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HIGH COUNTRY News

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From The EDITOR

Spring is finally here!!! It is nice to see the buds begin to form, robins come back, and the soft warmth of the sun melt the snow away.

On a disappointing note our contributor "Reid Schmidt" has come under some health issues, of which his "Family Enterprise" articles are on hold as he works through these challenges.

As I pondered what to write I have been deeply concerned over the current political trends. What concerns me is that special

interest groups, hypocritical agendas, and unethical profit are the order of the day. There is a case to say that we are no longer guided by good fiscal policy, constitutional decisions, or truthful actions.

In our local business chamber, we speak of two values: integrity and accountability.

These values are words that sound great, but are more difficult to say than do. The foundation of these two traits is truth. But are we really being true? Watching the news, truth is often twisted to facilitate a personal, political, or business agenda. We influence policy and decisions by endeavoring to manipulate public opinion.

For truth to be real, it requires us to conform ourselves to something outside of us, regardless if we like it or not. This may be our faith, the code of ethics within our community

organization, the mission statement of our company, or the constitution of our country. All of these have statements, values, and ethics that we need to learn to conform ourselves to.

If we are to be accountable and integral contributors to society, we must hold to a standard of truth that guides us by principal rather than popular thought.

I have heard it say, "A leader is able to take people where they want to go. A great leader, is one who can lead people where they may not want to go, but should." If we can learn to lead ourselves in this way, I am confident and hopeful that good things will be in store for our communities.

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca

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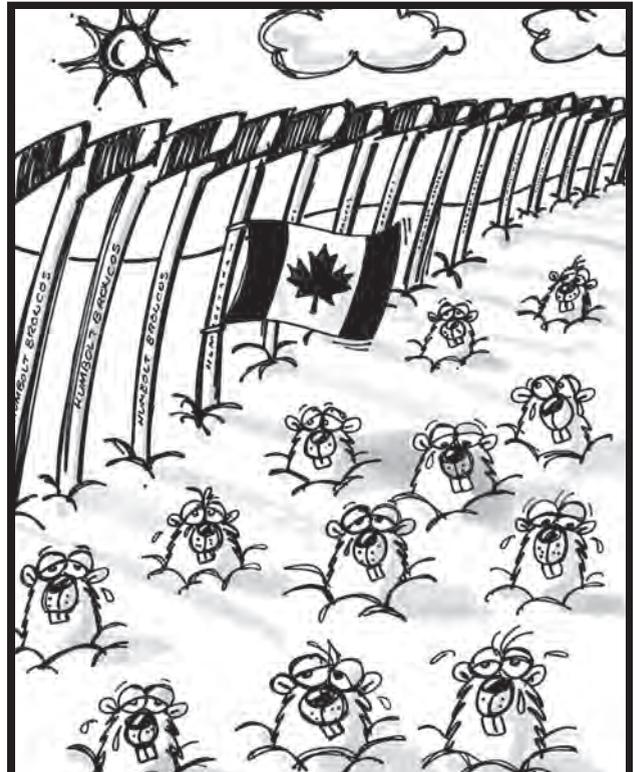
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HIGH COUNTRY LIFE by MARK

Getting a “Taste” of Bragg Creek

Ever tried a pulled pork sundae? You may have if you hit the Taste of Bragg Creek last month. Chefs from restaurants around the area showcased delicious mini-meals at the fundraiser, which benefitted the Bragg Creek Community Association and the Bragg Creek and Area Chamber of Commerce. Some of the twenty-seven vendors also donated profits this year to the Humboldt Broncos GoFundMe campaign.

Around 1,100 people attended the event at the Bragg Creek Community Centre, while others checked out stores and restaurants around town, which also offered special menus and perks. The event started six years ago as a way to draw tourists to Bragg Creek in the off-season.

Faith McLean, HCN Staff
faith@highcountrynews.ca



Around 1,100 people attended this year's Taste of Bragg Creek, sampling menu items from blinis to butter chicken. Profits from the event benefit community organizations. Photo: Faith McLean, HCN Staff

Artist PROFILE

Joan Merryfield • 1926 - 2018
Please see adjacent piece celebrating her life!



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A Celebration of the Life of Joan Merryfield will be held at the Bragg Creek Community Centre • Wednesday, June 13 • 2pm

Joan Burby was born in September of 1926 in Calgary; a daughter of Leo and Mary Burby. Joan was an active, energetic child with a mischievous nature and a love of animals. Joan started attending Two Pine school at the age of 5. Her parents bought a quiet gelding from Jonas Lethland for Joan to ride to school and back each day. She named him Buck and he was her pride and joy. After completing Grade 9, Joan took correspondence courses to complete her high school. She rode Buck to Bragg Creek to write her exams under the supervision of Mrs. Ida May White, the local Post Mistress. Joan and her sister Margaret would often ride to Bragg Creek to pick up the mail; this was always a pleasant way to spend a day.

Joan enjoyed working with the livestock on the ranch and helping neighbours with their cattle. A highlight was trailing the cattle to summer pasture in the Forest Reserve. Joan was a hard worker lending a hand with haying, fencing, tending to livestock, gardening and the never-ending domestic chores. Joan's mother taught the girls how to knit, cook and do needle work as well as how to harness and drive a team, cut and stack hay and milk the cows. As with most families in the rural areas there was no electricity or running water; wood stoves were used for all cooking and heating.

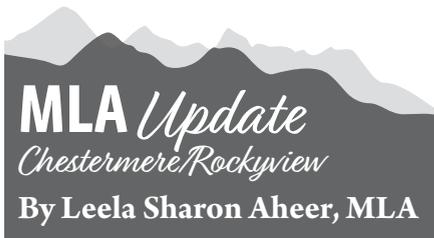
By the time Joan was a teenager the great depression of the 1930s was ending. Jake Fullerton had built his Round Dance Hall in Bragg Creek in the 1920s so the Burby teenagers rode their horses to some of these dances.

Joan met Jack Merryfield in the 1940s. They were married in the fall of 1946 and made their home in Bragg Creek raising a family of four children. Joan and Jack were enthusiastic community supporters and it was Joan's suggestion that resulted in the Bragg Creek community grounds being established. Joan was a founding member of the Bragg Creek Ladies Auxiliary.

After raising her family, Joan expanded her hobbies and interests. Encouraged by family friend Stan Perrott, she took painting lessons. She acquired skills in photography and sold several of her photos to magazines. Joan joined the Bragg Creek Artisans and sold many paintings, knitted toys and sweaters at the Artisan's sale each November. Joan was very knowledgeable about the local history of the Bragg Creek area. She belonged to the Millarville, Kew, Priddis and Bragg Creek Historical Society contributing to the publishing of Our Foothills history book.

Joan loved nature and the outdoors. Packing a lunch and joining Jack and the kids for a trip to Elbow Falls or Ford Creek for the day was always a treat and an adventure. Joan loved people and the welcome mat was always out. She'd welcome guests into her home, put the coffee pot on, serve up cake and cookies accompanied by great stories and lots of laughter.





MLA Update
Chestermere/Rockyview
 By Leela Sharon Aheer, MLA

Hello High Country readers! I wanted to start off this article with a shout out to Lisa Dahlseide and Carrie Draudsen. I am certain you know about Russell the Bear, and Lisa and Carrie as well as many others have been working hard to have the government allow folks from the Cochrane Ecological Institute rehabilitate baby bears when their mothers have been shot accidentally during the spring bear hunt. We are so honoured to have spent time with these amazing folks who do fantastic work in rehabilitation and education. There are protocols for the rehabilitation of these cubs that have been developed by experts and proven to work. They have been brought to Alberta Environment and Parks (AEP) but the protocols have not yet been accepted, so we wait with bated breath for AEP to accept those protocols and recommend them to the Government. It is a very complex issue and I again want to thank these amazing women for their advocacy. I have learned so much from them.

We are hoping that some real melting and thawing (and drying!) is on the way especially for our farmers and ranchers. The calving season has been something of a nightmare, and daily we see stories of families bringing

young calves lovingly wrapped in blankets into their homes to warm them up and try and save them from the brutal cold. These things do not happen on a schedule, and we are so grateful to those who bring food to our tables. Seeding will hopefully start soon. It is one of my favourite times of year seeing the large machinery out and the fields being planted. I had the glamorous job of picking rocks when I was a little girl. It was tedious but necessary, and I have fond memories of beautiful lunches served at the barn for all the folks who came to help.

So the pipeline games continue on. I am always amazed how people can fly across our country or in the Prime Minister's case halfway around the world to have an emergency meeting, and then out of that emergency meeting no solution comes forth, nothing new anyway. Premier Horgan is still saying he is going to block the pipeline, Premier Notley says she's going to buy the pipeline, and Prime Minister Trudeau does not give any consequences to BC, but also is thinking of investing in the pipeline. How can you invest public dollars into a pipeline when you are not willing to do the one single thing that is necessary to build the pipeline, and that is... sign off on the pipeline and use your constitutional authority to get it done? Last week we had a fully funded, privately owned pipeline that would not have cost the tax payer a cent. Now suddenly we are going to buy the pipeline with no certainty that Mr. Trudeau is going to build it? This does not build confidence. I am so proud of Albertans for attending all of the rallies for pipelines. It was truly inspiring to be part of the Rally 4 Resources group and it was inspiring to see you all on the steps of the legislature.

I am saddened that I will not be running in your area as your MLA in the next election and nomination. As you know the boundaries have changed and I will be running in Chestermere-Strathmore. Please make sure you have your memberships up to date so that you are able to vote in the UCP nominations for Banff-Kananaskis, and Airdrie-Cochrane. These two new ridings have absorbed all the areas on the west side of the current riding of Chestermere-Rocky View. I will continue as always to work hard for you whether I have the privilege of being your representative or not. It has been absolutely wonderful getting to know so many folks in these areas, and those relationships outlast politics and ridings. If you wish to know what riding you will be voting in please contact my office and we will be happy to help.

The Chestermere-Rocky View Constituency Association communications sub-committee has recently decided to send out surveys to the Chestermere-Rocky View membership. The Chestermere-Rocky View "surveys" do not come from myself or the president of the Chestermere-Rocky View Constituency Association or the UCP and are not to be confused with the substantive survey questions coming from the United Conservative Party, which are quite intense and long. Please, if you are a member and have the time to take the United Conservative Party survey, it is well worth the time to participate in helping with foundational policies for our founding AGM. I am so excited to see many of you at the founding UCP AGM.

As always we love to hear from you.



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MLA Update

Banff-Cochrane

By Cam Westhead, MLA

Alberta's farmers, ranchers and producers are a key driver of the economy and work hard to ensure they can respond to increasing demand for their high-quality, safe products. To assist that work, the federal and provincial governments are partnering to support innovation, growth and sustainability in Alberta's agricultural sector.

The Canadian Agricultural Partnership is a five-year federal-provincial-territorial agreement that focuses on increasing trade,

expanding markets and supporting innovative and sustainable growth in the sector while creating jobs and strengthening the middle class. Over the next five years \$406 million will be invested to support strategic programs and activities under the Partnership. The Partnership includes federal, provincial and territorial cost-shared strategic initiatives to ensure programs are tailored to meet regional needs.

This agreement marks our commitment to the future of Alberta's diverse agricultural sector. Agriculture is the cornerstone of our province's economy and our largest sustainable industry. The investments made through this program will expand the capacity and efficiency of the sector, creating more jobs for Albertans and increasing our capacity to export our agri-food products to the world. The strategic direction of this agreement has been the focus of numerous roundtable meetings with Alberta farmers, ranchers and representatives from the diverse agri-food and agri-processing sectors over the last few months.

Irrigation, farm water, and stewardship programming launched in early April. Additional programs supporting Alberta's agricultural sector will be launched in the coming weeks. Programs and activities will focus on growing trade and expanding markets, innovative and sustainable growth of the sector, supporting diversity and a

dynamic, evolving sector, as well as cost-shared strategic initiatives. The Partnership includes a complete and effective suite of business risk-management programs to help farmers manage risks that threaten the viability of their farm.

I'd like to express my gratitude and thanks to those that produce our food. Through thick and thin you remain strong and resilient. You are the stewards of some of Alberta's most iconic landscapes and inspire us all with your hard work and determination. On behalf of the constituents of Banff-Cochrane, thank you for everything that you do.

Sincerely,
Cam Westhead
MLA for Banff-Cochrane

CAM WESTHEAD Banff-Cochrane MLA

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There is Risk and There is Risk

The penny finally dropped a couple of months ago during a client conversation about the risk of investing in the equity markets. The client was reluctant to commit money to the investment markets and gave me several reasons - "the markets were too high and ready to crash," "there were safer alternatives," "I never fully recovered my money from the 2008 Credit Crisis" - to justify his point of view.

And that got me thinking about how the financial industry views risk and how our clients perceive risk. For the financial industry, risk includes the possibility of outliving your money, not achieving your lifestyle goals, not saving enough, not maximizing investment returns by being too conservative and not being properly diversified to protect against sudden or unexpected market turbulence if one sector or country experiences a crisis, etc. Risk for our industry does not include market corrections where the value of a portfolio drops for a period of a few weeks or months only to recover. We call that a "fluctuation" or "correction" but never a loss, so long as you do not actually sell your investments during a bad patch.

Some investors on the other hand, refer to a market drop - such as during 2011 in the Canadian investment markets - as a loss, as if their portfolio ended that year lower. But, the fact that the portfolio recovered the following year does not change the perception that they "lost" money even though they may not have sold any of their holdings in 2011.

When advisors talk about market corrections or risk, they are often referring to normal cyclical corrections in the order of 5% or 10%. These are considered "normal" by the financial industry as the global economy seems to march onwards and upwards over time. History shows this to be true and thus the financial industry tries to reassure investors that the sky is not falling during these types of corrections. Even minor corrections of a couple of percent today seems to throw the media and other commenters into spasms of fear and doom and gloom!

And this is where the penny dropped. Investors use the same words as the financial industry but attach different meanings to those words. When investors in recent times talk about risk, and never getting caught in a down market again, they are referring to the 40% plus downturns that hit global markets during the worst of the 2008 Great Recession. Investors now use that experience to establish their emotional benchmark of what they wish to avoid in the future. The better the markets seem to be doing and the higher they seem to recover from the lows of 2008, the more skittish investors seem to get.

As former US Federal Reserve Chairman Ben Bernanke stated in 2009: "As a scholar of the Great Depression (1930's), I honestly believe that September and October of 2008 was the worst financial crisis in global history, including the Great Depression." Yes, it was bad, but it

does not need to colour or affect your decisions as an investor forever going forward.

Human beings crave certainty, stability and predictability and want to jump on a sure thing. Lots of investments seem to be more attractive today. Investing in quality companies is what made Warren Buffett wealthy. We all want the same level of wealth as him, but are we really willing to pay the emotional price, including the volatility or the ups and downs and uncertainty that investing entails? You are either betting on a bad outcome for the investment markets or being optimistic about the progress of human society and the resulting emergence and growth of profitable companies along the way.

What is your view of the future? Keep these thoughts in mind as you contact my office to discuss your investment options. It takes courage to be positive!

Also, visit myfinancialsolutions.ca for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics.

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Bragg Creek Artisans

Is it spring yet? Well I think the gorgeous weather should be here by now. Let's hope for some amazing sunshiny days to lift our spirits and inspire us to create. Summer is a favorite season for a lot of us. We seem to absorb not only Vitamin D and happy moods, but we seem to give ourselves more permission and courage to try new things. The confidence that says it's okay if we fail, it's okay if it doesn't turn out exactly as we envisioned, and it's more than okay if it even turns out better than we expected! I'm not sure if it's the actual light and sunshine?

Or the outdoor space that is available to spread out and devote more time to these endeavours? Whatever it is, I hope you take full advantage of it and play, experiment and create.

Some of the wonderful things we have created in our mini workshops after each meeting this year included felting, Quiley jewelry, pottery and Sculptey. Each of these workshops had some really amazing results like the funky mushroom pictured here. I'm sure a fairy, pixie or gnome will make great use of this as it happens to be placed out in a garden or an area accessible by them.

We have two more meetings before we break for summer. Wednesday May 2nd and Wednesday June 6th. Still plenty of time if you live in Bragg Creek and area to come and join us, learn some new things and make some new friends. The Bragg Creek Artisan group has been a part of our community since the 70's and has always been a welcoming, supportive

environment for creatives and artists and would like to remind you, our door is always open

by Artisan Jeri Kerluke



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Banding Together to Fight Rural Crime

Amanda Matthews-Haywood is fed up. The part-owner of Highland Stock Farms near Bragg Creek has dealt with two vehicles trespassing onto her property in the past year. One of them was carrying a lost and friendly family. The other was not.

"There was drug paraphernalia in the car. I felt threatened, but I was going to protect my kids. I called the RCMP," she says.

Haywood and around one hundred other Bragg Creek and Redwood Meadows residents gathered last month to reintroduce the Rural Crime Watch program. It comes after a recent rash of car and property thefts in the area. The program works to reduce crime by encouraging simple measures, such as locking your doors and knowing your neighbours. It also provides members with yellow signage they can display, notifying potential criminals they are on the alert.



"We are signing up for the rural crime watch. We're hoping there will be more law enforcement presence in Bragg Creek," Haywood says.

Another meeting will be held in the upcoming months. In the meantime, here are some tips:

- Make your belongings more difficult to steal – take your battery out of your quad, or a wheel off of your trailer, for example.
- Lock everything – your home, vehicle, garage, fuel tank, etc.
- Video your property and all of your belongings. Keep that video in a secret place.
- Take your garage door opener with you when you leave your vehicle.

Faith McLean, HCN Staff
faith@highcountrynews.ca



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Banded Peak Grade 3/4 teachers, including Andrew Spelrem (far right), welcome educators from Iceland as part of a new exchange program. *Photo: Faith McLean, HCN Staff*



Iceland Exchange at Banded Peak School

Educators from Iceland visited Banded Peak School a few weeks ago as a part of a new exchange program helping teachers share ideas across the globe. The Banded Peak Grade 3/4 teachers put in long hours to secure a funding grant from the Alberta Teachers Association, which sponsors the program. They'll head to Iceland in November to learn new teaching methods, emphasizing literacy, democracy, sustainability, creativity, equality, health and welfare.

"I'm super pumped," says Banded Peak teacher Andrew Spelrem. "I've never been so excited in my entire career, and I'm looking forward to the future." The teachers are the first group from Rocky View School Division to be involved in the program.

*Faith McLean, HCN Staff
faith@highcountrynews.ca*



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With over 25 years of teaching students in the community, the Redwood Meadows Tae Kwon Do School has had numerous families train together. Often the progress of younger students is increased because of the support of siblings or parents in the class.

Parents are motivated when they see their children progress and gain the physical and mental skills that martial arts teaches. Organized primarily by rank or belt colour, kids soon recognize that they can achieve an equal level to their parents and enjoy having them as training partners.

Within our community, there are several families of black belts and senior belts who started as beginners and have now trained for several years gradually progressing through the ranks together.

Classes are offered by the Redwood

Meadows Tae Kwon Do School on Monday and Thursday evenings for kids (ages six and up) and all adults. Visit www.redwoodtaekwondo.com for more information.



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Physiotherapy: It'll Move You!

Not only is May springtime in the Foothills (or it should be!), May is also National Physiotherapy Month. During the month of May, the Canadian Physiotherapy Association (CPA) aims to raise awareness about the profession and its many benefits to patients. In order to make informed choices for your health care needs, it is important you have accurate information on physiotherapy. This article will aim to inform you of what we do and how we can help you achieve your health related goals.

Physiotherapy is a science with a strong foundation in evidence-based research. We learn clinically and scientifically proven techniques to help heal various medical conditions affecting the body. We are skilled in hands-on assessment and the management of medical problems including neurological issues (brain and spinal cord involvement), cardio-respiratory conditions (involving the heart and lung), and orthopedic conditions (muscles, joints, bones).

We are accessible, direct access health professionals. This means you do not need a referral to come see us. We are trained to identify serious conditions and rule out potential red flag issues that may prompt us to refer you on to further specialized care. Our training is a University level Masters program with intensive study in anatomy and physiology. From there many therapists pursue post graduate training to specialize in such fields as pediatrics, orthopedics/manual therapy, acupuncture, women's health, or animal rehabilitation.

Physiotherapists work in a variety of settings. These may be hospitals, home care services, private practice clinics, national sports teams and include ages ranging from pediatrics to senior care.

There are three main branches of physiotherapy. Orthopedics includes a wide range of bone, muscle, ligament or joint

issues. This includes conditions such as back and neck pain, arthritis, fractures, ligament sprains, post surgical joint replacements, motor vehicle accidents, and sports injuries. In this field of practice, we aim to decrease pain, improve joint mobility, improve strength, restore function and teach injury prevention. A growing area in the realm of orthopedics is women's health. Women suffering from breast cancer rehabilitation, pregnancy related issues, chronic pelvic pain and urinary incontinence may benefit from physiotherapy.

Cardio-respiratory is another field of practice involving the treatment of heart disease, chronic obstructive pulmonary disease (COPD), respiratory infections, cystic fibrosis and post-operative care. The benefits of physiotherapy include improved breathing mechanics, secretion clearance, increased endurance, mobility and strength.

Lastly, neurology is a branch of physiotherapy that includes the treatment of certain brain and spinal cord injuries, strokes, Parkinson's disease and Multiple Sclerosis. Therapists working in this field focus on retraining activities of daily living, improving balance, coordination, strength, and managing pain.

What can you expect from a visit to the physiotherapist? We will discuss with you your health history, your current injury complaints, lab test results, and your goals for rehabilitation. We will do a thorough physical assessment of your mobility, joint range of motion, strength and reflexes. Once we have identified the problem areas we will help you understand the injury and how to prevent further issues.

We may include in our treatment manual therapy, such as joint mobilization/manipulations, soft tissue techniques, therapeutic exercises, acupuncture, ultrasound, electrical nerve stimulation, body mechanics, office ergonomics, active release techniques, and movement coordination.

Our main focus across the spectrum of injuries and conditions we treat is to relieve physical pain, increase mobility, improve strength, balance and cardiovascular performance. It

is important to physiotherapists to engage you in the healing process. Our aim is to help you to understand the mechanics of your injury and learn how to achieve your full potential. You are the most important factor in managing your own health!

Enjoy life to your full potential! Address any issues big or small that may be holding you back from reaching your goals. We are here to help you along that journey.

Jennifer Gordon (BSc.PT, AFCl, BA Kin)
Physiotherapist, Bragg Creek Physiotherapy
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TRAIL TALK!



The Latest from the Greater Bragg Creek Trails Association

AB Environment & Parks Announcement

We have something to celebrate as the level of protection for the West Bragg Creek trail network has been improved!

Due to the popularity of the trail network on the public land at Greater West Bragg Creek and Moose Mountain, Alberta Environment and Parks (AEP) has placed a Consultative Notation over this area (CNT 170007). This will ensure the trail network is safeguarded from other proposed land uses. Below is a brief description of the Consultative Notation that AEP, Integrated Resource Management Branch, has recently placed on the West Bragg Creek and Moose Mountain trail networks.

What is a CNT?

Notations are instruments used through the Public Lands Act to identify a management intention regarding specific sections of public land by government departments or legal entities. Notations indicate that the holder of the notation wants to be consulted before any commitment or disposition is placed on the land.

GBCTA would like to recognize and thank AEP staff, Minister Shannon Phillips and MLA Cam Westhead.

Auxillium Foundation Donates \$60,000

The GBCTA recently received an incredibly generous donation of \$60,000 from the Auxillium Foundation to support trail construction and maintenance operations

in 2018. This donation is a major jump-start for our 2018 donations and it gives us the confidence to go ahead with ambitious plans for trail building, trail upgrades, and maintenance of our trail network.

This year's donation follows on the significant donation in 2017 by the Auxillium Foundation, which allowed the GBCTA to construct the links that connect the Trans-Canada Trail from Bragg Creek through to Highway #68.

Thank you to the Auxillium Foundation!

Tunes 4 Trails - Save The Date: Jun 2, 2018

Save June 2, 2018 for another great GBCTA fundraiser. Dance the night away with Skuzzy and the Woodticks. We will have a similar format as other years with a cash bar featuring craft beer, silent auction and evening snacks. Typically we sell out so watch for further updates. If you want to volunteer, please email us at info@braggcreektrails.org

50/50 Fundraiser Update

Thanks very much for your donations. We are now up to nearly \$22,000.

Lost and Found – the Lost and Found box just outside the Trail Centre in the West Bragg Creek parking lot is very nearly full. If you've lost something out on the trails, please check it out in case someone handed it in.

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Hello Community!

Let's hope we are officially saying hello to spring, and defrosting from the past 80 months of winter. As we enter into May, and finally into greener pastures, we cannot wait for all the excitement that comes with springtime in Bragg Creek!

Before we move on to all that will be coming up, we wanted to start by thanking everyone that was involved in this past month's 6th Annual Taste of Bragg Creek! What a year to remember with delicious local food, amazing volunteers, and so many supportive partnerships! Thank you to the Bragg Creek Chamber of Commerce for spearheading the organization of this huge event, and to Charlie Holschuh, the fearless volunteer and founder who keeps making Taste better every year! Thank you to all those volunteers (63 of them to be exact) who made this fundraiser possible this year! And, a shout-out to Bobcat Lori and her team for getting the half-frozen swimming pool out of the Centre's parking lot just in time for the event!

Recently, a Rural Crime Watch meeting was hosted at the Centre, so stay tuned for updates on how we can work together to foster a safe and kind community for all.

Looking ahead to this summer: The BCCA are unable to continue offering Camp in the Creek, and are instead promoting other summer camps in the area! Check out the BCCA website for links to some awesome local summer camp options for your little ones.

It is also time to mark your calendars: Bragg Creek Days will be happening on July 21st and 22nd! To find out how you can get involved, contact the BCCA for tons of opportunities from volunteering, to promoting your business and everything in between.

Wishing everyone a beautiful May, full of sunshine, local patios, and outdoor adventures! See you around!

*Sincerely,
Shaye and the BCCA*

Bragg Creek Community Centre May Events

- Friday, 4th Youth Activity Night (FREE)
- Saturday, 5th BCPA Concert -Matthew & Jill Barber
- Thursday, 10th It's not Right - Older Adult Abuse
- Saturday, 12th Standard First Aid Course
- Sunday, 13th..... Standard First Aid Course
- Wednesday, 16th .. Community Group - Drumming Circle
- Friday, 25th Soup & Pie - Ladies Auxiliary
- Friday, 25th Movie Night - TBA
- Sunday, 26th Theresa Puskar's Performance
- Thursday, 31st Mental Health First Aid

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Great Cycle Challenge To Fight Kid's Cancer

by Dr. Annalies Noordman

Wouldn't it be great to stimulate your health and at the same time help to fight kid's cancer? Care in the Creek Medical Centre thinks so. This June you will get an opportunity by joining the Great Cycle Challenge Team. They support the SickKids Foundation and donations will help fund research, clinical advances and compassionate care at The Hospital for Sick Children.

How does it work?

- Register for free at greatcyclechallenge.ca
- Join our team 'Care in the Creek Medical Centre'
- Open to all ages; all fitness levels.

Spread the word and motivate others to join the challenge or become a sponsor. Doctor Noordman will sponsor every participant who joins the Care in the Creek Medical Centre Team for \$10 CAD up to a maximum of \$500 CAD for the group.

Get on your bike, indoors or outdoors in June and track your kilometres. See greatcyclechallenge.ca for further details.

Updates and progress will get posted on facebook.com/careinthecreek and careinthecreek.com regularly.

Please join us and hope to see you on the bike when I will try to reach my 200 kilometre goal!

Care in the Creek is accepting new patients

Call 403-949-2457 today to book your appointment or visit:
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 *Clients must provide their own foot basin & towel

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Upcoming Foot Care Clinics May 3 • June 14 • July 26

Foot Care Clinics are a Mountain Woods Health
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 in collaboration with
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This beautiful 24'x16' cabin was built to be moved. Perfect for small living, the cabin would also make a desirable bed and breakfast, a comfortable, private guest house or a bright and cozy studio. Features include a Danish made wood-burning stove, salvaged and refinished hardwood floors, a full kitchen, on demand hot water heater and a small tiled shower stall. A 12'x16' loft originally used as the sleeping area could also serve as a sitting area, library or additional storage. Numerous photographs and additional information can be found at the following sites:

outofthemendingbasket.blogspot.ca/2015/09/an-empty-but-finished-cabin.html

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Updates from Division One

Whaaat? Another month flies by and there's still a foot of snow wherever I go? As a golf hack, this is killing me. If there is a blessing in all of this, with the workouts the arms are getting from shovelling so much snow, my drives should be a few yards longer.

Welcome to May. April, as much as it's supposed to bring spring-like enthusiasm, was a complete downer. The Humboldt Broncos tragedy was every parents' worst nightmare. No one should ever have to experience such pain and sorrow. Please keep a place in your hearts for these young athletes and those who were with them as they should never be forgotten. Being a close knit community, we know all too well the routine of having to drive to tournaments, competitions, events and such. It's all part of rural living.

Did I mention snow? Well, I know it's on the top of everyone's minds as we get longer days of positive temperatures and see the huge amount of snow melting. It's disheartening that after five years we are still dealing with flood mitigation. However, the talks are getting us closer to a starting line. Visit the Rocky View County website (rockyview.ca) for the latest update in flood mitigation - just enter 'Bragg Creek Flood Mitigation' in the search bar.

From water to fire. The Greater Bragg Creek FireSmart committee, established in late March, is now seeking residents and community leaders to step up and form the board under the leadership of Wintergreen resident, Gary Nikiforuk who will chair this group under the

guidance of the RVC Fire Chief, Randy Smith. As the fire season is upon us, plans to help residents and businesses become FireSmart are under way. We have to inform and educate residents and visitors that there is so much they can do to make living in a forested area fire resilient.

Crime Watch. A huge round of applause go out to Dave Rupert and Rosemary Lindsay, Director - Cochrane Foothills Protective Association and residents for setting up the public information and call-to-action session held at the community centre on April 18th. The purpose of this session was to learn about ways you, your neighbours and your business community can work together to decrease crime in our neighbourhoods. Please stay tuned to further developments and get involved.

Dessert anyone? Did anyone else gain a few pounds after Taste of Bragg Creek? 'Toque blanches' off to Charlie Holschuh, Mackenzie Walsh, Tanya Kamachi, the Bragg Creek Chamber of Commerce, Bragg Creek Community Centre, Ladies Auxiliary, volunteers and all participating businesses for making this yearly event such a huge success. If I have forgotten anyone, my apologies as I'm still digesting. It was great to see so many familiar and unfamiliar faces in attendance. Another record tally.

I'm looking forward to some of the new businesses that have opened up recently as well as plans for future businesses such as the brewery and distillery. Lets grow this area sensibly and make it the envy of the world. See you around.

Cheers, Mark

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The Little Schoolhouse News



Creative exploration and collaborative play have been at the forefront of our collective school experience this past month. From magnetic sculpture building to dramatic play with blocks and animals, we have continued to stretch our imaginations. We are working together, respecting one another's ideas and seeking answers to our questions about the world around us.

In kindergarten, the children have been documenting their ideas during daily drawing and writing work. Amazing illustrations are accompanied by invented spelling, as we learn to 'stretch out' the sounds in words that we print. At the beginning of June, we will be travelling to the Calgary Zoo for the 'Edu-Trek Panda' experience, which we are all very excited about! As the snow melts away, outdoor play will involve sketching the signs of spring and examining the season with our five senses.

We are preparing for our Spring Celebration of Learning, to be held at the beginning of June. The preschool and kindergarten classes will be presenting songs and poems on the stage and sharing cookies and treats with families and friends. We will showcase our learning throughout this school year with photographs and children's work displayed in the Bragg Creek Community Centre.

Registration for the 2018-19 school year is ongoing. Please visit our website at www.thelittleschoolhouse.ca for information

and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 9-11:45am and afternoons from 12:30-3:15pm. For information on programming please contact me at mcarra@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher



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THURSDAY, MAY 10/18
7:00-9:00pm

Free!
BRAGG CREEK COMMUNITY CENTRE

It's Not Right! is a program that addresses issues of older adult abuse, neglect and self-neglect in communities by engaging bystanders. **See it,** by learning how to identify the types of adult abuse and their warning signs.

- **See it,** recognize the warning signs of abuse.
- **Name it,** by learning how to let your loved one know you are concerned.
- **Check it,** by asking questions and knowing how to help.

TO REGISTER, or for more information contact:
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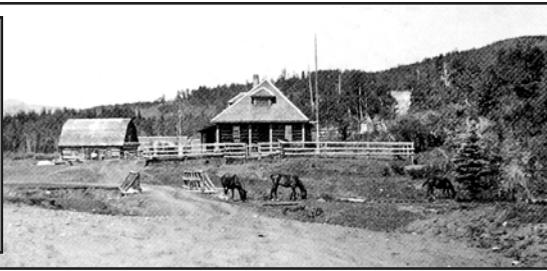


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Our Forest, Forest Rangers & Fires: Part Two of Three

The original Forest Reserve boundary west of Bragg Creek was surveyed in 1909. The first ranger, Speky Anderson, patrolled the area and was based at the Sarcee Cache cabin above the Burby Ranch (Hwy #762) on Fish Creek. Later, Alf Bogart, stationed in Jumping Pound, was in charge and expected to protect the district from fires and illegal logging, as well as open up new trails and roads. A ranger's qualifications were not insignificant! They specified that a forest ranger "should be sober, industrious and physically fit, should have sufficient knowledge of arithmetic, handle horses and ride, be in the woods, accustomed to handling an axe, be able to scale timber, and should be able to handle a gang of firefighters or men working on roads and trails."

By 1915, headquarters for the Elbow District of the Bow River Forest was built and included a log house and barn. William Fisher was the first Elbow District ranger, and the second —and longest-serving — ranger was "Ted" Howard (1917 to 1937). A veteran of World War I, Ted had emigrated to Alberta from Pakistan and homesteaded in the Blackie area. He and his wife Mary were known for their honesty and kindness. One cold winter night, there was a knock at their door and Tom Powderface asking for help for his wife, who was about to give birth at a camp a few miles away. Mary (the former matron of the High River Hospital) rode to the camp, delivered the baby and returned the next day, reporting that mother and baby were doing well. Powderface Ridge, just west of the Elbow Ranger Station, is named after this Stoney-Nakoda family. Mount Howard is named after Ted.

Although the ranger station was already built, the road from Bragg Creek was really only a trail and the Elbow River still had to be forded. A substantial permanent bridge was needed and it became an on-going project for the Forest Service and local settlers. The first was made of logs from the area and supported by three large cribs from

the river bottom. This bridge, and those that followed, were tested by many floods, including the one lost to the floodwaters in 1923. By 1924, the Elbow Valley Trail (now Hwy #66) allowed access up the valley west of the ranger station, and by 1928, construction of the Moose Mountain fire lookout began. Construction supplies for the lookout were packed in by horse from the station up Moosepacker's Trail. A telephone line, hung on wooden poles, connected the station to the lookout and the line was eventually replaced by radios – but nearly forty years later!

Scottish-born William Shankland took over the duties of ranger in 1937. He had been a member of the party that ran the original survey of the Forest Reserve boundary and later joined the Forest Service. Shankland had also served in World War I, was highly respected and his wife, Janet, was an active member of the Bragg Creek Red Cross group. In 1941, Shankland was credited with leading the dispatch parties that located the ill-fated Avro Anson test flight survivor Aircraftman McGruther on Mount McDougall after a two-day search. (McGruther was carried by stretcher along an axe-hewn trail down the mountainside, then by ambulance on a five-hour trip back to Calgary.) After his retirement in 1952, until his death, Shankland worked for the Saddle and Sirloin Ranch.

The Elbow and Jumping Pound Districts were amalgamated in 1970. John Stepaniuk, District Ranger of Jumping

Pound moved to Elbow Station and served for just over a decade. By this time (1978), Elbow District had become part of Kananaskis Country, largely influenced by the Environment Conservation Authority, which identified a need to set aside this area to protect the watershed and provide resource development, tourism and recreation opportunities. Forest Officer Len Wilton, who was well-known in the community, served in the late eighties and nineties until the forestry offices relocated back to the Calgary main headquarters.

By the 1990s, government institutions at all levels were working hard to eliminate debt and focus on centralization, downsizing and privatization of services. Forest management became a more integrated system within government, and concerned stakeholders and the public also engaged in the process. Today, Alberta Environment and Parks balances managing recreation and preserving natural heritage in Kananaskis, Alberta Agriculture and Forestry works to ensure that our forests remain healthy and vibrant and local interest groups share in the responsibilities.

References:

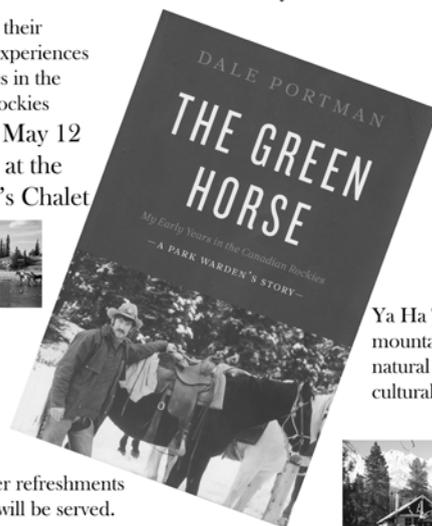
Our Foothills. Calgary, AB: Friesen, 1975; *The Alberta Forest Service 1930 – 2005* – P.J. Murphy, R.E. Stevenson, D. Quintilio, S. Ferdinand, AB Gov't, 2006; www.albertaparks.ca; Marie Nylund, Interview March, 2018; Sam Fullerton, Interview, April, 2018.



The Bragg Creek and Greater Area Historical Society

Special Guest Lecture Featuring Local Authors (of 7 books)
Dale Portman & Kathy Calvert

speaking on their wilderness experiences & adventures in the Canadian Rockies
Saturday, May 12
2:00 p.m. at the Snowbird's Chalet



Ya Ha Tinda, mountain rescues, natural and cultural history

Even better refreshments than ever will be served.





Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Priddis Multi-Purpose Building Update: Priddis Community Association is planning construction of a Multi-Purpose Building west of the outdoor hockey arena. The community wants to invite you to have fun and help us build our project! You are invited to join us at our Fundraising Events: Poker Night on June 1, Stampede Breakfast on July 8 and Golf Event in Sept. The new facility will serve the growing needs of area residents, bring recreation opportunities to Priddis, and will connect families and community members. We need your help to reach our goals! Please join our committee, attend our events and donate your time and resources. Canvassing to share information with residents in the area is ongoing. For more info about events and the building, please visit: www.priddisalberta.com.

Fish Creek Stewardship Group: Local area landowner, David Swann, would like to meet with other Fish Creek and Priddis Creek neighbours to start a "Fish Creek Stewardship group" for the purpose of learning and better protecting the Creek, a vital resource. The hope is to tie this group with existing watershed stewardship groups, such as Friends of Fish Creek (within Calgary) and the Bow River Basin Council, since no stewardship group is currently active on this reach of Fish Creek. David is proposing an introductory meeting at the Priddis Community Hall on Thursday, June 14 at 7pm, 2018, and would like to know if you are interested to participate. Please email David: davidswann571@gmail.com.

Crime Watch Event hosted by Foothills: Over 350 residents attended our Event on April 10, 2018, to discuss concerns about Rural Crime and Defense of Property. All 7 Foothills Councillors, our CAO and other staff were present. We heard from our MP's office, Executive Director of the Provincial Law Enforcement Oversight Branch, High River - Turner Valley - Okotoks RCMP Detachments, District Advisory NCO for the Southern Alberta District, Chief Superintendent for

the Southern Alberta District, Foothills Protective Services Coordinator and our Rural Crime Watch Associations: Okotoks, High Country, Foothills and Provincial. High Country RCWA is pleased with 17 new member sign-ups, now bringing us to 733 members STRONG. Stay informed by being part of our Rural Crime Watch groups, where you will be connected to information fan-out systems. Please join our team: www.hcrcwa.ca/membership.html, News: www.westernwheel.com/article/Rural-residents-urged-to-be-vigilant-20180411, Rights to Defend Property: globalnews.ca/news/4051618/what-rights-do-you-have-to-defend-your-property-in-canada/

Foothills Budget 2018: Due to good fortune and thoughtful planning by our Staff and Council :-), our Council has approved an increase of 0.5% to the Mill rate for Residential, Farm and Industrial/Commercial. Many municipalities have increased their rates by approximately 3 to 5% or more. Some properties may see a further increase due to market value increase, but for the most part the 0.5% increase should amount to about \$23 for the average household. We have heard over and over that people don't want to pay more taxes due to falling on hard times or being in retirement. With that in mind, we are fortunate to deliver one of our lowest tax increases. With the 0.5, we want to add a small amount to reserves in case of need towards efforts on crime reduction, water licenses, Mother Nature surprises or something else that may come up. For another take on this, see this article link: www.westernwheel.com/article/MD-approves-05-per-cent-tax-increase-20180418.

Calgary Metropolitan Region Board update: Just to let you know that we have started meeting as mandated by the Provincial Government. The CMR Board, committees (Land Use, Servicing and Governance) and Technical Advisory Group (with our staff) are working together to draft an interim Growth

Plan, based on Section 9 of the CMRB Regulation, and the Regional Evaluation Framework process for deciding planning and development in the region. Additionally, all 10 members must prepare Intermunicipal Collaboration Frameworks with each of our neighbours. A website has just been launched,



Foothills RCW Meeting

where you can find the Regulation. Soon it will be populated with meeting agendas and resource documents. Visit the website and keep an eye out for more info soon: www.calgarymetroregion.ca/

*For Other News & Updates:
Please visit my website: suzanneoel.com
www.facebook.com/CouncillorSuzanneOel
With Best Regards, Suzanne*



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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home on the edge of the prairie somewhere west of Calgary. Life is so beautiful here that we sometimes forget the real world away from our Eden. Our proximity to a metropolis of more than a million persons means that sometimes a few persons — very few indeed — desperate for money come to our doorsteps uninvited, to relieve us of some of our worldly possessions. Can anything be done about that?

In general, are you optimistic or pessimistic about the future? Approximately four hundred persons from our area met in Okotoks last April 10 to answer that question by meeting with the heads of all the Rural Crime Watch organizations here, plus all the Foothills Country councillors, plus the heads of all the R.C.M.P. detachments plus several other government representatives. The reason for the meeting was 'rural crime escalation.' After some short (and sometimes not so short) speeches from fourteen speakers, we had a question and answer session devoted to crime in our area.

Many in the audience had break-ins and other intrusions into their property. Present in the audience was Edouard Maurice, the 33-year old home owner from near Okotoks who, seeing intruders going through vehicles on his property, shot and wounded one of the intruders. The R.C.M.P. arrested the intruders but also arrested Maurice for his use of a firearm. Since the police can take up to forty-five minutes to respond to such a situation, many persons here feel isolated and frustrated. At the meeting, Maurice and his wife got a prolonged, standing ovation for the action he took. If you are interested in learning about how to defend your property, Google those three words. Then choose 'What rights you have to defend your property in Canada.'

The take-home from the April meeting was positive:

1. The provincial government has announced a ten-million-dollar plan to target rural crime. That will send resources to help rural Crime Reduction Units in the R.C.M.P. and will appoint ten new judges to reduce a clogged court system.

2. The three R.C.M.P. detachment heads reported reductions in the number of different crimes committed here compared to previous years. The assertions compared the current period of heavy snow and winter weather since last January to a full previous year. We will have to see what happens with the statistics once summer arrives.

Of course, a reduction in crime is no consolation when you have a break and enter, but there are ways you can reduce the chances that you will have a break-in.

3. The R.C.M.P. kept mentioning the importance of Crime Watch, to give them more eyes and ears to combat crime. To reduce break-ins, if you are not already a member of our High Country Rural Crime Watch Association, then join our group. Membership is free. Your obligations are nil, and you will get mail or phone call fan-out messages describing recent and current criminal activity in our area. New members get a free High Country Rural Crime Watch Association sign. To join, phone me at 403.931.2407 or visit our website for tips, resources, membership applications, and emergency phone numbers: www.hcrcwa.ca. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch.

As a member, follow the guidelines we give all our members: ORR (Observe suspicious strangers in your neighbourhood. Record the details: descriptions of individuals, vehicles, licence numbers, anything that could help the police. Report it to the

Cindy Wilson
Chartered Accountant

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police: let them—not you—decide if it is important.) The R.C.M.P. 24/7 complaints line is: 403.933.4262.

We are also currently organizing a presentation on Self Defense against crime that will be open to all our members.

The optimism generated by the Okotoks meeting is in accord with what is happening all over the world. Today all of us are healthier, wealthier, freer, safer, and we live longer than at any other time in the history of mankind. Canada is particularly blessed because of our educational system. US News just did an extensive survey of world education in 2018 and found the top five countries, ranked from the top to the fifth, are: Switzerland, Canada, Germany, United Kingdom, and Japan. In other words, in education we are the best in North America, and second best in the entire world.

Dickens's Tale of Two Cities described the optimism and chaos at the end of the Enlightenment. The novel begins with the words 'It was the best of times, it was the worst of times.' Today we have another Enlightenment, and it truly is 'the best of times.' We can keep it that way.

So that's the news from our High Country, where all the grown-ups think young, and each child is more mature than all the other children.

*John Robin ('J.R.') Allen
Membership Coordinator, H.C.R.C.W.A.*

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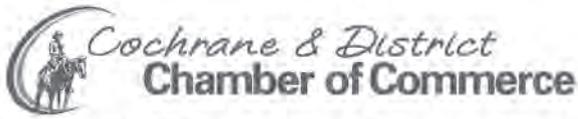
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AS OF MAY 1 SHELL WILL BE CLOSING THE SITE FOR FUELING RENOVATIONS, ETC. WE APOLOGIZE FOR ANY INCONVENIENCE THIS SHUT-DOWN MAY CAUSE. WE HOPE THAT YOU ENJOY THE FUTURE UPGRADES AND IMPROVEMENTS AND WE WISH SHELL ALL THE BEST GOING FORWARD

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Saturday May 5 & Sunday May 6, 2018

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Saturday 10:00 AM - 5:00 PM

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Easter in Redwood

Around 200 people gathered in Redwood Meadows the day before Easter to celebrate the holiday with an egg hunt and brunch.

Members of the Redwood Meadows Community Association, the Bragg Creek Community Association and Bragg Creek Community Church put on the event.

7-month-old Bodi Burnett stole a sweet moment with the Easter Bunny (pictured here), while visiting his uncle who lives in the area. Photo: Faith McLean, HCN Staff

BRAGG CREEK
community church

Please Join Us

Weekday Community Worship Service

The Hub - Bragg Creek Shopping Mall

This weekday church service will be held once per month, occurring on the second Tuesday of the month 10AM - 11AM

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PRIDDIS News

Welcome to Spring!

2018 Casino: The casino is Thu, Sept 20th and Fri, Sept 21st at Century Casino, Calgary. This event is our main fundraiser and is crucial to running the Priddis Community Association. Still looking for a few more volunteers to fill some evening shift positions and spare personnel to fill in if required. If you can help us out, please contact Carmen and Wayne Heinen at 403.931.3875.

Parent & Tot Coffee Morning: The next dates are Wed, May 16th and June 20th to meet at 9:30am, Jane's Café in the Priddis Mall. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddisalberta.com. Contact Lindsay Flynn at 403.813.3263 for more information.

Multi-Purpose Building: Priddis Multi-Purpose Building representatives canvassed the community door to door in April to inform neighbours what the Multi-Purpose Building is all about, answer questions, and get much needed feedback. The addition of this facility to the Hamlet will bring growth and secure a future for Priddis and the business community.

Priddis will be able to offer more recreational opportunities and make a stronger family connection with community members. Fundraising is continuing. Events are being organized with a poker night scheduled for June 1st at the Hall, and a golf tournament in September. Check the website, www.priddisalberta.com for more details on these events and project updates.

Millarville Half Marathon Run – June 16th: The run is Saturday June 16th and starts at Oilfield High School in Black Diamond and “runs” to the Millarville Farmers’ Market along Race Track Rd. Register on the website: www.millarvillehalfmarathon.com

If you’re not a runner, not a problem. We are looking for groups or individuals who would like to be part of our 150-strong volunteer team. Volunteers get a commemorative “Race Crew” T-shirt and a breakfast coupon at the Millarville Farmers’ Market. Our event is crazy early, winding up by 10:30am, giving you plenty of time to enjoy the rest of your day. Contact us via millarvillefarmershalf@gmail.com to volunteer. If you or your organization would like to donate prizes or money, please contact Stephanie Fitzgerald at (403) 797-4363.

“Warriors of Hope” - Yoga Cancer Fundraiser at Priddis Greens - June 23rd: Mark your calendar for this fun yoga fundraising event, “Yogis R Warriors of Hope” taking place at Priddis Greens Golf Club on Sat, June 23rd from 9:00am–Noon. Participant registration is \$30.00. Bring only a yoga mat. There will be a silent auction and food served.

Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer patients are unable to work during their treatments. Wings of Hope lifts the

YOGIS R WARRIORS OF HOPE
FUNDRAISER FOR WINGS OF HOPE
BREAST CANCER FOUNDATION



community karma
give hope be a warrior

Join us for a morning of yoga and live music June 23, 2018

Our morning will start with live music performed by local musicians Taken By Sanity and Max Mann. Then Michelle Mann-Donagan will lead you through a 90 minute yoga class, suitable for all levels and ages, while Lindsay Brandon of Bodybeat performs her healing mantras. Join us and experience the amazing energy that arises when yoga is done in the beauty of nature, amidst a community of fellow yogis: Be a warrior!

Warriors of Hope is a group of caring, community minded yoga enthusiasts who recognize the health benefits of yoga. By sharing our passion for yoga in a beautiful setting we hope to bring together people who care about their community and want to raise funds for organizations that make a difference in the lives of others.

Wings of Hope is a 100% volunteer run registered charitable organization. The funds we raise will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer patients are unable to work during their treatments. Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries.

Saturday June 23, 2018 9:00 AM – NOON
Priddis Greens Golf and Country Club
Register early as space is limited
Tickets \$30 available at brownpapertickets.com
Find us on Facebook and Instagram for more info
@Yogis R Warriors of Hope





Bragg Creek Painters

2018 Show and Sale
At the Redwood House, Redwood Meadows

Reception: Friday, June 15th, 6 pm - 9 pm
Appys Aperitifs, and ART

Saturday, June 16th, 10 am - 4 pm
Free Admission and demos all day long



burden by providing funding to cover basic needs such as rent and groceries. For more information contact Lori Colwell at 403.472.5349

Priddis Stampede Breakfast - July 8th: The annual Priddis Stampede Breakfast is on Sun, July 8th. Bring your family and join your neighbours for a great breakfast, music and lots of activities for the kids. Many volunteer opportunities are available so contact via email priddispresident@gmail.com. See you at the Priddis Community Hall on July 8th.

Priddis Early Learning Program (PELP): Registration for the program at the Priddis Hall for next year is ongoing. If you are interested in enrolling your 3 or 4 year old in the Priddis Early Learning Program for 2018/2019 please email PELPpreschool@gmail.com. The 3-year-old program runs on Tues and Thurs mornings from 9-11am. The 4-year-old program is on Mon, Wed, and Fri mornings from 9-11:30am. The Director is Kate Berkan. She can be reached at 403.808.3988, email: kj.berkan@icloud.com.

Priddis Tennis Courts: Tennis anyone? Would you like to get together with other tennis players to organize private or group lessons, start a ladder, set up a weekly tennis day, or exchange contact information. Contact us at priddistennis@gmail.com and we'll arrange a get together to hear your ideas and get a group started.

Booking the Hall: To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at PCAhallrentals@gmail.com or call 403.975.8487. Check the website www.priddisalberta.com for availability and updates.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.PriddisCommunityAssociation.ca

The Priddis Post is published twice yearly – Spring and Fall. Want to place an ad in the next issue? Please contact Sue Warren for rates and timelines at sue.warren@telus.net



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Every second Tuesday of the month (Sept to May) at 7:30 pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville church house. Our next meeting will be on Tuesday May 8 and it is our spring potluck. Bring your favorite dish to share. Come at 6:30 pm to enjoy supper. Later that evening at 7:30 Kath Smyth will be discussing drought tolerant plants. Spring is right around the corner! Save the date! June 7 is our annual plant sale. It will be at 7 pm sharp on June 7 at the Millarville racetrack quonset. The club members are donating plant material from their own gardens. Perennials, annuals, Shrubs and trees available. All Chinook hardy and ready to plant. Join us for this very popular event. Also please remember to like us on Face book! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989

Millarville-Stockland 4-H Beef Club News

Another month of snow and crazy weather... At least the steers are hungry and eating like champs in the cold. Our members continue to work on their animals, with a couple of junior shows coming up, putting on hip waders to lead animals in the snow is going to pay off!

We held our annual public speaking competition at Millarville Race Track

February 4, 2018. Winners for the junior category were: Maddie Watkins, Jessie Blatz, alternate Grayson Bamford. Intermediate winners were: Harry Rawn, Clara Blatz, alternate Chloe McWhir. For Seniors: Carson Campbell, Elizabeth Campbell, alternate Wyatt Runge. Jessie Blatz, Maddie Watkins, Clara Blatz, Chloe McWhir, and Carson Campbell all attended areas representing Millarville-Stockland. From there, on to Districts, where Clara Blatz, Jessie Blatz and Carson Campbell presented their speeches again.

After the dust settled, Carson Campbell and his prepared speech on culinary arts was selected to move on representing Millarville-Stockland at the Regional Level March 24, 2018 in Strathmore.

The Senior members had a blast at the all night laser tag event held March 17. We have some fun events to look forward to in March. Cow vet Cody Creelman will be speaking for us at our next meeting – he is so informative and fun! We were also looking forward to a grooming clinic March 24, 2018 led by our own Peter Watkins, where we could practice our clipping and showmanship. But due to a very unfortunate accident with the Millarville Race Track Arena, we will hold a Grooming Demonstration at Todd and Angie's barn.

Club reporter: Clay Jardie



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We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

Upcoming Events and Programs:

Qigong Drop In

Mondays at 9:30am

Location: Upper Room

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness! More info, Darlene Abraham dhabraham@shaw.ca.

Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

Craft Day

Saturday, May 19 at 10am

Location: Midlands Link

Please join us for a day of fellowship and a potluck lunch while working on those

uncompleted projects you would like to get finished. Door is open by 10am and we would love to have you come and share all or part of the day with us.

Playtime

Saturday, May 19 at 10:30am

Location: Lower Hall

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup of coffee or tea and chat. We have a small bouncy castle and some ride-on toys for the children available. Sandwiches will be served and you are welcome to bring a kid-friendly snack to share. It is a great way to have a laidback conversation while the kids burn off that extra energy!

Triple F

Saturday, May 26 at 12pm

Location: Midlands Link

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come for -- food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new).

For more info about our programs and events please call the church office or check out our website.

Your Friends at Red Deer Lake United Church

403.256.3181, office@reddeerlakeuc.com

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Sunday Worship: 10:30am

reddeerlakeuc.com

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Hello, Turner Valley. What a crazy winter we have had so far. We are all feeling a little stir crazy and tired of the white all around. "Bolt and bar the shutters, for the foul winds blow. Our minds are at their best this night, and I seem to know. That everything outside us is mad as the mist and snow". An appropriate poem by Yeats for this season. Come on Spring, hopefully we'll see you wash the winter away and see your tender green shoots come out of hiding.

Sheep Creek Arts Council is celebrating Spring during Discovery Days, which is coming up. On June 2nd they will be hosting their annual Rhubarb Tea and Quilt Show. There will be a Bake Sale which starts at 11:00, and you can admire the quilts at this time also. There is no charge for the Quilt Show but donations to help them make quilts for Rowan House are gratefully accepted. The Rhubarb Tea goes from 1-4pm, it is \$5 for tea or coffee and a heavenly slice of rhubarb pie or crisp, and they will be serving a rhubarb punch as well. They are always looking for volunteers to help out. Please call Cathy at 403-933-7132 if you can lend a hand. The SCAC is located at 133 Sunset Boulevard in Turner Valley.

Right next door to the Sheep Creek Arts Council is the Valley Neighbours Club. The Club's annual 80 and over Birthday Party will be held on May 6th this year. If you know of anyone having a significant birthday this year, let them know and they can extend an invitation and order a certificate. Please call Barb at 403-933-4782 or drop by and sign up on the sheet on their bulletin board. While you are there, check out all the programs and classes they have to offer. The VNC's phone number is 403-933-4445.

The Sheep River Library has a great program called Poetry by the Fireside. This group meets on the last Thursday of the month at 10:30am to read the works of poets both dead and alive and also to share their own work. A monthly writing project is assigned. The fabulously famous Doris Daley facilitates this group. For more information, the Library's number is 403-933-3278.

The Turner Valley Legion is hosting their Mother's Day Brunch on Mother's Day which is Sunday, May 13th. Their chef Laura and her team of volunteers will be pulling out all the stops for this Brunch which will have only one sitting at 10:00am. The cost is \$16 for adults

and kids under 12 is \$8. You must make a reservation for this very popular event. For more information or to reserve, please call 403-933-4564.

Dog lovers, there will be a Pet Valu Walk for Guide Dogs held in Okotoks on May 27th. Thanks to sponsors, including the Foothills Lions Club, 100% of funds raised go directly towards the raising, training, and placement of Guide Dogs for Canadians with medical or physical disabilities. Dog Guides Canada has already provided specially trained Dog Guides to more than 2,764 men, women, and children, all without government funding. Help raise money for this program and meet other dog owners for an enjoyable walk for a good cause. The Walk will start at the Okotoks Pet Valu on Southbank Road in Okotoks, sign in is at 10:30 with the Walk starting at 11:00. To register or for more information, call 403-995-5744 or email at petvaluokotoks@gmail.com.

Pound Rescue Okotoks is currently looking for farms or acreages to house feral or semi feral cats and give them a loving home. These cats are not pets, yet should be given the same respect and consideration as our indoor pets. They are used to living outside and hunting and over time will most likely trust their caregivers. Most of these cats are social when it comes to other cats and will seek their company and friendship. Pound Rescue adopts them out in pairs, or more if the space and love is there. They request that they must be locked up for at least 3 weeks to let them know this is home and to stick around, that there must be windows, and they are provided with warmth such as heat lamps in the cold months, with food and water at all times, as emaciated cats can't hunt, and a pet door later left open so they can get in and out. All their ferals have been fixed, had shots, and there is no adoption fee. Pound Rescue is a truly dedicated organization, for more information, please call 403-938-4890.

The Okotoks Collector Car Auction celebrates

44 years as Canada's longest running collector car auction. Their Spring Auction runs May 25th and 26th, with a preview on the Friday from 6-9. On the Saturday doors open at 9:00am with the sale starts at 10:00am. Tons of amazing cars and vehicles and other memorabilia such as metal garage signs, etc. are up for auction as well. General admission is \$15 with kids 12 and under free. There is generally a huge turnout for this exciting event, for more information, visit okotokscarauktion.com.

There is still time to get a table for the annual Discovery Days Market in Turner Valley on June 2nd. This is a big Market and vendors who make, bake, and grow their own quality items are invited to apply for a table. Please contact Nicole McDonald, nicolem@turnervalley.ca or visit turnervalley.ca for more information and application forms. Volunteers are needed for Discovery Day Children's Activities on June 2nd as well. If you can spare 2-3 hours to help out with this year's event, please contact Hazel Martin at hazelm@turnervalley.ca or drop by the Town Office.

If you have any events happening June 1st-27th that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is May 15th.

*Happy Spring,
Elaine Wansleben*



Priddis
Community Association

Multi-Purpose Building Project Update
PCA is planning construction of a Multi-Purpose Building

Have fun & help us build our project!

<p>You are invited to join us at our Fundraising events</p> <p>Poker Night: June 1, 2018 At the Priddis Hall</p> <p>Golf Event: Sept. 2018, TBA</p>	 <p style="text-align: center;">Concept</p>
---	---

- Will serve the growing needs of area residents
- Will bring recreation opportunities to Priddis
- Will connect families & community members
- We need your help to reach our goals!
- Please join our committee, attend our events, donate your time and resources
- We'll be canvassing in the area in the next few weeks to share information with residents ☺

More Event info & FAQs: PriddisAlberta.com

Local Physician Ready To Put Down His Stethoscope And Lace Up His Soccer Shoes For Team Canada

With the world's largest sporting event coming up this year in Russia, the FIFA World Cup, a local doctor wanted to get in on the action.

Every year for the past two years the Canadian Men's Medical Football team has played in the World Medical Football Championships. In 2016, at the inaugural tournament for Canada, in Barcelona, Spain the team ended up finishing 14th place in the world out of a 24 team tournament that included teams from Brazil, Argentina, The United Kingdom and as far away as Australia.

In 2018, Dr. Noel Grisdale, based out of Black Diamond, AB has been a defensive stalwart of

the team since day 1 and has played in every international match for the team thus far.

"I have a real passion for football and fitness and it was an incredible opportunity to meet physicians from across the country that shared this with me. My kids play soccer as well and it's great to be a role model to them and get to wear the maple leaf while representing my country on the international stage."

This year Dr. Grisdale will be traveling to Prague in the Czech Republic for the Main tournament in July.

"It is going to be even more special this year when we get to play on Canada Day in front of our travelling fans and with the FIFA World Cup happening in Russia at the same time."

The team is composed of doctors who are Specialists and Family Doctors from across the country with members on the team representing 6 provinces across the country. In addition to the honor of representing their country the doctors also participate in academic half days where they present Sports Medicine related research from their respective countries at a Global Symposium on Sport which runs concurrently with the tournament.

He has previously served as President at The Alberta Medical Association (AMA). Dr. Grisdale is a family physician at the Foothills Family Medical Centre in Black Diamond and a staff physician at the Oilfields General Hospital.



Black Diamond Family Physician Dr. Noel Grisdale is set to compete in the World Medical Football Championships in Prague this summer. Photo from 2016 championships in Barcelona.

Discovery Day

Town of
Turner Valley
Back to Nature

Family-friendly fun!
Millennium Park, Turner Valley
Saturday, June 2, 11am – 3pm

~ artisan market ~ bounce houses ~ face painters ~
~ petting zoo ~ human hamster ball collision course ~
climbing wall ~ food vendors

More event info at www.turnervalley.ca

Diamond Valley Parade and Turner Valley's Discovery Days - June 2, 2018

The communities of Black Diamond and Turner Valley invite you to join them for the annual Diamond Valley Parade and Turner Valley's Discovery Days being held Saturday, June 2, 2018.

Saturday morning starts bright and early with a pancake breakfast hosted by Oilfields High School at the Oilfields Regional Arena. Then, march on over to the 50th annual Diamond Valley Parade at 10:00am. Following the parade is a full day of family fun in both towns complete with a shuttle bus to get you back and forth.

Featured activities throughout the afternoon will include, live music, and a pop up market in Black Diamond; bounce houses, petting zoo, face painting, climbing wall, Zorb Balls, an local artisan market, antique car show, garden club plant sales, and Rhubarb Festival and Quilt Show in Turner Valley. A variety of local culinary vendors will be on site offering burgers, poutine, Glory Bowls and tasty treats in Flare 'n Derrick Community Hall parking lot.

The Town of Black Diamond invites you to take in the opportunity of sitting under the stars and enjoying an outdoor movie experience, Coco, Disney Pixar Production, in Maplewood Park at dusk.

A complete list of times and events is available at www.turnervalley.ca and www.visitblackdiamond.ca.

This annual event is presented by the Town of Turner Valley and Town of Black Diamond. All members of the public and media are invited to attend.



The Writer's Group, which meets the first Wednesday of every month in the library, is a growing and welcoming one. Each month they choose a topic to write about (this month's is "School Days") and then they come together the following month to share what they have written. There are several writer's groups in the Foothills libraries. Millarville has an especially active one, and has had two published authors in their group. There are plans afoot for all the groups to meet together to discuss and share ideas for a day. Reading aloud to your children is more important now than ever. Parents are finding it difficult to talk to their children about the disturbing events of our time:

shootings, terrorist attacks and politics full of hate. Reading from books that throw a compassionate, sincere, and honest light on world affairs provides a tool to talk to them about these things. Books can teach children to be kind and empathetic, even in the face of tragedy. Books can show children how to be part of the solution. Plus, there is nothing like cuddling up with your child before bedtime. These peaceful and precious memories will last for your child's lifetime.

Two new and delightful easy reader books are in: *Why I Love My Brother*, by Daniel Howarth and *Penelope and the Foal Fairy* by Daisy Meadows. For adults, *The Secret Wife* by Gill Paul.

The Boat People by Sharon Bala, a Newfoundland, is a wise and compassionate novel about the Sri Lankan refugees who landed on the shores of British Columbia in 2009. The novel's epigraph is a quote by Martin Luther King Jr. "We may all have come on different ships, but we're in the same boat now".

Bala explores the great humanitarian crisis of our time with sensitivity and grace. The characters capture your hearts. You will look for them on the evening news and in the newspapers. You will not only wonder about them, but about yourself.

The book may change your perspective on the traditional belief that Canada is a welcoming nation. It describes what happens when the fundamental need for safety collides with the legal bureaucracy on our shores. The novel is a moral drama, told beautifully. It provides a compassionate lens through which to view the current refugee crisis.

An important read.

Another immigrant story is *A Good American*, by Alex George. It begins in Germany in the late 1800's. A young couple sets out for New York City, but find themselves in New Orleans by mistake. It is a delightful story of their and their offsprings life in rural Missouri. The characters will linger in your hearts and minds long after you have read the book.

Happy Reading!
Sylvia Binkley
sliv@telus.net

Pat Stier, MLA 2012-2019 Special Announcement April 20, 2018

To the residents of Livingstone-MacLeod and all Albertans.

Following the upcoming UCP Annual General Meeting in May, new local UCP constituency association boards will be formed and the business of organizing for the process of selecting candidates for the 2019 election will begin.

In that regard, by the time the election is called in 2019, I will have served seven years and completed two terms as the MLA for Livingstone-MacLeod. Considering that fact and the enormous amounts of time spent away from home as an MLA, my age, health, future local business opportunities and retirement, I have decided NOT to allow my name to stand as a provincial nominee contestant for 2019.

With this early announcement, it is my hope that this decision will help to provide for a full open, non-imposed nomination contest for the riding, along with a maximum amount of time for the 2019 candidate campaign. Throughout this period, I will continue with supporting our Leader Jason Kenney, the Caucus and the party in preparation for the next election, along with my regular duties as the MLA, assisting my constituents and as the UCP Caucus Critic for Municipal Affairs.

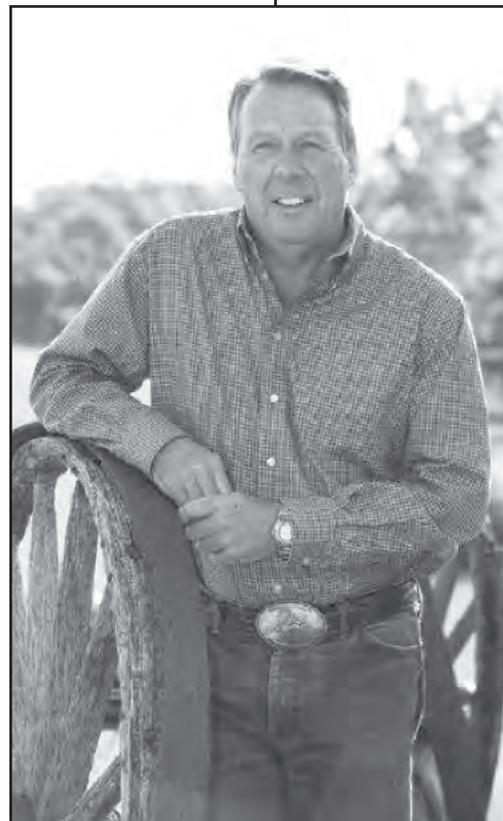
Comment

Since the mid 1980's, as a local community leader, and later as a Councillor in the MD of Foothills, I have enjoyed working with residents, communities, municipal governments, and provincial ministries. Now almost 30 years later and six years after being elected provincially, I continue with that passion today, in my role as the MLA for Livingstone MacLeod and as the Municipal Affairs critic for the United Conservative Official Opposition.

Provincially speaking, it has been an amazing experience. In 2005, I first became involved in the local PC association, then transferred to the Wildrose party, where I served over a period of eight years as constituency director, president, provincial director, and eventually as a Wildrose MLA where I had held four key portfolios.

Several significant events have occurred since my first election in 2012 with 16 Wildrose colleagues, compared to six years later with 24 now serving as United Conservatives. There have been four different Premiers, I have served under four leaders, have experienced two separate leadership contests, plus I survived the floor crossings of 2014, where I decided to stick to my principles and remained allegiant. Just five months later, I managed to become reelected in the snap election of 2015. More recently in 2017, I was honored to be appointed as a member of the negotiating committee for the Unity discussions between the Wildrose and PC parties, which created the new United Conservative Party. Suffice to say, it has been quite a ride!

Retirement is a significant change for a person to consider and as I look forward to the next phase of my life, I wish to say that it has been my honor and privilege to serve the residents as the elected representative for this fabulous region of the Province.





BLACK DIAMOND Digest

Hello, Black Diamond. Well this winter has been a long and tiresome one so far. We have had more snow than I can remember for a long time, with a slight reprieve in the middle of April which melted a fair amount of snow. Then on the 16th it came back with a vengeance with heavy wet snow that shovellers could not keep up with. Hopefully winter will lose its frigid grip soon and we can get on with spring.

With all the heavy snow, there were many roofs of arenas and buildings that collapsed under the weight. The Millarville Racetrack arena roof fell on March 19th, and the damage to the walls of the 33 year old building was extensive, so it was decided a new building was necessary. In the meantime, user groups such as the Millarville Musical Ride, 4-H, and other riding groups are looking for arenas to practice in. Anyone with a centralized arena they would be willing to lend out for riding groups is encouraged to contact the Racetrack at 403-931-3411. Also anyone interested in helping sponsor Millarville Racetrack and Agricultural Society to help them get back on track from lost revenues would be greatly appreciated.

It is Emergency Preparedness Week May 6-12. This is a national event that takes place every year, coordinated by Public Safety Canada. It is meant to help Canadians take action to prepare themselves and their families during emergencies. May is also Lightning Season, and with all the snow in the Foothills there may be a possibility of flooding again. For information on steps to take to prepare, visit alberta.ca/emergency-preparedness.

The Oilfields Arena is pleased to present free rollerskating again this year. Thanks to Pharmasave in Black Diamond for sponsoring



this free skate. Helmets are mandatory and the free skate runs every Thursday until June 28th from 5:15-6:15. For more information the Arena's number is 403-933-5272.

broncs, and mini chuckwagon races. On the Saturday there will be a Cowboy Social along with a Silent Auction, and on Sunday there will be Cowboy Church. Admission is only \$10 with kids 12 and under getting in for free. May 4th and 5th the fun starts at 6:30 and on the 6th the action starts at 2pm. The Rodeo will be held at the indoor arena at the High River Rodeo Grounds. For more information visit canadaseniorrodeo.com.

It is Senior's Week June 3rd-9th. There are many programs available for seniors in our area. Enjoy a hot meal in your own home from Meals

on Wheels. It is available on weekdays, prepared at the Oilfields Hospital and delivered by volunteers, for a minimal cost. The Hospital's number is 403-933-2222. Alberta Health Services also has Adult Day Support Programs which offer services designed to keep their clients as independent and healthy as possible. Some of the services are respite, therapeutic recreation, and nutritional service. For referrals and inquiries in Black Diamond, call 403-601-1790.

There is also an Education Property Tax Assistance for Seniors Program offered by the Alberta government. This program provides an annual rebate to senior homeowners to cover the year-to-year increased in the education portion of their property taxes. The website for more info is seniors.gov.ab.ca. They also offer a Seniors Property Tax Deferral Program, which allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low interest home equity loan with the government. For more information, visit SeniorsPTDP.alberta.ca.

Foothills Country Hospice Society invites you to come hike with them on Sunday, May 6th in support of their facility. Whether you're hiking on your own, pushing a stroller or wheelchair, or walking your four legged friend, you will enjoy an easy and scenic 4KM route along the fully paved Crystal Shores Pathway in Okotoks. The pre-hike festival will feature an appearance by the Okotoks Dawgs baseball mascot, Diggity Dawg, a Doggy Fun Zone, coffee and snacks, Kids Zone with face painting and entertainment, and a warm-up session with a local fitness instructor. Don't forget your water bottle. There will be prizes for most raised by an individual or team. The festivities start at 1:00 with the hike starting at 2:00. To sign up or for more information, visit countryhospice.org.

Volunteers are still needed for Discovery Days weekend, call the Town of Black Diamond at 403-933-4348 to sign up!

If you have any events happening June 1st-27th that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is May 15th.

Happy Spring, Elaine Wansleben

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Livingstone Macleod



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Constituency Office
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Suite A, 2019 20 Ave.
Highway #2 North
Nanton, Alberta T0L 1R0
Tel: 403-646-6256 Fax: 403-646-6250



Congratulations to our friends in High River for being named a runner up in the Kraft Hockeyville contest. They put together more than 400 pictures and videos and 150 stories and ended up as one of three runner ups in the contest. The \$25,000 prize was announced during Hockey Night in Canada and will go a long way towards arena improvement in High River. The other runner ups were Lafleche, Saskatchewan, and Huntingdon, Quebec, with Lucan, Ontario being the finalist.

High River is also gearing up for the Senior Pro Rodeo from May 4th to 6th, and you are invited to join in the action. There will be a concession, mini



SHEEP RIVER LIBRARY

It was a great pleasure to have Ian Wilson and Jacinthe Lavoie back at the library to show their multi-media presentation, *Wings Over Canada*, on April 12. The audience was treated to their stunning photography of the beautiful natural habitat that surrounds us. To continue our appreciation of the wonders of the natural landscape we are so fortunate to have in Canada, we have Alisen Dopf coming to the library on May 3 at 7 pm. Alisen is a 25-year mountain veteran who will be giving a presentation on the Rockwall Trail. The Rockwall Trail is THE Canadian backpacking destination. This 55km trek in Kootenay National Park boasts 30km of almost unbroken limestone walls that tower 900m above the trail. Come see beautiful wild flowers on immense meadows, gorgeous lakes, impressive waterfalls, and hanging glaciers. Follow along as we trek from Marble Canyon to Floe Lake, travelling over three alpine passes, along the Great Divide Trail. Alisen's talk will be part travelogue and part advice for those who may wish to hike the trail themselves. If that seems a bit daunting and you want to ease yourself back into hiking once the snow melts (note I said "once", and not "if") then consider joining the Sheep River Ramblers. This ever-expanding group of intrepid outdoors people would love to have you join their ranks. Call the library to get on the e-mail list so that you can receive notifications of all outings.

If getting out onto the hiking trail is not on your horizon because your focus hasn't quite left the workplace yet, then consider coming to *Personality Types in the Workplace*. This workshop, facilitated by McBride Career Group, will help you learn about yourself and those you work with. The workshop will review the MBTI Personality Assessment model (Myers Briggs Type Indicator) and present the 16 different personality types. You will discover your own natural preferences and preferred way of doing things and learn how to choose a career and manage your career based on your type. The material will also help you acknowledge your strengths, weaknesses, and contributions to the workplace. The workshop is taking place

Wednesday June 13 5:30-8:30 pm. Please register at the library (403-933-3278).

Come the May long weekend, we will have the bikes back at the library for you to take out on your card. You can go for a quick trip along Friendship Trail to Black Diamond, or head up the road to explore the bike trails in Kananaskis. There is a one-time waiver to sign for the 2018 season.

Next time you are in the library, don't forget to drop into the gallery space and

see the art work on display by Barb Fedun. Barb's work features a variety of techniques including collage, charcoal, alcohol inks, and acrylic inks.

Please note that on Wednesday, May 16 the library will only be open from 10am-1pm to allow the staff to attend the Marigold Library System annual training workshop. All Wednesday morning programs will run as usual.

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Sundays 10.00a.m - 7.00pm p.m.





301 - 3rd street N.W., **BLACK DIAMOND** 933-4814

Turner Valley and Longview Welcome 'Way Out West Fest'

You won't have to go far to experience this year's Way Out West Fest. The festival, in its second year, features events in Longview and Turner Valley (as well as other locations), and offers a taste of history for anyone willing to saddle up.

"The mission is to preserve the modern west community," says founder and director Ingrid Schulz. "I've seen a disconnect between urban Calgary and our true west. The goal is to provide a portal to an authentic west."

The festival takes place June 1-3, and includes eleven total events across the area that allow participants to do everything from lassoing a rope, to painting a cow skull. In Longview, you can attend a photo workshop using real Hollywood western props and sets, and in Turner Valley, you can learn how to make vodka and gin using old-world techniques.

For tickets, go to wayoutwestfest.ca.



Photographer Krista Kay offers a photography workshop in Longview, as just one of the many activities and locations of this year's Way Out West Fest, June 1-3. *Photo courtesy: Krista Kay.*

Faith McLean, HCN Staff
faith@highcountrynews.ca



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Market Review: Acreages & Luxury Property Sales

Foothills & Rockyview: Last 365 Days

It is spring time so usually interest in acreages increases with more buyers and lookers on line and people driving around, as well as clients working with agents to view. However, there are sometimes confusion and unfounded opinions thrown around about market trends & activity, actual recent sales levels and who best to sell properties. So I analyzed and compiled the sale results for the last 365 days in both Foothills & Rockyview for acreages \$750 - \$1M, \$1M to \$1.5M range and the more luxury range \$1.5M + (plus) and give you the following results.

Use these results as a general guideline only as there are many variables in the properties – location, age, condition of home, renovations, topography, views, architecture, vegetation & landscaping, etc. but still a reasonable guideline for consideration of your potential value. But before you decide on pricing consult a reputable Realtor or if not selling but need a value for future planning consider ordering up an appraisal. A fairly good past year cycle in some price categories but still tending to a buyers market going forward given inventory levels.

Review of sales - \$1.5M and up – Last 365 Days MD Foothills

7 sales only over \$1.5M + !

4 of these sales had land over 40 acres thus driving average prices up given the large portion of land value. Largest land size was 320 acres. So therefore only 3 small land size acreage sales with homes in the over \$1.5M price range which is very few! So I calculated the averages for the smaller acreages so the numbers would be more reflective of typical acreage sizes that get listed over time.

Average house size: 3,5754 sq. ft.
Average land size: 5.09 Acres
Average listing price: \$1,706,000
Average selling price: \$1,640,000

So things were obviously challenging for this inventory price range and maybe points to a few things. Much patience with long range perspective needed to sell, a seemingly very small buyer pool for the area and pricing has to be quite attractive to likely flush out a buyer.

93% of these properties (considering both ends of a transaction - the listing and selling sides) were sold by local/regional brokerages and their agents.

MD Rockyview

49 sales over the \$1.5M range!

Bear in mind this area has a much higher concentration of small acreages and a higher density of new luxury homes and it is still a much more active area than Foothills. Once again, I removed the few large land acreage sales to reflect statistics for the majority of sales which were smaller acreage sizes.

There were 8 sales over 10 acres, 3 over 90 acres, the rest smaller acreages in the 2 acre range.

Average house size: 3,377 sq. ft.
Average Land size: 2.64 Acres
Average Listing price: \$2,055,657
Average selling price: \$1,963,902

95.5% of the sales were by local/regional brokerages.

Review of sales - \$1M - \$1.5M – Last 365 Days Foothills

30 Sales – 60 Ends (30 Listing side & 30 Sales side or buyers)

Average house size: 2,602 sq. ft.
Average Land size: 4.43 Acres
Average Listing price: \$1,196,000
Average Selling price: \$1,136,429

100% of the sale ends by Local/Regional brokerages and their agents.

MD Rockyview

81 sales

There were 5 sales over 80 acres, 7 over 30 acres, the rest smaller acreages so adjusted out the larger ones to focus on the more typical smaller acreages.

Average house size: 2,905 sq. ft.
Average Land size: 2.68 Acres
Average Listing price: \$1,268,777
Average Selling price: \$1,216,349
Average sales to listing ratio: 95%

Total 162 Ends (Listing and selling side).
89.9% or 145 ends sold by local/regional brokerages and their agents.



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Review of sales - 750K to \$1M - Last 365 Days

Foothills

57 Sales

2 of these sales had land over 20 acres & 4 over 40 acres thus driving average prices up given the large portion of land value, so I adjusted for these.

Average house size: 2,208 sq. ft.

Average land size: 6.18 Acres

Average listing price: \$893,021

Average selling price: \$860,025

Average DOM: 83

Average List to Sales ratio: 96.3%

Average Age: 1995

Rockyview

94 Sales

1 of these sales had land over 20 acres & 6 over 40 acres thus driving average prices up given the large portion of land value, so I adjusted for these.

Average house size: 2,301 sq. ft.

Average land size: 3.74 Acres

Average listing price: \$900,161

Average selling price: \$865,954

Average DOM: 70

Average List to Sales ratio: 96.3%

Average age: 1994

A closing thought for your information as well. With so much technical sophistication and internet usage worldwide for Real Estate searching 24/7, numerous broker/Real Estate Board/Realtor sites and public web sites such as Realtor.ca along with the high quality of property presentations, HD pictures, virtual tours & mapping etc. on line, people anywhere can now surf the web and secure information anywhere on our local listings. This has become a game changer for the public initially accessing information on real estate and forming opinion of values before they engage the services of Realtors. So use caution doing this as it is still difficult to remain truly objective about your proper pricing.

By Wayne Chaulk

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Adult ADHD and Relationships

by Roché Herbst, M. A. R. Psych.



HOW DOES ADHD AFFECT YOUR RELATIONSHIPS?

Some people say: “ADHD is actually a gift and you just have to find the right person to appreciate it.” Well, it’s not quite that simple. ADHD affects your life, work and relationships. It could be a partner who gets easily annoyed, a sibling who lacks impulse control or a co-worker with little patience. Often the person with ADHD is not willful or even aware that their behaviors are causing some of the problems. Other times, they are aware of the relationship issues, but find it very difficult to manage their behaviors and may be very sincere when they say things like “I’ll try harder” or “I’ll try not to interrupt or to say hurtful things” or “I don’t know how to explain things as eloquently”.

THE ELEPHANT IN THE ROOM

The most impairing deficit for social skills is the inability to regulate emotions. It seems easier to forgive the person for their ADHD problems with distractibility, forgetfulness or quick decision making, than to forgive or forget their mood, irritability or anger issues. Relationship issues often show up with friendship and family problems, marital difficulties, dating problems or customer complaints. The person with ADHD is perceived as showing a lack of interest, absent-minded, talking too much or too loudly, being too sensitive or emotional or not listening to the other person’s side.

“Maybe, she’s working too hard” or “He didn’t learn how to do all these things in childhood” or “She wants to please everyone else”. Regardless of the type of relationship, the non-ADHD person often ends up feeling unappreciated and not valued.

RELATIONSHIP TOOLBOX

ADHD is a disorder of self-regulation and self-control. The person with ADHD may try to control the overwhelming feelings of being promoted, of marriage or parenting by having a strict routine or schedule. Problems occur when things go wrong due to their inability to adapt or be flexible.

- Manage Symptoms – become aware of ADHD behavior signs and symptoms that affect relationships, educate yourself, seek a diagnosis and treatment options. Knowing what you are dealing with provides hope.

- Don’t worry about who is right – the goal is to move forward. Not to stay stuck in an argument. The relationship may be more important than it is to be right all of the time.

- Take a break – it may be time to give up on a relationship that is not working, especially if it’s been a really hard process where you have tried everything you can think of. You do have a life of your own and a right to be happy.

- Seek professional help – don’t wait too long to get help for your own mental health and well-being.

MYTH vs. FACT

Myth: ADHD is not a real disorder.

Fact: Leading researchers, psychiatrists and physicians have confirmed that ADHD is a real disorder that causes difficulties that interfere with normal functioning and can lead to lifelong problems with school, relationships, self-esteem and personal safety.

Sources:

The Myths and Facts, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho

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Mortgage Matters

By Candace Perko, Mortgage Broker

Increasing Interest Rates: The Good and the Bad

Many Canadian's have found their debt loads heavier now that the Bank of Canada and the country's lenders have raised their benchmark rates and prime rate.

The benchmark rate is the average of the big-banks posted rate; whereas the prime rate is used by all lenders as the primary tool for setting rates including variable-rate mortgages and lines of credit.

On the other hand, increased lending rates is good news for account holders as the prime rate also affects interest rates for savings & investment accounts.

How can you avoid falling further into debt or take advantage of higher rates of return? Here are some considerations:

- In a perfect world, we'd all like to live totally debt-free but that simply is not reality for many of us. Trying to pay off all debt should be the goal, but if the reality is some debt has to stay, then before considering any further actions, understand exactly what kind of debts you have.
- There is good debt and there is bad debt. Good debt may include a cost that is incurred to invest in your future. A student loan is a good debt because you are investing in your ability to make more money. Debt you have on real estate or your primary residence is a good debt because this is an asset and you're accumulating equity. Debt you incur to buy an investment, assuming the income from the investment far exceeds the cost of the debt, may be a good debt as well.
- If you tax deductibility because of a debt, this is a good debt.
- Bad debt is your credit cards, department store

cards, lines of credit and/or any debt with higher interest rates, no asset generated, and/or no investment opportunity. Pay off the debt with the higher interest rate first.

- A potential concern for anyone with a variable rate mortgage during times of prime rate increases, is the increasing cost. If so, consider locking into a fixed mortgage rate. If you are worried about the exposure to higher mortgage costs, this may be an option to reign in the risk.

- Consider what kind of debt you are taking on; but more importantly, how, when and what your plan for repaying it is?!

What if you need to apply for more debt?

- Care about your credit score and check it often. If you are applying for a new debt (especially a mortgage), consider your credit limit and never use more than 70% of limit on one single account; or over 35% of all your overall credit capacity. As much as you can, pay down existing debts (especially lines of credit or anything 'revolving') to open up your capacity.

But... what if I have no debt to pay off, but want to take advantage of the increased rates? You should always speak to an investment professional about your personal situation, but options may be:

- A regular ol' savings accounts is making a little more sense now as it may have higher interest rates payable.
- If you have children, maximize your Registered Education

Savings Plan payments first because that brings you tax savings and contributions from the government.

- Once an RESP is max'ed, consider the RRSP, where contributions are income tax deductible; or a Tax-Free Savings Account, where the interest you make is tax-free.
- There are many, many options for additional investments and you can consult with your financial planner.

It's impossible to predict what is going to happen in the coming months or years, but we do know the time of low interest rates, easy credit, and freewheeling lending policies are over.

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Who Tips The Scales?

by Andrea Kidd

There's an imp in my brain who skews the scales.

This mischievous imp takes a feather, places it on the scale pan and, suddenly, the pan clunks down heavily. Then, he'll take a rock and the pan flies up!

I succeed and he inflates my ego till I think I'm best in the world. I miss the mark and he snickers, "Look at you! You're no good!"

What a spoilsport! This imp in my brain gets his pleasure from deceiving me.

You impudent imp! Get lost! You weren't invited! You pay no rent. You have no right to twist my mind with your silly tricks.

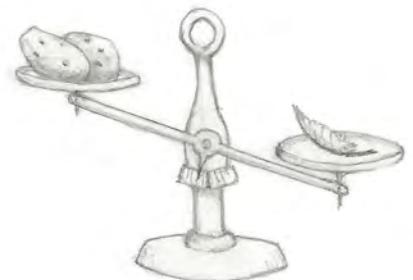
You snuck in when I was busy, too preoccupied to notice you. The door to my mind was only open a crack. You waited till I looked the other way.

But, I can see you now! Clear thinking has revealed your fiendish tricks for what they are.

Oh, so you are skulking by the door. I can see you now. The light of truth is beaming on you. Well, take this kick in your rear! If you come back I'll slam the door in your face.

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Illustration: Russ Rodman



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Speaking of Photography

by Peter Gold

I remember it like it was almost yesterday; it was the turn of the last millennium and I was still using film in my studio. After a portrait session, I'd send the film to the lab for processing. A couple of days later, I'd pick up the film and proofs. Then I'd call the client to come view their images and at the same time, I'd label a file folder with their name and insert the negatives in there for safe keeping. Aside from a fire-resistant file cabinet that was the extent of archiving that was possible with their images. The names were cross-referenced so I could retrieve any negative given either the date the session happened or the client's name.

Even today, we can usually retrieve any negative taken within the last 35 years in a matter of 10 minutes.

Then along comes the digital era. What's happened to archiving?

Instead of labeling a manila folder, now we copy every session to multiple external hard drives. I've saved the data in 3 places for security. If one drive self-destructs, I've got 2 more. That's worked fine so far even if it is a bit of a pain. I try to make the multiple copies ASAP after the photo session. I just have this fear of forgetting to copy the files to the storage drives and just formatting the card for the next session. Being mildly paranoid has its advantages some time. Even though I am quite disciplined with clients' images,



I wasn't as concerned about backing up my personal external drive. Why worry? Well, I shut down my computers and all my drives for a couple of days when we were out of town. When we returned, I fired up the whole system and only my drive refused to budge. It tried, it clicked, it

made a few noises, but I couldn't access the data. It's at this point that one starts to think of everything that's potentially lost. I sent this drive to people who know drives and there was a good chance

that we would get the drive working long enough to move the files to another drive. Unfortunately, everything was gone without warning. After that, I was determined to not leave myself exposed like that again.

The best solution I've found is made by Lacie and can be ordered through The Camera Store. It's an external drive with twin 4 TB drives. Everything is saved to one drive and mirrored (copied) onto the second drive. The theory is that it's extremely unlikely that both drives will crash at the same time. If one does, the defective drive can be removed easily out the back door and replaced. Then the system will automatically reload the fresh drive with all the data copied off the existing drive. When the price of hard drives drops further, I can upgrade both drives with 2 larger capacity drives. The unit will handle any size hard drives as long as they are equally matched to get maximum benefit; otherwise the effective capacity will match the smaller of the two drives.

Before something drastic happens to your files too, take precautions and back up your data properly. If you think that it's expensive to purchase a mirrored external drive for backup, try pricing out the cost of data recovery. And they offer no guarantee that they can always recover 100% of the files.

Until next month,
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Out of the Rut Chapter 92



The melt is on... perhaps by the time this meets your eyes we'll have all sorts of green things busting out, getting all over-excited about the surge of Spring... finally!

Some of the more eagle-eyed among you may have noticed posters about our wild and wonderful Peru adventure. This has been postponed until next May so that some very special people can come with us – if you've ever thought about a journey to the Sacred Valley of Peru, consider joining us in May 2019. It's going to be an extraordinary adventure, traveling through one of the most amazing places on the planet with some pretty amazing people. Fantuzzi has the knack of connecting with the most interesting folk, becoming a central figure in so many pivotal cultural and spiritual moments, I'm sure we will unearth delicious moments of deep meditation, awe and delight. We will connect with local spiritual leaders and artisans to open the doors to local history, traditions and more. Can't wait!

Meanwhile, since that's on the back-burner this year, I'll be staying in Bragg Creek for the next several months working on my own personal journey of discovery in Alberta. It's time to dig my toes into the Canadian soil for a while, feel the earth warming up and growing, see the changes in the weather, sky and soil. Traveling so far and widely affords opportunities for so much, but denies the soul the time for simple earth connections... so here I am.

Speaking of, anyone who is going to take a journey or vacation and has need of a house-sitter, I am more than ready to take on offers through May, June and August. Dogs, horses, camels, goats, chickens, cows... they are all good, we are friends. Presumably there won't be many folk here keeping camels in their pantry, but one never knows. I also like to remind people that I'm a dab hand with a vacuum and cleaning cloth too. The hats of the Kat are innumerable.

Between all these things, I continue to explore and expand my range of techniques and applications for Thai Yoga Massage, personalized one-on-one Yoga or Qi Gong sessions and now I can also enjoy revisiting my first love... horses.

Refreshing my equine training years with the BHS, it's great to realize that the Canadian equestrian world has progressed massively since I first moved to Canada and 'chickened out' about continuing my work with horses

here. When I looked at the English riding here back in 1994-1995, I was just confused and intimidated by it all. Now I realize I shouldn't have been. Over the years in Alberta I picked a few choice opportunities to train people and horses, ended up with a delightful dressage warmblood mare for a time from a great client of mine. I have a lot to offer... many years of working professionally with horses and humans to encourage a synergy that is sublime when we achieve it. All you horse-lovers know exactly what I mean, I think...?



I'm enjoying the cross-pollination of ideas from the Equestrian to the Asian world, from Yoga to Pilates. I described this today like putting two sparklers together to light a new one from the old... you can see the glow forming in the new one, holding your breath to see if it's going to work... but suddenly critical mass is reached and the second sparkler bursts into life, throwing brilliant golden sparks off in all directions! That's how it's feeling to me as I find subtle practices in one field that are echoed with fine distinction and different language and attitude in another. It's fantastic!

I've had a number of conversations recently and not-so-recently about yoga injuries. The relatively sudden, but massive increase in popularity of yoga and the consequent flush of new yoga teachers in the market means that many people leading classes do not have the benefit of years of experience (and injuries!) behind them. This often translates into yoga teachers who spend more energy on demonstrating and working through their own asanas than assessing and coaching the people who have come for education and leadership. I am not

talking of any of our wonderful local teachers by the way! Our Heart team in Bragg Creek provide a beautiful space and assortment of group sessions that are delightful, practical and varied.

However. For some of us, embarking on a yoga journey in a group environment leads to injury and disillusionment. We need some attention! That old injury or the years of desk work or driving, can make a body stiff and sore and in need of specific pertinent practices to liberate tired and compressed muscles. We'd like our bodies to be supple, energetic, flexible and strong... we can do this! Thai Massage is a great support in a fitness and/or health regime in that we can address chronic or acute injuries, freeing up joints that have not enjoyed a full range of motion in a while, releasing sites of emotional or old physical stresses, allowing the brain to shut down for a while and the body to relax, thus allowing our natural healing processes to kick into action.

Building up our core strength through any of these modalities creates an aptitude through the remainder of our body. Practice trains our minds to be more alert, sensitive, educated about our own selves. Professional conversation and consultation enable us to employ new knowledge effectively and find new solutions to old issues.

Following up self-care with one-on-one fitness in Yoga or Qi Gong, Tai Chi, Pilates, Martial Arts will give anyone a great foundation for a bright new future of physical activity. If you are an avid golfer, hiker, skier, snowboarder, equestrian, cyclist... all the above will help you enjoy your favorite sport even more.

We have such an abundance of resources in Bragg Creek and area, if you're not taking advantage of them, or remain blissfully unaware of the support systems in place here, then please consider exploring what is on your doorstep. We are stronger together than alone.

Wishing you all a brilliant bouncing burst of Spring energy to get the ball rolling.

p.s. The photo(s) this month... challenges are fun and always have been!

*With gratitude and love, Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com, 415.525.2630*

Youth Drop-in Sports Nights 7:00-9:45 • Bragg Creek Community Centre

Come on the first Friday of the month for drop-in floor hockey, basketball, and nine square in the air for youth ages 13-18
LAST DAY May 4 • Will Restart in the Fall!
Snacks and refreshments will be provided with each evening wrapping up with a short life talk

Contact Timothy Harder for more info:
403.477.1166
tim.braggcreekcommunitychurch@gmail.com

CLASSIFIEDS

\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted

SERVICES OFFERED

COMMERCIAL & RESIDENTIAL CLEANING and DETAILING. Call Wanda 403.764.0234

JIMMY J's TOWING - PRIDDIS

Cash for scrap vehicles
Farm & acreage clean-ups
403.891.3994/403.760.5797

Unwanted Guns. I am a licensed gun buyer that pays cash for unwanted guns in the High Country News area. Please call or text 306-641-4447. References available and your choice whether I pick up or you deliver.

REAL ESTATE

COMMERCIAL SPACES for LEASE
1100 Sq Ft (2 stories) & 1000 Sq Ft, located in the Old West Mall, Bragg Creek. Call more more info 403.949.3793

FOR SALE

FIREWOOD, Pine & Birch, Will deliver and available to stack, Call Tim at 403.333.8462

36" TV toshiba and custom stand. Will Consider Offers. Ross Best, Home: 403-933-3637, Cell: 403-815-0562, rossbest@telus.net

Two Michelin tires 205 65R 15 accepting offers, Home: 403-933-3637, Cell: 403-815-0562, rossbest@telus.net, Ross Best

Guns for Sale. 303 British with scope, cut stock and barrel, \$250. Text/email for complete sale list. 306.641.4447 or awionzek6@sasktel.net

Skidsteer for Sale. Samuel Harder, 403.861.8915, Bragg Creek, \$9,950. TL120 Takeuchi Skidsteer for sale. 3,102 hours. Engine may need replacing. Low compression from Rocky Mtn. Equipment diagnostic report. Starter replaced 2017. New winter tracks 2016, excellent condition, \$2k value). Hydraulic system good working order. Comes with smooth bucket.

2008 Husqvarna 55 Rancher EPA1 Chainsaw. Barb Krystoff, bk1960@telus.net, 403.467.3699, Foothills. \$550. 18" bar w/cover. C/W 2 new extra bars, 1 new chain, brand new chainsaw chaps, forest helmet w/ear protect. and face shield. Also incl. misc. sharpening tools, chain and engine oil. Would like to sell as complete pkg \$550 (negotiable). Low hours, used only one season.

Custom kitch. cabinets, granite counter, sink, faucet (used as kitch. display for reno. company) Considering offers. 403.931.1556

FOR SALE

Size 6 ivory Terani grad dress, \$250; size 4 green paisley grad dress \$250; Tricia Romance collectible doll "Lost Sheep", unopened \$25; round wooden Bradford plate holders \$10 (box); hockey net \$25; SAD light therapy unit \$150; 2002 Lexus IS 300 4-door sedan. Auto. 245,000km, \$4,500 OBO. 403.949.2965 or mwattam@xplornet.com

LPL enlargement easel 22x18, some scratches, functions well \$50; Hitachi 10" compound mitre saw, laser marker, single bevel \$100; 2x TOA passive speakers 24watts, gently used 33Hx14W \$120; some guitar pedals \$10-15. Please call 403.949.4168 or email tednick31@gmail.com. Offers considered.

One girls battery operated motorcycle (age 3-6) fair to good condition, needs a 6v battery class 2. \$100; Conversations with Tom Petty by Paul Zollo (2006), good condition, \$100 FIRM. Pjlamb1323@gmail.com

EMPLOYMENT OPPORTUNITIES

Gardening help required for June-Aug. 1 day/week, to help maintain acreage flower beds/planters. Duties incl. extensive weeding, hoeing of garden beds, other related tasks. Successful candidate needs to be able to identify a weed and work un-supervised. Suitable position for student or able bodied adult (lots of bending required). Acreage is within 2km of Priddis townsite. Please send email application to cindy.r.k@hotmail.com. No maintenance companies please.

EQUESTRIAN

LIBERTY STABLES located south of Bragg Creek, west of Millarville. Pasture board, activities, classes & workshops for people & their companion horses, Call Cathy 403.931.2438, www.inspiredbythehorse.com

ATTENTION HORSE OWNERS

If you have any old hay, bottom bales, moldy 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 Don 403.931.2457

ANIMAL CORNER

Rescued dogs & cats available for adoption to good homes. See rockymountainanimalrescue.com for details.

BABY/HOUSE/PET SITTING

Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure our time together is fun and active! 403.949.8422, macarchambault@gmail.com

House/Pet/Plant sitter available. Please contact Aimee at 403.949.7741 or text 403.618.7744 for rates and availability.

Mature, responsible 17 year old babysitter available. I love kids and have completed the Canada Safety Council Babysitters Certificate Program. I am available evenings and weekends, and can drive to/from you for cost of fuel. References available. Please text 403.618.7744 or call 403.949.7741.

Responsible 12yr old babysitter available, can get to/from you plus cost of fuel. I've completed the Red Cross babysitter course. I love kids! Call Dustin at 403.931.1740 or email livudrm@gmail.com for rates and availability.

TUTOR AVAILABLE

Looking for help in Math or Science? Lexi is a qualified and experienced tutor that loves working with kids and teenagers. She has a Bachelor of Science from Queen's University and is currently working on her Master's degree in Chinese Medicine. She has experience tutoring grades 7, 8, and 10 in both Math and Science. Located in the Springbank area and willing to come to you, Lexi charges a competitive fee of 45\$ an hour plus 10% prep time per week. Lexi has vast experience working with children, from volunteering as an Educator to being an aid for children with special needs - she's sure to meet your needs! Contact 403-614-6600 for more information.

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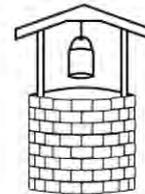
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**FREE CLASSIFIEDS NOT ACCEPTED BY PHONE
FOR COMMERCIAL & BUSINESS CLASSIFIEDS INFO, SEE ABOVE**

Information contained herein, while not guaranteed, is thought to be correct



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

**Having a hard time remembering your maintenance schedule?
LET US KEEP TRACK FOR YOU!**

We will send automatic email reminders of your recommended maintenance based specifically on your system.

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