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Communities of*

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Ode to Spring

One more year came and disappeared
Without a blink we turn a new leaf
All around though life is renewing
Take in a deep breath and welcome spring

Earth faithfully awakens, its slumber over
The air joyfully filled with songbirds' choir
At the break of dawn colorful sunrise
Give a brand new day new hope to arise

Babbling creek running across the meadow
Going with the flow, no dread of tomorrow
Proud ancestral trees with arms up praising
While amidst the blue, an eagle's cry piercing

On quiet hillsides, herds of deer grazing
In the fields below, newborn calves arriving
As the rich regrowth turns all shades of green
Everywhere abound miracles unseen

It's another year, spring is celebrating
A cheerful witness, like dew in the morning
Beckons unto us a lonely prayer
"Please remember Me, God your creator"

- Myriam Wilson

Longview Library's April poetry contest winner

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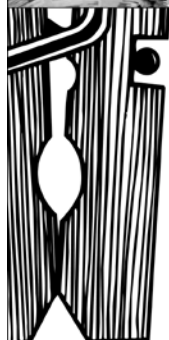
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NEXT DEADLINE IS
Wednesday, May 15!

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From The EDITOR

Here we are closing off April, looking forward to spring and yet plunged back into the grips of winter. Weather in the shadow of the Eastern Rockies is an adventure to say the least.

As a landscaper, (my core business), we often deal with customers who are looking for instant change to their properties. We endeavor to make these changes and satisfy their wishes creating beautiful and functional spaces outside. Most of the changes we create for a customer are what I would call a structural change; the creation of a patio, deck, garden spaces etc. These structural changes are important, but the real changes come over time. Trees and shrubs take root, grow, are pruned & shaped, (or at least should be), and over a space of time, the property is transformed.

As leaders in our homes, places of work, educational institutions, social circles, etc., we need to create structures that facilitate growth, life, relationship, profits, and personal development. Often we have it backwards when we approach change with our leaders. We look for leadership to create what I would call the fruit of a structural change, but that fruit actually comes from our efforts working within the structure that has been created.

I trust our newly elected representatives will concentrate on the structure that enables individuals to create the life and vitality our communities need to not only survive, but to thrive.

I trust you will enjoy this May edition of the paper. A special thanks to Anna Grist for all her efforts in the layout and design of the paper!

*From our family to yours,
Lowell Harder*

For more from the Editor, visit highcountrynews.ca

Artist PROFILE

Tucked away on this brilliant sunflower, even ladybugs need naps. Longview artist Deanna Lavoie's "Little Creatures" series includes bustling visitors from her garden and the Foothills region.

Born and raised in Regina, Saskatchewan, making art was a large part of Deanna's life as long as she can remember. She graduated in 1994 with distinction from the Alberta College of Art & Design (ACAD), in Calgary, where she majored in printmaking. In 2002, she achieved her Bachelor of Fine Arts from ACAD. Deanna's work has been included in exhibitions and collections in Canada, Australia and New Zealand.

www.DeannaLavoie.com



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MAY EVENTS

Letters To The EDITOR

Open Letter to the Premier of Alberta:

In 2015, the Springbank Off-Stream Reservoir (SR1) was chosen over the conventional in-stream dam at McLean Creek to address the risk of flood along the Elbow River in Calgary. Four years later, SR1 is under review by the Canadian Environmental Assessment Agency. Why is this project, supposedly "faster and cheaper", stalled?

- It is the first of its kind in Canada: an engineering experiment of massive proportion.
- Many risks have not been sufficiently addressed, including risks to air and water quality and risk of structural failures, from pipelines to gates and berms.
- Several core assumptions, made in the aftermath of the 2013 floods have been disproven, including:
 - o The degree of First Nations opposition.
 - o The ease of acquisition of private land for the project footprint.
 - o The costs of the SR1 project, which have more than doubled and continue to escalate.

Although the two projects were considered equal from a flood mitigation standpoint, the decision tilted towards SR1 when the government decided the following:

- To include, without evidence, the assumption that land at McLean Creek was of higher social and environmental value than land in the Springbank area: campgrounds more important than homes and businesses. Forests more important than farmland.
 - To exclude the social and economic benefits of water storage that would exist at the McLean Creek site: recreation, fire protection, drought mitigation and water security.
 - To exclude impacts on the communities, businesses and residents surrounding the reservoir.
- What do we ask of our Premier?**
- A complete and updated costing of both SR1 and the alternative at McLean Creek, incorporating benefits of water storage into the analysis of McLean Creek.
 - An acknowledgment that SR1 causes permanent negative outcomes in Rocky View County: from health concerns to social and economic impacts.
 - A meaningful dialogue between

your government and the communities, businesses, residents and stakeholders in the project's local area. Our voices have been dismissed. We deserve better.

As the costs of SR1 approach one billion dollars and the regulatory process allows the gift of time, we ask you to widen your lens beyond the City of Calgary's borders. Bring into focus true costs of this project to Albertans.

Karin Hunter, President, Springbank Community Association

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Events: Family games night was a fun way to spend Friday nights in March! Families came together in an informal evening of board games and fun activities. Watch for this again the fall.

We held a successful General Meeting/ Open House at the Harmony Discovery Centre on March 27th. Several residents from all areas of Springbank came together to discuss important issues facing us. SR 1 continues to be foremost in everyone's concerns for our neighborhood.

Springbank Off-stream Reservoir (SR1): As we continue to advocate for our neighborhood to ensure the health and safety of Springbank is maintained, the Springbank Community Association is working on a video series to educate all on the potential risks and questions that must be posed to the Government of Alberta regarding this project. We will also be hosting more information nights based on the feedback from our Harmony open house. To receive information regarding SR1 please go to springbankcommunity.com and sign-up for email updates.

Springbank Community Centre: The consultant is continuing to work on our feasibility study so that we can build a useful and responsible gathering space for our community. Springbank has needs that are not currently fulfilled by the facilities that we have so we are endeavouring to fill those gaps much like the trailblazers before us that built our original community hall that unfortunately was condemned last year. We should have a completed study to share later in the spring. Stayed tuned for updates.

Upcoming Events and Activities: Visit springbankcommunity.com to register and for a complete list of programs, prices and details.

- May 9 at SPFAS. Surprise MOM: Mother's Day Flower Bouquet. Create a lovely arrangement for Mother's Day for your mom, grandma or wife!

- May 10 at Springbank Links Golf Course. Design a wine glass or vase. Join your girlfriends for an evening of fun where attendees will get to decorate 2 wine glasses, beer glasses or a vase to take home at the end of the night.

- May 25 at SPFAS. Robotics - Engineering For Kids (aged 8 to adult). Join us for a fun afternoon of engineering and robotics. Build, wire and program robots to compete in the ultimate Sumo Bot Battle!

- June 1 at SPFAS. SafeKids — Personal Safety (6-12 yrs). This high energy, interactive program will give your children a Safety Plan they can use. Children will have the opportunity to practice their new self-defence skills in a safe and simulated environment.

- June 1 at SPFAS. SafeTots — Personal Safety (2-5 yrs). Start the personal safety training early with this lively and interactive program aimed at preschool children. Children will learn about the importance of keeping private parts private and what to do if they feel an "uh-oh" in their tummy.

- June 1 at SPFAS. Self-defence for Adults and Teens (13+ yrs). This popular self-defence class by Safe4Life will instil specific strategies and mental skills necessary to avoid a potential attack or escape a determined perpetrator.

If you have ideas for programming you would like to see in our community, please email info@springbankcommunity.com or visit us on Facebook with your suggestions.

Memberships and Volunteer Opportunities: Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com.

We need your voices to be heard!!

What you should know if you're gonna go!

Join us for a fun-filled look at dog to dog interactions; the good, the bad and the ugly of off-leash dog parks; and the effect they may have on your dog.

- LIVE FOOTAGE OF DOG PARK INTERACTIONS & DOG TO DOG MEETS
- UNDERSTANDING PLAY STYLES • OVER AROUSAL/EXCITEMENT
- DOGGY DISAGREEMENTS • PROBLEM PREVENTION
- DOG PARK CHALLENGES • SAFETY • Q&A

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Springbank Heritage Club 10th Anniversary Strawberry Tea: Sat May 11, 2:00Pm

Please join us as we celebrate with special music and a traditional 'English Afternoon Tea.

We'll be serving scones with jam and devonshire cream, dainty sandwiches and strawberry shortcake.

Ladies, wear your fascinators or we'll have some available that you may borrow for the afternoon. If the spirit moves you, have your picture taken for a small fee.

Everyone is welcome. For parties of 6 or more please phone to reserve a table. Joan 403 851 3818

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Springbank Heritage Club, 244168 Range Road 33, Calgary. 403 242 9350

Submitted by Shirley Tajcnar



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Helping Hands Upcoming Course

Helping Hands staff would like all volunteers to know about these upcoming training opportunities. Training courses, such as these offered, can help enrich your volunteer experience.

Registration is open. Please register early. Spots fill quickly. You can register by calling 403.851.2250 or by visiting www.cochrane.ca/362/eServices with your credit card in hand.

Cochrane FCSS Community Helpers Program – Spring 2019 Workshops:

Psychological First Aid After A Disaster or Emergency

HomeStead Apartment Building, Fri May 10, 9am-4pm, \$15

Learn how to help people immediately following a crisis or trauma, providing practical support and normalizing stress reactions, while respecting recipient's dignity, culture, and abilities. Snacks, lunch, and materials included. Registration required: 403-851-2250. Minimum 12 participants. Info: Sharon, 403.200.1290 or Sharon.MacDonald@cochrane.ca.

Springbank Creative Arts Club Update

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

April 13, 2019 found us at the Amica Aspen Senior Centre in Aspen Woods, Calgary, hosting the Springbank Spring Fling! This is a beautiful facility and the vendor's made their tables and setups very spring-like and fresh. This was a great opportunity for the residents to shop in their own "home" and the community came out as well in support.

If you were unable to attend and would like to connect with certain vendors, let us know, and we will get you the information.

April 18, a meeting was held at the Discovery Centre in Harmony, snacks were enjoyed by the attendees and lively discussions were held regarding the club going forward.

Preparations have started for the Springbank Christmas Market Nov 2nd and 3rd held at the Springbank High School Gym. There will be awesome products from local artists, artisans and crafters. Space is available for unique and special items. Email requests for applications and a sample of pictures featuring your handmade items to yjo999@gmail.com. Only handcrafted products will be accepted.

Are you new to Springbank? New members are always invited to join us, this is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 2nd & 3rd, 2019 or membership email yjo999@gmail.com. Have a great summer everyone! Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett

We invite you to join us in a discussion about the long-term impacts of the Springbank Off-Stream Reservoir (SR1). Located in central Springbank, this nearly \$1 billion project has a footprint size of 60 Calgary Zoos.

SR1 INFORMATION SESSIONS

MAY 7 – ELBOW VALLEY RESIDENT'S CLUB @7PM

MAY 8 – SPRINGBANK HERITAGE CLUB @7PM

SUMMARY OF OUR CONCERNS:

- * No water storage to protect Calgary's drinking water supply
- * No recreation – parks, pathways, camping, etc.
- * No positive outcomes for Rocky View County
- * No improvements to drought & fire, irrigation
- * No comprehensive upstream flood protection for Bragg Creek & Redwood Meadows
- * Air quality concerns (airborne contaminants, dust, West Nile)
- * Lost tax revenue on the land, in perpetuity
- * Possible ground water contamination
- * Road closures and other transportation challenges
- * Adverse tourism, environmental, aesthetic outcomes



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Springbankcommunity.com

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



COUNCILLOR MARK KAMACHI

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Can you believe that we're now fully engulfed in all that spring brings? Long sunny days outside, beaves on the deck, the sounds of nature in procreation and the smell of campfires. Not to mention, the all too familiar 'whack' followed by a slew of profanities coming from my fellow golf buddies. Ahhh yes, spring is definitely here.

I'm not going to mince words in this month's address. In fact, I'm not going to speak to other issues affecting our community because if this issue isn't dealt with, there would be little left of our community to speak of. Yes. The topic is FireSmart. It's a commonly neglected subject in our community. We only have to look at past events of death and destruction caused by wildfires (forests and grasslands) in our neighbouring area: Waterton Lakes, Fort McMurray, Slave Lake, Interior BC and closer to home, last year's McLean Creek fire. The threat is real. As my colleagues in the forestry sector say, "It's not a matter of if but when."

Did you know the Greater Bragg Creek/Kananaskis area is only second to Jasper for the greatest chance of a wildfire incident? That's very alarming and preventative measures can be taken to minimize damage and lessen the threat if we all work together. To bring this fact closer to home, on the RVC website, you will find the 2012 Greater Bragg Creek FireSmart

Mitigation Strategy on page 9, the FireSmart Hazard Assessment for your area. I'd suggest you have a peek to see where your home sits in relationship to wildfire potential. It's a scary reality.

When it comes to Rocky View County (RVC) and its residents, specifically in the Greater Bragg Creek/Kananaskis corridor, we have the Greater Bragg Creek FireSmart Committee (GBCFC) to thank for all it does and continues to do to educate us on the threat and prevention of wildfires. On top of the aforementioned tasks, the GBCFC's role is to also provide feedback to RVC Fire Services on issues related to wildfire threat and community protection. Our board members are Gary Nikiforuk (Chair), Mark Betts, Jorge de Freitas, Peter Dwan, Roche Herbst, Michele Longo and Dave Rupert. The committee is also supported by staff members from RVC Fire Services, Emergency Management Agency and Alberta Sustainable Resource Development and myself.

The RVC FireSmart program in conjunction with Partners In Protection (firesmartcanada.ca) can be simplified in 3 steps. I won't go into this here as the details can be found on the RVC website (search 'firesmart' at www.rockyview.ca). On the site you will find all the information needed to implement your own preventative measures (most importantly, your 0 - 10 metre Home

Ignition Zone). You can also book a free RVC FireSmart inspection of your property. Fill out the form online today to book an appointment.

And, if I haven't provided enough of a guilt trip for not taking the time to look at your situation, then please take the time from 12:00pm to 4:00pm on Saturday, May 11th as the Greater Bragg Creek FireSmart Committee hosts the Spring Cleanup and FireSmart Open House at the Bragg Creek Community Centre. There will be demonstrations, information tents, and a whole host of opportunities for you to be informed and educated in FireSmarting your property. If you are unable to attend, visit the GBCFC FaceBook page (www.facebook.com/GBCFireSmart) for the latest updates and news.

Thank you in advance for your time, consideration and dedication to our community. The last thing I (or anyone I know) would ever want to find oneself doing is having to dial 310-FIRE (3473) in the event of a wildfire threat. Happy FireSmarting.

— Cheers, Mark

PS I want to congratulate Miranda Rosin as our newly elected MLA and I look forward to working with her. I also want to thank Cam Westhead for his dedication to our community over the years and wish him well in his future endeavours.





Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

A Look Back!

Happy Spring! Now that our days are a little longer and a little warmer I know you all have shifted from your winter activities to your spring/summer activities – my yard still needs a lot of work, but we've begun the annual yard chore season – which, for me, feels like it runs until the end of September!

Around the Division: At the beginning of March, I held a Community Leaders lunch to meet with our CAO Al Hoggan. We have local groups working hard on the betterment of Springbank. From our Community Association; business leaders; Park for All Seasons; Trails & Heritage Club (to name a few), often we work in isolation, but have similar challenges when working with RVC – this meeting allowed our CAO to get a better understand of what is working, not working and where RVC can improve to deliver a better service to our community. It was great to have everyone together and I hope we can do this type of event semi-annually!

Mid March, Council and Administration toured both the Chestermere and Indus Recreation Centres. Council will need to grapple with our recreational strategy in the near future. Owning recreational facilities in another municipality isn't always the best idea. However, if the operational model shifted, could we attract more RVC residents? Do we dispose of assets in other municipalities and build in our own (ie invest in our own County)? Do we invest in what we have and encourage our residents to drive to those venues? These are difficult questions with no easy answers, but with our new Regional model, these are important questions to answer. I'll provide updates as I can as we progress through this!

As I covered in my last newsletter, (Notice of Motion for the Springbank Community Centre), Council voted in favour of proceeding to the next steps. Basically, this is to determine what is possible. Before Council can determine if we should sell any municipal reserve land, we need to know if there is a possibility of maximizing the sale. In a normal MR sale, proceeds are divided up between RVC and the school board. If the school board was willing to invest their proceeds in a new Community Centre – Council could then direct our proceeds into this as well. This is the possibility. Next steps are for all stakeholders to meet (RVC; Community Association; School Board) to see if that is possible – then Council can hear all the facts and decide.

Important point on this one: when Municipal Reserve (MR) lands are sold, the RVC portion has historically been allocated to the local Recreation Board for distribution for recreational needs in an area. However, Council is under no obligation to do this, and in fact, MR

proceeds could be directed anywhere Council decides. If the decision is to sell MR (in this case the 4 acres in Commercial Court) a public hearing would be the next step and Council will be able to hear from residents on this topic. Council could decide to allocate proceeds directly to a new Community Centre, or any other recreational need, ideally in Springbank.

I attended the Springbank Community Association meeting last week. It was well attended. Biggest topic of the night: Springbank Dam, with most of the questions and time spent here. It was highlighted that the community needs more information. Don't let this issue be ignored by newly elected officials! One community should NOT suffer all the negative impacts (health; loss of agricultural lands; loss of property values (not just where the dam is!); loss of tax revenue for County, etc.) while another community gets all the benefits – your Alberta and Federal tax dollars are paying for this and you deserve better!

Dog Licenses have been eliminated effective May 1st, 2019. We want to encourage people to license their dogs and currently we estimate that only about 25% of the dog population is licensed. This is a one year pilot (at this stage, could go longer). If we have a better understanding of how many dogs are in the County, we can start to develop programs to better support, currently we rely on other municipalities to (ie Cochrane) for any found dog to be taken to. Unlicensed dogs will still incur a \$150 fine.

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Email: rdlmeats@telus.net
Web: www.rdlmeats.ab.ca

- Application for renewal of a keeping of livestock at densities no greater than two (2) animal units per 1.60 hectares (33199 Huggard Road)

- Application for Golf Course Club House Facilities, construction of a Club House and signage located approximately 0.81km west of Range Road 33 and 2.42km north of Township Road 250.

- Application for a dwelling, single detached (existing), relaxation of the minimum front yard setback (13 Cattail Run)

- Application for a dwelling, single detached (existing), relaxation of the minimum front yard setback requirement (34 Yarrow Gate)

Upcoming Community Events:
Complete details & more at:
www.rockyview.ca/NewsEvents/Events.aspx

Kim McKylor
kmckylor@rockyview.ca

Rural Crime Watch Guest Submission:

Intruders seem to flourish with spring and more light. Intruders are primarily opportunists, looking for things to steal.

What statistics & anecdotes tell us:

- 70% of thefts relate to drugs, addictions, mental health
- 95% of thefts involve vehicles, often stolen
- 90% of thefts are preceded by scouting
- More than 70% of thefts involve a residence

A small number of prolific offenders are responsible for a large number of thefts.

The goals in stealing are:

- Target property is easy to scout/enter
- Items of value, not marked or traceable
- Items that are easy to carry/sell
- Get in and get out in two minutes
- Criminals do not want to be seen, identified or get caught
- Have access to their vehicle (often stolen)

Address these goals to reduce the perception of an easy target.


Our best defences towards intrusions are:

- Be constantly aware of what is usual, or suspicious
- Check out (safely) the suspicious activity and record all details
- Promptly alert neighbours and call in to police

so the activity may be pieced together with other like calls

Tools for shifting from having neighbours to community in the age of smart phones are to be part of a digital network of neighbours. While apps are being developed eg. go.nextdoor.com/ca-en or neighborsnetworkfl.org, basic smart phone apps also work. Examples are group contacts in email and text, special message platforms such as WhatsApp, Telegram, Messenger, or limited access Facebook pages. The goal is to be rural neighbours who help and stimulate each other. Anything that works is best for you and your neighbours. Let's change the perception of would-be intruders of rural dwellers to: *this community is probably prepared, networked and not an easy target.*

Jim Willson, Rural Crime Watch
jim.willson@telus.net



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The Role of Luck In Your Planning

One of the most interesting facets of the financial services industry is, how many people tend to invest their money and plan their financial affairs by chasing trends and doing what is "popular". For example, many investors like a "sure thing" and will often pile into an investment sector that is hot.

As human beings we often like to see evidence that something is coming into reality before we join the trend. That is contrary to how financial planning, regular planning, and, goal setting actually work to create results.

This premise may be the primary reason that people make New Year's Resolutions. They set goals with an intention to bring into reality a wish or desire with no evidence that this will actually happen. In planning for any type of big project, it is vital to choose a goal that resonates enough with you emotionally to pull you into action. Ideally, your daily behavior and actions will be aligned with your desires and intentions.

There is a catch. People generally want proof that something is possible before taking action. The reality of creating results is that action is first required before the evidence appears to support that action. You have to see it in your mind's eye first, which is exactly what Gandhi did when he drove the British out of India through non-violence and a steely resolve.

This is the heart of a solid financial strategy. When you buy a car, you get to drive it immediately. When you sit down with your advisor to create your retirement lifestyle and wealth creation plan, you learn that certain actions are required now in order to see results 20 or 30 years in the future. In other words, the results cannot be measured with any degree of certainty in the present. We can only use the past as a guide to what is possible in the future.

At this point, luck and wise behavior enter the picture. While a Financial Advisor can look back and point to

a success story over past years, there are no real guarantees that the same result will occur for you. It could even turn out better than you imagined.

The wisest path is to always follow the best-known methods and industry practices to build your nest egg and financial wealth as quickly and efficiently as possible. To do this you must take into account your personal comfort level and preferences on strategy and implementation.

This process takes into account your personal situation, your health, lifestyle, savings ability and earnings potential. It will also take into account, and adjust for any possible negative events such as recessions or job losses and so on.

Once you have appropriately managed your lifestyle and personal risks, saved your money, tax efficiently, through the use of RRSPs, TFSAs, etc., then your job is to sit back and let time take

care of the growth needed to fulfill your wealth accumulation objectives.

This is not a passive strategy. Once you have done all you can to plan your future (and hedge the known risks) you still have to see how the future unfolds. The growth of the economy and government policy changes will very likely impact your retirement plans over time and these factors will necessitate periodic financial strategy adjustments.

This is where luck comes into the picture. Who could have predicted that real estate prices were going to increase dramatically in certain Canadian cities and suddenly assist many Baby Boomers with their asset accumulation strategies? By simply owning a home at the right time, these people were ready (or lucky enough) to benefit from such an increase.

Call to arrange an appointment for a financial reality check. We work at turning your future dreams into reality!

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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Physiotherapy: It'll Move You!

by Jennifer Gordon

BSc.PT, AFCL, BA Kin

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

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 on 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, spinal cord injuries, 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, or 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.

Did someone mention a gym in Bragg Creek?

Bragg Creek Physiotherapy is pleased to announce that we now offer personalized and small group fitness training for patients and non-patients alike. Everyone is welcome. The combination of our experienced trainers and equipped gym will allow you to workout in the comfort of your community. Drop in and say hello, or call us to book your assessment today.



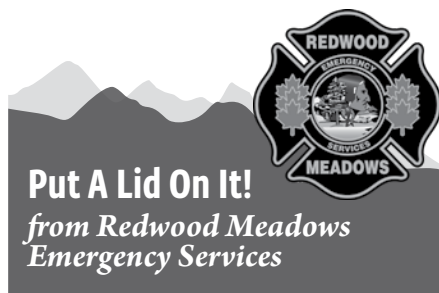
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After a long, cold winter, spring is a great time to get out and enjoy our beautiful area on your bike. Helmets should be worn during every ride, no matter how short, no matter your age.

Trauma to the brain can occur as a result of an impact or a jarring motion, such as a quick turn or sudden stop, which can cause a concussion or open skull fracture. Even seemingly mild head injuries, where you don't lose consciousness, can cause permanent behavioral or cognitive problems such as memory loss, inability to concentrate, sleep disorders, and in some cases, permanent disability or death.

Did you know that wearing a bike helmet reduces the risk of serious head and brain injuries by 85%?

Studies have shown that wearing a helmet can reduce your risk of a serious brain injury or death, because during a fall or collision most of the impact energy is absorbed by the helmet, rather than your head and brain.

Just as important as wearing a helmet is wearing the *right* helmet. A helmet that doesn't fit properly or offer sufficient cushioning can give you a false sense of security while not actually providing the level of protect you need. Here are some tips to choosing the right one:

1. Not all helmets are created equal. Different helmets are meant for different activities and each type of helmet is designed to protect your head from the impact common to a particular activity or sport. You should always wear a helmet that is appropriate for the activity you're involved in because other types of helmets may not protect you adequately.

2. If the helmet doesn't fit, don't buy it. To ensure proper protection, your helmet should:

- Feel comfortable but snug.
- Sit evenly on your head.
- Not move in any direction, back to front or side-to-side.
- Have a secure buckle to keep it from falling off.
- Be easy to adjust and properly fit without a lot of adjustments.

3. Kids have special helmet needs. It can be challenging getting kids to always wear a helmet. So it's up to parents to set firm rules. Either they wear the helmet or they don't ride their bike or scooter. Parents should also lead by example and always wear their helmets. While it's okay to purchase children's clothing a size larger, the same is not true of helmets – they should fit perfectly when you purchase them.

4. Helmets aren't forever. Some helmets are made to withstand one impact, others are made to withstand multiple impacts. Be sure to read the manufacturer

instructions and replace a helmet after severe impacts, particularly if the helmet has visible signs of damage such as a cracked shell or permanent dent.

5. Helmets are just a part of the safety equation. While helmets are protective, they aren't perfect. Use caution while doing recreational activities: watch your speed, obey posted traffic signs and signals, and be mindful of cars, pedestrians, animals and uneven pavement.

*Until next month,
stay safe and happy riding!*

Help our community help ourselves.
Learn how to help a loved one.
Build on your first aid skills.
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Join us...

**Community
Opioid Awareness &
Naloxone Kit Training**

Professionals, school staff, families and community members:
Join us for these important information sessions that could help you save the life of someone in your family or community!

**Thursday, May 9th, 1 - 3pm OR
Tuesday, May 14th, 6:30 - 8:30pm
Bragg Creek Community Centre • Mtg Rm 3**

Session Guest Speakers:
Robin Maher & Laurelle Edwards Jones

Session Topics:

- Safeworks Services
- Harm Reduction
- Street Drugs, Opioids & Fentanyl
- The Overdose Crisis
- Overdose Prevention & Response (including how to use a naloxone kit)
- Local Services and Support Info (Laurelle)
- Q & A Session

Everyone is invited! People under the age of 18 need to be accompanied by a parent

More info: braggcreekwellness.ca
or email: info@braggcreekwellness.ca



Join the Cycle Challenge by Dr. Annalies Noordman

Wouldn't it be great to stimulate your health and at the same time help 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. Last year our community biked more than 10,000 kilometres and raised over \$12,000, bringing us to the 4th place in Canada. Schools, businesses, families and individuals (the youngest participant 4 years old!) from different provinces and countries joined our team. A beautiful achievement!

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. The clinic will sponsor every participant who joins the Care in the Creek Medical Centre Team for \$10 up to a maximum of \$500 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, careinthecreek.com and Instagram regularly.

Please join us and hope to see you on the bike!

Care in the Creek is accepting new patients

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Spring Into Action!

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

Can we have a quick conversation? I need to talk about something important and it involves money. Before you shut down, no I don't need a new private jet. No, it's actually about real live needs in our community. The Bragg Creek Community Church oversees an ongoing project called the Crisis Fund. A fund is a set aside space in our budget that is "in/out": meaning the money placed into the fund stays in the fund and is used only for the its intended purposes, and it rolls over year to year (no admin fees or anything else, 100% goes to community needs). Why am I bringing awareness to the Crisis Fund? Other than typing fund a bunch of times for fun.....d (sorry)? The Crisis Fund works alongside the Bragg Creek Food Bank, for the benefit of area residents to provide additional help to those who need more than a food hamper (such as fresh produce etc.). We also use it for emergency financial assistance to pay small household bills (gas, electric, etc.) Our guidelines allow us to pay bills directly to the company owed (ie cheques are made out to Telus, etc.) up to a set amount per transaction and they also dictate the frequency in which one household/person is able to access it, and there are other specific guidelines in place to prevent abuse of the fund.

HERE'S THE THING: the church has always set aside a certain amount per year to be added to the fund based on previous year's needs and historically we have been able to meet most the needs between this fund and the food bank. However, this year has seen most of it used up within the first three months of the calendar year. It's been difficult for many for a while, so I'm not sure why we have seen an increase this year more than other years.

In response to this, I'm hoping you can consider a couple of actions: First, can you check in with your neighbors and see how everyone is doing? Don't be nosy and weird, we don't need calls about random people starting through windows - NO! Let's check in because we have built a "normal trusted relationship." It's a natural tendency to show our wealth and hide our poverty, so know your neighbor and love them. This care goes far beyond what any church or other social support can organize! (it's almost as if someone should write something down that says something like, "Love you neighbor as yourself"). Secondly, please feel free to get in touch with me, Pastor Dave. There are always ways you can help and support

people in our community that are about serving, not finances. Thirdly, please feel free to get in touch with me, Pastor Dave... (again) if you would like to know more about supporting the Crisis Fund, I'm happy to answer any questions. There are also a lot of other great organizations you can support that serve the area. (Wellness Network, Bragg Creek Community Centre, Cochrane FCSS, etc.). However, if you want to support the Crisis Fund,

feel free to mail, drop off or use the web (braggcreekchurch.ca/give) to donate. Please make a note/memo "CRISIS FUND" so it goes to that Fund only. You will receive a tax donation from the church as it is processed through our charity, but it will be placed in that fund.

Thanks again, for supporting and loving your community!

Till next time, PD

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Care in the Creek and the Bragg Creek Ladies Auxiliary Present Falling Through The Cracks: Greg's Story

Dr. Noordman attended a presentation of Greg's Wings during one of her education days. She was very moved by this story and thought it would be beneficial to bring this story to our community. When she approached the Bragg Creek Ladies Auxiliary our group was more than willing to be co-presenters for this event.

Falling Through the Cracks: Greg's Story is an Alberta-made, short film on Greg Price's journey through the health care system. The film gives a glimpse of who Greg was and focuses on the events of his health care journey that ended in his unexpected and tragic death. In spite of the sadness of Greg's story, the message of the film is intended to inspire positive change and improvement in the health care system.

We invite you to join us for the 30 minute film followed by a discussion with a member of Greg's family.

Thursday, May 9, 2019 at the Bragg Creek Community Centre. Doors open at 6:30pm, the movie begins at 7:00pm with a discussion to follow. Please consider a donation to Greg's Wings the evening of the event.

The Bragg Creek Ladies Auxiliary and Care in the Creek Medical Centre are proud to present this important story and discussion to our community. Should you have any questions, please contact Julie at 403.949.2457, you may also go online to gregswings.ca for a preview.

Mobile Visitor Ambassador Position

Bragg Creek and Area Chamber of Commerce is looking for two individuals that are passionate about Bragg Creek with an outgoing personality, energetic, athletic, like the outdoors, enjoys mountain biking and animals. We are looking for two full time positions (30hrs/wk) as our Mobile Visitor Ambassador. This is a spring/summer job that starts May 15 and runs until August 31st. You will spend your days interacting with the public and the local businesses, answering questions and promoting the Hamlet and all it has to offer. There are two stations one at the West Bragg Creek Trail Head and in the Hamlet. Availability to work weekends is a must. Knowledge of Bragg Creek and the Trail system is an asset. If this sounds like you, email your resume to office@braggcreekchamber.com by April 22.



The Northern Pikes March 23, 2019
Doors @ 6:30pm and Concert @ 7:30pm
Adult \$40, Senior/Students \$38

Poor Nameless Boy May 4, 2019
with opening band **Flint & Feather**
Doors @ 7:00pm and Concert @ 7:30pm
Adult \$30, Senior/Students \$28

Music City Strings June 2, 2019
Doors @ 2:30pm and Concert @ 3:00pm
\$10 per person, \$25 per family

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Bragg Creek Centre

Happy Spring, Bragg Creek! At least let us hope that by the time you read this we are seeing plenty of green and less of brown!

Let me ask you - what does the word 'Community' mean to you and evoke within you? Is it different now during a very important election vs a flood?

Emotions. Needs. Vision. I bet if we polled a dozen people asking what community means to them, their emotions, needs and vision within that definition would vary.

So what then do we have in common around 'community'? Bragg Creek Community Association, where everyone can have a place and a gathering spot to pursue your unique community needs. And look at all the activities we have!

May 10th - Plant Nite: Dig, Drink & Be Merry (Sponsored by Harder & Sons Exterior Maintenance Services)

Join us as we raise glasses and funds for the Community Association of Bragg Creek! Feel good about giving as our local horticulturists guide you and your

friends through two hours of planting, plant knowledge, and laughing 'til your cheeks hurt. The best part? You don't have to have a green thumb to have an amazing time. Cash bar. Tickets are \$60 available online at www.yaymaker.com/events/_10149211. \$15 from every ticket comes to the Bragg Creek Community Centre and will go towards much needed maintenance & safety repairs to our aging facility. Doors open at 6:00pm

Youth Committee

We have formed a committee of local youth that will be responsible for the planning of 3 programs to be run this summer. There was an amazing turnout of eager young people that have some fantastic ideas. They will be supported through the entire process of planning, marketing and in some cases implementation of these "by youth, for youth" programs.

May 4th - Bragg Creek Performing Arts Society presents Poor Nameless Boy with Flint & Feather.

For tickets call 1.800.655.9090 or www.braggcreekperformingarts.com

Swamp Donkey Theatre presents The Sound of Music!

May 24th 7pm, May 25th 2 & 7pm, May 26th 2pm, cash bar available. Visit swampdonkeytheatre.ca for ticket information.

As always, please see our website for a full calendar of events at braggcreekca.com

The Board and Staff also wish to thank Ben and Carole for their contributions and wish them good luck in their endeavours. Unfortunately, we needed to make some cut backs. Please be patient with us as we navigate the plan going forward.

We have had some very helpful volunteers help with the clean up of our facility. We still have a few projects if you have a few hours. Every hour here and there really makes a difference.

Our current volunteer needs are:

- Centre grounds clean up
- Weekly cleaning of Rumble & Roar equipment
- General cleaning
- Social media assistance

Anyone wanting to volunteer time can contact program@braggcreekca.com

The strength of community came out as the Hawaiian Beach Party Fundraiser brought in approximately \$14,000!! Way to go, Bragg Creek!!

Until next issue, Sherri Olsen
BCCA Board Director



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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 the 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. Adventuring outdoors is always a favourite, especially as we start to see signs of spring!

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 April, we headed to the Calgary Zoo for a day of animal exploration. It was a beautiful day and our curious minds were very engaged.

We are looking forward to our school-wide field trip to Granary Road on June 19th! It was so much fun last year that we thought we would do it again. Our Celebrations of Learning will take place in conjunction with our Graduation

C e r e m o n i e s during the last day of classes. Each preschool and kindergarten class will have an opportunity to showcase their work, share songs and photos from the year, and celebrate the start of summer holidays.

Registration for the 2019-20 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 8:45-11:45am and afternoons from 12:15-3:15pm. For information on programming please contact me at mscara@thelittleschoolhouse.ca or call the school at 403.949.3939.

Cara Haar, M.Ed., teacher

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Job Opportunity at Bragg Creek Community Association

Program and Events Coordinator Assistant 20-25 Hours/Week @ \$16.00/hour

Job Purpose: The Program and Events Coordinator assistant is responsible for assisting the Events and Program coordinator with administrative duties and events coordination. This position has the potential to have an increase of hours during increase in facility occupancy.

This person will be responsible for

- Being the evening and weekend lead during events to ensure user groups are looked after
- Assisting Program/Event coordinator with all operations
- Bartend and/or supervise during events
- Conduct facility tours
- Use of Microsoft Office programs and online booking systems
- Answer phone, emails and returning messages when needed
- Inventory of program and event assets
- Set-up, take down, and cleaning will be required
- Following opening and closing procures for the Centre

Qualifications

- Customer services experience
- Experience working events such as weddings and community events would be an asset
- Experience with administrative tasks, office procedures, and Microsoft Office programs
- Able to work independently and in a team environment, with minimal supervision
- Criminal Record Check (to be completed prior to start)
- Valid Class 5 Driver's License & reliable vehicle required
- Standard First Aid and CPR Level C Certification (can be obtained after hire)
- AGLC ProServe Certification (can be obtained after hire)

Competencies

- Work requires physical activities. Must be able to lift, bend, stretch, or reach
- Exceptional interpersonal and communication skills
- Able to take direction, and performs tasks as assigned according to priorities
- Consistently demonstrates integrity and ethical behavior
- Shows initiative and is willing to take on new challenges
- Ability to adapt to work in a fast-paced work environment is a must!

PLEASE APPLY WITH COVER LETTER & RESUME TO:

EMAIL: program@braggcreekca.com • DROP OFF: Bragg Creek Community Centre, Box 39, 23 White Ave, Bragg Creek, AB T0L 0K0

Daphne Mary Varty (Austin)

May 11, 1930 - March 20, 2019

It is with great sadness that we announce the passing of Daphne Mary Varty (Austin) on Wednesday, March 20, 2019 at the age of 88.

She will be dearly missed by her grandchildren Chris Ott, Aaron (Angie) Ott, and their children (Riley and Connor), Lynsey (Brent) Nieman, and their children (Olivia and Emma) all of Calgary, AB and Megan (Caleb) McVeity, and their children (Beau, Pierce and Scarlett) of Olds, AB, a brother Don Austin and sister Joan Fraser and sisters-in-law Connie Austin and Betty Varty all of Provost, AB and Peggy Spilde of Calgary, AB as well as numerous nieces and nephews.

Daphne is predeceased by her parents Elmer & Mollie Austin, husband Frederick Varty, daughter Laurie Ott, sons Michael and Daryl Varty, sister Betty (Kurt) Kraft and brother Dick Austin.

Daphne was born in Provost, AB on May 11, 1930 where she grew up on the family farm and attended Silver Springs School. After graduating from Provost High she moved to Edmonton where she went to McTavish Business College and took secretarial courses. From 1949-1951 she worked for the Department of Municipal Affairs within the I.B.M. (International Business Machines) office.

On July 18, 1951 she married her love Frederick Varty, in their hometown of Provost and became an Oil Wife, living in 55 places throughout Alberta, Saskatchewan and Manitoba in a trailer following the Rig.

Daphne was the devoted mother to 3 children. Laurie was born on May 24, 1952 in Edmonton, AB, a few years later Michael was born on February 26, 1955 in Wilkie, SK, and finally Daryl came along on May 7, 1957 in Estevan, SK.



Daphne and Fred finally settled in Calgary, AB and began another oilpatch adventure, Comanche Drilling Ltd. oilwell drilling contractor.

Residing in the community of Lakeview in Calgary, in 1974 while driving around looking for pheasants they came across a beautiful property in Bragg Creek, AB that became a place

full of cherished memories among family and friends. In 1991 Bragg Creek became their permanent residence and Daphne's greatest labour of love. She poured her heart and soul into the property and found pleasure gardening, grounds keeping, tending the horses, donkeys and bluebirds, watching her windmill and hosting family and friends.

After many years living with myelodysplastic syndrome Daphne was grateful to the Hematology Department and nurses in Day Medicine at South Health Campus for all their special care over the years.

In keeping with Daphne's wishes there will be no service. In lieu of flowers she has requested donations be made to a charity of your choice.

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BOOK BY HOWARD LINDSAY AND RUSSEL CROUSE

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"THE TRAPP FAMILY SINGERS"
BY MARIA AUGUSTA TRAPP

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SHOW AT 7:00 PM

SAT MAY 25
SHOWS AT 2:00 PM & 7:00 PM

SUN MAY 26
SHOW AT 2:00 PM

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Join Us At Our Upcoming
Community Events!

BRAGG CREEK community church *All Welcome!*

Sunday Service 10:00am
Youth Gym Night • May 3 & June 7 at 7:00pm
both at Bragg Creek Community Centre

SAVE THE DATE! Vacation Bible School: July 2-5
at Redwood House, more info in next month's issue or online
Pastor Dave Zimmerman • braggcreekchurch.ca

THE Hub ...

Ladies Bible Study
Mondays 10:30am

Needle Craft Club
First Sat of Every Month 7:00pm

Monthly Business Lunches
CANCELLED for May

Christian Fiction/Nonfiction Library
MEETING SPACE for your small group available!
Contact us at thehub@braggcreekchurch.ca to book your time!
Located in the Bragg Creek Shopping Centre • Balsam Ave

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Update from the Greater Bragg Creek FireSmart Committee

Saturday, May 11 Spring Clean-up FireSmart Open House at Bragg Creek Community Centre 12 – 4 PM

Fire Season is here – it's time to FireSmart the Home Ignition Zone (0-10 metres around structures).

Join us for a free BBQ and Spring Clean-up FireSmart Open House. This event will showcase local businesses that can help you get started on FireSmarting. We'll have demonstrations and displays; suggestions and tips; tools, equipment and gear and of course fire trucks! Families are welcome! If you're a local FireSmart related business interested in participating or you'd like to volunteer to help us FireSmart the Community Centre property, please contact Gary (gknikiforuk@gmail.com).

Partnering with Banded Peak School

Rocky View County Fire Services is partnering with Banded Peak School

to offer hands-on interactive activities to show students how we can live safer in a wildfire-prone area. They'll explore fire ecology and FireSmart techniques to make their homes and community safer from wildfire.

Workshop for Community Leaders

Next month, we are bringing together wildfire experts and leaders from Bragg Creek and neighbouring communities for a half-day workshop to help us build a common understanding of wildfire risks and to identify opportunities to reduce the hazards. The speakers will highlight the wildfire history and risks in the Bragg Creek area, describe wildfire behaviour, provide FireSmart best practices from the Fort McMurray wildfire, and review RVC's emergency management plans.

FireSmarting Neighbourhoods

Our Committee members recently attended an excellent two-day workshop to enable us to implement FireSmart Canada's Community Recognition

Program. This is a proven program that includes a hazard assessment of an entire neighbourhood and its homes. Elk Valley and Wild Rose are well along with bringing people together to implement neighbourhood-wide FireSmart solutions. See us for more details at the May 11 Open House.

In the Works

Rocky View County Fire Services is working with the Committee to secure funding for a range of upcoming initiatives: two chipper weekends (tentatively June and September – yes, we will have a larger chipper this time), a study to plan FireSmart vegetation management in Bragg Creek Provincial Park, and vegetation management programs on selected municipal lands in the Hamlet.

You can now follow the Greater Bragg Creek FireSmart Committee on FaceBook!

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TRAIL TALK!

The Latest from the
Greater Bragg Creek Trails Association

Want to Get Involved? How About a Day Trail Building?

Getting together with friends for a ride out at West Bragg followed by a little "Parking Lot Apres": now that is the definition of a great day! Why not take the experience to the next level... and come out for a volunteer Trail Day this Spring / Summer? Not only do we need volunteers to finish new trails but our amazing existing trails need regular maintenance, too. It's a 2 for 1, you get the sense of accomplishment and camaraderie AND the trails get some much needed TLC! Hey, or just do it for the swag!

The GBCTA has a well-trained group of Crew Leaders both in terms of safety and trail building. Whether you want to sign your company up for a Corporate Team Building Day, involve your club, or simply round up riding friends for your own day, we will work with you on dates, projects, etc. There is no charge. We will be posting our calendar for regular Trail Days on the website so certainly sign up individually at www.braggcreektrails.org, but after getting a ton of positive feedback on the many successful Group Trail Days we ran last year we wanted to highlight the concept and get it out there.

GBCTA's trail volunteers were even featured in a recent article in the Calgary Herald – you can read about it at www.braggcreektrails.org/files/Herald-article-VOLUNTEER.pdf

We look forward to hooking up your private group, company, organization, or club for a super fun and rewarding experience. The next time you ride please just take a moment to think about the volunteer effort required to deliver the amazing trails at West Bragg. Please email us at volunteer@braggcreektrails.org for more details, to sign up, or to qualify to take a Crew Leader Training Course with us in May or June. It's the stars who volunteer that make our trails shine!

Cheers,

Mike, Volunteer Coordinator, GBCTA

GBCTA Annual Report Published

The GBCTA's first ever annual report has been published, detailing the activities of the Association over the last year and beyond. You can read the report on the GBCTA web site at: www.braggcreektrails.org/gbcta-annual-report-2011-2018/

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org



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*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



BRAGG CREEK HISTORICAL SOCIETY *Notes*

Sailing in Bragg?

The recreational development known as Bar Kay Cee exists today because of a Calgary homebuilder, E. V. Keith of Keith Construction. He had an impressive gate built that featured what looked like a large trout carrying a saddle on its back and sitting on top of a colourful rainbow. The brand KC with a bar on top of the letters appeared below and the gate once stood at the ranch's former entrance, south of the T intersection, just past Banded Peak school.

But we're getting ahead of the story. Back in 1915, Percy Wright Biggar and his wife Clara arrived to discover this 480-acre piece of land covered solidly with jack pine and hosting the most outstanding fresh water spring in the country. The Biggars built a log house near the spring and lived there until 1918. The next occupant was Chummy Cresswell, a World War I veteran who arrived in Bragg Creek about 1923. In 1925 Chummy built the log lodge, which with a few renovations remains today. Chummy liked thoroughbred horses and raised well-bred colts, which he often gave to people he was fond of. He also donated building material for the Two Pine School and gave it its name, after the hill that overlooks the hamlet of Bragg Creek.

The next owners were also horse people. Joe (Josie) and Jeane Welsh in 1940 turned the area into J-J Guest Ranch. An international professional jumper and exhibitor, Josie won the Canadian Horseman of the Year award three times. (In 1948, the Calgary Herald reprinted a photo of Josie's Roman Standing Jump, the first in North America of a rider taking the jump standing on two horses.) Gloria (Glory) Swanson, a friend's daughter, partially raised at the ranch, remembers Josie as a "kid magnet." He'd been riding master at Cambridge Stables in Winnipeg, where he'd instructed hundreds of children and adults.

In 1954, E.V. Keith bought the land, because of its "mammoth" fresh water spring (some say over 1500 gallons per minute, but at least well over 700). Having spent his childhood near Waterton Lakes, he'd always dreamt of a lake close to Calgary for fishing, sailing and swimming. Keith dammed the water, forming one big 30-acre lake (Deer Lake) and developed three small ponds.

(Keith was responsible for building Calgary's first golf course community, Willow Park, and the first man-made lake communities of Lake Bonavista and Lake Bonaventure, as well.) The artificial lakes at the Bar Kay Cee ranch were surveyed by the provincial fisheries department and stocked every year with rainbow and cutthroat trout fingerlings.

Keith erected a large barn in 1951, featuring fir beams and cedar siding. The loft of the barn was utilized for Saturday night square dances with area residences and guests attending. Although lightning struck it on August 17, 1990, this mighty structure remains today. Organizations such as Calgary's Boys' Town (later Boys and Girls Club) were welcome to spend a day at the ranch to ride, swim and fish. Keith's first name for the ranch was The Rainbow Ranch.

In ten days flat, Keith built his own cabin and over the first few years, shared the ranch with his family, friends, business associates and employees. Then it seemed like a good idea to bring in more people and make it more interesting. However, the Municipal District of Foothills didn't agree; it had difficulty with the concept of a resort area on land that was zoned Low Density Agricultural. With some legal persuasion, a covenant agreement was signed in 1960, which approved the development of a Country Recreational Lodge. The agreement specified that the land could be used for country recreational use, not for permanent habitation.

Membership in the Ranch grew steadily, and it wasn't long before the 120-family limit was met. Membership fees were \$100 initiation, \$25 annually for associate members, and for cabin-owners, \$500 initiation and \$100 annually. Cabins sold for \$4000 but only 26 cabins were built because of the limit imposed by the sewerage system. By 1964 the Bar Kay Cee Ranch hosted a heated swimming pool, playground, golf driving range, ski slope (using horses to tow skiers up) trap shooting range and stables. Keith claimed the ranch was not a money-maker, but rather a hobby in which he invested both time and money.

By late 1965, Keith announced

he wanted to be relieved of ownership and the other cabin owners met to discuss the formation of Bar Kay Cee Club. All wanted to proceed and committed to an association formed ... solely for the purpose of promotion recreation among its members ... and the promotion of outdoor sports and activities." The deal included the land and improvements, the swimming pool, some equipment and two of the Keith-owned cabins.

The ranch always hired a ranch manager requiring a myriad of skills as horseman, farmer, plumber, mechanic, welder and host. Because of the focus on the cattle operation in the earlier years, world renowned breeder of prize winning bulls, Tom Dreaver, was brought over from Scotland. In 1978, the Ranch found Cheryl and Glenn Renwick (of Saskatchewan farming

roots) who helped Bar Kay Cee maintain its equine heyday. At one point with over 50 horses to care for, it took two or three people to catch horses, two farriers and three full days to shoe them. The longest-serving managers, the Renwicks worked 34 years at Bar Kay Cee.

The 'rainbow' gate was moved to the east side of the ranch on Highway 762 in the early 70s at the same time that construction was in progress to straighten the road out past the ranch to Elbow Falls. Today, some of the recreational amenities may have changed, but Bar Kay Cee remains as a private recreational club where members can relax and enjoy the rural atmosphere. Two of the original member families -- the Finkbiners and the Fowlers -- can still be found, as they say, "kicking around the ranch."

by Michele McDonald

Sources: Our Foothills. Calgary, AB: Friesen, 1975; Horse Show News, Calgary Herald, February 27, 1947; Guay, Ray, Boys' Town Members Show Skill In Day's Outing To angler's Heaven, Calgary Herald, July 25, 1955; Maeots, Krista, Calgary Herald, Ranch Resort 'Utopian', October 3, 1964, E.V. Keith, Calgary Herald, October 28, 1978; Cheryl & Glen Renwick, Interview, December 2018; Gloria Swanson, Interview, December 2018; Hugh Fowler, Interview, March 2019.





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HCRCWA Update

John Robin ('J.R.') Allen,
Membership Coordinator, HCRCWA

HIGH COUNTRY RURAL

CRIMEWATCH
ASSOCIATION



It's been a quiet month in the High Country as we await our annual May 15 snow storm that marks the end of each Spring season, way out here on the edge of the prairie somewhere west of Calgary. It may have been quiet in our neighborhoods, but there is always something happening on the Internet. A few weeks ago, I had problems opening a Microsoft program, which were rectified with a quick call to Microsoft Canada 1.800.936.8479. A few days later, "Microsoft" sent me the message below.

⚙️ **Microsoft account problem**
We need to fix your Microsoft account (most likely your password changed).
Select here to fix it in Shared experiences settings.

I was busy and put off contacting them until a couple of days ago. Rather than clicking on the link, I called Microsoft Canada, as I had done previously. They said my account was fine and informed me that Microsoft never initiates contact with customers. Users must initiate all such contact. Some nefarious souls were trying to hack into my computer. Fortunately, I had remembered not to click on any link (or open attachments) in messages from unknown persons. If there really is a problem, remember what Ronald Reagan always said when negotiating with Gorbachev: "Trust but Verify."

A topic of continued interest in our area is what to do if you spot uninvited intruders on your property. *The Cochrane Foothills Protective Association Newsletter* for January suggested having a simple plan of action such as the following:

- Have a rehearsed script to encourage them to leave. For example, upon discovering an intruder, shout "Red Alert! Call 911. Let out the dog!"
- Immediately call 911.
- Create a neighborhood group text and immediately alert them to the situation.

- Press the panic buttons on your vehicle key fobs, to blare the horns.
- Get good descriptions to give to police.

I posed the same question to three experts in security: a high-ranking R.C.M.P. officer, a retired member of the Calgary police, and an active security officer. The following is an amalgam their answers. No single answer will cover all situations. Specific plans of action, like the one described above, should be as simple as possible. When you are in a panic, you may not remember every step, so keep it simple.

If you encounter intruders when you are outside of your home, your first goal should be to get safely away, preferably into your home where you can phone the police. If you speak to them, do not give them the impression you are suspicious. If they give some lame excuse for being there, you could say that your spouse could help them. "Don't go away. I'll be right back and he (or she) can help." Then go away and don't come back. Call the police. Never get into a physical altercation with them, especially using a firearm. It is likely you will be on the losing end.

If you are inside your house when you discover the intrusion, let the criminals outside know that you are aware of their presence. If you have security lights, turn all that you have on to illuminate the individuals. If you have a marine air horn or a siren, use them to startle and disorient the intruders. If you have a firearm, using it is not wise, unless you are an expert. A starter pistol, on the other hand, will sound like gunfire and could safely scare criminals away without breaking any laws or harming anyone.

While it can take forty minutes for the police in the High Country to respond to an emergency call ("Ya canna change the laws of physics"), there are things we can do to help them when they arrive:

- Get as complete a description as possible of the

intruders

- Get their vehicle's make, model, and license plate numbers, and the direction of travel if they leave. If possible, take photos of it and them.

You should also consider becoming a member of the HCRCWA. Membership brings these advantages:

1. It is free, and you have no obligations as a member.
2. You receive regular notices of criminal activity in our area. What we publish regularly in this column is but a fraction of what we circulate more frequently to our membership about crime in this area.
3. New members who live in our area get a free High Country Rural Crime Watch Association sign.
4. We often have free tutorial presentations on how best to protect your property.

To join, phone 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: www.hcrcwa.ca. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch

So that's the news from the High Country, where all the grown-ups are youthful, each child is smarter than all the other children, and our rural crime watch is alive and robust.

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Redwood Meadows Update

Council Update: Over the month of April council met twice. Council's main area of focus over this time is preparing for the Annual General Meeting on May 7th, finalizing the Operational Budget for the upcoming fiscal year, and working diligently on the lease negotiations.

Infrastructure: The skating rink refurbishment has begun. All residents and visitors are reminded that the location of the skating rink and close proximity are a work site for the next few months. Please avoid the area and watch for moving equipment and hazards if you have pets or small, curious children.

The Townsite once again apologizes to residents for the inconvenience of the frozen water line issues. The spring freeze/thaw cycle in conjunction with the terribly cold February was an uncharacteristically perfect storm of frozen water lines in the local area. The Townsite sipped into the reserve infrastructure funding to provide close to \$10,000 in regards to providing affected residents with temporary solutions. Our Operations Crew will be inspecting water lines through the month and if there are any concerns please contact the Townsite Office.

Emergency Services: With the spring melt coming, our Townsite staff and Emergency Services Department will be prepping and ensuring in the case of emergency that the Townsite is prepared. We do not anticipate any concerns this spring due to the lower amount of snowpack this winter.

Financial: We have reviewed and approved our 2019 budgets. The budgets will be presented at the AGM on May 7th.

Waste Management: A reminder to residents that effective June 1st our garbage pick-up will be moving to bi-weekly pick up. This is part of our new Waste Diversion Initiative, funded by grants and our designation of a Wildsmart Community. There will now be recycling within the community to eliminate the volume that residents put into the waste stream. The Townsite hopes also to have our in-vessel composter for Townsite residents' organics operational by the end of June. There will be community bear-proof depots that residents can place their organics into. More details will be sent out to residents via mail and information will be given at the AGM in regards to this initiative.

Bylaws: The Townsite continues to receive numerous complaints about pets, namely dogs in our community. This is the number one complaint that is fielded by our Townsite staff. Numerous messages have gone out to our community resident dog owners asking for their cooperation in maintaining adherence to our pet bylaw and to show respect to your neighbors. Please do not let your dog run free or let them use others' lawns as their bathroom. If

your dog does, please pick up after your dog. The Townsite will be introducing new methods of addressing this major concern this month including cameras and stricter methods of enforcement. There is also a new form that is more user friendly and will be on-line capable to report bylaw infractions.

Residents are also reminded that bears are waking up. To ensure that we do not have a continuation of last year's issues, residents are asked to keep their waste inside their home until the morning of pick up day, not allow your pet to be off leash without close supervision anywhere in the Townsite including along the berm, and to report any sightings to the Townsite Office.

Lease Updates: The Lease Negotiations are progressing towards our target date of an August 2019 completion. Several hurdles and deadlines have been met in terms of administrative practices and stewardship agreements. There is a vote scheduled for the summer of this year for both the Nation and our Leaseholders. Leaseholders will be kept aware of the rapid progress and what their requirements are prior to the vote. Please attend the AGM on May 7th for updates.

Council Meetings: Council meetings are held on the first and third Tuesday of every month at 7pm at Redwood House. Meeting agendas are available to the community on the Redwood Meadows website prior to the Council meeting. If there is an agenda item that you would like added, please forward this to Colleen our Council Executive Assistant on/by the Friday before the scheduled Council meeting.



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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 (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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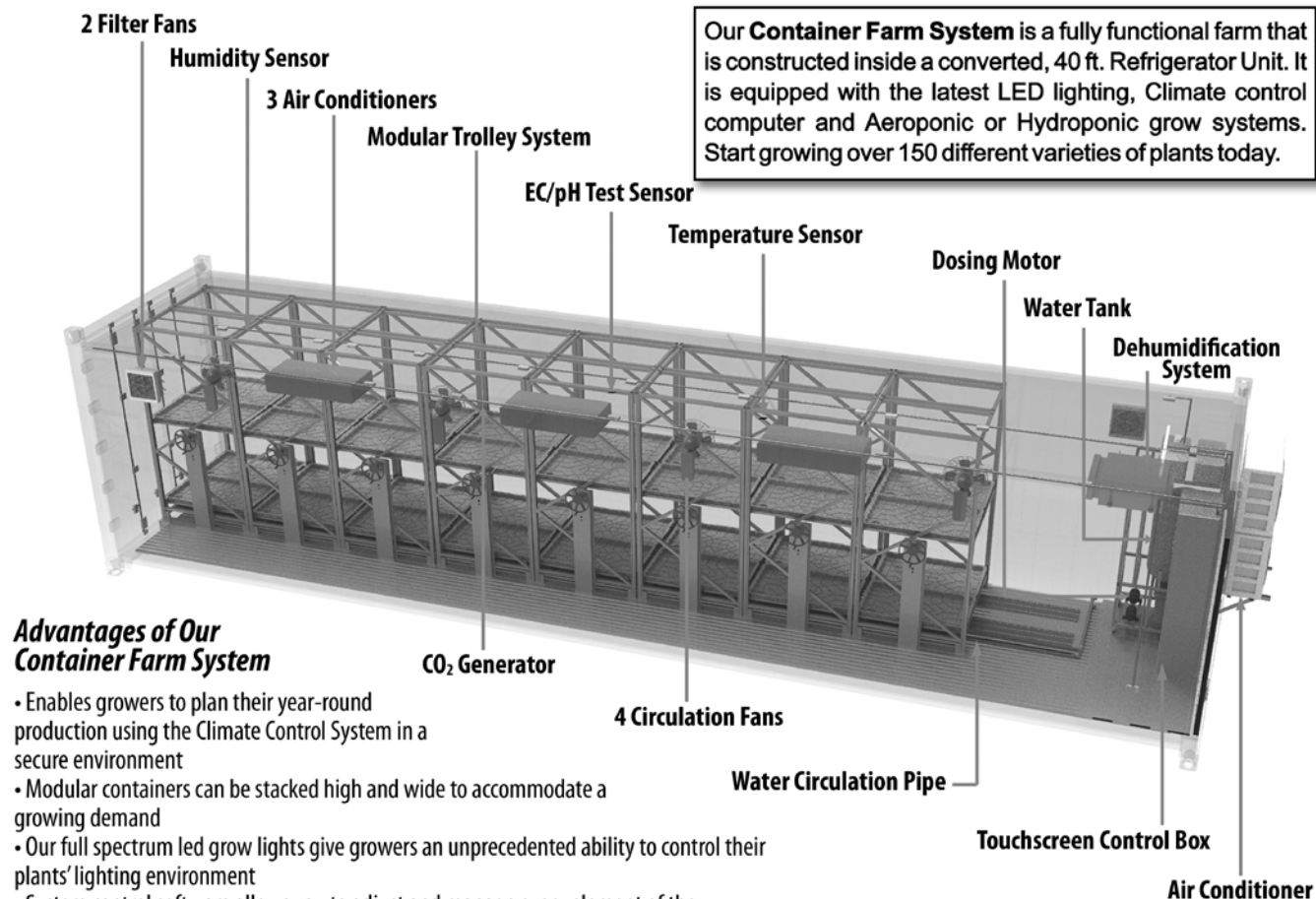
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Examples of Container Farm Produce Yields

- Basil yields average 5,200lbs per year (Wholesale \$50,000 Retail \$99,000)
- Lettuce yields average 40,000 heads per year (Wholesale \$72,000; Retail \$120,000)*
- Spinach yields are 50lbs week or 18,250 lbs per year (Wholesale \$18,250 Retail \$32,850)
- Strawberry yields 7000 lbs per year per container (Wholesale \$28,000 Retail \$42,000)

Examples of Cannabis Yields/Micro Grower Opportunities

- 4 - 6 container farms equal one Micro Cultivation / Micro Processing / Nursery facility
- 1 Clone / Seedling Container, 1 Vegetation Container, 2 Flowering Containers can yield over 450 kg of dried cannabis per year (Wholesale \$2,250,000; Retail \$4,500,000)
- 6 container farms can be customized to facilitate the 600kg maximum Micro Processing yield

*Alberta.ca - Alberta Direct Market Average Fruit and Vegetable Prices 2017/18 Growing Season





Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Check out FireSmart information: www.firesmartcanada.ca: Just a reminder that our area is the #2 fire risk in Alberta because the forests here haven't burned for so long. #1 is Jasper, due to pine beetle

damage. Some management actions may be required and planned in our area. Check out FireSmart to see what you can do on your own property. Contact our Foothills Fire Department if you want them to visit you to provide some specific FireSmart advice about your home, yard, etc.

Wildlife Conflict Solutions Workshop:

Residents are invited to attend this event on Saturday, May 11, at the Old Rothney Farm on the Ann & Sandy Cross Conservation Area. In an effort towards coexistence with wildlife, multiple agencies will be putting on presentations and demonstrations about fencing, bear spray training, reducing conflicts, what to do if you have an encounter, coexistence and mitigation strategies, learning about deterrents, etc. Check for more details on the schedule: www.margosupplies.com/blog. Please RSVP to 403.931.1042 or info@crossconservation.org.

Project Lockup and Trace Pens: As you know, a number of our local rural crime watches, including our High Country RCW, are active in this area, so I am sharing this recent news for members and all

residents. The Alberta RCMP and Alberta Provincial Rural Crime Watch Association (APRCWA) have teamed up to announce a new program called Project Lockup. This program encourages us to lock-up our valuables, tools and possessions and mark these belongings with an identifiable mark made by a Trace Pen. If the RCMP recover any stolen property, they will have the ability to read the invisible mark, which contains a code that, when registered, will identify you as the owner of the item. These easy-to-use Trace Pens are available from "Trace Identified" with a special 25% discount for Rural Crime Watch members, when you enter the code RURALCW in the discount code tab. You will be able to purchase a trace pen at \$29.99 + shipping and GST. Visit: ruralcrimewatch.ab.ca/resources/trace-pen and traceidentified.com/product/trace-pen.

A few tips on using the Trace Pen: Use the pen as though you are highlighting a couple of words on a page. Be sure to shake the Trace Pen well before and between uses to keep the microdots mixed up in the liquid medium. It is recommended that



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you mark items in a couple of places - for smaller items, toward the edges; for larger items, mark in a few places that would be protected. Apply the clear water-soluble material to a flat surface that is accessible, and not in an area that receives harsh, abrasive treatment or sun exposure, for example, on either side of a serial number. Once dry, the application will harden to a clear line on the object. Pens have a unique serial number registered to each pen; dots contained in the pen have the unique serial number laser etched on each dot. The suspension medium that contains the dots is luminescent and glows under a black light. Each pen should mark 30-50 items, depending on how many places you mark the item. Each pen has its own set of numbers - so if using multiple pens, it is important to remember what was marked with each pen. The Trace Pen comes with a free online database that you register for and can list each item that you have marked. This database is your personal account with Trace Identified and is fully editable.

Spring Clean-up: Its that time of the year! So, I am sharing information on the various facilities for disposing of items on your list:

- **Foothills Regional Landfill and Resource Recovery Centre:** is located on Highway 783 (16 Street E.), 5.5km south of Highway 7, 5km north of Highway 543. Phone: 403.938.5224. Regular landfill hours are 8:30am - 4:30pm Monday-Saturday, closed on Sunday and holidays. Services include: garbage, recycling, hazardous waste, etc. For all the details and costs, visit: foothillslrrc.com.

- **Priddis Transfer Station:** is located at 264 St. W. & 178 Ave. (Priddis Greens Drive); open on Tuesday and Saturday from 10am - 4pm. Phone 403.931.3266. Garbage bags can be purchased at the Priddis transfer station for \$2 per bag.

- **Foothills Salvage and Recycling Society (Salvage Centre):** is located at the Foothills LRRC. Phone 403.648.3764. Hours of operation are Monday through Saturday from 9am - 4pm (closed first Wednesday of the month). If you can't use it, perhaps someone else could? There is no fee to leave good reusable items at the Salvage Centre. Donations accepted. For more information, visit: www.fsrsonline.com.

For Other News & Updates:
Please visit my website: suzanneoel.com
www.facebook.com
Best Regards, Councillor Suzanne Oel



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Happy Mother's Day!

Time to get out and enjoy a wonderful day with Mom! Looks like spring has finally sprung in the Foothills.

Parent & Tot Playgroup: This drop-in playgroup meets the first of Friday of each month at the Hall. The next dates are May 3rd and June 7th. There is no fee charged. 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.

Annual Priddis Garage Sale: May 11th: It's time to donate those things you are not using! The annual Priddis Garage Sale is on Saturday, May 11th, from 9am - Noon. Donations may be dropped off at the hall on Friday May 10th from 10am - 7pm. We can only accept clean items in good working order. Please do not drop off any computers or monitors that are more than 2 years old, box springs, mattresses, encyclopedias, or Reader's Digest condensed books. This is a fundraiser for the PCA and we appreciate all the support we receive. Thank you in advance for your donations. Lunch and snacks will be available for purchase.

"Warriors of Hope" - Yoga Cancer Fundraiser at Priddis Greens - June 22nd: Mark your calendar for the 2nd annual yoga fundraising event, "Yogis R Warriors of Hope" taking place at Priddis Greens Golf Club on Saturday, June 22nd, 9am - Noon. The cost is \$40/person. There will be a silent auction and refreshments. 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 burden by providing funding to cover basic needs such as rent and groceries. For more information contact Lori Colwell at 403.472.5349. Register at www.warriorsofhopecan

Priddis Stampede Breakfast - July 7th: The annual Priddis Stampede Breakfast is on Sunday, July 7th. Bring your family and join your neighbours for a great breakfast, music and lots of activities for the kids, including a bouncy castle. Free parking is available in the County lot off Priddis Valley Road, just north of the View & Brew. You will be transported to the Hall and back by horse and wagon. The Priddis Volunteer Fire Fighters will be manning the grille. They will have a fire truck and equipment on site for display. We are looking for volunteers so contact priddissecretary@gmail.com. Yahoo! See you at the Priddis Community Hall on July 7th.

Priddis Early Learning Program (PELP): A Meal Prep Fundraiser was held on March 15th with a portion of the funds going to PELP. After expenses, the event brought in just over \$900! Thanks to Stephanie Fitzgerald for all her hard work and organization. Foothills School District is donating a used Smart Board to the classroom.

Author Visits: The children welcomed local children's author Kristy Hammill on March 20th and 21st. Kristy's books

have incredible messages. She shared her latest books *We Are What We Think* & *Looking at The Big Picture*. Check out all her books, including her best seller *Think for Myself at School*, on Amazon.

PELP's fundraiser, Mabel's Labels is ongoing. Great labels for kids' things, e.g. jackets, t-shirts, pants, hats and shoes. We appreciate all your orders as 20% of sales through the link come back to our community preschool.

The 3 and 4-year old programs are full, with a waitlist for 2019-2020. Contact peppreschool@gmail.com for more information on this local program.

Priddis Multi-Purpose Building: On March 16th there was a fantastic turnout at the Priddis Hall St. Patrick's Day Fundraiser. This event raised approximately \$9,100 in support of our youth and grass roots sport, pond hockey. Chef Ken and Queen Peggy prepared a scrumptious meal for 160 people. After dinner, everyone danced to the live band, "The Type", and had fun bidding on silent auction items. Thanks to Linda and Jaque Ackermann, the silent auction was a huge success. Thanks goes out to our many donors: Azuridge, BarTS, Wendy Powell, Dr.

Susan Poelman, Nicole and Dana Little, Doug Dumelie, Blu Room, the Kerrisons, Eagle Law, Cobbs Bread, Analog Coffee Westman Village Mahogany, Dan Mueller, Calgary Flames, Okotoks Dental, Jeff Seaborne, Prime Hair Clinic, Secure Energy Services, Granary Road, HotShop Silverado, Jeff and Jen House, Canadian Rocky Mountain Resorts, True North Orthodontics, Kildares Ale House, Grande Rockies Resort, Shoppers Drug Mart Legacy, StoneHaven Kennels, Prairie Dog Brewing, Sirocco Golf Course, and Shirley Santos.

Thanks to Deena Semeniuk and her crew of over 30 volunteers who worked many hours to make this event a success.

To complete Phase 1 of the Outdoor Rink Rebuild Project, the Multi-Purpose Building Committee set a goal of \$100,000. So far, \$70,000 has been raised with this current fundraiser, corporate donations, 50/50 ticket sales at two Flames Games, 50/50 ticket sales at the Hitmen Teddy

Bear Toss, and grants. An additional \$30,000 is needed to complete Phase 1 so the Committee is looking for donors and corporate sponsors. If you would like to donate, contact Dave Thompson at 403.921.3640 or email priddishockey@gmail.com

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

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

and so much more. Be sure to check out the following Facebook groups:

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

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

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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:

Dinner Church

Saturday, May 11 • 5pm

Dinner Church is a monthly get-together for families, working professionals, and anyone looking for a place to connect and explore faith and spirituality. After dinner, the children enjoy an activity while the adults digest a delicious meal and discuss compelling topics.

Movie Night

May 25 • 6:30pm

We invite the whole community to attend our next free Movie Night! (Check our website to see which movie we'll watch in May.) We really like wearing our pajamas and

have lots of room to cuddle up with sleeping bags, pillows and stuffies. It's a fun evening out with the kids. Donations accepted and light snacks are available for purchase.

Men's Breakfast

Saturday, June 1 • 9am

All men are invited to a morning of conversation over breakfast – we meet once a month! We usually have a guest speaker and the atmosphere is casual and welcoming. Hope to see you out.

Camp Caravan

August 19 - 23, 2019

Offered by St. Andrew's Regional Ministries

Looking for a great summer camp for the kids? Camp Caravan is a summer day-camp experience for children in preschool to Grade 6. It is filled with epic Bible-learning

experiences children will see, hear, touch, and even taste! Through small group activities, sharing stories of feeling God's power at work, and team-building games, everyone will be kept on the move, as we find creative ways to discover God's mighty power and love. Register at www.andychurch.org/CampCaravan

For more info about our programs/events please call the church office or visit reddeerlakeuc.com

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Saturday, May 11, 2019

10:00 am - 3:00 pm

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It was another busy month at our little library. In April we had a movie night showing "Back to God's Country", a black and white silent movie made in 1919. The following week, local author and Mount Royal Instructor Bill Bunn gave a talk on "Writing the Personal Narrative."

May 23rd is our annual Book Club Night. There are some ten bookclubs in the area and we get together once a year to share our favourite picks and enjoy some wine and cheese. If you are in a bookclub in the area and haven't heard about it, call Karen at 403-931-2771.

June's art displays will be a travelling display from "Spectra", a fibre textile group.

The Millarville Library runs with the help of one part-time librarian and a whole bunch of dedicated volunteers. It is a very flexible volunteer opportunity which allows for other commitments; even accommodating Snowbirds! We have openings for some new volunteers

and are having a Volunteer Open House on May 29 from 6-7:30, an opportunity to learn about the many perks of being a Volunteer Librarian.

The Millarville Library has a new display where all members are encouraged to fill in a card with a book recommendation. If we do not have the book we will put it on the list for our next book-buying outing. And of course we all benefit from the suggestions when we are looking for our next good read. And if we do not have it in our library you can order it through the amazingly efficient Marigold system.

Talking about good reads, here is a suggestion that I don't think is in our library yet, *The Spy and the Traitor*, by Ben MacIntyre. Touted as "the best true spy story I have ever read," by John Le Carré, it is a fascinating story of a senior KGB officer who was a spy for MI6 for more

than a decade. It reveals a tale of betrayal, duplicity and raw courage that changed the course of the Cold War for ever as well as providing some chilling insights into the possible future of "spying."

The Country Lane Quilt Guild 30th Anniversary Tea and Quilt Show

Saturday, April 27, 2:00 - 4:00pm
Priddis-Millarville Racetrack – Hall

Recognizing our
Quilters of Distinction
Pearl and Catharine Laycraft

\$5.00 entry, refreshments
and door prizes included



MILLARVILLE INDOOR ARENA GRAND OPENING

MRAS has been diligently working on getting our indoor riding arena set up for our Members and User Groups with hitching rails, indoor panels for our staging area, signage, cleaning and grooming tools, storage locations for barrels, jumps, etc.

**Almost ONE YEAR to the date, we are Open
For Business!**



We would like to celebrate with an **OPEN HOUSE**

on Saturday, May 4th between 10AM & 4PM. Come see the new facility, meet some of our User Groups, find out about rental availability and purchase your MRAS arena membership. Door Prizes, refreshments, equine demonstrations and more in the new **Millarville Indoor Riding Arena!!**



Indoor arena memberships available now at the MRAS office or arrange for a 2-week arena trial by completing our paperwork and providing a FOB deposit. Our new riding arena will have a new Arena Calendar to help everyone easily view the bookings, free time, clinics and general schedule for maintenance and upkeep. This improvement is on our website at www.millarvilleracetrack.com

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Spring Flooding Expected To Make Waves: Flood Preparedness Tips For Canadians

Here are several ways to protect properties against flood damage, whether commercial or residential.

Flooding Prevention Tips

1. Waterproof your basement, fill any cracks in the foundation, and put weather protection sealant around windows and the base of ground-level doors. Install flood shields or barriers for basement windows and doors.
2. Clear debris from your roof and eavestroughs so that they drain properly during heavy rains. Downspouts should extend at least six feet from the basement wall, well away from your and neighbouring properties.
3. Clear snow from your roof. Your roof is designed to handle a certain load, but heavy snowstorms can cause snow to overload its capacity. A snow thaw can lead to roof leaks as water seeps into cracks and damaged vents. Basements can also flood when large amounts of snow and ice melt quickly. *Only a professional should attempt to access or climb a roof in the winter
4. Raise large appliances in the basement onto wood or cement blocks. If possible, raise electrical panels, switches, sockets, wiring and heating systems – otherwise protect them with a floodwall or shield.
5. Anchor furnaces, water heaters, and/or oil tanks to the floor. Unsecured, they

may tip over or float in a flood. A ruptured tank may leak fuel, creating a serious fire hazard.

6. Check that all basement flood drains are not blocked or covered. For extra precaution, you can install a water alarm to let you know if water is accumulating.
7. Make sure your sump pump is working and install a battery-operated backup in case of a power failure.
8. Install backflow valves for drains, toilets and other sewer connections in the basement. These valves automatically close if water or sewage backs up from the main sewer.
9. Turn off the electricity in flood-prone areas of the property if a flood is expected in your area.
10. Talk to your insurance agent about flood insurance. Standard residential insurance may not cover floods caused by water overflowing from lakes, rivers and other bodies of water (called overland flooding) but may be available separately. For business owners, flood insurance could be available as an add-on coverage to commercial property or to business interruption insurance policies. Commercial sewer backup coverage may also be available but is usually purchased separately.
11. Stay informed. Follow the latest public weather alerts for your area at www.weather.gc.ca/warnings.

Source:

FirstOnSite Restoration, www.firstonsite.ca

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

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Millarville Community School News

Edited by MCS Students Micah, Kaylynn, and Shona

Grade Five Leaps Into Exhibition!
Last Month, Grade Fives Started Their Exhibition Projects

By James, Amelia, and Dominique

Early in April, the grade five students at Millarville Community School started their year-end exhibition project. This project represents the end of the IB PYP program. For two months, the grade fives will research and present on issues they have chosen. Overall, this is a fantastic experience for the grade five students. When asked about exhibition, Mrs. Lipiski, the grade five teacher, stated that "Exhibition supports and celebrates the Primary Years Program (IB) at Millarville. Students inquire into a topic of interest that is related to an issue connected both locally and globally." When the grade five students finish their research and assembly of their topic, they will be presenting it to their friends, family and the community on May 29. It is a learning experience for everyone to enjoy.

Mission to Mars and Energy Engineering: *Science Olympics Engages Students*

By Reese, Heidi, and Alyssa

From March 18th to May 4th, Millarville Students from grades four to seven participated in a thrilling science adventure. The students built windmills or thought about Mars colonization, depending on the age group. Grades four to six studied and modeled the power of wind and water. Grade sevens planned a 'trip' to Mars, where they

imagined a colony. At the end of the students adventure, they will go to COP in Calgary to present their findings.

Buddy Reading: *Encouraging Reading And Cooperation In All The Grades*

By Heidi, Alyssa and Reese

The students at Millarville are working together to encourage reading skills. The older grades have partnered up with younger grades to read with them. This helps kinder to grade three learn new reading skills and challenging words. It also provides an opportunity for leadership from the older students and allows all students to practice cooperation skills.

"I think its fun... I learned a couple new words." Said a grade two student.

Thanks to the teachers for organizing these weekly reading times.

Badminton Fever: *Millarville Sports Heats Up In A Exciting Tournament At Red Deer Lake School*

By Liz, Dalton, Jack and Ava

April 3 and 4 were the grade seven, and eight Red Deer Lake badminton tournaments and all students participating played 3-4 games at their tournament. MCS played multiple schools and Mr. Gibson, our badminton coach was there to help and support our grade seven and eight team.

When asked about the season so far, James from Gr. 7 replied "I feel pretty good about it and I think that there are some pretty experienced athletes that the Millarville Wildcats will face. Overall I am excited to see what the rest of the season will bring."

Track and Field Begins: *Track And Field Has Started Off With A Big Bang!*

By Liz, Dalton, Jack and Ava

On May 9 (or 14 if rained out) Millarville students will compete against each other in a heated competition to advance to divisionals and possibly zones later in the month. Practices are underway and the students are eager to achieve their personal best. Good luck to all!

Casino Fundraiser: *Your Help Is Needed*

By Kaja, Evon, and Wyatt

The Millarville Sports Association and Millarville Community Association would like volunteers to help with the Millarville Casino fundraiser from May 9 -12, shifts from 10 am to 3 pm.

Come down to Century Casino to help fundraise for the Millarville Sports Association and Millarville Community Foundation. The four-day effort will raise over \$80,000 for our community. The money will go towards the community library, and early education programs such as preschool and playschool. The time fundraising will be spent socializing with friends and community. Each shift worked individually raises between \$1000 and \$2000. We hope to see you there!

Cartooning, Writing, Illustrating, and Puppeteering: *Young Authors Conference Draws Millarville Crowd*

By Bailee and Stetson

The Young Authors Conference took place at Holy Trinity School in High River on April 6th, 2019. There was a total of twenty-one students from Millarville Community School who attended the Young Authors Conference which hosted approximately 600 students from the region this year. "It was fun and interesting because in the workshop, the authors were really helpful with my story. They helped me edit and gave me more pointers on word choice," said Evon, Grade 7 student.

Spring Break: *Students And Staff Get Early Dismissal As They Enter Spring Break*

By Bailee and Stetson

On April 18th the Millarville Students get an early dismissal at 11:55 am. The early dismissal will signify the beginning of Spring/Easter Break for the students allowing them to have a full week off to spend with family and friends.



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Tuesday May 14th is the next meeting, our Spring Potluck, 6:30pm dinner, bring your favourite dish for 5-6 people, Julie Walker will be speaking on rewilding your garden at 7:30. She is a local and knows her native plants and animals.

Also please remember to like us on Facebook! 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.

TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well it's been a pretty good spring so far. We finally got a little rain on April 9th, it was good to wet down the ground as a lot of people seemed to have their allergies flaring up. The Canada geese have been flocking back from their southern holidays and the grass doesn't look as brown as it did last month. We'll see what the next month brings.

Next month also brings our **annual Discovery Days weekend**, which is the weekend of June 1st. The weekend kicks off with the **52nd annual Parade in Black Diamond**. The Parade starts at 10 am, but just a reminder some streets are closed off earlier. Bring your lawn chair and pick your spot early! Following the Parade, head on over to Turner Valley to Millennium Park for a day of family friendly fun. There will be bouncy houses, a petting zoo, face painting, a local artisan market, food vendors, and fire department demonstrations. The Turner Valley fun runs from 11-3. Volunteers are a necessity to run our Discovery Days. Are you part of an organization looking to raise funds for a special project? Your

group could receive a maximum of a \$500 honorarium by helping out with Discovery Days. Individuals are very welcome too. Your duties would run about 2.5 hours and may include traffic direction, market set-up, monitoring bounce houses, or other jobs. More info please call Hazel Martin at 403.933.4944 or email her at hazelm@turnervalley.ca.

Also on the 1st of June is the **annual Sheep Creek Arts Council Rhubarb Festival and Quilt Show**. They have a **Rhubarb Tea, Bake Sale, and Quilt Show** starting at 11 am. Come and enjoy a tasty rhubarb treat at the Valley Neighbours Club, then afterwards come look at the quilts next door at the SCAC. They display quilts from local quilters and the charity quilts they make for Rowan House. The Bake Sale is always popular and sells out early. Volunteers would be appreciated, if you can help out for a couple of hours, please call Cathie at 403.933.7132. The Valley Neighbours Club will also be holding their **annual Plant Sale** at the same time, which is a great way to get some beautiful plants.

Project Green Day will be held May 24th from 9-12. This is a call for volunteers from Black Diamond and Turner Valley to get together to clean up our Friendship Trail, the highway between the two towns, along the river, local pocket gardens, pathways, and public parks. Volunteers can register at the Scott Seaman Sports Rink starting at 9am. Please bring work gloves. New this year is the Scouts bottle collection fundraiser. Bring your refundable drink

containers and donate them to the Scouts. This is a really good day and makes such a difference in our community. For more info, you can check out either town's websites.

There will be a **Sustainability Fair** in Black Diamond on May 4th. The theme is Sharing Green Ideas, and there will be a tour of the Town to visit energy efficient places, kids activities, a repair café (bring your broken item for help with repairing it), and vendors as well as speakers. The event will take place at the Griffiths Centre, and also up at Rona, who is hosting the event, and other sites around town. Admission is free. Vendors or exhibitors are encouraged to present their sustainable business or product. For a full schedule, visit the Town of Black Diamond's website and click on the May calendar. The event runs from 10-4.

Level II mandatory conservation watering schedule is in effect in Black Diamond. All outdoor use, including watering lawns, non commercial washing of vehicles, sidewalks, pads, exteriors of buildings, filling of hot tubs or Jacuzzis, recreational use of sprinklers and water toys, is restricted by the following schedule: even numbered addresses may water on Wednesdays at Saturdays, and odd numbered may water on Sundays and Thursdays. Watering times are from 6-9 am and again from 7-10 pm. Let's all do our part in conserving our precious resources.

The **Bar U Ranch** is open for another season! The Bar U is a working historic ranch, located about a half hour south on the Cowboy Trail. Take a horse drawn wagon down to the various buildings and

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arena, and talk to the genuine cowboy staff as they go about their day. The Bar U hosts several special events throughout the year and is a nice place to spend the day. The Ranch opens on May 13th at 10 am. Youth are free in Canada Parks this year, age 6-17, and the Bar U is recognized as such. For more information, visit them on Facebook or call 888.773.8888.

The Turner Valley Legion is pleased to host their annual **Mother's Day Brunch** on Sunday, May 12th. All are welcome, however, please call to register your party as they would like to make sure they are ready. The Legion puts on a lovely meal, and has a really friendly atmosphere. The Brunch starts at 11am. For reservations, please drop by or call 403.933.4600 or 4564.

Oilfields Arena in Black Diamond offers free rollerskating again this year. Sponsored by Pharmasave, the event runs Fridays from 5-8 pm until July 10th. Your own skates and helmets are required.

On the Edge Concert Series is proud to present the **Gerry Hebert Quartet with soloist Johanna Sillanpaa** on May 3rd. Johanna was nominated for Best Female Vocalist at the Western Canada Music Awards and is originally from Sweden but now makes her home in Alberta. Gerry has performed and taught music for 25 years here in Alberta, played with orchestras and theatre productions, and studied music in

Paris, Banff, and the University of Calgary. The show will be held in the beautiful Red Deer Lake Church at 7:30. For tickets or more information, visit reddeerlakeuc.com.

The Lions Foundation along with Pet Valu invites you and your four legged friends to the annual **Walk for Dog Guides**. Lions Foundation of Canada Dog Guides is a national charitable foundation whose mission is to assist Canadians with a medical or physical disability by providing them Dog Guides at no cost. Last year this event in Okotoks raised enough for two Dog Guides, one Seeing Eye Dog and a Hearing Ear Dog. They also provide Dog Guides for Special Skills, Seizure Response, and Autism Assistance for Children. Register online at Pet Valu Walk for Dog Guides and collect pledges. Sponsors are always welcome. Meet down at the Pet Valu in Okotoks, at 105 Southbank Blvd., on May 26th for registration and start your walk after! For more information call 403-995-5744 or visit the aforementioned website.

Walkers of all ages are invited to lace up their shoes and take to the trails in support of the Foothills Country Hospice Society. This is the **3rd annual Hike for Hospice** and it will go rain or shine on May 5th. Meet at Ethel Tucker Centennial Park in Okotoks at 15 Riverside Drive at 1pm for festivities and a warm-up, followed by the 2pm hike. There will be an after party with a BBQ, Kids Zone, coffee and snacks,

and free T-shirts for the first 400 to arrive. Sponsorship is encouraged. There will be a \$10 registration fee, and kids 5 and under are free. The Hospice has been in operation since 2008 and this is a good hike for a good cause. For more information, visit the Hospice website or call 403.995.4673.

The **Millarville Stockland 4-H Club** will be holding their **Achievement Day** on May 12th at the Millarville Racetrack. Beef and sheep 4-H members will be showing their animals, competing in confirmation and showmanship classes, as well as multi-judging. This is a family friendly event that showcases the hard work and dedication of their 4-H members. This club is one of the longest standing 4-H clubs in Alberta, since 1949, and their members range in age from 7-20. The event runs from 10-4, for more information, visit them on Facebook.

The new councillor for **Turner Valley in the By-Election** is Jamie Wilkie. Thanks to everyone who voted and ran, and we wish you luck in your new position.

If you have any events happening in June 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 Mother's Day May 12th for all you Moms out there!

Elaine Wansleben

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Longview Library

Lynda, our librarian, has purchased snap-circuits for our maker space area. She would like to incorporate some science/technology based activities to attract the older children in the village.

Lynda would also like to do a Summer Reading Program this year. The theme will be "Natural World". If you and your children would be interested in such a program, let Lynda know.

New to the library is *The Woo-Woo: How I Survived Ice Hockey, Drug Raids, Demons and My Crazy Chinese Family*, by Lindsay Wong.

For children, *Howl Like A Wolf*, by Kathleen Yale. This beautifully illustrated book focuses on fifteen animals, their appearance, behaviour, and habitats.

The Library Board recently went in to see the new Calgary Central Library. It is a magnificent structure of 240,000 square feet, built of glass and redwood cedar from British Columbia. The library holds over 180 tons of books. It is on 4 levels that are accessible by sweeping, graceful staircases or by elevators. It offers architectural tours two times a day, at 12pm and 1pm. On Sundays, they are at 12:30pm only.

The interior is breathtaking, with huge open spaces, providing lots of reading areas. It is bright and cheerful, with glass walls embracing the many shelves that display books, so that you can read the faces, not just the bindings. The shelves are white and four feet tall, so the books are accessible for all ages and heights. They create a warm, welcoming and happy feeling.

There are 30 bookable board rooms for programs, computer rooms, audio and video recording studios, and even a small coffee cafe. Membership is free. (Editor's note: Calgary access/restrictions may vary depending on which branch your TRAC library card is registered at. Check with your local librarian to link your card online for access to Calgary's system.) Your library card enables you to access all books, e-books, on-line resources, printing and much more from this library. You can take out 20 books at a

time, which we did, and we can return them to our Longview library in three weeks, the regular allotted time. Take your camera!

A recent book to the library is *The Clockmaker's Daughter* by Kate Morton, author of *The Forgotten Garden*, and *The Distant Hours*. It is told by multiple voices in the late eighteen hundreds and in the aftermath of the Second World War. It is a story of murder, mystery, thievery and mysticism. Morton's prose is lyrical and enchanting.

Another is *Eleanor Oliphant Is Completely Fine*, by Gail Honeyman. It is a debut novel and is a touching, moving, and sometimes funny story about a young woman, Eleanor. She is a shy, reclusive woman who had a sad and difficult upbringing. As a result, she is quiet, retiring and has few friends. She creates a fantasy lover and her life with him. When reality hits, she must reinvent herself, and does so with the help of a competent and caring councillor. Reese Witherspoon is working with a team at M.G.M. to make the novel into a movie.

Washing Black, the novel by Esi Edugyan is to be made into a TV series and Edugyan will help with its production.

Happy Reading!
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SHEEP RIVER LIBRARY

"Spring" into the Library!

Spring has returned. The Earth is like a child that knows poems. - Rainer Maria Rilke

Even though our winter/spring program session is coming to an end, we are already thinking ahead to the programs we will run in the fall. If you are interested in either running a program or have a program in mind that you would like to take at the library, now is the time to come and talk to us about it. We are always happy to hear your ideas. One of our most successful programs, the Sheep River Ramblers came about as a result of a patron suggestion. This program runs throughout the year with hikes and walks for all levels and abilities. If you are interested in getting out into the beauty that surrounds us, improving your fitness and making friendships, then please come in and sign up for this group.

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. Helmets and locks are available for users. There is a one-time waiver to sign for the 2019 season. Riders under the age of 18 will need to have a parent sign their waiver.

With the longer days and warming temperatures, we all look forward to Parade Day and Discovery Day on Saturday June 1. As usual, the library will be holding its Annual Book Sale just outside the front doors from 11am to 4pm. All items will be 25 cents. From now until May 31, the library will happily receive donated items for the sale which Doris, our resident expert sorter of books, will organize into categories for the event. Books, DVDs and CDs must be in good condition, not ripped, mouldy, water damaged, or scribbled in. Books in poor condition will be discarded. We also cannot accept text books, encyclopaedia sets or Reader's Digest condensed books as these items cannot be sent to Better World Books. This organization takes books that are unsold at the end of the sale. We try as hard as possible to keep books out of landfills.

Next time you are in the library, don't forget to drop into the gallery space and see the watercolour exhibit by Valerie McLenahan from May 3 through to June 26. There will be an artist's reception on Saturday, May 25 2 - 4pm, where you will have the chance to talk with Valerie about her art.

Please note that on Wednesday, May 15 the library will only be open 10am - 2pm to allow the staff to attend the Marigold Library System annual training workshop. All Wednesday morning programs will

run as usual and all library services will be available during those hours.

As summer approaches, the library will once again take on the role of providing visitor information services for the area. This means that on the long weekends from May to September, the library will be open on the Saturday and Monday from noon to 4pm. All library services will be available during those hours (circulation desk, computers, wifi) as well as visitor information.



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May

by Andrea Kidd



The month of May is a time to be gay, in the old sense of the word. In Alberta new calves gambol in the fields, in England lambs frisk in the meadows. May is joyful, hopeful, playful springtime and I want to play with the word MAY.

Throw the letters in the air. Let them land where they may.

AMY! Beloved child! Anyone's girl is aimée, whatever we decide to call her. I

have four Amys. My eldest is aptly named Eileen, meaning "peace". She fought a fight for her life for six weeks after birth, but now she lives, loved, with her Creator, waiting for her family to join her. My second Amy loves to live, stretching, reaching to know the unknowable. My third Amy, not having been born with a functional body and brain, lives with her sister, in peace, her spirit aware of divine and human love. My fourth Amy brings the merriness of May to all she meets, a quiet strength and wisdom in a slight frame. AMY – a delightful play on May!



I throw the letters in the air again. This time it is YAM. Yeah for this God-given vegetable, ugly yet sweet, misshapen yet holding golden goodness, a treat with poultry, stuffing and cranberry sauce!

Little things give great pleasure. Little words can mean a lot.

May means I may relish the beauty of spring, new life, green shoots, a prairie crocus, a honking Canada goose, a friendly greeting from a passer-by. My goal, my "AYM" is to love this life so generously given.



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Why Take A Gap Year? Part 2

Here's the most common objection to taking part in a gap year: "I may like to do a gap year, but I'm already accepted to college/have my eyes on a school."

Many of the students who would most flourish during a gap year are those who have worked through much of their high school education with their eyes on one or two dream schools. To then come along and tell them that they should put that all on the line to go work can be a hard sell — except that these students are overlooking something: deferred enrollment. Most universities and colleges allow accepted students to take one academic year off without giving up their admission. This means a student can be accepted to their dream school, tell the school they'll be back in a year, and the school will let them come back in that year.

Other objections students raise:

"I'm afraid I'd lose my financial aid."

Deferring enrollment doesn't make a difference in the financial aid process. Students and their parents will have to do the same steps they'd do without a gap year, and schools don't discriminate against students who decided on gap years.

"I am worried about putting a gap in my education."

Though some students who say they are taking gap years to learn may do it as an excuse to travel, the gap year is only a gap in one's education if a student lets it be that. Many students find that it not only educates them on a life experience level, but they also gain valuable skills during that year. This gives the time and freedom to learn a new hands-on skill, to take a programming class, or to get a job in a specialized field — and this is freedom that the structure of college usually doesn't allow for.

"I've never done anything but school!"

Then a gap year is perfect for you. Many students who take gap years are those who are burnt out from school and find it difficult to imagine themselves doing something else. During this time, they go work, travel, participate in programs like Praxis, and gain new skills. Taking the risk of doing something different for a year can be life-changing.

"I'm afraid it would look bad on a resume."

If the time spent during a gap year is a time working or learning new skills, then it can be the thing that makes a resume stand out (in a good way!). If the gap year is taken before college, then it probably wouldn't factor into a later resume, anyway.

If the gap year is taken after college, it oftentimes makes the resume or curriculum vitae more impressive. More and more graduate schools are looking for applicants who have taken gap years and gained work experience, rather than those students who are coming from 16-straight years of education.

With this considered, it's clear that the risk of a gap year is low and the reward can be incredibly high.

So why not take a gap year?

This post was originally published by Praxis, a one-year startup apprenticeship program and career accelerator for young people who want more than college. We combine a 6-month bootcamp with a 6-month apprenticeship where we place you at a high-growth startup working alongside entrepreneurs while also completing our rigorous education experience, which includes one-on-one coaching, self-guided projects, skills training, and more.

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Adult ADHD?

by Roché Herbst, M. A. R. Psych.



Adult ADHD/ADD

Many adults struggle with symptoms such as lack of sustained attention, distractibility, lack of focus, forgetfulness, lack of organization, restlessness or impulsivity from childhood on, but may not have considered the possibility of ADHD.

What Are The Symptoms Or Signs?

Most problems occur with time management, planning, organizing and the ability to complete tasks and goals. Always being late, missing deadlines, procrastination, little concept of time, etc.

It appears people with ADHD/ADD underestimate time. They tend to postpone things and wait until the last minute to deal with it. They begin to plan for an inevitable event, but feel they cannot quite complete it until it is the eleventh hour. Everything in life becomes a crisis as they seem to 'live in the moment'. Others would say the person with ADHD/ADD could have avoided the crisis, but somehow chose not to. They are perceived as having a lazy, care-free, careless attitude that they could change at any time if they want to.

The truth is that the executive functioning area of the brain which is responsible for decision making, planning and time management, fails to work effectively. The person has an inability to accomplish all of the things they intended to do. ADHD/ADD can be seen as a performance disorder. It is not a knowledge disorder. You know what to do, but not always how to get it done.

Adult ADHD/ADD Coping Skills And Strategies

The easiest thing to do is to whip up a list of time management strategies. Unfortunately, the reality is most of it will not be used. Why not? Well, the piece of paper with the list on it will probably be lost on the way to home or work, or blow under the front seat of the car, or you will forget it is there. If you do remember, you might tape it on to your refrigerator door but won't look at it. If you do look at it, you will be telling yourself that you should really do something about it.

For any strategy to work, it must relate to something real and important in the person's life. The key to getting something done lies between the emotions and the consequences. ADHD/ADD is an internal, neurogenetic executive failure. Nothing gets done because the person cannot self-motivate and plan like others do. A very useful strategy is to change your immediate environment i.e. cut out distractions and put a big visible timer where you can't miss it. Tackle the smallest task first.

Create positive or negative little consequences as motivators so as to be more productive and effective. Note how it makes you feel as you go along.

Myth Vs. Fact

Myth: ADHD is over-diagnosed and over-treated.

Fact: Despite the serious consequences, studies show ADHD remains under-diagnosed and under-treated. Less than half of those with ADHD receive appropriate treatment.

Sources: Barkley, Russell. A., *ADHD Handbook for Diagnosis and Treatment*, 2015. New York: Guilford Press. *The Myths and Facts*, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho



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Mortgage Fraud: How to Protect Yourself When Purchasing or Refinancing A Home

Unfortunately, mortgage fraud is on the rise across the country. One in every 109 mortgage applications are suspected of fraud, and instances of fraud are up 12% year over year (22% in income reporting fraud).

Consumers who knowingly misrepresent information when buying or refinancing a home are committing mortgage fraud.

What is mortgage fraud?

Mortgage fraud occurs when someone deliberately misrepresents information to obtain mortgage financing that would not have been granted if the truth had been known. This can include:

- Misstating your position or inflating your income or length of service at your job.
- Stating you are a salaried/full time employee when you are a contract,

part time, hourly or commission-based employee or are self-employed.

- Misrepresenting the amount and/or source of your down payment.

- Purchasing a rental property and misrepresenting it as owner-occupied.

- Not disclosing existing mortgage and/or debt obligations.

- Misrepresenting property details or omitting information in order to inflate the property value.

- Adding co-borrowers who will not be residing in the home and do not intend to take responsibility for the mortgage.

Consequences of misrepresentation

Borrowers who misrepresent information are committing mortgage fraud and will be liable for any financial shortfall in the event of default. They may also be held criminally responsible for their misrepresentation.

What can you do to protect yourself?

To protect yourself and your family from becoming victims of, or accomplices to mortgage fraud, be an informed consumer. This means:

- Never deliberately misrepresent information when applying for a mortgage. Be truthful.

- Always know who you are doing business with. Use licensed or accredited mortgage and real estate professionals.

- Never sign legal documents without reading them thoroughly and being sure you understand them. If uncertain, obtain a second legal opinion.

- Get independent legal advice from your own lawyer / notary. Talk to your lawyer / notary about title insurance and other alternative methods of protection.

- Your lawyer will advise you if anyone other than the seller has a financial interest in the home or if there are any outstanding liens or tax arrears.

- Contact the local provincial Land Titles Office to obtain the sales history of any property you are thinking about buying, and consider having it inspected and appraised. An accredited appraiser will provide the property sales and MLS history.

- If a deposit is required, make sure the funds are payable to and held "in trust" by the vendor's realty company or a lawyer / notary.

- Be wary of anyone who approaches you with an offer to make "easy money" in real estate. Remember: if a deal sounds too good to be true, it probably is.

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Truth is Fallen In The Street

by Duane Harder



There are times when you are watching a TV program that the following message flashes onto the screen: “We interrupt this program to bring you the following breaking news.” This writer wants to interrupt the series on “time” to call for a serious look into the issues that surround the SNC-Lavalin story.

Webster’s dictionary gives the following definition of justice:

- a) the maintenance or administration of what is just especially by the impartial adjustment of conflicting claims or the assignment of merited rewards or punishments
- b) the maintenance or administration of what is just especially by the impartial adjustment of conflicting claims or the assignment of merited rewards or punishments
- c) conformity to truth, fact, or reason

Transparency and truth are two key elements in justice. We have all been in situations where one of our children comes and pours out a tale of woe against

another sibling. Then the offending sibling emerges, and we hear quite a different story. A family circus episode depicts it accurately. The little girl taunts Billy with the words, “Dumb, stupid, jerk!” Billy’s response is a well-aimed punch. The little girl runs to her mother and tattles on Billy. One of the other mothers in the room responds with: “Why do men have to be so aggressive?”

Getting both sides of the story doesn’t justify Billy’s action but it does give you a more complete picture of the transaction.

I am sure that Jody Wilson-Raybould was fully aware of the laws governing the undisclosed taping of conversations, whether by phone or private conversation. My concern is that the government has used the wrong of her action to deflect guilt.

A few months ago, I read the account of a visiting philosophy professor who was teaching at one of the Ivy League universities. I wish I could recall the source of the information, but I can’t. During the course of one lecture he posed the following question: “Was it right for the British to impose a law on the Indian people banning the burning alive of the wife of the deceased man alongside his cremation? One student responded by saying, “The British should not have been there in the first place.” The question was deflected from the moral issues of killing an innocent woman to an assessment of colonialism.

The real issue is not the taping of a conversation and what that does to erode trust but rather, was the Attorney General being pressured to make a political

decision rather than a just decision? It is one thing to say that we welcome diversity but quite another when ideological ideas and ideals collide.

Transparency and truth are absolutely essential for justice to prevail. The problem lies in the fact that each of us brings a biased perspective to what we see and hear. During a counseling session, the wife accused the husband of yelling at her. I have a hearing deficiency, but I did not hear him yell. In my mind I combed through the conversation and recalled a significant statement the husband had made. I repeated the statement and then asked the wife if this is when he yelled. Her response was immediate: “See, Duane agrees with me. You yelled when you said that.” The fact is, he didn’t yell but the impact was as if he had yelled.

Remember, my perception is my reality! It may not be what you see and hear but it is what I see and hear. A wise judge, counselor, arbitrator, or friend will skillfully put the pieces together so that justice can be served.

So, what happens when it is a clash of ideologies? Dialectical materialism (Socialism) and free-market enterprise are built on differing philosophical ideas. However, they have one common thread—both are committed to the good of the whole. Even though this illustration is removed from where most of us live, the principle remains the same. Many couples have said, “We have nothing in common.” However, when they explore their life values, they discover that they have more in common than they thought.

Unfortunately, our culture is moving away from objective justice to subjective impact. We are more concerned with the impact of an action than its alignment to historic moral values. The western world condemns the murder of 50 Muslims in New Zealand, and rightly so. However, there is silence when over 300 Christians were massacred in eastern Nigeria two weeks earlier.

Justice is justice, regardless of ethnicity, political alignment, religious convictions, gender identity or sexual practice. Justice requires transparent dialogue without hiding behind pre-determined labels that satisfy the person with the label gun but do little to understand the one being labelled.

Let’s keep Canada “the true north strong and free.” A land where truth is not trampled under prejudice and justice perverted by personal interests.

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Out of the Rut *Chapter 104*



Wandering in the woods must be one of the most useful therapeutic practices on this fab planet. I have the most fascinating conversations with myself while meandering the trails between moose meadows and spruce groves, aspen clones, swathes of willows and melting marsh. I frequently make mental notes to pursue a particular line of thought in this monthly missive on my return, but by the time my fingers strike keys again, so many things have come between that moment and this, that the instant of insight has faded beyond my recall. Drat.

How about life? What's significantly different now from childhood - or forty-odd years ago, depending on your perspective? I used to marvel at the amazing span of my grandparents' lives and the wild world changes they had lived through. Occasional alumni would turn up at my secondary school to tell us what they had gone on to do after they left. I was gobsmacked by most of it. Much of the time people talked about such exotic things, I couldn't imagine how a life like that could possibly be engineered. Hahaha. Now look at me! Did you have the same sort of awe and sense of immeasurable distance when you were young? "Gosh, how did s/he manage to do all those things? How did s/he even get that job?"

I remember hearing often, it's not what you know, it's who you know. In England, most of the time in my somewhat painful experience, this defaulted to those who had money and/or the right parentage, and the rest of us. However, despite the crippling global tendency of the human beast to default to a sedimentary layering of the people in a community until the eventual formation of such layers as the entrenched class systems famously perpetuated in England and India, it is so utterly true in the magical journey of life, that who you know translates most often into the most interesting travel. After all, everyone knows everyone indirectly, those darned hippies have got it right. We are indisputably related and have an effect on each other.

When I was fresh out of university with a masterfully un-useful (at the time) degree, I started playing badminton down the end

of the village to keep active and meet local folk. That led me to meet Shariff - a quite unpleasant and dubious wheeler-dealer character I would not want to entertain in my life now, that's for sure. However, Shariff led me to a connection with a local art gallery which resulted in my working there surrounded by glorious paintings and being hired to produce a collection of 10 feet-high murals for a dance/gala/fund-raiser evening. Of course, if I hadn't been hanging around the clubhouse with the badminton gang, none of that would have come about.

When I decided to sell my car to pay for a ticket to the USA to work that summer, it was Shariff that bought it. Within a week one of his cronies had, during a moderate-speed police chase in the twisty northern roads of Lancashire, slammed it into the stone wall corner of the local chemist, totally writing off the car and leaving a noticeable souvenir in the patchwork of yellow-black stones.

That car had been my baby. It was first my Dad's company car (hilarious looking back on that), then it became Mum's & finally I bought it when I was 18. I had left home for university, driven the length and breadth of the country, slept in it, ferried innumerable carless friends in it, discovered the joys of solitary explorations around the Lake District, Cumbria and Northumberland in it. It was distressing that my first car having served me and my family so well, came to such a sudden ignoble end.

It's been a while since I re-ran that time period on my internal screen. A period of utter unrest and confusion. I finished doing all that schooling thing, I had done the right thing, gone and got a degree and been a good person. Now I hadn't got a clue what else to do with myself. Just last week someone asked me what my five-year plan is and I had a momentary lurch down through the tunnel of time back to that post-university period. In addition to playing badminton, I took a secretarial course across the road in a dilapidated old school house. They asked the same question. If you read anything to do with planning and success and careers, everyone will tell you that all the really successful people have such plans. I don't. I have never been able to envisage myself several years ahead down the road of life.

I can create artificial plans to appease people who insist, but I don't see myself. This is because it doesn't exist. But it can, will, might do.

There are a couple of key words and phrases here. Success is an interesting term, arguably indefinable, or like most things in life, definable only in relation to one's self. I feel pretty successful myself. Essentially, to me, happiness is success. Kindness is success. A circle of loving friends and family is success. The second phrase I mentioned harks back to the beginning of this chapter's musings - it's not what you know. Actually, I think it largely is what you know, or at least, what you know enough of and you have sufficient talent to rapidly fill in gaps and acquire new knowledge...when you are presented with the connection situation to make things happen. As the old adage goes beauty will get you in the door, but it won't keep it open.

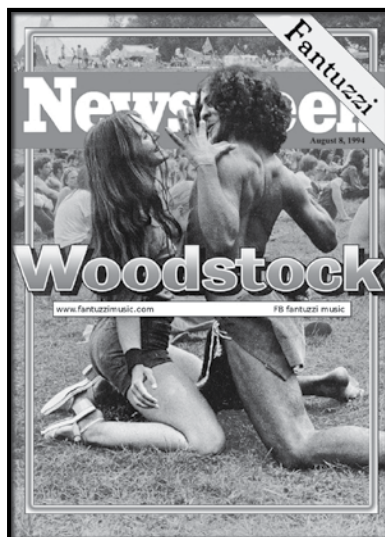
Just this morning, case in point: I was talking with Fantuzzi about his schedule in June when he should be in Minnesota for a great family festival called Project Earth. With only one booking at the moment,

the finances and logistics looked a little tight, so we cruised through his list of contacts together & I found notes on one old friend who has a concert venue there. Within ten minutes, I had Fantuzzi & friend on the phone together and they cemented a date and a great idea for a Woodstock-themed concert. Highly appropriate given that it's the 50th anniversary of Woodstock this summer and Fantuzzi was at the original festival, his image

captured and used as the "cover-boy" for the whole era. Without his years of traveling and making connections, he would be unable to do what he does. Our kind of music and community don't really jive with the big money-making commercial endeavours of the mainstream music industry and alcohol-fueled venues, but it does jive with every body's soul when they are in an appropriate place to hear it... Timing is everything.

Wait, isn't it who you know?

With gratitude and love, Kat Dancer
bodymudra@gmail.com
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