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COVID-19 INFORMATION

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Please stay safe at home during the COVID-19 pandemic. Ask a loved one or neighbour to bring you groceries and prescriptions, and stay informed with current information from the Government of Alberta.

alberta.ca/covid19

Alberta

HIGH COUNTRY News

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From The EDITOR

It has been a blessing to hear the birds, see the sun, and if you look closely, even some hues of green in the grass and aspen stands. Our long winter has ended. Unfortunately, the winter of COVID 19 hasn't. We continue on with isolation orders, business closures, and a constant news feed of statistics, projections, and government rescue money. While I am hopeful that these restrictions will make a positive impact, I have become increasingly concerned as to where all this is heading, and the shift of societal power and influence into the hands of non-elected bodies and organizations.

It is our general direction as a society. When a single narrative is followed, and dissenting narratives are unwelcome, purposely silenced or shamed, we as citizens should be deeply concerned. We don't need to look far into the pages of history to see what happens when dissenting voices are no longer allowed platforms to speak.

As I read the news, I am concerned by the framing of the information and our lack of respectful public discussion surrounding it. I have a deep conviction that media should be a non-partisan place where discourse is facilitated and truth is sought in an accurate context without bias.

To publicly and blatantly disregard the restrictions or, on the other hand, to publically shame your neighbour are not desirable ways forward. These actions will only serve to divide us and break relationships. Someone once (actually a few times) said to me "he who is loudest, is furthest from the centre of influence". Hopefully we can engage one another respectfully, and come through this very challenging time stronger as a community.

So, as we endeavor to honour the restrictions placed upon us, may you read critically, follow cautiously, and, don't be afraid to respectfully enter the public discussion. Find ways to connect with your family and friends, and if fiscally possible, support your local businesses and organizations. They are integral to the health of our communities. And remember to thank

those working on the front line, be it in our local stores or the healthcare sector.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca

Artist PROFILE

Longview artist, Deanna Lavoie, is inspired by the glory of childhood exploration and its enlightenment, her art is reminiscent of her own memories as a child and now as a parent. Delightful little creatures in her backyard also feature in her subject matter - lady bugs, dragonflies and bees - their actions seemingly spontaneous like a child's but perhaps more calculated than an observer would realize. Among her other artistic influences are the beautiful and majestic Rocky Mountains with their appealing rolling Alberta Foothills. Also emboldened as an artist to do more than simply wear a poppy on Remembrance Day, Deanna has created poignant WWI commemorative art pieces. Please visit her website for more information: www.DeannaLavoie.com

Last week's cover, Kym Binns' artwork, was unintentionally submitted with an incorrect last name of Kym Lomenda. We apologize for any confusion this may have caused and thank Kym Binns for sharing her work with us!



HIGH COUNTRY LIFE

BY MARK ADMAKI
ADMAKI.CA

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We are currently closed in an effort to keep our great staff, valued customers and community safe.

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FortisAlberta Launches COVID-19 Relief For Communities

FortisAlberta is donating \$100,000 to Food Banks, Women's Shelters and Indigenous communities to support the most vulnerable in our service area. FortisAlberta serves over 550,000 customers in 240 communities with electricity distribution service.

"We recognize that now more than ever, our customers are counting on us in many ways to help Alberta see its way through the COVID-19 pandemic," said Mike Mosher, FortisAlberta President and CEO. *"We know how important it is to ensure that the medical community has*

the power they need to run life-saving equipment and that people at home can stay connected. We also want to reach out to our customers as neighbours and friends to help them through these uncertain times in the best way we know how, by supporting food banks across the province."

FortisAlberta is working with Food Banks Alberta (FBA) to create a plan to distribute the funds and engage their employees to deliver food hampers to those who are isolated or immobile. FortisAlberta has 1,100 employees and operation facilities in 50 communities to serve their customers.

For more information about how FortisAlberta is committed to bringing

us all together while we are apart, visit fortisalberta.com.

About FortisAlberta

As owner and operator of more than 60 per cent of Alberta's total electricity distribution network, FortisAlberta's focus is delivering safe and reliable electricity to more than half a million residential, farm and business customers. The Company serves more than 240 communities with 124,000 kilometres of distribution power lines across Alberta.

*Submitted by Debbie Bowering
Community Investment Advisor,
FortisAlberta Inc.
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Debbie.bowering@fortisalberta.com

Obituary

Gary Munro, third-generation Alberta cowboy and rancher, passed away peacefully at the Foothills Hospital on April 10, 2020 after a brief bout with pneumonia.

The second son of Johnnie Munro and Grace Henning, Gary grew up on the Springbank farm homesteaded by his grandparents in 1894. Born on November 11, 1933, he was a product of the Great Depression and like many of this era, knew the value of hard work.

The mountains of Banff called to Gary as a young man and he went to work as a guide for the Brewsters. Other wranglers became lifelong friends. He met his future wife, Marlene Dusdal, while working at the Kananaskis Guest Ranch and they moved to the Pirmez Creek area in 1964. Gary hired on with Glen and

Audrey (Gardner) Macdougall, living and ranching there the remainder of his life.

Kind-hearted and loyal, he loved all living creatures, especially when his favourite cowpony and dogs were at his side. He nurtured his friendships, old and new, with his sense of humour

and generosity. He loved dancing and it, along with a rum, was one of his favourite pastimes until COPD took away his breath.

Gary is lovingly remembered by his daughters Colleen Munro (Hal Davidson) Westbrook, Tracey Feist (Kelvin) Bragg Creek; grandchildren Tyler (Fort Collins, CO) Jordan, (University of Victoria); brothers Reg (Edna) Cochrane; Milo (Maureen) Springbank; sisters Joan (Clayton) Griffin Cochrane; Charlotte Munro, Calgary; and numerous nieces and nephews.

The family wishes to thank Jennifer Thompson, Cochrane Home Care, as well as Sandra Robin and Big Hill Lodge staff; and, Dr. Alain Tremblay and the Foothills Hospital staff Unit 61. A celebration of his life will be held later this summer. Cremation in care of Cochrane Country Funeral Home. Memorial tributes may be given to The Cochrane Activettes or The Lung Association.





After years of devastation and broken promises of market access by other governments, our United Conservative government here in Alberta has thrown a long overdue lifeline to our energy industry to secure immediate construction of the Keystone XL pipeline, which commenced at the Canadian-American border in the early depths of the morning on April 1.

We did so by committing to a \$1.1 billion direct investment in the project, which will add an additional capacity of 830,000 barrels per day to our exports, create 7,000 Albertan jobs, and yield an estimated return of \$30 billion over the next twenty years. After seeing both the Northern Gateway and the Energy East pipelines cancelled, a tanker ban imposed on Canada's west coast, a massive differential created by our lack of tidewater access, and a well funded foreign campaign to land-lock our energy, the construction of this pipeline is exactly what our industry needed. After a decade long delay by various governments both Canadian and American, it was time that someone ensured this Keystone XL pipeline got built in case it's the last major pipeline we see, and that is where our government stepped in.

As economies all over the country and world reel from the downturn with business closures and personnel layoffs, our government has instead given hope

to 7,000 hardworking Albertan families. The 7,000 jobs that will be created from the Keystone XL construction will ensure that 7,000 Albertan families can make their mortgage payments at the end of the month, put dinner on their tables each night, put money away for their children's college funds, and save for a future. These 7,000 jobs will bring hope to the many that have felt so hopeless for so long.

Our government decisively chose to make this investment right during the height of a global pandemic and economic meltdown to send a clear message: Alberta matters, and we will not let the world control our economic future. Here in this province, we control our own destiny, and no global market forces whether they be disease or dictatorship will stop us. We won't wait until after a pandemic passes to pick up the pieces and rebuild, but rather will be proactive in ensuring we are formidable against that pandemic. With this investment, our government has sent a clear message to the world that our people and our industry will prevail.

This Keystone XL investment will push us away from the sidelines where the world has tried to relegate us and put us directly in the running to be right where we belong – as a key supplier for the world's natural gas. This investment also puts us in a better position to be energy independent, rather than being reliant on the middle east.

At the same time that we announced this investment, we also began discussions with American senators around the creation of a North-American cartel and oil price to make us more resilient to the predatory dumping by OPEC. Our government has always been proud of our innovative and environmentally conscious energy

industry and the pivotal role it has played both in our province and our country. Alberta's energy sector is Canada's largest industry both by dollar amount and by job count, and it is time that a government took meaningful action to advance its success. If that means looking at creative solutions and direct investments to make us globally competitive, then our government will do just that. This \$1.1 billion investment – for which TC Energy will fully buy back our share once the pipeline is operational - is good for our province, good for our people, good for Canada, and good for the future of clean, ethical energy around the world.



Unfortunately, due to COVID-19 and the need for social distancing, my offices will be closed until further notice.

For all concerns and assistance, we can still be reached by phone at 403-609-4509 or by email at banff.kananaskis@assembly.ab.ca

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Welcome to May. It seems we've finally escaped winter. I don't know about you but my back, more accurately, my sciatica, is certainly welcoming the warmth, the sun and ability to spend more time outdoors moving about albeit with restrictions.

Speaking of restrictions, I want to thank everyone who has diligently adhered to our provincial government's health department calls to maintain social/physical distancing. It's a true test of one's mental and physical stamina to be isolated for so long, and it seems the efforts are paying off. Yes we need to get not only ourselves moving but our economy as well.

As far as the county is concerned, we are trying our best to keep things operating despite the pandemic. Our CAO, Al Hoggan and his Senior Leadership Team have been doing an outstanding job maintaining core services such as road safety and maintenance, enforcement and fire services, utilities to name a few despite so many of us having to work remotely and given a reduced staff. Council and Administration has continued to deal with budgeting and planning through virtual meetings. For me, like many who live in Division 1, weak internet and cellular connectivity, now more than ever, require attention if we are to stay connected with Alberta and the rest of the world.

Many residents have contacted me about relief, deferrals and recovery issues pertaining to taxes. RVC will keep an eye on provincial plans from which we will consider or act on our own. More immediate to me is our ability to look after and service our seniors, those who struggle with mental and physical health issues and having the ability to get help. If you or anyone you know are in need of assistance, please visit the provincial

government/Alberta Health Services websites. Links can also be found on the RVC website.

SAFE & SOUND

I want to make sure as we continue living through this pandemic that everyone is signed up to Rocky View County's Safe & Sound system. It is designed to provide information to residents in times of emergency and allows us to stay in contact with you during a crisis. It will allow RVC to send you official and reliable information in times of crisis. This system is also a great tool for RVC to communicate important information to you such as fire bans, road closures, bylaw changes and more. Please sign up at www.rockyview.ca/safesound for all the details.

As you may have heard, Tsuut'ina have withdrawn their opposition to the SR1 Dam proposal in Springbank. How that affects us, we'll have to wait and see.

As far as our own flood mitigation/berm project goes, we are still forging ahead but have to wait until July once Fisheries & Oceans allows us into the river after fish have had a chance to move on. Work outside the scope of the river will start as soon as possible. We are currently in talks with the province to discuss the \$9M shortfall.

Details regarding our recent survey to potentially seek Specialized Municipality status which would allow RVC to provide more geographically targeted services to residents and businesses, both now and in the future, is ongoing. The same can be said for RVC's review of our Electoral Boundaries. Council will be seeing reports shortly for both issues but in the meantime all the information can be found on our website.

As your local representative, I've never been more inundated with emails,

calls and conversations about all of the effects this pandemic has brought to disrupt our 'normal' lifestyles and livelihoods. What were considered simple missions such as taking garbage to the dump, going for a hike, dining at a local eatery, or picking up mail have now been curtailed with rules and regulations to the point where they have been deemed criminal. This is so unprecedented to most of us and from it we will all grow.

Please continue to reach out if you have questions or concerns and I will try my utmost to help you find answers. Everyone's patience is surely being tested in these times and I want to personally thank those who have been contributing to keep everyone accountable and in step throughout Division 1 and the county. Continue to practice social/physical distancing, support local businesses, stay safe and keep your distance.

– Cheers, Mark



Springbank Heritage Club News

Though we didn't know it at the time, our Feb. 26 potluck lunch was the last we'll be having for the time being, thanks to COVID-19, but you could say, we went out with a bang! The event was very well attended and extra overflow place settings had to be laid out quickly to accommodate the larger than anticipated crowd. There was an abundant variety of delectable dishes to choose from and this was followed by Reba J and her Chinook Country Mardi Gras Dancers who entertained us royally with their upbeat routines. What a joyous and energetic group of ladies, who were obviously getting as much pleasure dancing for us, as we were from watching them. As a finale Reba encouraged some of us to get up and join the dancers for an albeit simple dance which she walked us through before putting it to music. It was a fun day and a happy memory to look back on.

The chairperson of the Building Committee reports that work is progressing, via phone and email, on finalizing the draft plans for the interior aspects of the renovation and addition to the Heritage Club Facility. The next step will be to have our architect create the working drawings for contractor perusal and quotes. To date, the County has approved matching grants of almost \$279,000.

Early 2020 saw a welcome dramatic increase in our membership and it is hoped we'll be able to get together again before too long to enjoy our various activities: Tuesday morning



singing, Tuesday afternoon games, and the easy listening music group on Friday afternoons.

Sadly, there are no plans for for the annual Strawberry Tea in May, so good reason for an extra big celebration next year.

Stay safe and know that somewhere down the line, 'We'll Meet Again'

Contributed by Shirley Tajcnar



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PROJECT WEBSITE & ONLINE ENGAGEMENT

AVI Land Corporation is proposing a commercial services area in the Elbow Valley community directly north of Fisherman's Lake.

Due to the public health situation related to COVID-19 and the Government of Alberta's regulations around social distancing, AVI has developed a project website and online survey to share information and collect feedback on the proposed development in lieu of the original in-person information session scheduled for March 19, 2020 and the tentative session scheduled for April 23, 2020, which have both been cancelled.

AVI Land Corporation is committed to ensuring meaningful engagement on the project can take place during these times. The project team will post responses to the Frequently Asked Questions on the website and consolidate input into an engagement summary, which will be posted online.



For more information and to provide input, please visit:

www.ElbowValleyASPCommercial.com

Please review the content and complete the survey by **May 28** for your feedback to be included within the engagement summary.

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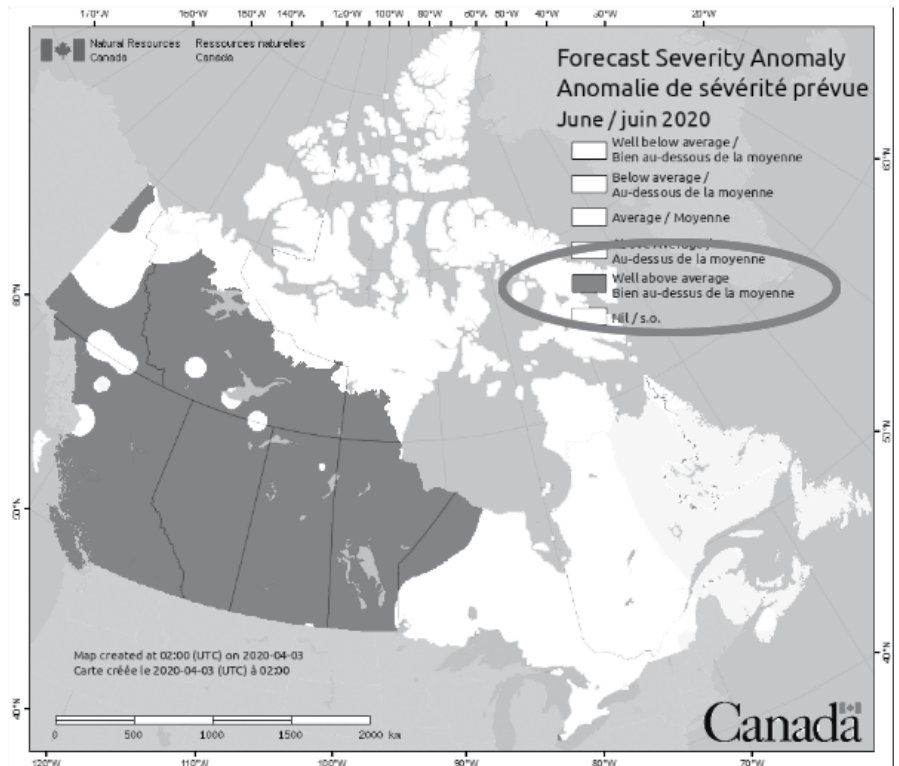
www.ElbowValleyASPCommercial.com



Stuck Inside, Smoke and Heat Are Coming...Early: Part One

It feels like it never ends: smoke from the 2018 fires; the COVID-19 pandemic in 2019/20; the forecast for an early, hot, dry 2020, meaning that wildfires and smoke are coming back. Except this time, no office, store, rec facility or shopping mall to escape to; no clean, filtered, sterilized and cool air to enjoy if you don't have sufficient filtration and air conditioning in your home.

When smoke from forest and field fires enters your community, it often causes problems. Smoke can also hurt your pets. The biggest health risk comes from small particles in the smoke. These particulates get in your family's eyes and respiratory systems, which frequently causes burning eyes, runny noses, coughing, or illnesses like bronchitis or other viral illnesses. If you have a heart or lung problem, these particulates make how you feel even worse. Problems may appear sooner if you:



- Have heart or lung disease (e.g., congestive heart failure, angina, COPD, asthma)
- Are an older adult (especially if you have heart or lung disease)
- Are pregnant (ready for the baby boom from stay at home orders?)
- Are a child with still developing respiratory system, yet are more active outside

- Are involved in strenuous outdoor work or outdoor sports
- Are a tobacco or cannabis smoker, or perhaps you vape

by Carla Berezowski,
Home Comfort Expert
and Aging at Home Specialist

Part Two continues on page 27

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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."

May already! A lot has happened to turn our world and life as we know it upside down.

The virus pandemic has had a terrible effect on health and well being and we hope that everyone is able to cope and have faith that we will survive these challenging times.

The club is looking forward to welcoming several new members this spring once we are able to meet again! We are delighted to have these ladies join us, but there is plenty of room for some gentlemen as well. There are several positions available for any members to fill on the executive for 2020. If you are an organizer or decorator or have some skills that can be utilized, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice at janice3lambert@gmail.com for any new business to be introduced at meetings that are to be determined.

There will not be a Spring Fling Sale this year. The current circumstances make this prohibitive.

We are a small, but enthusiastic group and welcome new members to come out and join us once meetings resume. This is a great opportunity to meet artists, artisans, and other crafters living in Springbank. We usually bring along our latest creations (show and tell) to share with the group. For more information about the annual sale Nov 7 & 8th, 2020 or membership, email yjo999@gmail.com. Stay safe everyone! Follow us on facebook.com/springbankchristmasmarket

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*

Springbank LADIES TIME OUT

Ladies Time Out in Springbank is a not for profit group that provides a meeting place for women in Calgary and surrounding areas to come together for coffee, conversation and a wide variety of registered classes. We meet Monday mornings at Eden Brook Reception Centre.

Our Winter session is currently suspended due to COVID-19 precautions. Please visit our website at www.springbanklto.com for more information and updated event info. You can also follow us on Facebook and Instagram @springbanklto to view photos of past activities. Have questions? Send us an email at springbanklto@gmail.com.

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Springbank Friday Morning Seniors Mixed Curling League

A great curling opportunity - Have fun, Exercise and Socialize

Our season windup lunch was held on Friday, March 13, which was a happy day for Ed Tysowski and his team. They were declared winners of the Winter Session Round Robin Tournament and were presented with the Nelson Memorial Trophy by league president Tim Presber and our honorary life member Norman Nelson. We were pleased that Norm was able to join us for the event, thanks to his daughter Sharon, who drove him from his residence in Cochrane, despite the wintry driving conditions that morning.

Ed was especially delighted with his win, exclaiming, "It's taken me 18 years of playing with this league to finally win the trophy!" Our congratulations to Ed, pictured here with his team and Norm; Tracey Cove third, Marie Gay second and Diana Lawrence lead.

Their names are etched for posterity on the Nelson Memorial Trophy.

Brian Davies, our exemplary draw master, at briancapitalland@gmail.com or 403.861.2742, is planning to send out emails mid-August and mid-September asking curlers and spares if they would like to play in the 2020-2021 season. In these uncertain times however, this will depend on whether the COVID-19 emergency is behind us by then.

In the meantime, best wishes for a safe, healthy and happy summer.

Contributed by Shirley Tajcnar



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The regulatory process for SR1 slowly trudges forward. Originally, we expected hearings for the project to take place this year, but with COVID-19 and the requests by regulators for a more complete study of SR1's impact on fish, the hearings could be pushed into next year.

Under the umbrella organization of the Elbow River Sustainability Alliance (ERSA), the Springbank Community Association and community members from Bragg Creek and Redwood Meadows prepared a comprehensive submission to regulators on our concerns with SR1. These submissions are available to the public on the NRCB website (www.nrcb.ca/natural-resource-projects/natural-resource-projects-listing/83/springbank-off-stream-reservoir-project) and on our

website (springbankcommunity.com). This submission is the culmination of countless hours of research, document review and collaboration. Thank you to the Bragg Creek Chamber of Commerce and the Bragg Creek Community Association for participating in this important milestone. Also, thanks to the many volunteers for their tremendous commitment to this work. Although there has been a power and financial imbalance in this process from day one, we will stand up for our communities and our future. We ask for your continued support in this journey.

We remain convinced that SR1 is the worst possible outcome for our western communities, the City of Calgary, and the Elbow River watershed. Sadly, this month, Tsuut'ina Nation withdrew its objections to the project and will not participate further in the regulatory process. Although supporters of SR1 see this as a success, we point out that the environmental concerns of Tsuut'ina do not go away. Valid concerns about wildlife and water systems (among others) were raised by Tsuut'ina and do not magically disappear with the agreement between the Nation and the Government of Alberta. Details of the agreement have not been made public.

We continue to work on hearing preparation, so stay tuned for invitations to participate. We will look for people willing to submit evidence, testimony and also speak at the hearings. It is likely that hearings will be held in the Bragg Creek area and Calgary. If you would like to learn more or are interested in participating, please reach out to president@springbankcommunity.com. Finally, we offer our heartfelt thanks to Miranda Rosin for her continued advocacy of our communities in the face of a difficult political environment.

Stay safe,

Karin Hunter, President,

Springbank Community Association



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COVID-19 UPDATES

Due to events surrounding the pandemic and the Public Health Agency of Canada's recommendations, we have closed our doors to the public. We have postponed our fundraising events and the majority of our programs and services until further notice. We are reaching out to the public more now than ever. If you can help at this time – whether through monetary donations, online through our website or any goods in-kind from our wish list – anything that can help support our work is greatly appreciated.

We are currently open for adoptions by appointment and continue to intake animals on an as-needed basis and respond to emergency situations.

Please check our website as we still have many animals looking for their forever homes.

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



As I review my newsletter from last month all I can say is a lot has changed! What a difference four weeks can make in our lives, our county, the province, country and the globe. I can't remember anything like this in my lifetime and I'm hopeful nothing like this ever happens again.

In my past life, as an IT Manager – we often experienced major outages or outright catastrophic failures. It was all hands-on decks working to get the problem solved, then we'd fix the things we had to break while solving the first problem, then we'd buy our self some lunch and spend a day (or as long as it took) doing a "look-back" to see how we prevent a repeat performance. We'd analyze what we did well, not so well and ensure new processes and systems were in place to minimize future impacts.

All businesses, governments, etc. will perform this task once we right ourselves. There will be much work to do and much to recover from. And I suspect we will have new ways of conducting ourselves and we will examine our own readiness plans to weather tough times. While we are still very much in the midst of the COVID-19 Pandemic, and likely just thinking about missing our family and friends; our co-workers, neighbours and others – we will get through this and we will be stronger. I am sure of that.

Rocky View County is also working to get through this. We are following the best advice from the Alberta & Federal Governments, but we aren't immune to impacts. Our County offices have been closed for the past two weeks and will remain closed to the public for the next while. The MGA (Municipal Government Act) has allowed for electronic Council meetings, but RVC was not in the position for this to happen, so our last Council meeting in March and the first one in April have been cancelled. We are hoping to have technological solution in place so that we can conduct the last one in April, and allow the public

to view at the same time. Because of the gathering size restriction of 15 (as at time of writing) we are unable to conduct public hearings because just with Council and staff we would exceed that number. We are adapting though and most of the critical work is being completed, albeit slightly differently. Please be bear with us – we can and are responding to the most pressing things (right now frozen culverts), planning is still processing what they can and meeting (virtually) with folks wanting permits, etc. Some of our community engagement is shifting to more online (ie Specialized Municipality status) and I've had a number of conversations with folks wanting to understanding more about that. So if you have questions at all about anything that is happening in the County, please send me a note or give me a call.

Fun Stuff (Seriously fun stuff)....

We have many local businesses here in Springbank. Many are still open, but unfortunately many are closed (non-essential). They will need us to support them once we are through this, so what better way than to hold a draw with Prizes donated by a few local businesses.

Grand Prize (\$750 value) Kamoda Joe Jr. Smoker & Charcoal (Donated by Hank's Grills) which comes with a couple of lawn chairs and a beef brisket.

Other Prizes (some confirmed, some I'm still working on, and there may be more!):

\$250 Gift Certificate from Mountain View Building Products Complete Auto detailing – Carstars – Stampede Collision
\$100 Gift Certificate Little Tavern Pizza
-Springbank Links Gift Certificate for Golf for 2 – Springbank Links

And there may be more!

So, maybe we can't get outside and play yet, but we can enter a draw, visit a local business (now or when it opens again) and sign up for a great newsletter while you're at it!

How do you enter? Here is a link to the entry form: forms.gle/ugZHOblYDBDaYwly8. If it doesn't work – send me a quick email at kmckylor@rockyview.ca and I'll send one directly to you. Draw will be at the end of May.

Basic rules:

1. You must be 18 years old – but anyone in the house can enter
2. You must reside in Springbank (Division 2 or 3 address is required)
3. One entry per adult in the house
4. All info on the form must be completed (otherwise the form won't submit).

There are many more local businesses in Springbank, as well as many, many home-based businesses. Please find them, support them. They support us in so many ways, including donations and contributions for this draw. They are the ones that support our community through time and donations, but they don't always get our business – let's see if one of the things we can do a little more of – shop closer to home!

List of businesses contributing and donating prizes:

Hank's Grill (www.hanksgills.ca) Kamada Joe Jr. Smoker & Charcoal. Brian & I will add a nice brisket, and I'm working on some lawn chairs. (\$750 value) Open now for sales (online). Springbank Links (www.springbanklinks.com) Golf for 2 - won't it be nice to go outside! (\$150 value). Little Tavern Pizza @ Springbank Links - \$100 Gift Certificate (littletavernpizzacompany.square.site) Open now for take out. Mountain View Building Materials - \$250 Gift Certificate (mountainviewbm.ca) (open now - essential service). Stampede Collision - Complete Auto Detail (www.cochranedodgechryslerjeep.com/carstar-springbank) (\$200 Value) Open now as an essential service.

AND I'm working on more prizes from more local businesses. Support these businesses! We need and want them!

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The Difference Between Price and Profit

The recent market turmoil triggered by the COVID-19 virus (and its possible impact on economic activity) brings to mind some observations by **legendary investor Warren Buffett**. During his years of investing, he has famously stated that in the short-run (days, weeks, and months) the investment markets are a *voting machine*. People buy and sell investments based on price momentum, or their emotions regarding how comfortable they are with the price direction over a few days or weeks. Thus, they *vote based on their opinions and feelings* about the value of a specific investment.

However, Warren believes that, in the long term, the investment markets are **counting machines**— where your **wealth builds over time** based on steady and growing corporate profits. He believes there is far less risk in this patient approach compared to the voting method that the masses of retail investors regularly use.

As we have seen in recent weeks, the investing methodology used by individual investors becomes crystal clear during periods of market turbulence. The price methodology investor generally gets nervous and bails out quickly at the first signs of market weakness - since price is the only way they determine the quality of an investment.

The savvy investor, who buys quality companies and ignores short-term market price action, **stays focused on long-term wealth building opportunities**.

Today, with computer-based automated trading systems (High Frequency Trading) and other technical-based market strategies that are based upon short term price movement, market corrections can happen much faster than ever before.

A normal market correction (10% decrease or more), which once may have taken several weeks to play out, is now often completed in just a few days. The downdrafts are quick, short and sudden but not necessarily unexpected. Once a correction starts, computer-programmed selling usually kicks in

adding depth and speed of any downside correction. Throw margin calls into the mix and you have a perfect storm for sharp and sudden market corrections.

The best investment strategy is to have a portfolio positioned in advance for any unexpected bumps in the road. Given the speed at which markets can move today, having a plan that anticipates unexpected events is prudent.

As a reminder, a margin call is where an investor uses the value of their investment portfolio to borrow money for other uses, such as buying real estate, etc. This is in effect a leverage strategy - not recommended - that uses an investment portfolio as collateral for other spending. Over the past several years, portfolio leverage once again rose to record highs, particularly in the larger markets in New York City.

The big problem with portfolio leverage is that a market correction can trigger a situation where an investor must add cash to their portfolio to make up for

the fall in value of the underlying portfolio. When an investor is unable to do so (in a relatively short time frame), the investment brokerage sells some investments to correct the loan-to-asset-value ratios to keep the loan in good standing.

Finally, a reminder that the purpose of the investment markets is to provide liquidity for investors when they need cash for lifestyle spending purposes. The investment markets are auction markets and sometimes auction markets become detached (in the short term) from the underlying value of the actual investments.

The only price that really matters is on the day when a sale is necessary to fund lifestyle expenses - and that day may be many years in the future. Thus, a short-term focus on price alone often pushes investors out of their investments too early. This leads to the forfeiting of potential future profit growth from the quality companies found inside a diversified investment portfolio or investment vehicle.

Patience will be rewarded. Call today to review your asset allocation strategy and see how it fits into your longer term wealth building strategy.

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New Normal Takes Tae Kwon-Do Back in History

Following the shut down of non-essential services and facilities due to COVID-19, Redwood Meadows Tae Kwon-Do School introduced at-home training videos and live classes via videoconferencing for its students.

Historically, many Tae Kwon-Do pioneers would retreat to remote areas for fear of being caught or persecuted for practicing the fighting art. In fact, Tae Kwon-Do patterns, which range from 19 to 72 moves, were developed to allow martial artists to practice on their own. Patterns are a creation of pre-arranged moves designed to simulate attacks and defences against an opponent.

Online training still allows for the Tae Kwon-Do curriculum to be taught and students can continue to progress through belt levels. There are some limitations such as practicing distance and timing with a partner and learning online is not the same as training in a



traditional gym with the camaraderie of a group.

This new normal of online interaction takes some adjustment, yet it encourages the practice of the tenants of Tae Kwon-Do including perseverance and indomitable spirit. Indomitable spirit in particular refers to the ability

to consistently strive and adapt in spite of any obstacle or adversity.

At-Home training videos are available free to anyone on the Redwood Meadows Tae Kwon-Do YouTube channel. Online live classes (4 times weekly) are available for all members. Contact redwoodtaekwondo@telus.net for more information.

We're now serving French

À la carte that is.

You can now enjoy great Bav/Tav selections such as Spätzle, red cabbage, sauerkraut, Rouladen and more with our ready-made, take-home options. Vacuum packed, ready for the freezer or a boiling pot of water, these can be enjoyed at your convenience. While you're at it, besides wine, we offer growlers so you can take home import beer. Visit FB for details.

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Connecting Underserved Areas With Internet Technology That's Radically Different In Every Way

In many parts of Canada and the United States, people who have no choice but to work-from-home (and school from home) are learning that high-speed Internet is a disparate experience based on the provider and postal code. The same beautiful geography (trees, mountains and valleys) that attracts many people to rural areas, is the reason that Internet connectivity can be poor at best. And now the higher-than-normal Internet traffic we're currently experiencing has put a spotlight on the vast disparity of Internet service.

The technology designed by Mage Networks - MagiNet™ - is radically different from other technology providers. MagiNet™ sees through (or around) even the biggest obstacles, delivering seamless Internet using mesh networks.

Mesh networks have long been regarded as a simple type of network to deploy over difficult terrain. It's the best solution for these areas because each device can

connect to every other device, thereby providing multiple paths for the Internet signal to flow. Traditional tower-based networks have a central tower beaming the signal in straight lines. If the terrain or an object blocks the straight line, there will be a dead spot where the tower cannot "see". Additionally, as the signal moves further away it loses strength, which decreases the data rate (the connection speed measured in millions of bits per second, Mbps).

However, it's a well-known fact that mesh networks commonly have a fundamental flaw - the inability to maintain data rate over multiple hops. The Mage team (with hundreds of man-years of research experience) designed MagiNet™ such that they've tested it over 20 kms with 14 hops and ZERO data rate loss. This means that obstacles and terrain that previously prevented consistent wireless service are no longer a problem and MagiNet™ delivers High-Speed Broadband more cost-efficiently and quickly than traditional solutions.

Here are a few other ways MagiNet™ is distinguished from traditional technology:

1. We go low. Where traditional technology must leverage greater heights, our units are installed at heights of 3 – 5 m. This lowers the installation costs, speeds up the installation process, avoids polluting the spectrum over large areas and allows for multiple networks side-by-side.

2. We reduce power. While traditional technology requires greater use of power our network uses a fraction of the power. The data pipeline relay consumes 5 watts which means the cost of power is low, smaller backup batteries to maintain power during blackouts, smaller solar panels. This leads to lower and simpler installation even in areas with no available power source.

3. We go short. Having wireless or satellite service drop out during weather-related events is a common occurrence in rural areas. Our fade margin (a measure of the quality of a connection) is high which results in consistent high performance regardless of weather conditions.

4. We go narrow. Antennas on towers are intended to cover a huge area, therefore making it open to interference

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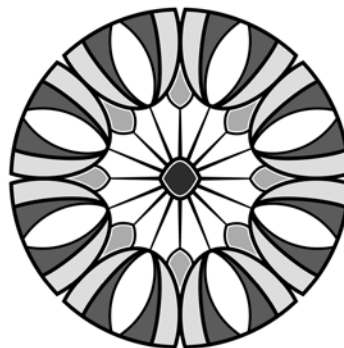
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and forcing a large separation between towers. It is why many services have to rely on expensive licensed spectrum, while Mage can use unlicensed spectrum. We use narrow beam antennas lowers interference, increases the fade margin, reduces spectral pollution and permits multiple data pipelines in close proximity to each other.

MagiNet™ uses the most advanced devices on the market, capable of carrying 1 Gbps, of data. In our current Bragg Creek design, we have six (6) Data Pipelines which means we can pour in 6 Gbps of data into the area. To achieve similar numbers you'd either need to invest in fiber (which costs millions of dollars) or invest in approximately 20 towers, which would also cost millions of dollars.

Mage Networks is currently in the process of deploying a network in the Bragg Creek area, which will bring fast, reliable and consistent Internet to homes and businesses. To learn more about our technology or Internet services, visit www.mage-networks.com.

*By Dr. Sayed-Amr (Sisso) El-Hamamsy,
CEO Mage Networks*



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It's been a quiet yet unforgettable beginning to spring here in the High Country, our paradisiacal home on the edge of the prairie somewhere west of Calgary. We have never faced a spring like the one last month when we had to shovel snow like Christmas without the joy of getting together with family and friends. We learned new terms and new ways of living. For example, we learned that social distance means "stay at least two meters away from people who do not live with you." The authorities tell us to wash our hands with soap for at least twenty seconds and wear masks when going into public places.

In old movies, the "bad guys" always wore masks when they robbed banks and stores. Today, at least for now, everyone wears masks—and gloves—just to enter grocery stores and pharmacies. An invisible enemy,

COVID-19, is changing how we live. We cannot let friends get near us. Recently, one of our neighbours dropped by to give us some masks that she had sewn for family and close friends. Rather than chat in the comfort of our home, we stood outside over four meters apart for thirty minutes in the cold morning air. I guess we could have moved closer to each other, but we were wimps. We stopped singing the word to Fame: *"I'm gonna live forever / I'm gonna learn how to fly, high..."* and in so doing we hoped to avoid the ensuing words, *"... I'm gonna make it to heaven..."* for as long as possible.

Eventually, we will defeat COVID-19 and return to normalcy. Meanwhile, for thieves and other nefarious creatures it has been business as usual. The Canadian Anti-Fraud Centre has posted information on how SIM swapping and phone number porting allow thieves to empty your bank accounts, apply for credit in your name, and do more damage. You can get details by Googling "Canadian Anti-Fraud SIM Card Swap."

How can we combat that? Secure passwords help. Minimize or delete identity information on the phone.

Reply promptly to a porting inquiry from mobile service. Use dual authentication for online access.

Scammers can often access your personal information simply by phoning you. Always be wary when someone asks for any personal information over the phone. Caller ID is of no help here, since the number you see may have been spoofed—a fictitious phone number. If the caller claims to be from law enforcement, the government, or a financial institution, simply hang up. Those organizations do not use recorded messages to say you are in trouble. If they give you a phone number to call, don't. The phone number they give will be to them, not to whom they pretend to represent.

Of course, thieves are opportunists, and the current pandemic is offering them plenty of opportunities. Here are some popular COVID-19 scams designed to separate you from your money. None of the following is genuine:

- Cleaning or heating companies offer duct cleaning services or air filters to protect you from COVID-19.
- Fraudulent organizations offer lists of people infected with COVID-19 in your neighbourhood.

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- People claiming to be from a government health agency inform you that you have tested positive for COVID-19, and they need your health card and credit card numbers for a prescription.

- Fake charities offer free medical products (e.g. masks) for a donation.

- Official-looking e-mails from alleged government agencies regarding the pandemic will often ask for personal information or ask you to open attachments that contain malware. Never open attachments from strangers unless you are expecting them, and never give out personal information.

- Financial advisors pressure people to invest in hot new stocks related to COVID-19.

- Companies offer fraudulent COVID-19 tests for sale.

If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. Thanks to the work of a few volunteers and a grant from TC Energy, **membership is free. You will have no financial obligations, but you will get optional mail or phone call fan-out messages describing recent and current criminal activity in our area. New members also get a free High Country Rural Crime Watch Association sign.** We do ask that members be active in watching for and reporting suspicious activity to the police and your neighbours.

The information we publish regularly in this column is but a small fraction of the news circulated more frequently to our membership about crime in this area. To join, phone us at 403.931.2407 or visit our website for 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, and all the children are more mature than all the other children and their parents.

*John Robin ('J.R.') Allen
jrapriddis@gmail.com*



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Staying Healthy & Sane During A Pandemic

by Tish Resta

ACE Certified Personal Trainer & Co-owner
of Bragg Creek Physiotherapy

www.braggcreekphysio.com

I'm hoping that by the time you read this article COVID-19 will have started to loosen its grip and that we will be in the process of gradually re-opening Alberta, and more broadly the whole country, for business. However, as I write this, it appears that we have not yet seen the peak of this virus in our province so it is difficult to predict when our recovery, in both an economic and emotional sense, will begin. As we continue to be vigilant with the public health orders in place, it can become difficult to keep a positive outlook as there doesn't seem to be a light at the end of the tunnel. Or as the old saying goes, we see the light but worry that it is actually an oncoming train!

Many of us are sharing a concern for our own physical health and that of our loved ones during this time but the real toll as days turn into weeks turn into months, is the toll on our mental health. There are a few factors contributing to this. One of these is uncertainty, we

don't know how long this will last, how long physical distancing measures will be in place, and if there will be a second wave of the virus, so many unknowns. In addition, particularly in Alberta, the financial aspect can't be ignored. Many businesses are closed or operating on a very limited basis and the oil and gas sector has been particularly hard hit. Further, to quote from an article by Dr. Susan Pollock (co-founder of the Center for Mindfulness and Compassion at Harvard Medical School), 'the very scaffolding of our world, all that we have depended on to sustain us, has come tumbling down – work, school, friends, family, travel, places of worship, gyms and restaurants. So much of what structured our lives and kept us happy is gone.' Of course we will get through this and a new sense of normalcy will return but what can we do in the mean time to help keep us afloat? I am not a mental health expert by any means (see the end of the article for resources if you are struggling during this time) but here are some ideas that have been helping me.

The first is exercise. I have exercised regularly, more for mental than physical health benefits, for many years. Here are some of the things which make exercise so great for your mind and why it is so relevant now: an increase in mood enhancing chemicals like serotonin (sometimes called the happy chemical)

and endorphins; increased energy; better quality of sleep; decreased stress and anxiety; feelings of control and success; and to name one important physical benefit, a boost to your immune system. Perhaps you are new to exercise or you are a regular exerciser but your favourite exercise facility is closed. There are great online resources many of which are free. This can be a time to branch out and try new things. I have added a 10 minute morning yoga practice and Pilates fascial release to my daily routine and am feeling the benefits of both.

Another great mood enhancer which is readily available for those of us in the Bragg Creek area is to just spend time outdoors. Being outside has also been touted as a way to decrease anxiety, stress and depression and elevate mood. In nature we tend to get out of a 'doing' frame of mind and instead tap into just 'being.' Exercising while being outdoors (while respecting physical distancing guidelines and park closures) definitely ramps up the benefits.

Counter intuitively, being of service can be a powerful tool. Being focused on the needs of others can take us out of that negative inward focus which often occurs when we are stressed or panicked. Helping someone else is a way to recognize that we are all in this together. Even small acts of kindness go a long way. Texting a friend to see how

Let's work together to get you on the right path

Bragg Creek Physiotherapy envisions a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.

While our clinic is temporarily closed due to the Covid crisis, we are available for urgent cases. Phone 403-949-4008 or email us at: info@braggcreekphysio.com. Stay safe, stay well.

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they are doing, calling an older relative to check in, shopping for someone, these are just a few examples. Even buying local and supporting the local economy can bring a sense of helping. I had a virtual shopping cart full of books on Amazon and instead decided to see if I could order the same things from a local bookseller. Turns out I could and they were grateful for my business. Win/win! Being on the receiving end of these gestures can make your day too. Someone anonymously paid for my coffee the other day, unbeknownst to me, and it changed my mind set for the day. Feeling the kindness of others makes you want to pay it forward. Try it, it can turn your day around.

Maintaining social connections is challenging given the physical distancing restrictions but with technology and warmer weather you can find creative ways to feel part of your 'tribe'. Facetime, Zoom meetings, emails, text messages or an old fashioned phone call are just a few examples of how to keep in touch with friends and family. I have been part of virtual online happy hours and game nights with my neighbours and have visited with them from across the driveway. I encourage you to find ways to feel connected with those you love.

The last weapon in my arsenal for thriving (some days just surviving!) during this time has been meditation. I have dabbled in meditation in the past and have experienced its benefits but it has become a lifeline during this time. Although I had heard a lot about the benefits of meditation, I didn't really start to practice it until I heard

Dan Harris, an ABC news anchor, talking about having a panic attack on the air and how he found meditation as a result. He is as non woo-woo as they come! He has written a couple of books notably his 'Meditation for Fidgety Skeptics' whose title seemed to be speaking to me directly. In any case there are many meditation books and apps (Headspace, Calm or you can check out Dan's 10% Happier app/website which I use and has great free content). When I meditate I feel more grounded and more able to stop ruminating about the past or worrying about the future, it brings me back to the present.

To wrap up, remember to be kind to yourself. Social media can lead us to believe that everyone is learning how to bake bread or speak a new language during their time at home which can be daunting if your major accomplishment for the day has been getting out of your pyjamas. Everyone is struggling at times in their own ways and what we see isn't always the full picture. Try not to compare yourself to others. The Alberta government has recognized that this unprecedented time is causing increased stress and anxiety for people and as a result, has increased funding for mental health initiatives. The destigmatisation and increased awareness of mental health issues means that people are more readily reaching out for help. While this article may provide some tips on how to get through a blue day, this isn't meant to replace mental health care. Please reach out to a friend, family member or your physician if you

are having difficulty coping. You can also call Help Link at 811 or the Mental Health Helpline at 1-877-303-2642.

From all of us at Bragg Creek Physiotherapy we hope you are staying safe and healthy during this time. Please note that that we are treating acute/urgent cases so if you find yourself in that situation you can contact us by email or leave us a phone message. We look forward to fully re-opening and serving the needs of our community soon. You can refer to our Facebook page for updates and to access mini workout videos.

THANK YOU!



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Bragg Creek Centre

Hello Creekers!

Welcome May!? Hard to tell with all of this white stuff that just won't go away!

If you are anything like me you are itching to get outside to start spring cleanup, tend to those minor repairs and get planting. For now I am settling for ticking off those pesky tedious jobs that are forever being pushed to the bottom of my "to do" list. Much like here at the Centre. We are taking this quiet time to get to those small fixes that we just don't ever seem to have the time to complete. Perhaps you are in spring cleaning mode yourself and have purged your garage, basement or workshop and have bits and bobs that you don't need. The Centre is always happy to accept donations of tools, hardware, building materials, finishes such as flat black wall paint, switch plates: you name it, we can probably use it. Just give us a call or shoot an email to info@braggcreekca.com to let us know if you want to drop off materials.

Remember that the office is open Monday thru Friday 9am – 4pm. We are here to assist in any way we can.

If you require:

- access to the Food Bank
- assistance getting groceries, supplies or medications
- information or referrals
- someone to talk to

visit the Bragg Creek Area Community Support Facebook page to complete an I Need Help Form or reach out to info@braggcreekca.com or call the Centre at 403.949.4277.

**We are practicing no contact pick up at the Centre or if you are unable to leave your home we will arrange delivery.
**All personal information will be kept confidential.*

Whatever you are doing to stay positive these days, whether it be virtual get togethers, impromptu dance parties with the kiddos, jigsaw puzzles, all the movies, cooking or baking up a storm - keep it up and we will see you on the other side!

Sending physically distant appropriate air hugs to you all.

*Stay Safe, Creekers!
by Christine Pollard,
Program and Event Manager*



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LAT





Welcome!

Sure, this is not Paris, Tuscany or Montreal. They have glamour and well-trodden culinary traditions. However, we have more. Way more. In fact, we have it all! Jaw-dropping world-class landscapes, different food sources and amazing culinary experiences. Indeed, we eat and drink very, very well. And, if it was not for the fact that we are a best-kept secret, we would be the envy of Paris, Tuscany, and Montreal.

Don't believe me? Tasting Pleasures' new section is here to convince you. Each month we will celebrate our epicurean experiences through stories. Stories that exemplify our quality of life through simple, yet sophisticated everyday pleasures unique to Alberta's High Country.

We will discover our epicurean roots - our producers of quality vegetables, grain, meat, honey, fruits and venison, as well as mead, beer, and spirits. We will learn how our unique products and *terroirs* are distinguishing us from

the crowds and satisfying the most demanding foodie's amongst us.

Then, we have our local food and drinking establishments. Restaurants, bars, and eateries lead by talented chefs that are proud to serve food made with local ingredients. Many of these establishments are literally hidden in the woods or tucked away in small towns or acreages. Their relative seclusion gives an additional layer of pizzazz that no other world-class location can offer.

And then there is me. I have a passion for the great outdoors, all that is food, wine, and other libations. For this reason, I will indulge in sommelier stories, suggesting ways to pair our local food offerings with what the world offers us. I will also demystify some related alcohol mysteries, for the fun of it.

Expect stories such as:

1. *Global culinary influences go local in restaurants near you*
2. *How to find killer values in your favourite wine stores*
3. *Five wild plants delicacies that grow in your backyard*

Supporting Local Restaurants During COVID-19: Take Out & Delivery!

By now, we are all too familiar with the pain incurred by the COVID-19 Pandemic. Either medical, social, or economical, everyone is affected. In these trying times, the High Country News, in collaboration with Tasting Pleasures, are pleased to begin a regular section highlighting local restaurants and eateries. With businesses in a state of flux at the moment, we encourage you to

contact your local restaurants for their current options for take out and delivery, and keep supporting your local favourite culinary spots!

We will get over the pandemic, and the virus will go away. However, the economic aftermath will linger. Supporting our local businesses is more important than ever. While we have discovered or are re-discovering home cooking, we encourage you to take a break at least once a week and order a delicious meal from one of the local establishments serving your community.

4. *What distinguishes our local meat producers from the herd*

5. *Four qualities that distinguish Canadian Wines from the rest*

6. *The prohibition era was a blessing to Alberta, and this is why*

Alberta's High Country lifestyle embodies "Epicurean living." Tasting Pleasures' mission is to uncover our stories and be the envy of the world.

About Renée

I do private tastings in people's homes, or other locations of their choice, as well as corporate and community events.

I'm an accredited Sommelier by the International Sommelier Guild, The Wine and Spirit Education Trust, and Fine Vintage.

I initially chose to pursue Sommelier certification to enhance food pairing skills and appreciation for wine. Today I divide my time among many professional activities related to the wine industry, continually expanding my knowledge and honing creative event skills.

I've shared wine and sommelier stories as a contributor to the CBC Radio-Canada and wrote for several publications and online communities.



Renée Delorme
Sommelier

www.tastingpleasures.ca

403.200.9961

mail@tastingpleasures.ca

Indulge in the pleasures of private tastings



May Update

*from Redwood Meadows
Emergency Services*

We wanted to let everyone know that we're still here and responding to emergencies in the community.

We have closed the fire station to all but fire department personnel. Hopefully it won't be too long, but like all of Alberta, we're following Alberta Health Services' lead on this one.

Our regular Tuesday night training has evolved to an online platform, like so many of us in our jobs. Duty crews continue to be on shifts at the fire station on Saturdays and Sundays. These 12 hour shifts are filled with

chores, training and vehicle/equipment maintenance.

Since the pandemic was declared, we have experienced our quietest months in recent memory for RMES. We had about half the normal call volume for March than we have historically.

When the smoke settles (see what we did there?!), we look forward to welcoming the community to the 120 station to see some great new

improvements inside, see our new pumpers, and say hi.

Don't be afraid to drop us a line if you have any questions or concerns. We'll always do our best to respond in a timely manner. A reminder, we don't monitor our phone message or Facebook page 24/7. IF YOU HAVE AN EMERGENCY, DIAL 9-1-1.

*Until next month,
stay safe and wash your hands!*

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HISTORICAL
SOCIETY
Notes

The Cabin Era: The Evolution of Bragg Creek

Bragg Creek has always been a popular spot for visitors. As access improved, particularly in the summer, this area became a natural playground for many who came from Calgary to relax and camp in the outdoors, where the fishing then was outstanding.

Jim Craig, whose parents George and Josephine bought two lots on White Avenue in 1944, remembers that the fishing was so good that his mother would ask him to “bring six trout about a foot-long for supper” and it was easy to do. During the war years, he also remembers a large open area where troops would camp behind the Gene Fullerton store. They would place a net across the river, use explosives to stun the fish and then feed 300 men. Jim also claims that the river was almost fished out two years after the road to Bragg Creek was paved in 1967.

The boom of the cabin era really began back in the early 1920s, when E.R. (Jake) Fullerton started subdividing his Circle Five Ranch riverfront property. This was done mainly to accommodate his friends who were already making the ranch their public campground. The influx of people had already led to the launching of a “dude” riding business, a store, and (the still-standing) dance hall.

Jake’s first subdivision called for the development of 20 lots, mostly one-to-five acres each, west of the Round Hall on Bracken Road, and also across the river, reaching about a third of the way down White Avenue. This made sense because of where the bridge then spanned the Elbow. Jake and his brothers built many of the cabins and those who spent

summers camping in Bragg Creek were eager to purchase these lots and build their own places. In 1933, Jake developed the river frontage east (and north) of the Round Hall, also along Bracken Road.

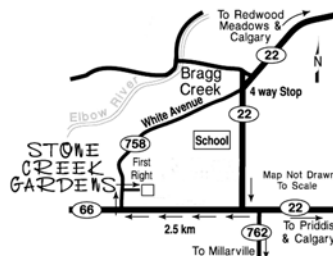
Bragg Creek’s next subdivision was established in 1939, also by Jake, and included the properties on both sides of Balsam, Pine, Spruce and River Drive North. There were approximately 60 lots, averaging one-half to one acre each. Jake had the foresight to establish laneways that exist to this day between the backs of the lots. This new phase of Bragg Creek also made sense for development, since a new steel bridge had been moved to this

area following the 1932 flood. Some of these cabins still belong to the original families, including the Moons, Loneys and Martins.

Jake’s final land planning in 1944 divided the properties along the rest of Bracken Road (north of the Round Hall). Most of these lots now host large riverfront homes, but you’ll still find the odd original log cabin hidden in the trees. And thus the folk known as the “cabin people” began to lay down roots in Bragg Creek. Some of the cabin experience and era are captured in the stories that follow. Over many decades, the hamlet

grew with new subdivisions and more cabins. This phase of our history significantly changed the nature of Bragg Creek from a logging and ranching community to a weekend and summer tourist hub.

Sources: Our Foothills (Pg 422) Manitoba: Freissen. 1975; Craig, Jim. Craig’s Cabin Story, 2018; AB Land Titles, Subdivision Plan 8556, 1920; ; AB Land Titles, Subdivision Plan 2821, 1933; AB Land Titles, Subdivision Plan 1741, 1939,



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Stay Close: From Afar

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

What happens when your hands are tied? That is exactly how I feel. As a church community we take for granted the ability to congregate. It's not an obligation, it's life giving. It's a normal pattern in the week, to reset with each other, to spend time checking in, being challenged, praying for and supporting each other. It's a fantastic community experience. What happens when the one thing you rely on (personally.... is were the best connections happen) is taken away? Well, we can take isolation to its fullest extent, but... I think (and science confirms) that this can lead to a difficult road down the "rabbit hole"

of despair and frustration. So, apart from talking about how important it is to have meaningful human connections as it relates to mental health... let's talk about the very real importance of shifting what it means to do our best to reach out (non-socially/physically) toward what is life giving, challenging, supporting of each other. Please, Please, Please, connect with your neighbors (even if it's just 3 doors down on either side of you) via txt, email, phone call (uggggh). I hate phone calls, but they are surprisingly better than Zoom right now?? Whatever it takes to connect. Make sure everyone is good and has some form of meaningful social engagement. (while connecting ANYONE WITH ANY NEEDS: SEE FACBOOK GROUP AT END). Finally, can we as a community, that wants the best for the mental, physical, spiritual wellbeing of each other, commit to still saying hi? Even if it's a smile through a mask, a wave with gloves, a hello 6-ish feet away. It's important, it builds community, rather than causing

separation, division or isolation and, some in our community need this more than ever right now. Let's keep looking to the future in all things as past writings speak, *"And let us not neglect our meeting together (somehow connecting), as some people do, but encourage one another, especially now that the day of His return is drawing near."* Hebrews 10:25.

Stay safe do well,
'Til next time,

Dave
Pastor David Zimmerman

**Find or offer help via
the Facebook group:**

**"Bragg Creek Area
Community Support"**

or visit these forms:

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forms.gle/ymsMdz6QpeZ2zd29

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A Sad Announcement by Dr. Annalies Noordman

To my Dear Patients,

It is with mixed feelings that I inform you of my decision to close my family practice as of July 15th, 2020. We are planning to move back to the Netherlands whenever the situation allows. We had been contemplating this decision for a while. The introduction of Bill 21 by the Government and their consecutive actions made the decision regrettably easy in the end. I am very worried about the future of healthcare in this province. Unfortunately, I have not been able to find a colleague who wants to take over my practice. Dr. Cuning will continue to practice out of Care in the Creek Medical Centre. He will take over custodianship of your file and will provide the best care

possible with the help of locums if you wish. I will continue to locum in the clinic until my family and I leave.

I would like to thank all my patients for sharing part of your life with me. I intensely enjoyed the relationships we have built. I also would like to thank Dr. Cuning and our staff. We have worked hard and have grown together! A reason to be proud.

My family and I have lived in Canada for 12 years, and two of my children were born here. I will miss the nature, the wildlife, the sun, snow and your friendliness. I look forward though to practicing again in a country where my profession and public services are valued and supported by the government. I do understand it might not be easy to find a new doctor. It is my sincere hope that high quality, public primary care will stay an available option for all Albertans.

Thank you, I wish you all the best!
Dr. Annalies Noordman

Please keep an eye on our Facebook page and/or www.careinthecreek.com for information about

changes in opening times, operations, recommendations etc. Our current way of operating is outlined below.

How we are operating during the COVID-19 crisis

Temporarily we have adjusted our opening hours from 9am to 5pm daily from Monday thru Friday. As much as possible we will manage issues by phone. If necessary, face to face appointments are possible after pre-screening from staff and approval from the doctor. We ask patients to phone prior to coming to the clinic and to come alone if possible. We have taken precautions to keep the clinic as safe as possible for patients, staff and doctors. Please make sure you have sufficient prescription refills. If you require refills or have any health issues or concerns please do not hesitate to book a phone appointment so we can make sure your healthcare needs are taken care of. Guidelines and recommendations around the COVID-19 crisis are updated almost daily. You can find them at www.alberta.ca/covid. You can reach us by phone 403-949-2457 or via email info@careinthecreek.com.

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Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study

Cancelled til further notice, we
will be meeting via Zoom, to join,
email annaink@gmail.com for details

Monthly Business Lunches

Cancelled til further notice

Join **Bragg Creek Area Community Support**
on Facebook if you are in NEED or able to HELP in various
ways during this time of crisis.

Contact Pastor Dave to donate to the **Bragg Creek Food Bank**
and **Crisis Fund** or if you are in need of assistance
Located in the Bragg Creek Shopping Centre • Balsam Ave

This ad space generously donated by the High Country News

Stuck Inside, Smoke and Heat Are Coming...Early: Part Three

Lower the risk of exposure to smoke:

Stay inside as much as possible. Keep windows and doors closed

- Set your heating/system to recirculate. Keep it running to help filter the air and keep your family cool
- Close fresh air intakes from furnaces, fireplaces, or stoves. If you have air conditioning, use it
- If you have HEPA air cleaners, turn them on; don't use ones that may produce ozone
- Humidifiers will help remove some of the smoke. The humid air will also help keep your nose and mouth moist.

• It's a good idea to drink lots of water, which also helps keep your nose/mouth moist

• Don't use wood stoves, gas stoves, or candles because they make the indoor air quality worse

• Prepare foods that you don't have to cook. Cooking can increase pollutants in the air in your home

• Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality

• Don't vacuum because it stirs up particles that are already inside your home

• Don't smoke in your home and stay away from people who smoke. Don't use vapor cigarettes

• Most masks you can buy at stores don't help. The harmful particles are so small that they can go around or through the mask. It's best to stay inside with the windows and doors closed

• If you or a family member is sensitive to smoke, you might need to leave the

area which is hard now with travel directives in place. But it's often hard to know how long the situation will last. As an alternative, install HEPA filters

Lower the risk of exposure to heat:

- Keep your blinds closed
- Close off unused rooms including HVAC system vents in them
- Direct a portable fan's air flow towards a bowl filled with ice
- Set your ceiling fans to rotate counter-clockwise
- Sleep on lower levels of your house – heat rises, hence safe basements are great
- Ditch the incandescent lights as they primarily work as heaters
- Shower throughout the day in cool water to reduce your body temperature

by Carla Berezowski,
Home Comfort Expert
and Aging at Home Specialist

Part Three continues on page 47

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WELL OWNERS

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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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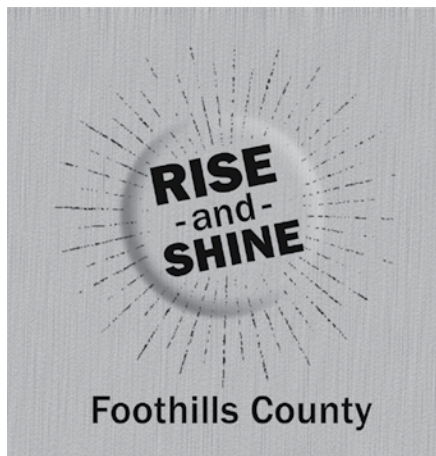
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Our peroxide is available at :

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Message of Encouragement: We have been going through a world-changing few weeks and dealing with a lot of stress. Every morning we have to make a decision whether to be overwhelmed by this new reality, or whether to RISE-and-SHINE! I invite you to do just that: RISE-and-SHINE! Start your day with positive thoughts and action. Think about something you are thankful for and share with your family, friends and co-workers. Help someone. Ask for help. Encourage someone. Read a good news story. Be filled with inspiration. There's hope and we will get through this together. One day at a time. You are valued by Foothills



County. We are thinking of you and your families and send best wishes for your health and safekeeping! RISE-and-SHINE Everyone!

Recovery Planning: Let's look and plan ahead. We are certainly continuing on the response phase of this pandemic, but can also discuss the recovery phase at the same time. Of course it's "health first", we are following all the AHS and Provincial rules and we care about our residents and employees. In addition to

that, we are getting prepared to be a part of the Provincial plans to reconvene the economy. Foothills County Council and Staff continue to interact with residents and provide services, community water and wastewater, fire department response and road maintenance. As we navigate the COVID-19 outbreak, we are making an inventory of losses, savings and opportunities. Over the last weeks, our council and administration have been thinking this through and are dealing with this in a proactive way. We are strategizing how the county can best move forward, keep business flowing and partake in upcoming stimulus projects from Federal and Provincial governments.

Electronic Council Meetings: In April, we streamed our first-ever live Council Meeting and will continue to use this means of communication as long as our Municipal Office Building is closed to the public. Using a conference video program, we enable remote attendance of Council and Staff. In May, we are hoping to add electronic public hearings to our agendas, thereby allowing remote attendance of other participants so we can keep business moving on these matters as well. All these changes to Council Meetings have been allowed temporarily through a COVID-19 Regulation under the Provincial Municipal Government Act. You can find the link to watch our Council Meetings on the homepage of our website: www.foothillscountyab.ca/

Budget 2020 on-going deliberations: This topic is quite complicated and has yet to be finalized as we are carefully paying attention to the issues at hand, to be responsive and also prepare for the unknown. We are planning for a zero-increase budget, which is possible now that, thankfully, the Province has removed the school tax increase. However, the policing requisition of approximately \$660,000 is still due to be collected this year on behalf of the

Province. The County has deferred late penalties on utility and tax payments for those who need more time. We are also in the midst of figuring out how the Province's deferral of the collection of non-residential taxes will affect us. More on that later...

Fire Ban in the Forest Protection area of Alberta: In case you are not aware of this yet... As of April 15, 2020, a Province-wide Fire Ban has been instituted in order to keep emergency resources available for responding to non-fire issues or fire issues that are not human-caused. On private and public lands within these areas, all open fires, firepits, briquette BBQs, campfires in campgrounds, backcountry campfires, fireworks and exploding targets are prohibited. All Fire Permits are cancelled. Off-Highway vehicles are prohibited from use on public lands. Conditions will be monitored to determine opening this up again. For more information, visit: albertafirebans.ca

Road and Drainage Issues: Due to the harsh winter that started in September, we've had to plow County roads dozens of times, which has resulted in significant gravel loss. With that and the continuous snow/rain events, the frost coming out of the ground in these last few weeks and the heavy truck traffic, the problems on our gravel roads have compounded, producing muddy/slippery conditions. The County will continue to tend to these roads and with some dryer weather, conditions should improve. Public Works operators will pull the shoulders, reshape road surfaces, improve drainage and add gravel.

Elk & Wildlife Event delayed: As mentioned in my last High Country News article, I confirm that this event will be held later on in the year. I'll let you know when it is rescheduled.

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



We hope that you are all healthy and safe and coping with all the challenges we are facing these days.

The Priddis Community Hall is closed to the public. Please check our website for information and updates at www.priddisalberta.com

Outside porta potties at the Hall are closed until further notice. **Anyone parking in the Priddis Community Hall parking lot**, please respect social distancing.

Priddis Early Learning Program - PELP: The preschool is closed. The teacher is offering virtual learning and information via the Class Dojo app for PELP students who wish to participate. Please check out the website or email for more information. pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

The Annual Priddis Garage Sale scheduled for May 9th has been cancelled.

"Warriors of Hope" - Yoga Cancer Fundraiser: Unfortunately, due to the COVID-19 situation we have had to cancel the 2020 Yoga Event at the Priddis Greens Golf & Country Club. We will continue to fundraise. We have updated our website and are asking any of our followers and supporters to donate directly to our charity Wings of Hope through our website www.warriorsofhope.ca The need for funds is still great and will likely increase with the economic downturn that Alberta is facing.

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 now: www.brownpapertickets.com

Booking the Hall: We are still taking bookings for the Hall into the fall and next year. If we are unable to honour your contract due to COVID-19, your deposit will be returned.

To view or book the Hall, contact Mike, 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
- www.facebook.com/Priddismoms

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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Now that we all have been confined to our homes for the time being, reading has become a valued past time. And the question of whether a book is more satisfying than an audio one,

surfaces once again. Some would argue that an audio book makes one feel more connected and less alone. Reading a book is a different skill than speaking it. Reading is a private experience that one can ponder over, and go back easily if one wants to. Telling a good story is an art and some like Michelle Obama have it in spades, with her book, *Becoming*. People feel strongly about one or the other.

Some good reads for the coming weeks: *Mercy House* by Alena Dillon is a moving story of an elderly nun who runs a shelter for abused and battered women in New York city. She stops

at nothing to protect and defend the women in her care. She has periods of doubt about her faith in the Catholic Church, and these doubts encourage you to explore the same.

The Shape of Family by Shilp Somay, Gowda, author of *Secret Daughter* and *Golden Son*, is an unforgettable portrait of a family, its tragic loss and its slow healing. It is a story of two different cultures and of how they grieve. It is a profound exploration of how we all seek belonging in our families, our communities and in ourselves.

Happy Reading!
Sylvia Binkley, sliv@telus.net



So, how are you all managing? Self-isolating, taking distance appropriate walks, and our special country community with friendly, helpful neighbours does make it easier for most of us in Foothills. But for some of us, especially our older residents living on their own, this can be difficult. I know that many of you are reaching out to neighbours and our little library, although closed, is here to help as well. You cannot order and pick up 'real' books but you can still get e-books and audio books plus a whole range of other materials. The easiest and best way is to go to our website (millarvillelibrary.ca) Constantly updated by our volunteers, this site is super easy to navigate. Scroll down to NEW eResources and click on that and then scroll through the whole range of options from newspapers, music, on-line courses, reading lists and study guides for school-age kids, to new language courses. Further down the site you will find Libby which is the fun-to-use, one-tap reading app from OverDrive. If anyone is having difficulties connecting, our librarian Natasha Grusendorf is still going into

the library on a regular basis and is checking the phone so if you need help or have a question, you can leave a message at 403.931.3919 and she will put you in touch with a library volunteer.

Ms. Google is rapidly becoming part of everyone's household as every organization is making information and entertainment available online. Try googling virtual museums, virtual travel, and online art classes for starters and you will find all sorts of interesting sites for adults and children.

If you have library books at home you can either bring them back and put them through the slot or just hang on to them - no late fees! Look for MCL discards in the little free library "box"

located at the east end of the Millarville Community School. And when the weather dries up and spring actually deigns to arrive, watch for our pop-up book discard racks outside the library. Days and hours will be posted on our website and our facebook page. You can disinfect books by leaving them outside for five days then wiping lightly with a cloth saturated (and wrung out) with a bleach solution: 1 tablespoon to 1 litre of water.

We know that a lot of you are taking advantage of this home time to clear out those basement cupboards, but please do not drop off any donated books until the library has resumed services.

In the meantime, stay safe, healthy and positive!

Unfortunately, due to the COVID-19 situation we have had to cancel our 2020 Warriors of Hope Yoga Event originally scheduled for this June.

We will continue to fundraise as best as possible! We have updated our website and are asking any of our followers and supporters to donate directly to our charity Wings of Hope through

www.warriorsofhope.ca

The need for funds is still great, and will likely increase with the economic downturn that Alberta is facing.

Thanks so much for the support that you all have given us this year and we hope that you will partner with us again next year,

Lori Colwell, Chair, Warriors of Hope

Advance Care Planning Tips

Enjoying my morning coffee, I sit in quiet contemplation. Perhaps the Easter weekend, or the peacefulness that envelops the morning, allows me to pen my thoughts about transformation. COVID-19, the pandemic, is transforming our lives and we know the way to manage change is to prepare. How prepared are we when it comes to our own advanced care? In all honesty, one would think the discussion of *Advance Care Planning* would come easy for me, especially with my nursing background and now as an End of Life Doula. Not so. It's difficult to put into words, but there is no greater time to lay the cards on the table and have this conversation.

Advance Care Planning is providing the necessary information to those who will be responsible for your

future care, in the event you are unable to speak for yourself. You may have heard the terms: *Will*, *Power of Attorney*, *Goals of Care* and *Personal Directive*. A *Will* only comes into effect upon a person's death and the *Power of Attorney* speaks to finances and property. The latter two documents, *Goals of Care* and the *Personal Directive*, encompass your Advanced Care Plan. *Goals of Care* is a medical order and must be signed by a physician. It tells medical personnel what medical interventions you would like in the event you cannot communicate them. The *Personal Directive* is the focus of this conversation and it allows you to assign an "agent, a trusted person, to speak on your behalf in the event you are unable to do so." The "agent", through prior conversation and documentation with you, will know your values, beliefs and wishes and is the point person to ensure that these are carried out.

We must bring the reality to light and it's not easy. In the event of a COVID-19 diagnosis or any other health event that ultimately results in hospitalization, you will be physically taking this journey on your own. Wouldn't it be a comfort knowing you have your "agent" in place and all your values, wishes and beliefs documented? Not only documented, but you have an assigned advocate. The comfort for yourself and your family is immeasurable.

In Alberta, we are fortunate to have access to advanced care planning forms that are packaged in a "Green Sleeve". These green plastic sleeves or folders hold our *Goals of Care* and our *Personal Directives* and we take them with us in the event we are taken to hospital. Think of it like a medical passport. You may ask your physician for a Green Sleeve or, in light of COVID-19, you may go to www.conversationsmatter.ca and Alberta Health Services will send you up to four. Another great resource is the document "Who Will Speak for You?". You can find this document at www.dyingwithdignity.ca. It is an easy to follow working document that includes thought provoking scenarios to allow reflection and to open discussion with your family on "what would I do?"

There is no legal requirement in Alberta to have a *Personal Directive*, however it is recommended for anyone 18 years of age and older. There is no greater gift for you or your family to have your wishes, values and beliefs documented and be able to have a trusted person assigned as your "agent", one who can speak for you.

Julie Handrahan is a wife, mother, sister, aunt and friend. An experienced nurse: her calling is as an End-of-Life Doula; her company is Transition Well.

During these times, "transition" has taken a whole new meaning.



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TURNER VALLEY & BLACK DIAMOND *News*

Hello Diamond Valley. At the time of writing, mid-April, I sincerely hope everyone is doing ok. Life is uncertain at the best of times, and things have and continue to change so quickly, it's hard to know what to think. I hear many people who are not working and staying at home have been trying to learn new things, or catch up on their hobbies. I have been listening to a ton of music which is something I haven't had the opportunity to do for some time. So, with that in mind, here are my top 10 songs of the moment, some music and musings.

The first song I'd like to share is "Sleepwalking", and the version I love is by Amos Garrett. Amos is originally from Detroit, and lives in our area, and he can bend a string on a guitar like nobody's business. In fact, in a 1975 Rolling Stone interview, Jimmy Page of Led Zeppelin was quoted as saying Amos is one of his top favorite guitarists in the world. String-bending history is in the blues, it gives the note a vocal tone, and the proper term for sleepwalking is somnambulism, which sounds like a swear word. I had the opportunity to walk with penguins in early March at the zoo, before everything went crazy, and it was a very cool experience. It does feel a bit like we are sleepwalking as time feels like it's standing still right now.

Song number two is "The Great Gig in the Sky" by Pink Floyd, and the vocalist without words in this song is Clare Torry, from their 1973 album Dark Side of the Moon. We had a "pink moon" on April 8th. I checked out the Rothney

Observatory's telescope online. On clear nights you can see planets, stars, constellations, and the Milky Way, and even the Northern lights when they are active. The Observatory is located near Millarville and is run by the University of Calgary. Check out their Skycam online.

"Here Comes the Sun" by the Beatles is song number three, and has always been a favorite of mine. George Harrison wrote this song in 1969 at the country home of Eric Clapton. The sun is the star in the center of our solar system, called a yellow dwarf star. It gives off energy as light that includes infra-red energy (heat), ultraviolet light and radio waves. It also gives off a stream of particles which reach the Earth as solar wind. The sun has existed for 4.5 billion years and will likely exist for the same amount of time. So never fear, the Sun will continue to rise and set and the Earth will continue on.

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Chris De Burgh is one of my favorite musicians. I saw him years ago at the Saddledome and the entire audience was standing up and swaying and singing along, it was awesome. His song "Where Peaceful Waters Flow" is the fourth song I'd like to share. Apparently the rivers and the skies are the cleanest they have been in forever, as traffic is at a minimum. I know I will be walking more when this is over, as I am lucky to live in a small town where I can walk to the stores and the post office. The Alberta Council for Environmental Education has grants, contests, and awards for Youth's Ideas for Sustainability. They are a charity organization that supplies youth with the tools they need to create a sustainable future, as children need to fall in love with the planet before they can be asked to take care of it. The website to check out is abcee.org/grants-contests-awards.

Which leads up to song number five, "Way Down Deep" by Jennifer Warnes. This song was cowritten with Leonard Cohen, and it is a little gem. We felt the cold way down deep earlier in March. Typical mid-May weather is a mix of cloud and rain with historical averages of 3 degrees as a low and 16 degrees as a high. Satellite images show how air pollution has changed during the pandemic. In some parts of the world, the change has been dramatic, others not so much yet, and this will most likely go back to what is was. The Canadian Space Agency has a lot of information and fun family activities as well, to check them out, visit asc-csa.gc.ca.

Song number six is "Smolder Blues" by the Travelling Mabels. They are a local band who has done well, and a fan was quoted as saying if the Eagles and Trio (Dolly, Linda, and Emmy-Lou) had children, the Travelling Mabels would be the result. This pandemic has taught me to slow down and smolder. Smolder means to burn slowly with smoke but without a flame. There are still wildfires burning in Alberta, and people were the cause of more than 70% of them last

year. Go to albertafirebans.ca to check on our status and to learn tips about fire safety.

My seventh song I'd like to share with you is "Who Will Comfort Me", by Melody Gardot. Melody is an American jazz singer who at age 19 had a bike accident in which she sustained a major head injury. She says music therapy played a critical role in her recovery. How are you finding comfort in these crazy times? You can find church services online from anywhere in the world if that comforts you. Or call your friends and family more often, reach out to those who have none. Get fresh air and exercise if you can. I find comfort in comedy, as the news can be overwhelming at times. If you need help coping, please call Alberta Mental Health Services toll free at 1-877-303-2642.

"I Ain't Never Satisfied" by Steve Earle is my eighth song. Steve began playing guitar at age 11, and at age 14 he ran away to search for his idol, singer/songwriter Townes Van Zandt. It was in Houston a few years later that he finally got to meet him. Steve is apparently never satisfied because he has been married 7 times! Just one of those people who love to love I guess. I adore his music, it makes me feel. I try to be satisfied with life, because it's all we have in the end, and there is always someone else worse off. But enough of the lecture, and on to the next song.

Number nine is "One Way Gal" by the Notting Hillbillies. They are comprised of Mark Knopfler and Guy Fletcher of

Dire Straits, guitar maker Steve Phillips, Brendan Croker, who recorded with Chet Atkins, Paul Franklin, who was named best steel guitarist several times, Ed Bicknell, who played with Gerry Rafferty, and Marcus Cliffe, who played with Clapton, Manfred Mann, and Rod Stewart. I could listen to these guys all day long. This song has an island feel to the melody. A friend of mine got her daughter to make an island scene in an old shoebox. Bring out the blender, throw some island tunes on and dance around your kitchen!

The last song I'd like to share with you is "Bake My Biscuits" by Little Miss Higgins. Born in Brooks and raised in Independence, Kansas, Little Miss Higgins has played venues around the Foothills and always makes me smile when I listen to her music.

For easy homemade biscuits, mix 2 cups flour with 1 tbsp. baking powder and ½ tsp. salt, and cut in ½ cup butter or shortening with a fork until crumbly. Add ¾ cup milk and mix until dough is soft and moistened. Roll out on a floured surface, and cut with floured cookie cutter. Bake at 450 for 10 minutes or until golden brown.

If you have any thoughts, comments, or suggestions you'd like to share with our readers, please feel free to email me at elaine.w@telus.net. The deadline for this June issue is May 15th. Stay safe and sane and as my mother likes to say, this too shall pass.

Happy Mother's Day May 10th!

Elaine Wansleben



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Priddis Panther's Hockey Association Recycling Bins

Our new bottle recycling bins have arrived and are located in the west end of the Priddis Community Hall parking lot by the rink.

Thanks to a very generous grant of \$6,987 from the Alberta Beverage Container Recycling Corp's (ABCRC) Community Champions Program, we now have four new secure beverage container donation bins. A special thank you goes out to Brandon from

Rangeview Fabricating in Ontario for making our bins. They look amazing! We were able to capture the bins receiving their first donations from cyclists in the area!

The bottle recycling program is a significant fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. *Note: it is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.*



Due to COVID-19 the Millarville Horticultural Club is cancelling meetings until further notice. We hope everyone is healthy and able to keep busy with their gardening.

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Before the world was over as we knew it, I was privileged to spend a weekend in Banff with my four adult daughters. This was a rare treat, as it is extremely difficult to align the schedules of five incredibly busy and committed women. But we did it! Much fun was had dining out, staring at the views, walking down Banff Avenue in the lightly falling snow and buying fudge! (None of which we could do today without being arrested!) As part of the weekend, I wanted to gift the girls each a book that had meant something to me – especially ones that had helped me through difficult times. Sometimes, it was nothing more than a paragraph or two, or simply a line. Sometimes, it was just the simple act of lifting me out of my own circumstances and taking me somewhere else for a few

hours so I could forget about what was going on around me. Other times, it was just that the writing was so good I became mesmerized. Fortunately for you, I kept a list of these treasures. Now that we are “all in the same boat” of trying times, I am sharing this list with you. Most of these titles you should be able to find as e-books through the library’s online e-resources. If you need help accessing these resources, we have taped an envelope to the front door of the library containing brochures to help you. You can also go directly to the e-resource page for instructions. Start by going to our website: www.sheepriverlibrary.ca and click on “e-resources” at the top right-hand side of the page. Since the mandatory shut down of libraries, Marigold Library System has been loading tons of e-content to lessen the wait times for books. There are also new e-resources for teens and children. Some other resources, such as Ancestry.ca, have lifted restrictions so that access can be had from your home instead of the library. Keep checking the page frequently for new additions. If the books below are not available or the wait is too long, and if Amazon is still

delivering, you may be able to find them there.

After Easter, there will be no staff in the building to answer phones or provide e-resource assistance. Marigold has been wonderful by doing things such as renewing all items out system wide to May 15 and renewing memberships that would have expired to allow for e-resource access. As we do not know how long this shutdown will last, be assured that Marigold is monitoring all these aspects of library service.

And now for the list:

Wild by Cheryl Strayed

Morning Glory by Sarah Jio

Happiness for Beginners and *Things You Save in a Fire* both by Katherine Center

The Sow's Ear Café by Holly Quan

Save Me by Kristyn Kusek Lewis

Into the Abyss by Carol Shaben

The Bookshop of Yesterdays by Amy Myerson

Wrestling with Angels: Adventures in Faith and Doubt by Carolyn Arends

“All over the world, people are being quarantined and are being compelled to practice social distancing. We are trying desperately to remain sane in a world that seems bordering on the insane. So, the time is just right for us to ponder, reflect, meditate, and discover the world within our own minds.” - Avijeet Das, poet and author



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A Lesson in Social Distancing from the Quillpig

Most of us will probably admit that if children had the opportunity to snuggle up with our wild mammal neighbours safely, they would do so gladly. Raised in a world of Disney and cuddly pets, it seems to be the dream. With the exception of one mammal; most children would not willingly try to hug a porcupine.

The porcupine is as close as you could come to a walking trap. They are covered in close to 30,000 modified hairs with the specific purpose of inflicting pain and discomfort on any creature willing to try to eat them. These sharp quills can be raised or lowered on command, and they're barbed. These barbed quills are smooth going in and covered in microscopic hooks so that once imbedded in the flesh of

the attacker they will work their way deeper with every muscle movement. This can lead to a very painful lesson in proper etiquette around respecting a porcupine's personal bubble or, for the less fortunate predator, death. Don't worry, porcupines do not throw quills, but they can swat you with their tails if you are too threatening.

However, being the most uniquely defended animal in the forest makes these creatures much safer to approach. Their confidence in their quills means that you can calmly and respectfully get rather close to a porcupine to observe them. As long as you give them a few meters space, they really don't mind having others nearby as they forage and go about their day. Most biologists will report that it is rather difficult to get a porcupine to alter its gait as they are so sure of themselves.

The North American porcupine has evolved into a special niche of the forest that few others can reach. They might look cumbersome on the ground but their claws and tail are adapted to make them very skilled climbers. They have been described as 'the giraffes of

North America' as they are one of the few species able to feast on the tree top canopies. This means that there is almost always plenty of food for them because they eat the vegetation out of the reach of most other herbivores.

Another rather endearing personality trait of this big rodent is that, despite being un-huggable, solitary animals, they are not territorial. Their dens in tree cavities or on the ground are so simple that if a porcupine comes across someone using their current den, they will just wander off to find another den, or if they can do so safely, they will just share.

In a COVID-19 world where we are being asked to maintain our 6 feet from our neighbours, let us remember to live like a porcupine. Trust in the safety of your distance; when you do meet someone, don't be hostile because there is plenty to go around, and if you have to share your den make sure you are a generous host. We are all in this together.



Photo: North American porcupine, by National Park Service, via Wikimedia Commons

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A Tight Turn by Andrea Kidd



Jeremy had set out their practice course carefully. Competition would be stiff and challenging. But, Hunter was a nimble horse, obedient and agile; and Jeremy was dedicated and experienced. Rigorous training to perfect turns and timing would make them winners.

Dirt flew out from Hunter's hooves as he skittered around the tight turn to take the triple again. As usual, the stallion clipped the first rail but he landed lightly to fly gracefully over the second bar, just a little too far. He balked at the third, chesting the pole to the ground. Jeremy jerked the reins in frustration to line up Hunter to take the combination again.

As they left the arena and went to the stable, the veins on Jeremy's neck stood out like rods; his face was rigid as his erect body rose and fell with the jogging of the horse. Free from the enquiring gaze of onlookers, he flung the crop across the yard, jumped off his horse and jerked the reins.

"Stupid beast! Couldn't you do better than that?" he yelled.

Jeremy's frustration was compounded when he noticed Hunter limping. "Just a pulled muscle," said the vet, "No jumping for a week. Mild exercise, walking only, three times a day. I'll see him next week."

By then the season would be over. Dejectedly, Jeremy realized how hard

he had been pushing himself and his horse to compete. He had known the course was difficult, the pressure great. Frustration had been mounting and come to a climax. Now the rhythm of stress was broken. They would have to go out of the race, slow down, rethink their lives.

A couple of weeks later Jeremy was riding Hunter along the ridge of the river bank as the sun was setting. The rhythm of their gentle canter, melted their actions and mind into one. Jeremy was enjoying riding again, remembering how, from an early age, he had delighted in the trained strength

of the horse combined with the mind of the human producing a harmony of liquid motion.

His thoughts accompanied Hunter's hoof beats as they walked, trotted, cantered and galloped each day. He voiced his thoughts in whispers, conversations and shouts with Hunter, with God and with himself. He found some answers. Also he discovered patience and contentment with himself.

Jeremy redesigned the practice course and developed a new pattern for his daily life; some tight turns and triple jumps needed rethinking.

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Considering A Mortgage Refinance? Do It Before You Need It!

With job losses imminent and people fearing the mortgage process may grind to a halt, thousands of Canadians are rushing to refinance. That's contributed to a lending surge we haven't seen in ages.

People generally refinance for similar reasons, the most popular being switching to a lower rate (34%), moving to a new home (25%) and taking out equity (14%). That's according to a recent Rates.ca survey.

But this year, we're seeing more borrowers rush to refinance to give themselves a safety net by:

- Resetting their rate lower
- Lowering their payments
- Adding a Home Equity Line of Credit (HELOC)
- Pulling out equity ahead of potential job loss or property value reductions

If you're one of the thousands considering a refinance, here are points to consider in a COVID-19 world:

• **Stricter Employment Verification:** If your job is not deemed essential by the government, the lender may make you prove you will not be laid off during the coronavirus shutdown. All verification documents are required upfront and will be re-verified right before closing.

• **Refinances are Low Priority:** Banks are still offering refinances, but they're deprioritizing them behind purchases and maturity date transfers. That's due to high demand and lending, appraisal and signing (legal) bottlenecks. It's

possible it could take 30 to 40+ days to close a refinance in this market, depending on the lender. The lower the lender's advertised rate, often the busier they are and the longer it takes to close.

• **Calculate Your Penalty:** If you're breaking an existing closed mortgage to refinance, you'll pay a penalty. Check your mortgage contract and figure out how your lender will calculate your prepayment penalty. Penalties are generally 3-months' interest on variable-rate mortgages and the greater of 3-months' interest or the interest rate differential (IRD) on fixed-rate mortgages. Ask your bank or broker for your penalty cost.


• **Shop Rates:** Mortgage rates have climbed even though the Bank of Canada slashed its overnight rate by 1.5% points in March. The reason: investors are worried about bank risk. That's forcing banks to pay more for the money they lend out. These "risk premiums," as some people call them, may be temporary.

• **Loan-to-Values (LTVs) Could Fall:** If you live in an area that's rural, overvalued or hard-hit by economic misfortune — like plant shutdowns or the oil industry collapse — your home value may come in lower than expected. When recessions approach, lenders and appraisers alike become more cautious. Lenders are especially conservative on lending values if your credit and income/ employment are below-average.


All this means ... you want to apply for a refinance **before** you absolutely need one, and before property values fall.

Source: rates.ca

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Lives Over Livelihood

by Duane Harder



On December 31, 2019 who would have thought that the New Year would put us in a place where we would have to choose lives over livelihood. The consequences of the coronavirus are staggering. Isolation, financial loss, and for some there has been the pain of sickness and even death. Our world has been turned upside down. The positive have become perplexed and the secure scared. We are looking for the silver lining but sometimes all we can see is darkness and despair.

In this past month, millions in North America have filed for unemployment. Combine that with the volatile stock market, and the economic toll of this virus is beyond staggering. Still, behind these dollar figures are real people, many trying to figure out how to keep their homes and feed their children.

Temporary assistance from the government won't be enough for restaurant and small business owners, hotel and shopping center employees, barbers and stylists, bus drivers and substitute teachers, and many others, who face a financial crisis due to lost wages and job terminations.

After years of working with a broad cross section of people, I would like to make some suggestions for an attitude shift that can help bring hope to our difficult circumstances.

Affirm the dignity and value of every human life

First, the chief value that must ground any and all policy proposals, especially at a critical time as this, is a fundamental commitment to the dignity and value of each and every person. In fact, every policy question is, at the root, one of how best to honour people, regardless of whether their lives or livelihoods are being threatened.

It's a false dilemma to assume that if someone is worried about jobs and the economy, they don't care about people's lives; or if we're worried about the threat the virus poses to people's lives, they're obviously callous toward anyone in financial difficulty. In our culture, one that's worked so hard to untether human dignity from its one and only true source, we will struggle to rightly honour human dignity whether we're talking about emergency care or employment. We must never allow a price tag to be placed on people. It is an irrational dualism that says we must choose between the economy and people. The wise student of history knows that even when the devastating circumstances of life crush us, the resilient rise from the dust and rebuild the ruins.

Know the difference between hoarding and storing

Hoarding, at its root, is fueled by greed. The hoarder fears that when tomorrow comes, there will not be enough to supply his need. Someone jokingly quipped about the son who, in 2050, was using the last roll of toilet paper that his father bought in 2020. The hoarder is at the epi-center of his universe and has no concern for anything that lies outside the circle of his life. On the other hand, the person who stores says, "I will use the time of plenty to build a reserve to take me through the time

of need." He sees himself as part of a community and recognises that the need of the community is also his need.

Joseph, the Hebrew who was in Egypt in exile, had a dream in which he saw 7 years of plenty that were followed by 7 years of famine. His counsel to the king: "Store up in the years of plenty to provide for the time of famine." History records how Egypt became a source of supply for nations that were impacted by the famine.

What we have has been entrusted to us by the Creator, who gave us the skills and abilities that generate wealth. In times like these we must say "No!" to greed and open our hearts to the needs of those who are around us.

Our duty as individuals and as a society—just like doctors and nurses—is to make wise decisions with limited resources and then do our best to alleviate the suffering of those in our circle of life. We don't look to utilitarian calculus for this, as if people were numbers on a spreadsheet, or obstacles to our own security and happiness.

We must always encourage our leaders to do what's right, and at the same time, never demand they do what's impossible. May we be willing to run toward those in need and do what we can to help. Remember, the action of one can have a significant impact on the lives of many.



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Out of the Rut *Chapter 116*



For most, everything is different. For some, much is unchanged. Life continues as unpredictable as ever. Now our best behaviour is to cross the road away from our friends, not toward them. Many times over the past decade people asked me how I could live constantly on the road, out of a bag, without the certainty of a home base and regular routine, yet none of us have certainty, only the illusion thereof. My life on the road morphed daily through ever-changing demands, shifting from global to local, now it morphs again to a slightly narrower diameter.

One day, waking to low, heavy cloud I feel my spirit quashed beneath the barometer's weight. Then a bizarre email, pregnant in my inbox... spewing spite from a stranger, lashing out at the unknown. I have no control over another's thoughts and feelings, I have no relevance to this message, yet here it is for my eyes, ready to burn its spittle through fragile sympathies. I aspire to the duck-backed conviction of others possessed of surety in their own selves, of those who can shed the thoughtless trivia of strangers mired by aggression, striking from a fearful corner.

I take my morning walk, forcing my body into familiar patterns to push against the weight of this cloud. Yesterday a blue, pristine ceiling above - the weightless, limitless expanse that lifts spirits, words and hopes. Today requires concerted effort to attain that elevation in my body. I walk across white crunching land, enjoying the sensation of my legs swinging freely, power in

my muscles, enjoying the sensation of cold air against my face, enjoying the liberation that this always brings, when I... finally... make the leap from interior to exterior. I walk longer, on trails that are not pounded by others' feet, pushing to keep up my pace, enjoying the sensation of working harder for the same effect, making my body keep pace with the slippage of time. This is good for me. I stand motionless to exchange doe-eyed stares with the mule deer. I choose an alternative route to defer to their ownership of the land. I walk past another eyes averted, almost close enough to breathe on each other, she watches unblinking, unmoving, committed to her place on the land. It is hers.



Another day, another walk. The river is a silent slumbering snake. White, solid, secret. An open space reveals crystal waters sparking sunlight, highlighting glacial blue of upended ice shelves. Mere hours later, the snow plateaus dip, riddled with wrinkles and gaping holes. Far-off ice giants play gargantuan 'Pooh sticks' snapping off ice floes and sending them whirling down the now muddy

river, thickened by debris all the way from the mountains' hearts. Yet another day later; juncos, flickers, nuthatch, chickadees, young variegated robins in confused adolescent attire, all vie for seeds and nuts before the forecast snow smothering they know is coming. The air is still and heavy with promise.

Indoors, I exchange un-news with my parents. I rustle my uncommunicative brother onto the same call and we are all together again for the first time in eight years. That's an interesting moment. I planned to be with my parents right now, but that changed. There is a note of safe haven in my diary. Reading it makes me feel mournful, but I tear that away like sharply pulling plaster from skin. I turn and look at the beauty that has sustained me in my isolation for the past two years. Now it seems the whole globe has joined me. It has been more than two dozen days since I spent time in the presence of a friend.

There are innumerable connections online. People are creative, inventive, humorous. It's fascinating to see the way adaptations occur. Necessity being Invention's Mother in action. The earth has taken a deep cleansing breath, able to breathe for the first time in many decades. Will this spill over into the post-calamitous period? Will people explore the value of the community around them, of our own country's pure resources? Will we explore alternatives to find new ways of living, or blindly, perhaps reluctantly but inevitably, return to old habits as addicts do? Will we be able

to?

I recede into habits and ease as fast as anyone. I continue to look for clarity, generosity, community within and without. I aspire to do better. I hope for everyone.

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

ADHD Brain On Quarantine

by Roché Herbst, M. A. R. Psych.



Being told that you should quarantine for two weeks just to be safe is one thing. Staying at home and throwing in safe social distancing for good measure is quite another. Feeling in control under uncertain circumstances is important, though.

How Can I Maintain Perspective?

"Remember the reasons that we self-quarantine. It's not only to protect ourselves, but also to protect those most at risk. This is a time to step up, stop being self-absorbed and start taking care of each other and the planet. We need to start behaving like we're all in this together – because we are" - William Dodson, ADHD expert.

What About Self-Regulation?

As a student, you may no longer be receiving typical support at school and now struggle to learn through e-learning. As a parent, you may feel exasperated trying to juggle everything. As a caregiver, you may feel burnt-out. You may have lost your job or have an uncertain employment outlook. For many, it is a nightmare. No wonder anxiety is spiking!

If you experience more meltdowns, know that you are not alone. You could use the idea of a 'thinking' brain and a 'worry' brain to help realize you have control over your thoughts. To make sense of the emotions, have a frank conversation in a safe space. Warning: these conversations are not always easy and often lead to

tears. However, crying is not always a terrible thing. Together with exercise, it pushes stress out of the body and calms you down.

Trust The Plan

Keep your normal routine in place as much as possible. Create a reliable schedule to include adequate sleep, exercise, meal times and recreation. As little as 20 minutes of daily exercise is good for your brain, body and mood regulation.

So, you have a well thought out schedule. What can possibly go wrong? Well, those with ADHD have more difficulty adjusting to a new routine and sticking to the plan. The challenge is to move from "vacation mode" to "homework mode". A way forward is to collaborate, not to dictate. Set aside a time to discuss concerns. Sometimes approaching the conversation with a question instead of a command leads to a better outcome.

Work The Plan

Chunk your allotted time wisely. Remember the ADHD brain has difficulty telling time. Use a kitchen timer (not a cell phone that could turn into a distraction).

The ideal amount of work time is 25 minutes with a 5 minute break. To maintain motivation, string together no more than four time allotments in a row. For younger children, adjust the schedule. Set up an environment with different working 'stations' i.e. beanbag or pillows for reading, small table for Lego, another one with pencils and worksheets for math or science. Encourage your child to physically move from station to station when the timer goes off. Remember it is their job to stay busy at each station. It is your job to coordinate your realistic schedule.

You've Got This

- Sign up for online classes in art, yoga, anything.
- Organize virtual play dates and/or study groups.
- Meet up for coffee over Zoom or Skype. Video calls with grandparents and other family members.
- Practice self-care. Know your emotional needs. Do you feel better talking to a supportive friend? Go for a walk?

Sources: Dodson, William (2020). *Pandemic Anxiety*, Article for ADDitude.com.

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Happy Mother's Day

to all those that fill that special role in your life!

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- LAUNDRY
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- BALANCE
- LOVE
- BREAKFAST IN BED
- GARDENING
- GRANDMOTHER

- DAY OFF
- COOKING
- SPA DAY
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- REST
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Animal Facts: Blue Pit Viper

HI! Our names are Xayden & Adam. We are 10 year olds that are trying to take away your boredom. We are writing an article about Blue Pit Vipers!

1. Their fangs can grow up to five cm. Or 2 inches.
2. They enjoy eating small mammals, birds, amphibians, lizards and eggs.
3. They swallow their prey whole once it is dead!
4. They live in the rainforest and the deserts in southeast Asia.
5. The maximum length they can grow up to is 12 feet long!
6. Their venom can make you bleed inside and outside the body, so your blood cells start to pop!

7. They give live birth to their young.
8. They kill their victim with their venom. It takes 10 minutes to kill their victim if not rushed to hospital. The wound will have a chance of being fatal.
9. The blue pit viper can see very well in the dark! Be Careful if you want to see them at night.
10. When they are babies they eat rat tails.
11. Pit vipers are the largest group of snakes in the world.
12. Blue pit vipers fangs are at the front of their mouth!
13. Viper's strike open mouthed in self defence.
14. Blue pit vipers can swim! Because they can swim you have to be careful in water.
15. Blue pit vipers pupils let in light!

16. Blue pit vipers can sense heat their heat sensors are in between the eye and nostril. They can sense where you are.
 17. The blue pit vipers fangs are hollow!
 18. Blue pit vipers can use their heat sensors to help find their prey!
 19. Blue pit vipers don't poop.
 20. Predators of the blue pit viper are king cobra.
 21. Blue pit vipers move really quick. eyes, is because their venom is stored in their eyes!
 22. Blue pit vipers don't use camouflage.
 23. They shed their skin. Their colors stay the same after they shed their skin!
 24. Blue pit vipers have multi colored eyes!
- We hope you enjoyed our article! See you next time!

Submitted by
Adam Wigand & Xaden Luchia

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Stuck Inside, Smoke and Heat Are Coming...Early: Part Four

Are You Active Outside?

- Respect the social distancing directives and gathering size limits
- Don't do any strenuous activity or exercise, as you breathe 10-20 times more when exercising than when at rest
- Stop what you are doing if it makes you feel tired or overheated
- When there is a lot of haze in the air, limit how long your children play outside or vulnerable folks sit outside
- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe

• If you have chest tightness, chest pain, shortness of breath, or signs of heat related illness, call 911

Are you active in your community?

- Regularly check all public service announcements on local media (e.g. TV, radio, digital and social media)
- If you have neighbours, friends, or relatives who live alone, check on them to make sure they are okay
- Know safe places to go in your community if asked to shelter-in-place
- If you're in the wildfire area, be ready to evacuate
- Don't hesitate to ask for help, your family, friends, local community and church groups are eager to support you

What if you have asthma or a heart or lung problem?

- Carefully monitor your health. Take all of your regular medicines and do everything your nurse or doctor told

you to. It's a good idea to have a week's supply of medicine with you.

• If you plan to use a portable air cleaner, buy one that is right for the room size (as per manufacturer instructions). Do this before a smoke emergency happens. Don't use units that might produce ozone.

• If you have any health concerns, talk to your nurse or doctor.

Improve Your Home

- Install a high-performance whole-home filtration system designed for wood fire smoke
- Install a whole-home air conditioning system; at the minimum improve your ventilation system
- Make sure your humidifier works well, as it assists with the reduction of particulates, viruses and bacteria

by Carla Berezowski,
Home Comfort Expert
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