices growing faster than national averages during the first half of the forecast period.

Economy

Canada's economic future faces significant uncertainty due to potential changes in U.S. trade policies and lower immigration levels. Significant uncertainty surrounds the future of U.S. trade tariffs on Canadian exports to the U.S. with the likelihood of Canadian retaliation. This could have a major impact on Canada's economy as early as 2025, including:

- investment uncertainty
- a weaker Canadian dollar
- lower export revenues
- job losses
- higher inflation
- a greater risk of recession

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SELLING YOUR BUSINESS by Bill Stemp

(Sale of Your Shares Versus the Corporation Selling its Assets)

At times we are asked by our clients if we can assist them in the sale of the business. The first question we always ask, is the corporation, assuming they have a corporation, selling its assets or are they, the shareholders selling their shares in the corporation? There is a very large difference between the 2 particularly when it comes to payment of income taxes.

If the corporation sells its assets, the corporation will be subjected to payment of capital gains taxes on the assets. You will need to take the value of the assets upon sale, subtract the initial value of those assets, subject to any adjustments which may have been made over the years that you own to the assets and then the corporation will need to pay capital gains tax based on the increase in value.

One half of that increase in value will be tax-free and you must pay tax on the remaining 50%. The corporation will pay

tax at its usual taxable rate on the 50% of the gain which is taxable.

If you have claimed the maximum capital cost allowance also known as depreciation allowed by the Income Tax Act of Canada, you may have depreciated the book value of the assets down to zero. The assets of course will not be worth the zero but on your books the value may be zero. When you sell the assets you may be subjected to what is called "recaptured depreciation" which means the corporation must pay income tax on all of the recaptured depreciation. For example, let's say you have an asset that cost you \$100,000 and over time you have claimed depreciation or capital cost allowance (CCA) such that on your books that asset has a nil value. Now let's say you sell that asset for 200k. The company must pay income tax on the recaptured capital gains of 100k (from the book value of zero to the original cost of 100k) and then in addition the corporation must pay capital gains tax on one half of the gain between 100k and the current 200K of value for which the asset is being sold.

So in this example the corporation must pay tax on 100k of value and capital gains tax on 50k being one half of the gain in value from the initial cost of 100k to the current value of 200k. Payment of recaptured capital depreciation or

recaptured capital cost allowance is the government's way of taxing you for all of the benefit that you've claimed over the years by claiming the maximum capital cost allowance. You've taken the benefit of claiming the maximum capital cost allowance and now you must pay a large tax bill for having done that. When you sell the business, you as the seller want to minimize the tax payable. This means that you would want the allocation of value as between hard assets and goodwill also known as a soft asset which include the value of your trademarks or patents such that as little value as possible would be allocated to the hard asset and the maximum allocated to the value of your trademarks or patents or other intellectual property. This is because you want to minimize the recaptured capital cost allowance so that you pay minimum income tax on the recaptured capital cost allowance or recaptured depreciation.

For example, if you are selling a building, you as the seller would want the value of the building to be minimized in the value of the land to be maximized. This enables you to claim as little as possible of the gain value on the building so that you're hopefully minimizing the recaptured capital cost allowance on the building. You cannot claim capital cost allowance or depreciation



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on the land component. So you want the gain in value of the property to be allocated as much as possible to the gain value of the land so that you're only paying gains tax on the increase in value of the land and paying as little tax as possible on the building due to recaptured capital cost allowance.

The purchaser of the building of course has the opposite viewpoint and would want the value of the building to be maximized and the value of the land to be minimized. This is so that the buyer can begin to depreciate the building at a higher initial value and claim the maximum capital cost allowance over the number of years that the buyer would own the building. So the allocation of the value as between the land and the building must be negotiated between the buyer and seller. You absolutely want to have a written agreement on this allocation so that Canada Revenue Agency does not decide the allocation in their favor, which they would do by allocating most of the gain as applicable to the building and as little as possible to be applicable to the land.

SALE OF THE SHARES OF YOUR CORPORATION

If you have a corporation it is far preferable for you as the seller to sell your shares of the corporation rather than the corporation selling its assets. Under the Income Tax

Act of Canada, you are allowed a lifetime capital gains exemption of \$1,250,000 applicable to the sale by you of the shares. This can be a huge advantage to you but to take advantage of this you must have a corporation and you must be selling the shares of the corporation rather than the corporation selling its assets. Of course when you sell the shares of the corporation, all of the assets owned by the corporation go to the buyer. You cannot pick and choose which assets go to the buyer and which don't unless you sell some of those assets before the transaction involving the sale of the shares is to occur.

For example, if the corporation owns a number of trademarks and patents, all of the trademarks and patents will go to the buyer when the buyer purchases the shares of the corporation. For this reason we often recommend that the owner of several patents would have several corporations, each corporation owning one patent or trademark so that when you sell the shares of one corporation the ownership of the patent or trademark owned by the corporation will go to the buyer but you will retain the ownership of the other patents or trademarks that you own.

If you own a building and you are operating a business out of the building, you can sell the shares of the business but not sell the


building only if you have 2 corporations, one of which operates the business and one which owns the building. The corporation owning the building would be the landlord and the corporation operating business would be the tenant of that landlord. In this fashion, you can sell the shares of the corporation owning the business but retain the ownership of the building.

Certain conditions apply to the lifetime capital gains exemption which include:

1. 50% of the assets of the company must have been used in the active business of the company for 2 years prior to the sale;
2. 90% of the assets of the company must have been used in the active business of the company at the time of the sale;
3. The company must be a CCPC Canadian - controlled private company meaning the majority of the shares must be held by Canadian residents or citizens.

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PANCAKE DAY by Andrea Kidd

It's time for pancakes again! Pancake Day or Shrove Tuesday is on March 4, 2025. Light and airy, sweet and savoury, raising funds for a worthy cause, enjoyed with friends in the community; I'm looking forward to them!

The first time I had fluffy, puffy pancakes was on board the Empress of England. On board ship, newly married and emigrating from England, we were excited to experience a "real Canadian" dish. The waiter served a stack of buckwheat pancakes, maple syrup dribbling over and down the sides. It was something to "write home about".

We had eaten pancakes before, of course, but not like these.

Once a year, when I was growing up, Mum would say, "It's Shrove Tuesday today. I'm making pancakes."

Mum's pancakes were flat, flat as a pancake you might say; not the puffy, North American kind. This year, on Shrove Tuesday, I'm going to make flat pancakes the way my Mum used to make them, squeeze lemon juice on them, sprinkle them with demarara sugar, roll them up and add a lemon slice. Delicious!

We'll eat pancakes again in July, for Canada's Calgary Stampede Pancake Breakfast. It's a Longview tradition to have a Pancake Breakfast at Stampede time because it coincides with Longview's Little New York Daze. These fluffy pancakes will be served with sausages, strawberries, whipped cream and Aunt Jemima's Syrup. That's delicious, too!

But, Shrove Tuesday has a much longer history than the Calgary Stampede.

The first mention of Shrove Tuesday was around 1,000 AD in Aelfric of Eynsham's Ecclesiastical Institutes.

I imagine children in the Middle Ages asked their mothers, "Why are we making pancakes?"

"Because it's Shrove Tuesday. We must use up all the sugar, eggs milk and butter before Lent."

"What is Lent?"

"It's a time when we do without rich food?"

"Why?"

"To remember that we sin. We tell God we are sorry and we try not to do it again."

And so the whole community demonstrated with pancakes what we say to each other every day: "Sorry!", "My bad!", "I blew it!", "I'm only human!"

We sin, it's true, but I hate that word sin. It's rarely used outside the church and it has nasty connotations for me. It spells "failure", "bad", "hopeless."

Since I don't like the word sin, I decided to find its root and discover its origin. Apparently, it goes way, way back into history, when first writing took place. Genesis was written in Hebrew, probably around 500 BC by Moses, but was an oral tradition long before that, about 5,000 BC. Since Sumerian writing was scratched on tablets 3,500 BC, that makes the word sin one of the oldest in humanity.

So, what did the word sin mean, way back then? It meant "not reaching the goal". I don't always reach my goals. My grandson doesn't either. He tries shoots over and over again to get a basketball in the hoop. Often he gets it in, but not always. He doesn't give up when he misses the goal, and he is certainly not a failure, bad or hopeless. He is patient with himself and

tries again. He shoots up close, under the basket, and then a few paces back, from one side and then the other; even with his back to the basket.

I have goals, too. I have good things that I aim for and sometimes I attain them. At other times I miss; but I still have a goal.

Sinning is "missing the goal", and that is forgivable. Not having the goal is unforgivable. If my grandson had no goal, he would never reach it. As it is, he usually gets the ball through the rim and into the net.

The question is: "What is the goal?"

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength and ... Love your neighbour as yourself"

Well I try, but there are times when I don't even hit the backboard. And that's forgivable. I have a goal and I will keep shooting for the net.

I'll be putting money in the jar on March 4th, 5 - 7 p.m. when the Longview Youth Group serve pancakes in the Longview Village Hall. Their goal is to raise \$300 towards activities for our youngsters. Great goals towards loving our neighbours!

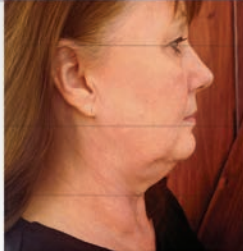

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OUT OF THE RUT Chapter 175

More of those ridiculous cloudless blue skies heading into the month of my birth to celebrate sixty wild years rocking around on this lovely little planet we all call home. Hard to bring it all into perspective. I recall sitting in a classroom in the far reaches of the past, musing on the ancient state I'd be in in the year 2025. And lo, it has come to pass! There are many who probably expected I'd have got into some terminal trouble well before now.

These months of blending into life with my parents have been blessed in many ways. Not least the grace of time - time spent doing unsurprising things together - cooking and sharing meals, hanging washing, watering Mum's ever-splendid garden. Lifting, carrying, clearing table, making beds. Household chores transformed into timeless gifts, that as a child, hung like deadening weights upon my shoulders. Now the tasks rest easy as our days together are luminous, gentle and treasured.

Only a few years ago I recall sitting in a vehicle of some description on or around another birthday thinking "another year closer to god... or whatever one calls it". Heading back to the source; energy reforming to take up space in different dimensions, colours, lights. Energy morphing and changing. We bend with the trials of life or we break and form anew. Whatever mad and chaotic things go on around us, our flexibility and ability to address each day with humour, positivity and grace, allow us to enjoy, to thrive, to live with some sense of purpose.

Sharing the delight and endless curiosity with which my Mum approaches each day is usually inspiring, occasionally exhausting, always entertaining. Sharing the oil painting classes she has been attending for the past several years, with an extraordinary, globally accomplished Spanish artist, has been a creative dream. I have expert guidance and a unique brilliance demonstrated before my eyes. Subtle and elegant techniques to emulate, a door opened into the mysteries of another form of creation, my creations come fast and with and without effort, pouring into the vessel that is this place and this time.

I'd like to fill this month's missive with images - the rolling colours of the country here; the endless shades of ochre from the earth, rocks, hillsides. The dusty pale green of olive leaves to the deep green tongues of rosemary, the pale silvered green of pita plants and eucalyptus trees. The shades of white, yellow and orange of the pueblos, the pinks, tangerine, orange, purple streaks and blushes across the sky's evening clouds and my feeble efforts to capture such feelings through oil on board or canvas. We are surrounded by sensations of light, drifting through a scene or illuminating a moment with such sublime drama that we stop the car, pull over, stand and stare.

There is time for bodywork with rescued horses - bringing release to animals 'trained' through violence, methods and materials used with absolute indifference to the physical pain and mental trauma thus inflicted. Standing in a bare desert of a paddock with aging horses, breathing, not much else. Sliding a feather-light touch, barely connecting over points of extreme tension, watching as the eyes soften, face relaxes and head drops, to finally culminate in yawning and stretching, the ultimate softening and letting go of the horse world. It's a beautiful thing.

A day exploring deep below the earth's thin skin, down into the caverns of the Mina Rica in Pulpí. I visit the Geode, largest of its kind on this earth. It's a crystal cavern over 8 meters long, filled with bristling teeth of gypsum crystals up to 2 meters long. It's an ancient creation that stems from geologic and geothermic interactions dating back millennia. A long walk downhill and about 150 steps down spiral and straight staircases, to peer into the depths of the geode for a mere 60 seconds. Access and lighting limited to preserve the stunning clarity and uniqueness of this phenomenon. Amazing. Be amazed.

*Kat Dancer
bodymudra@gmail.com 1 415 525 2630 (c)*



ALBERTA 55 PLUS ZONE 2

Alberta 55 Plus is a non-profit organization which supports seniors who wish to maintain an active lifestyle through sports and games. We work with local Senior clubs and Recreation centres, and Legions to promote a better physical, mental and social lifestyle.

The 2025 Alberta 55Plus Provincial Games take place in Leduc, AB August 21 - 24, 2025. We in Zone 2 (Big Country Senior Sports Society) are gearing up for lots of qualifiers

February saw Zone Qualifiers completed in Cribbage, Darts and Euchre. Upcoming are 8-ball Pool (Mar. 9th in Drumheller), Horseshoes (Mar. 14th in Calgary), Military Whist (Mar. 15th in Strathmore), and Floor Curling (Mar. 15th in Didsbury). Coming up in April, May and June will be Qualifiers in Badminton, Bocce, Bridge, Cornhole, Floor Shuffleboard, Golf, Pickleball, Scrabble, Snooker and Tennis. Cycling, Swimming and Track & Field are open events that go straight to Provincials; there will also be fun events in those sports. The Culture category includes Creative Writing, Arts, Crafts and Photography.

For a complete list of activities, go to the Alberta 55 Plus website at alberta55plus.ca. If you would like further info on Zone 2, please email zone2president@alberta55plus.ca.





SPRING TALES OF SPRINGTAILS by Laura Griffin

Crunching over the snow on a warm winter day near the end of March you may just have the delight to come across what looks like pepper spilt across the snow, until it suddenly “springs” in every direction. Is it possible that something as tiny as a grit of sand is alive in such a frozen landscape? Enter the Snow Flea, a fascinating and industrious neighbour that is only brought to our attention when they display their gymnastic winter warrior feats. The rest of the year their dark bodies remain camouflaged as they move about beneath our feet.

The Snow Flea is actually not a flea, nor an insect, but a Springtail, a member of the Collembola class. Amongst other features that distinguish them from insects, they don't have wings or external mouthparts. Despite the lack of an external mouth these Springtails are marvellous decomposers and a critical part of soil formation around the world. Some estimates say that for every acre of land there are ten million of these little neighbours hiding away. If you dig through your leaf litter you should be able to find these waste managers eating away, usually on vegetation and microorganisms, with some variation depending on the species.

The nickname Snow Flea comes from their incredible jumping ability. The way they jump, however, is quite unique. The Springtail has a furcula (meaning small fork) which is a tension loaded tail-like structure they keep flattened against the underside of their belly. When they feel threatened, the furcula is released



Photo by Tom Murray, 2019.

against the ground sending the Springtail somersaulting into the air faster than any other animal on the planet. The world record for a long jump by a human is just shy of nine meters. If humans could jump as far as a snow flea, we would be able to jump over twenty-four meters, comparable to jumping over two buses.

As impressive as their jumps are, the Spring tails don't actually have control of their direction as they take off or land. It is a sudden burst of energy spiralling them to safety elsewhere. I would highly recommend watching this video <https://www.youtube.com/watch?v=MXeSnWY6DNc> created by a scientist who has been studying Springtails using cameras especially designed to capture their highspeed jumps at a macroscopic level.

They manage to survive the cold temperatures of winter by having their bodies full of glycine rich protein which functions like antifreeze. But what drives the tiny Snow Fleas to the surface in the midst of this cold season? Sunny days provide warmer microclimates where they can find moisture and food on the snow surface. Maybe crawling through the ice crystals helps to shed their exoskeleton, which is the only way they have to get rid of waste in their bodies. However, as I have yet to find a way to converse with these delightful creatures, who is to say that they don't just come to the surface for a topside view of winter, to stretch their furcula and jump about in eager anticipation for Spring?

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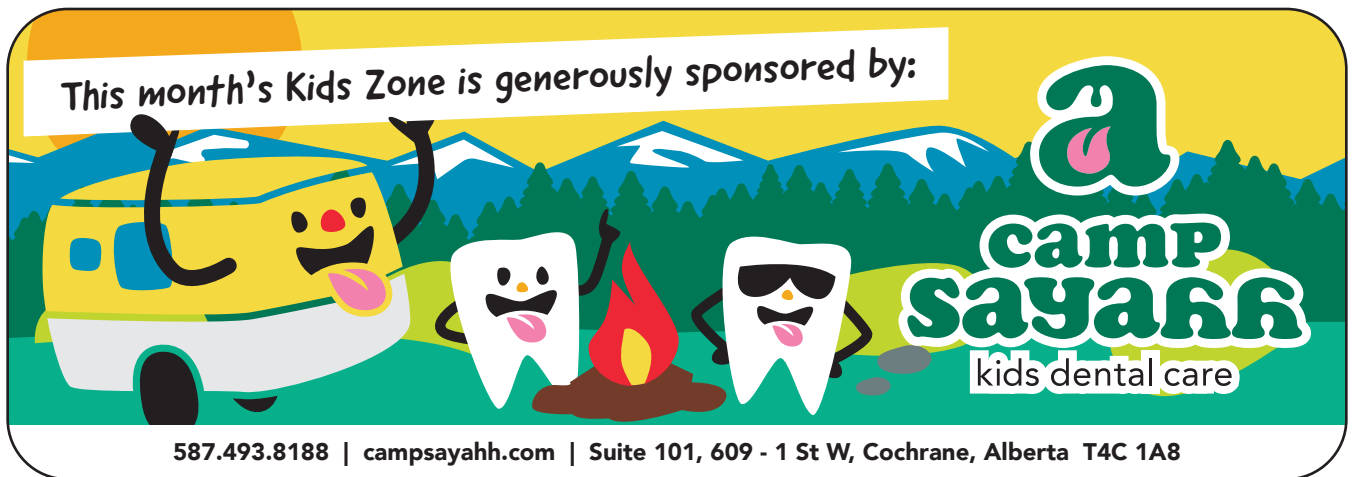
KIDS ZONE

Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

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ADHD AND TRAUMA

WHAT IS THE CONNECTION?

ADHD and trauma have overlapping symptoms. Both are affected by the pre-frontal cortex (executive functioning and reasoning) and the amygdala (processing emotions). Behaviours that can look the same are hyper-arousal and restlessness, difficulty with emotional regulation and making decisions. They are also associated with sleep problems, impulsivity, addictive behaviours and problems relating to others. ADHD and trauma can occur together though.

WHAT IS THE DIFFERENCE?

Trauma is complex. Trauma can be acquired to include all different types of injury to the brain. Psychological trauma covers damage or injury to the mind. For instance, there is childhood, ongoing and developmental trauma. The exposure to traumatic events at any point in your life can trigger undiagnosed, untreated ADHD. Other times, it can make existing symptoms way worse. Epigenetics (how our genes might be turned on or off based on our environment) also plays a key role in understanding how this all works.

Studies found that post-traumatic stress disorder (PTSD) can go as far as rewiring and affecting the developing brain at a very, very young age (Carey & Postel, 2012). However, when trauma happens later in life, a person might recall whether their ADHD symptoms manifested prior to the traumatic event.

ARE PEOPLE WITH RSD MORE VULNERABLE TO TRAUMA?

Rejection sensitivity dysphoria (RSD) is an extreme sensitivity to disapproval, rejection, criticism or the perception that somehow you have failed. It is very common in people with ADHD and means they may be emotionally less resilient. Trauma in itself doesn't cause ADHD and vice versa. It is often the response to psychological trauma (related to hurtful past experiences or recreated past wounds while living with ADHD) that emerges in a person who strongly reacts in an emotional way.

THE CHICKEN OR THE EGG?

Yes, trauma can look like ADHD. However, people with ADHD can have co-existing or past trauma. It is important to look beyond the obvious and to keep a differential diagnosis mindset when evaluating ADHD. It helps when you not only understand what is driving a specific behaviour, but when it started and how it presents itself.

For example, a person who is consumed with his/her safety will be absent-minded, easily distracted and find it difficult to pay attention to daily life activities. On the other hand, people with mental or physical 'disabilities' may be more susceptible to others in experiencing trauma. While treating both conditions at the same time can be very difficult, most people respond well to a variety of evidence-based interventions. In the end, everybody deserves the opportunity to be understood. It is important to consider any and all efforts to uncover patterns in behaviour, thoughts and feelings that can help you put a plan together for you to succeed in the face of adversity.

WHAT CAN I DO?

Get professional help through your physician and/or psychologist. Take action. Get a comprehensive assessment with someone who can dig a little deeper, who understands overlapping symptoms and defining differences.

Keep a journal. Explore thoughts and feelings in response to certain stimuli so your behaviour may be put into context.

Think of your timeline. When did you notice a difference in the person's behaviour or did it get worse?

Sources: J. Douglas Bremner. *Traumatic stress: effects on the brain. Dialogues Clinical Neuroscience.* 2006 Dec; 8(4): 445-561. doi: 10.31887/DCNS.2006.8.4/jbremner

Carey, N. & Postel, D. (2012) *The Epigenetics Revolution: How modern biology is rewriting our understanding of genetics, disease and inheritance.*

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FREE PICKUP OF UNWANTED YARD AND GARDEN EQUIPMENT, recreational, chainsaws, generators, or whatever. Millarville, Okotoks Priddis areas. Call or text Al 306-641-4447

WANTED

HELP WANTED PRIDDIS GENERAL STORE | Phone: 403-931-3851
Help wanted at the Priddis General Store. Must be OVER 18. 3 Afternoon shifts from 2:30 to 7:30. Drop off resume at the store located or email. 186007 Priddis Valley Road, Priddis

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-651-5852

WANTED FIREARMS AND LAWN EQUIPMENT Paying cash for unwanted firearms. Free pickup of unwanted garden, lawn, acreage equipment, generators, chainsaws, golf carts, etc. Millarville, Priddis, Okotoks and between. Call or text 306-641-4447

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.

LOST FRIDGE VENT COVER for Triple E trailer. Contact: Pat Phone: 403-271-7686
Lost on Highway 22 near Millarville, aluminum fridge vent cover for Triple E trailer. White in color. Approximately 10" high x 20" long

WANTED

HAY SHARE CROP OPPORTUNITY in the Priddis/Millarville area. 403-999-2404
CATTLE PASTURE for 20-25 cow/calf pairs for Summer & Fall 2024 & beyond. Willing to repair fences 403-999-2404
ASSORTED FARMING EQUIPMENT
403-999-2404

WANTED: SMALL FARM WITH LIVEABLE YARD SITE Contact: Al Phone: 305-641-4447
Must be large enough to qualify as a farm operation. Nature gas, good water, and a few trees to be seen. Taxed as agricultural land.

SHOTGUNS WANTED
old shotguns wanted by retired engineer and collector, any gauge, prefer Hammer, single or double barrel, not for resale, please phone 403-201-7181, valid firearms license holder.

LOOKING TO RENT
Contact: Simone Phone: 403-771-9475
I'm looking to rent an apartment or small house in Diamond Valley. I'm a female and a senior. I have references, don't smoke and have no pets. Thanks in advance.

1 BEDROOM APARTMENT OR HOME TO RENT Independent 79 year young male, non-smoker, on fixed income, looking to move to Bragg Creek area to be closer to family requires 1 bedroom accommodation, suite, apartment or house. Single parking space required for vehicle. Unfurnished or furnished. Mid to late September occupancy.
Contact Keith @ 403-949-3678 landline or sibedad@gmail.com

WANTED TO RENT Bachelor or 1 bedroom suite. Available October 1st. Contact Dave: 403.819.5303

LOOKING TO GET A BAND/ORCHESTRA GOING IN BRAGG CREEK.
If any retired band/ music teachers are out there looking to start up the above, please contact me. Julie at 403-949-3637, or jcdocken@gmail.com

FOR SALE

GRASS-FED & GRASS FINISHED ORGANIC BEEF - ph 403-931-2201

LITTLE GIRL'S DOLL HIGH CHAIR - \$20. & **PAINTING EISEL** - \$10. - ph 403-931-2201

MOVING SALE Contact: Vera Kruger Phone: 403-286-6380 More Information: Electric adjustable double bed with mattress \$300; Large blonde oak desk \$100; Entire bedroom suite off white sleigh king bed, two night stands and 9 drawer dresser; maple frame futton couch \$200.

LARGE "SPIDER PLANTS"
\$5-10. each. 403-931-2201

STRAW BARLEY SQUARE BALES
38"x18"x14", Solid, Heavy, Not Sprayed, 35-40 lbs. bales.
Priddis area. Pickup or Delivery 403-999-2404

MISC ITEMS Wheeled microwave cart \$30; Cuisinart 1/2 cup popcorn machine \$15; McLane gas 5 bladed reel mower \$375; grandfather clock \$375
Contact Warren 403 949 3452 or email cwmcnabb@telusplanet.net

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

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE

**COMMERCIAL/BUSINESS CLASSIFIEDS:
\$25 for 4 lines, \$4 per additional line**

Free and Commercial/ Business Classifieds Send your ad to:

classified@highcountrynews.ca or submit online via

www.highcountrynews.ca/classifieds.

Classified ads not accepted by phone

