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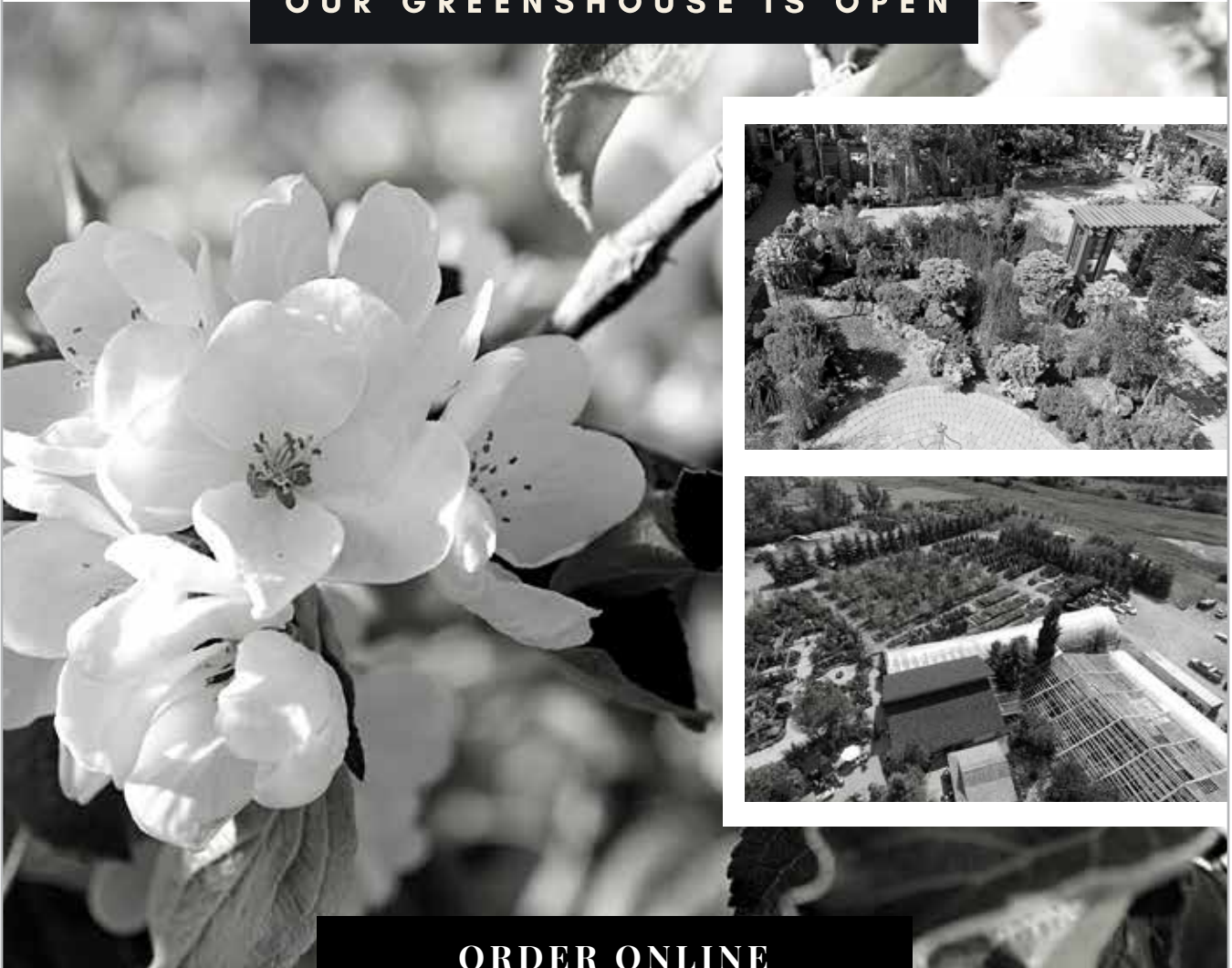


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From The EDITOR

As our front cover picture so aptly portrays, spring is the time of new life. As many of my readers know, the other hat I wear is that of a landscaping company owner. Gardening is something that I have always enjoyed as it is the ability to create spaces of beauty.

Managing people's gardens has taught me a lot about life. The new life of spring is in contrast to the visible evidence of that which has died. Coming to terms with this is difficult. In order for new life to grow, the dead, diseased, and crowded growth needs to be removed.

Many people find it hard to prune. They find it hard to remove growth. Our lives are much the same. Sometimes for us to have new life, we need to be prepared to remove what may look like growth, but is moving us in the wrong direction.

In contrast to pruning, many times plants are damaged through the winter months, but with the right care, will survive. So in our lives, there may be areas that have been beaten and bruised. We may be sick, not just physically but also emotionally. What can we do to strengthen and build one another up in such a way that we can create health and wholeness of the person?

Over the past year our families, neighbours, volunteers, local businesses, and elected officials have been through some difficult times. As a parent I've had to comfort tears of loss. As a community member and business owner, I've heard stories of significant economic and emotional hardship.

As we try to navigate a very confusing and difficult time in our history, it is the ability to remember our humanity that will enable us to rebuild the broken. There are so many issues that we face both personally and as a society. Responding in fear, frustration, anger, and selfish ambition will only serve

to deepen the wounds in ourselves and others. Coming together in collaboration, with a willingness to learn and serve, will lower the guard of self-preservation and criticism.

Let's commit to being people that can make our communities beautiful. Let's allow the growth and beauty of spring to come.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca

Artist PROFILE

Elizabeth Hertz is a member of The Bragg Creek Wild Country Group, working on protection and awareness of wildlife. (See more on page 13). Elizabeth is the owner of Suncatchers Design Studio and the River Dragonfly, a local artist, and a community advocate.



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Letters To The EDITOR

"When will it End?"

Ross Farnham's letter of April 2021 raises COVID-19 issues that are alarming if they are true. They are not, his letter is full of misinformation and half-truths. Where to start, the inaccuracies are so numerous. Ross writes that case numbers increase after mask mandates (and other controls) are mandated by governments. Ross clearly doesn't comprehend that case numbers are expected to go up shortly after a government mandate because the incubation period for the virus is up to 14 days. Meaning that the increase in case numbers are expected as they reflect exposures prior to the date of the mandate. The case data clearly shows that daily case numbers go down sharply starting about 14 days after implementation. Let's be clear, Australia provides a really good example of just how effective a total lock down can be in preventing the spread of COVID-19 and in fostering a vibrant economy. Australia has close to zero cases of COVID-19.

Ross goes on to make misleading and false claims about mask filtration, vaccine efficacy, and vaccine side effects. His information deficit on these and other topics is bewildering. It is so important to wear a mask, socially distance, wash your hands, and get vaccinated as soon as possible to protect your health and the health of your friends, family and community.

Ross then goes on to question whether the number of deaths attributable to COVID-19 are lower than presented by the government because many of those who died had comorbidities. He suggests "there is a big difference between dying from COVID-19-19 as opposed to dying with COVID-19-19." Let's explore the validity of Ross' assertion. A person with a COVID-19 infection may accumulate inflammatory fluids in the lung caused by the virus. In turn this can enable a bacterial infection to take hold, further comprising oxygen exchange to result in death (asphyxia). Another example, increased cardiovascular stress from inflammatory agents in the blood from the infection may predispose you to having a heart attack and dying if you have pre-existing heart disease. Up until then your underlying conditions may have been well managed. To summarize, the combination of a COVID-19 infection along with a pre-existing condition can make you more vulnerable to a cascade of compounding

adverse effects that can kill. The example of death caused by a secondary bacterial pneumonia in an infected person with asthma or COPD or of a heart attack in a person with high blood pressure was actually initiated by COVID-19. The fundamental cause of death is COVID-19. This is not a debatable conclusion as Ross seems erroneously inclined to make.

Ross then goes on to make the insensitive and outrageous claim that because the average age of people who have died from COVID-19 in Alberta is 82 years that they "would probably have died shortly anyway from their other conditions." This is termed "early harvesting" of the elderly. Let's be clear, Ross is suggesting that the premature death of our elderly grandparents or parents is no big deal, they were going to die shortly anyway. I don't imagine family members would be as blasé about this as Ross is. Regardless, let me make it absolutely clear to everyone that analysis of COVID-19 mortality data since 2020 in countries around the world like Canada, the United States, and the United Kingdom clearly show that "early harvesting" is not occurring in any age group (ourworldindata.org/excess-mortality-COVID-19). The COVID-19 deaths that have occurred, and are still occurring, are excess deaths, deaths greater than what is normally expected to occur over the course of a year. People are dying of causes that they normally die of, on top of that are premature COVID-19 deaths. Ross' early harvesting hypothesis is flat out wrong.

Ross is right though on one level, 94% of COVID-19 deaths in Alberta are in people over 60 years old. Don't forget this means at 6% are younger than 60 years. However, death is a crude measure of COVID-19 health impacts. Forty-five percent of people in the ICU due to COVID-19 are younger than 60 years old. Eighty-

six percent of people in the hospital due to COVID-19 are younger than 60 years old. The age demographics of people in the hospital, ICU, and dying are getting younger because of the COVID-19 variants and with the success of elderly vaccinations. Plus, there is the added distress of COVID-19 "long haulers" who continue for months with lingering debilitating COVID-19 side-effects after leaving the hospital, and these include many who are younger than 60 years old.

I strongly disagree with Ross's letter and really find it offensive – COVID-19 is not a virus to be taken lightly. Ross asks, what has happened to the flu this year? The answer is that the flu has disappeared as a collateral benefit of the COVID-19 precautions of wearing a mask, distancing, and handwashing. These measures have successfully curtailed the transmission of the flu virus. The disappearance of the flu this year just goes to show how much more infectious and dangerous COVID-19 is in comparison. The precautions that are so successful against influenza are not nearly as effective against COVID-19, especially if we are not all rigidly following those precautionary measures. Take care everyone, the variants are out there and they are even more transmissible and deadly.

Dennis Stefani



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April 22nd was World Earth Day, so this month I'd like to take the opportunity to highlight the impressive record of Alberta's government on environmental conservation. Few of you may know this, but our Government has invested an unprecedented amount of time and money into conservation initiatives in the past two years.

Those of us living in beautiful Banff-Kananaskis understand how important it is to balance economic growth and job creation with environmental protection and sustainability. The Rocky Mountains that we call home have always made our province a uniquely attractive destination for both business and tourism investment. Aside from being a low-tax, low-regulation jurisdiction, employers know that doing business in Alberta will guarantee their employees a high quality of life full of recreation opportunities in the great outdoors. Preserving and promoting our beautiful wilderness is inherently good for our economy, and that's why I'm so proud of our government's work to strengthen and diversify Alberta's economy by investing in the conservation of our environment.

Since taking office in 2019, we have invested over \$10 million to conserve 55,000 acres of environmentally sensitive land across the province. We have also invested \$15 million into our beloved Kananaskis Country and unveiled a new Conservation Pass for the Park, all proceeds of which will go directly into revitalizing conservation initiatives and infrastructure investments to minimize human impact. We have formed 170 partnerships with environmental organizations and not-for-profits to help us better manage the many provincial parks across the province that we all enjoy, and have doubled the size of a wildland provincial park in northeast Alberta to make it the single largest area of protected boreal forest in the entire world. On top of all this, we have hired 20 new conservation officers dedicated solely to protecting our Eastern Slopes.

But as stated above, there is more to environmental sustainability in Alberta than just conservation. Investing in environmental initiatives can also provide tremendous opportunities for economic diversification.

Recently, our Government announced that we would be moving our provinces towards a more circular economy and establishing an Extended Producer Responsibility program. This will shift the cost burden of recycling off municipal taxpayers and onto the private companies who produce single-use products, while also ensuring that these products are reused, recycled, and remanufactured right in Alberta. This change is expected to grow recycling into a \$148 million industry in Alberta and create hundreds of jobs.

We have also worked with renewable energy providers to create an attractive market for green investment within the province. This has been done primarily through cutting red tape to allow green energy providers the opportunity to thrive and compete in the general energy market, making Alberta the only open power market in the entire country allowing for large unsubsidized corporate investments. Since making these changes, over \$2.4 billion of private investment into solar, wind power, hydrogen, and cogeneration has been injected into our economy. Our renewable energy market is now projected to lead Canada in growth this year and outpace the entire country in the growth of renewable electricity usage.

Finally, to summate all of this work, we also established the position of an Environmental Social Governance (ESG) Secretariat in Budget 2021. ESG criteria have become highly influential in modern financial institutions and are used to sway investors on large decisions. Alberta's businesses and industry adhere to the highest environmental standards in the world, and they have an incredible story about innovation, entrepreneurship, and care for our environment that deserves to be told. This new ESG Secretariat will work to promote our province as the best place on earth for investment in increasingly environmentally conscious capital markets.

With all our conservation and green energy initiatives, Alberta's government is demonstrating to the world that we take environmental sustainability seriously and are committed to strengthening our economy for today while preparing for the economy of tomorrow.

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MLA Miranda Rosin

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Greetings and welcome to May. I want to sincerely thank those of you who reached out after my announcement last month not to run in the upcoming Rocky View County (RVC) municipal election. Your warm wishes and appreciation means a lot to me.

As they say, public service is a thankless job but I have gained so much respect for those who throw their lives into the “deep end” to make life better for us all. And to those of you who are asking me to reconsider, nice try. As I mentioned last month, it was not an easy decision to step away. Especially since I have learned so much. But with the reduction in the number of divisions and councillors, the great work that’s occurring in the county, and slowdown of processing due to the pandemic, more than ever, the time commitment required of a councillor will become twofold.

Thanks Mr Hoggan

It was with great sadness to me personally when I heard of the resignation of our Chief Administrative Officer (CAO), Al Hoggan on April 1st. In all honesty, I thought it was a cruel April Fool’s joke to my, and many others’ dismay.

In the three years he was the CAO of RVC, he helped make a lot of positive change, and in the end, left a path for staff and administration to continue carrying forward. While other jurisdictions are struggling to stay ahead of the pandemic, problems in the energy sector and a poor economy, to name some

challenges, he and his senior leadership team guided Council and kept things moving forward for our amazing county.

When Mr Hoggan started working for RVC Council he inherited an extremely busy county workload along with a Council that was somewhat “unique”. One aspect of his leadership I immediately admired was his enthusiasm to build relationships and get to know the county and its residents. In Division 1, he made several appearances to community events, open houses, public forums and association meetings. He made himself visible and approachable. Al has made much positive change and will be moving into a CAO role in Bonnyville, AB. I wish him well.

In the interim, Council has just appointed Kent Robinson as the CAO until a replacement is found. With over three decades in key leadership roles with RVC, Mr Robinson, who currently is our Executive Leader of Corporate Services, will be adding the interim CAO role to his regular duties. In Alberta, all municipalities are required to have a CAO as head of Administration. The CAO is Council’s only employee who provides direction to administration and staff. Kent is no stranger to this role and I thank him for stepping in.

Have you signed up yet?

As we are in a transition from spring to summer, our thoughts are turned to golf courses, our world class trail network or backyard landscaping projects to name some activities

that take us outside. One common concern we all face when the snow is gone is the potential for a wildfire event. Given how we’ve already seen a number of wildfires reported on the news in RVC and surrounding areas, it’s not something to take lightly. One unattended fire pit or cigarette butt carelessly tossed could mean disaster. By signing up to RVC’s Safe & Sound system you’ll not only be alerted to emergencies such as this but you and your family will be provided with information on what to do. And this isn’t just fire related. Road closures, flooding potential, fire bans, development applications, bylaw changes and more are available online. Here is the website information to sign up www.rockyview.ca/safe-and-sound

Is your property FireSmart?

As mentioned above, we are in fire season. During this time of the year we are at a high risk for a wildfire event. Please visit the RVC website to get all the details on how you can FireSmart your property. For more information visit www.rockyview.ca/firesmart

Until next month

Covid is still a part of our day to day lives. By following Alberta Health Guidelines and taking the necessary steps and precautions to protect you and your loved ones we’ll get out of this sooner rather than later. It’s only when we work together that good things happen. In the meantime, please stay safe, wear a mask and keep your distance.

Cheers, Mark



Cochrane Foothills Protective Association Update

Cochrane Foothills Protective Association (CFPA) is the Rural Crime Watch Association for the Cochrane and west Airdrie RCMP Detachment jurisdictions, including the Bragg Creek and Springbank areas of Rocky View County.

CFPA Online Workshop – May 12, 2021 – Save the date!

CFPA will be holding an online Zoom Workshop on Wed May 12, 2021 at 7pm. The intent of the workshop is to afford some connection to our members and the public at large as to information relating to policing and community protection from rural crime.

Active CFPA members will receive a link to the meeting through our email distribution. Interested public can request a link by emailing CFPA at info@cfparcw.ca

RAPID Response Program Initiated

On April 1st, 140 Fish and Wildlife officers across Alberta become part of a new RAPID Response initiative to combat rural crime and protect

Albertans. Under RAPID Response, Alberta's Fish and Wildlife Officers are now available to help Alberta's RCMP answer emergency and high-priority calls when requested. This means Fish and Wildlife officers are now able to respond to requests from the RCMP to be first at the scene of an emergency in cases where they are closer than the police. Fish and Wildlife officers will also respond to RCMP requests for backup, which could involve helping the police locate suspects or preserve a crime scene.

RAPID Response is a new function for Fish and Wildlife officers. The core mandate of Fish and Wildlife Enforcement Services remains conservation law enforcement. Most days, fish and wildlife officers will spend their time solely on their regular duties.

RAPID Response currently covers most areas of rural Alberta policed by the RCMP. The provincial government is also holding a series of meetings with First Nations and Métis leaders to determine their interest and earn their support before expanding RAPID Response to their communities.

TRACETM Pen and Signage Project

A reminder to our members that our offer for a free TRACETM Pen and Rural Crime Watch Signage (while supplies last) is still open. The use of TRACETM Pens can facilitate the efficient recovery and return of stolen property to its owners. For more information, please visit our website – www.cfparcw.ca or contact us at info@cfparcw.ca.

Membership

Membership renewals are due for 2021. Membership fees are \$20/year. Renewing members, as well as new members, are welcome to participate in our TRACETM Pen and Signage Project. Membership information and application forms are available at www.cfparcw.ca. Questions can be directed to our email info@cfparcw.ca.

Statistics show that areas with an organized Rural Crime Watch have a significant reduction in criminal activity. By reporting suspicious activity in your area IMMEDIATELY to the RCMP 403.932.2211 (Cochrane detachment), you are supporting the quality of life in your community. Report all suspicious activity to the police. Help prevent crime and make your community safer.



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Our Boreal Forests and the Spruce Bud Worms

You may be aware that there is a serious Spruce Budworm problem in the Bragg Creek area. This concern has been going on for some years and this infestation is now in dire need of attention. Redwood Meadows townsite has carried out extensive research and is planning to instigate an aerial spray in early May with a second application in June to help prevent these worms from taking over that area.

The Spruce Budworm has been known to be the most prevalent defoliator of spruce-fir forests in North America. They are extremely destructive and if unmanaged can cause trees significant mortality rates. Outbreaks typically last up to 10 years in which the caterpillars repeatedly eat the new foliage of the trees. It is important to know it takes 4-6 years of severe infestation before a tree could be killed. If an uncontrolled outbreak occurs, tree growth can be reduced by 90%.¹

Their life cycle involves the SBW spending the winter as tiny larvae hibernating in the branches of the trees. In spring, the larvae emerge and begin feeding on the current years' needles and new growth or buds. Feeding continues during May and June. Once feeding is finished the larvae or 2cm brown caterpillar will pupate and emerge as an adult greyish-brown moth

in a couple of weeks. The moths mate and the females will lay up to 200 eggs on the underside of the spruce needles. The eggs then hatch in two weeks resulting in young larvae again finding hiding places in the branches to spend the winter, thus completing their one-year life cycle.²

The pervasive SBW has adapted to extreme Canadian winters by producing its own antifreeze chemical which provides them with a seasonal cold hardiness. Now with global warming trends of milder winters the worms are no longer experiencing a die off when exposed to extremely frigid temperatures.³

Fortunately, there is a long-standing proven treatment called BTK or *Bacillus Thuringiensis var. kurstaki* which has been registered for use in Canada for the last 30 years. BTK is a bacterium found naturally in soils and is fatal only to moths and butterflies and has been proven safe for all other flora and fauna. It affects the targeted species for 3-5 days after which it becomes inert and hence is environmentally friendly. The Redwood Meadows townsite is working in partnership with the Forestry and Environment Specialists to administer an aerial application which has been endorsed by Health Canada and Alberta Environment and Parks. This will be administered in May and June aided by an Entomologist for timing sequences.⁴

The benefits of the BTK treatment have been said to last three years. In the meantime, the surrounding areas that have not been treated are still vulnerable to ongoing infestation. Perhaps the residents of Bragg Creek need to consider spraying their area with BTK because keeping our Boreal Forests healthy is important to our life style, the animal life, our well-being and economy. Good forest management is pivotal to the success of the healthy trees now and in decades to come.

By working together, residents of the Bragg Creek can tackle this infestation before the worms do significant damage to our forests and our property values. Consider sending an email to Councilor Mark Kamachi as well as our MLA Miranda Rosin, also you can "Report a Problem for Pest Control" to Rockyview County Website to let them all know how important this issue is to you and our community.

submitted by Kym Binns

Endnotes:

1. Referenced from Healthy Forest Partnership
2. Referenced from Healthy Forest Partnership
3. Referenced from U of BC Thesis and Dissertations
4. (Refer to The Redwood Meadows Website: Spruce Bud Worm)

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Springbank Off-Stream Reservoir Update (SR1)

The National Resources Conservation Board (NRCB) hearing concluded on April 7, 2021. The hearing was a 12 day process in which local residents received intervener status under the SR1 Concerned Landowners Group (“SCLG”). A summary of learnings is below, with more to come next month:

1. MC1 is vastly superior for flood mitigation for ALL communities: Alberta Transportation (AT) told us MC1 and SR1 were equal because they could hold the same “volume” of water: 77 million cubic meters (m³). However, they never showed us a comparison of water flow rates. They admitted at the hearing that “it is the peak, you know, that is the most important when it comes to flood damages.” A comparison between MC1 and SR1, using rates from AT documents, showed that MC1 is a superior flood mitigation tool up to a 1:1000 year flood and for all communities along the Elbow River. MC1 is so much better at managing flood, using comparison of rates, that no one below it would experience a flood similar to that of 2013!

2. MC1 can save Bragg Creek and Redwood Meadows in a flood greater than 2013: The new Bragg Creek berms are designed to 1:100 level of flood (990m³/s). From the design report

(RVC website): “System integrity could be compromised should a flood larger than the 1:100 design standard occur.” The 2013 flood was 1,150 cubic meters per second (m³/s) at Bragg Creek. MC1, in conjunction with the new berms at Bragg Creek, would protect Bragg Creek from floods up to 1,900 cubic meters/second (m³/s), equivalent to a 1:1000 year flood, by reducing river rates to 830m³/s, a rate that would safely pass the berms.

3. SR1 Creates Unequal Outcomes: The SR1 intake, located at Kamp Kiwanis, is designed to “take the top off” a flood, up to a maximum of 600m³/s, which will be diverted into the 2000 acre reservoir in Springbank. This means that in a 2013 flood, with flow rates downstream of Bragg Creek of 1,240m³/s, at least 640m³/s will still pass by SR1 and downstream (equivalent to a 50 or 75 year flood). At these levels, even with SR1, houses, golf courses and roads in Rocky View County will still flood. The entire goal of SR1 is to keep flow rates below the Glenmore Reservoir to 160m³/s. So, those communities receive protection from a 1:200 flood like 2013 and we don’t. Anyone recall being told this? At the hearing, they acknowledged this inequity but went so far as to say that is what these people get for “living near the river”. MC1 would reduce river levels to 212m³/s in a 2013 flood scenario, which is 1/3 the flow of SR1!

It is also important to note there are also new disaster recovery limits that will impact RVC residents: one time cap of \$500,000 for landowners for flood damage while municipalities are now responsible for 10% of the disaster costs in their municipalities. This is problematic for our western communities that remain exposed to flood and fire risks. For more information, go to: alberta.ca/disaster-assistance-and-recovery-support.aspx.

If you are interested in reading the independent expert reports and the final argument of the SCLG, visit springbankcommunity.com and click on SR1 Update.

On another note, we are excited to partner with Springbank Community High School students to fundraise for new equipment for the technology and robotics lab along with new programs in our community. Our raffle begins in May with a final draw on June 18. Visit springbankcommunity.com for more information and to purchase tickets (\$20 each)!

Karin Hunter
President, Springbank Community Association



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Cochrane & Area HUMANE SOCIETY



The Liberals tabled their first budget in two years, and it was certainly not worth the wait.

Canada is overdrawn, yet Trudeau presented a deficit of more than \$350 billion and \$100 billion in new spending this year. This is not stimulus spending focused on creating jobs an attempt to entice Canadians with pork-barrel economics, only to become bound by a new vow to Canadians: 'til debt do us part.

We must accept fact and ignore the political rhetoric.

By next year, Trudeau will have added more debt than all previous Prime Ministers in Canadian history combined. Let that sink in.

Trudeau's Liberals are mortgaging our children's and grandchildren's future with irresponsible spending and the burden of debt. It resembles more of a costly courtship for his re-election, not a plan for recovery.

We must not forget; this debt belongs to all of us so long as our country remains in political matrimony with the Liberals.

Sending the national debt to \$1.5 trillion over the next five years is not the proposal Canadians want right now. They want a plan towards recovery, a plan to re-open our economy and get Canadians back to work.

Canadians are exhausted and mentally drained because of isolation, business closure and financial hardship.

This cannot be the new normal, Canadians need hope this will end.

Instead of a plan for recovery in the budget the Liberals failed to table a clear strategy to end these lockdowns safely and permanently.

They failed to provide vaccines forcing extended restrictions and quarantines.

The budget should have included a clear strategy for the safe and permanent end

of lockdowns and hotel quarantines; a role for Alberta energy in Canada's economic recovery and environmental sustainability; exemption of farm fuels from the carbon tax to support Canadian agriculture; a plan to end unsustainable spending; a viable opioid and mental health strategy; and expansion of access for rural communities for broadband internet.

Even the \$30 billion committed to childcare is based on a 50/50 split with the provinces and territories. Provinces, like Alberta, have been decimated by the pandemic and will not have the resources to participate. In addition, it will only be available for government regulated childcare.

In 2006 the Conservative government introduced the Universal Child Care Benefit because parents know better than bureaucrats what is best for their families. Canadian families do not need an Ottawa-knows-best, one-size-fits-all childcare system.

The Liberals have promised a national childcare plan for decades and have never followed through. Without support from the provinces and territories this will be another broken promise by the Liberal government.

The Liberals botched the Canada Student Service Grant program as it was enveloped in scandal and backroom deals with the WE Charity. They failed on CEBA by disqualifying small businesses who needed the loan most because of unnecessary regulatory requirements.

The Auditor General released its 'pandemic preparedness' report and found failures in early warning, surveillance, risk

assessments, data-sharing with the provinces, and follow-up on Canadian travelers who were ordered into quarantine. Another failed Liberal program.

Trudeau's Liberals have failed in procuring and distributing vaccines, rapid and home-based tests. The Liberal government has been incompetent on almost every front and Canadians are suffering.

Canada was presented with a 700-page document of a Liberal 'opportunities' budget with no fiscal anchors or plan to dig Canada out of this fiscal abyss. These Liberal opportunities will add \$330 billion to our national debt over the next five years which will cost \$40 billion annually just to service the new Liberal debt.

Canadians wanted a plan to re-open our businesses, get Canadians back to work and rebuild our economy. Instead the Liberals have surpassed \$1.4 trillion in debt and now each and every Canadian is saddled with \$33,000 in their share of the national debt.

Canada's Conservatives successfully navigated our country through the last global recession and Canadians know we can do so again.

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Wealth Building For Women: Part One

Today we start a two-part series on women and finance.

Women today are playing financial catch-up and they're winning. Whether young and starting their first jobs; re-entering the job market; or recently widowed, women are starting to prepare for their first entry into the world of investments, insurance and taxes. They're learning that if they want to travel the road to financial security, they had better learn to map the trip themselves.

Why is financial independence so important? Unfortunately, most women still leave the investing responsibilities to their spouse/partner, or even worse, face a crisis before they start taking the reins, leaving them unprepared to handle their financial affairs. According to a Business Week article "Ninety percent of all women, either through divorce, widowhood, or because they have never married, will be in charge of their own finances at some point in their life."

Women are in a unique financial situation. They usually earn less and live longer than men. In addition, they haven't been taught to take control of their money. Women typically make 60% to 80% of what men earn to do the same job, take more time off to raise a family, which cuts into their pension savings, and on average live seven (7) years longer than men. For women, this makes taking control of their financial situation even more essential.

Mistakes some women make in their approach to managing money:

1. "I don't know where to begin," is a common theme that I hear all too often. A number of women, especially those in their 50s and older, never learned about money. Many are not successful with their financial planning because of outright terror of money topics and the mistaken impression that 'everyone knows more than I do.'

2. The "Prince Charming" Myth. Historically, women have tended

to abdicate responsibility to their husbands, a male family member, etc. They do this as opposed to taking responsibility for their finances by seeking professional financial advice.

3. Women tend to be savers, less willing to take risks. Men invest to grow their principal; women, on the other-hand, invest to protect it. As a result, they often don't get the kind of returns they need to build wealth. There is some good news though: Once women start investing, they tend to trade less than men and consequently may earn higher returns.

A man typically buys life insurance to protect his family, replace lost income if he dies, and provide for his own retirement security. Life insurance pays off mortgages, funds college educations if the income earner can't be there, and guarantees that the spouse won't have to sell the home or otherwise suffer a

severe drop in standard of living. The decision to purchase insurance reflects a commitment to family and the need to meet other financial responsibilities.

Why do women buy life insurance? For those very same reasons! Life insurance has always been one of the most cost-effective ways for men and women to protect their loved ones in the event that anything should happen to them — as well as provide for their own futures.

But there is a problem. Historically, women were almost never adequately insured. Women are listed as the life insured on just 29 percent of policies purchased. More telling: Coverage on women accounted for just 15 percent of the total dollar amount of protection.

In Next Month's Issue

Next month we will cover ten steps that women can use to build wealth.

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

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

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So You Think You've Found An Orphaned Animal: What Next?

It's that time of year when young wildlife begins to emerge, and there is nothing more heartwarming than to see a new fawn or baby hare, but they need to be left alone, except in very rare instances.

When young fawns and baby hares (jackrabbits) are born, they have no scent, so they are better camouflaged from predators. The mother will leave her young alone throughout the day deliberately, returning only to quickly feed them, so she does not attract predators to their location. Hares are born fully furred and with their eyes open. Within a day of being born, they are able to move around on their own easily. If you find fawns or baby hares alone and uninjured, don't worry! It is perfectly normal.

Does will naturally move their young if they sense danger, so natural predators in the area like coyotes are no reason to move fawns, they are naturally camouflaged by being scentless and remaining still.

If you are unsure if a young animal needs help, please call us before intervening! *Don't become an accidental kidnapper!*

Myth-Busting

Mother deer and hares will not reject their young if there is human scent on

them. All too often, perfectly healthy wildlife are mistakenly thought to be orphaned, when in fact their mother is still caring for them.

What You Can Do

If you find a baby hare in the road, in a window well, or accessible to potential threats (e.g., domestic dogs or cats), it is okay to pick them up and put them in a safe spot close to where you found them.

Leave any fawns exactly where you found them unless they are directly in harm's way (e.g., near a busy road).

If you pick up a baby hare or fawn and are worried your scent will attract predators (such as cats and dogs), you can gently

rub them with grass to remove some of your scent.

Signs a wild animal needs help:

- They are obviously injured
- The mother is confirmed deceased
- They have not been cared for in over 24 hours and are crying out.

Are you interested in learning more about the Bragg Creek Wild Country? Email bcawcorridor@gmail.com or call 403.200.9901

Have questions concerning injured or orphaned wildlife? Call the Wildlife Hotline: 403-946-2361.

Source: Alberta Institute for Wildlife Conservation

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



Happy Spring! For those residents that called with questions regarding the CMRB, the ASP's and the MDP – thank you! I'm always so grateful to have meaningful conversations with those that are seeking clarity! So, what is happening....

CMRB: Calgary Metropolitan Regional Board. Minister McIver has granted an extension for the final plan until June. This extension, while not ideal, has afforded the member municipalities to conduct more public engagement. There is also a survey that residents can complete.

The 3 rural municipalities have all written strong letters opposing the adoption of the final plan. Why? Because there is nothing in the plan that benefits any of the rurals (Wheatland; Foothills and Rocky View County). Foothills County has posted a great YouTube video explaining why this deal is bad for Foothills – the same applies across the board for Rocky View & Wheatland. We will, should this plan be adopted, become nothing more than a land bank for our urban neighbours and Calgary will control all development within the region.

Here is a link to the Foothill Video:

www.youtube.com/watch?v=XfHQ5bx4LA0

Springbank ASP's: The final ASP's are packaged up and can be found here: www.rockyview.ca/SpringbankASP

I did receive some question regarding why two plans? The rationale was twofold, South Springbank, other than the highway corridor & RR 33 by Calaway Park, will largely stay the same, develop in similar form, with infill development – but primarily Country Residential. North Springbank has the potential to develop a bit differently because of site influences, including the Highway Corridor; Harmony; Bingham; Edge School; Commercial Court and Mountain View Trail commercial development. In addition, North Springbank, also has the potential to have future development serviced by the Harmony Water utility for water and waste water.

All that said, the CMRB has the final say, so our plan for the next 20/30 years will be decided by Calgary.

MPD: Municipal Development Plan. This is a higher-level statutory document that guides development for the whole County. When there is no adopted Conceptual Scheme or ASP, the County uses the MDP as a general development guide to ensure compliance. This document has been adopted by Council and has gone to the CMRB for approval. As with the ASP's, it will be Calgary that decides if the plan has merit.

One of the questions I received regarding the CMRB was "can't we appeal" if the CMRB (or Calgary) makes a decision that is unfavorable to RVC. The answer is no, there is absolutely no appeal mechanism. This is one of the many flaws with the plan, but this is a substantial one.

Finally, I just want to close on a positive note and bid a fond farewell to Mr. John Rop, General Manager of the Springbank

Park for All Seasons. I have come to know John even better through my involvement on the Park board. He is dedicated to the betterment of this community, at the park and beyond. He is a long-time resident of Division 2 and I wish him and Arlene nothing but the best as they move into the next chapter of their lives, retirement! John, thank you from the bottom of my heart for your service at the Park (and previously at RVC).

Please call me if you have any questions at all, I'm always happy to have a conversation!

Kim McKylor,
Deputy Reeve Division 2 Councillor
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BUSINESS PROFILE:

Sherri Olsen, Realtor

What Is The Value Of Home?

Thank you Lowell for allowing this short article of introduction to my new 'hat' of being a real estate agent in Bragg Creek and area. This career option has been on my potential career list since I was twenty years old.

I have bought and sold houses of my own, built a new house, and have even renovated a log cabin! I have studied real estate investing, and have loved researching real estate while vacationing all my life. I talk about real estate, research it, and dream about it. I have finally made this interest my new profession and I look forward to assisting folks in finding their 'home'.

What is Home?

I hope home is your sweet spot. The place that makes you smile within, where you contentedly exhale when you walk in after a long day. The place you feel safe, secure, and enjoy, even if it has its quirks.

After a travelling adventure; don't we all look forward to our own bed in our own home?

Home is where we raise our kids, make memories, and create our lives.

Home is that great neighbour and community you love.

What features in a house do you prefer? Create your top ten list, then narrow to five.

After being 'home'-less for a period of time during a renovation in Bragg Creek, I was reminded anew of the importance of home. Home is a place like no other. I can help you to sort out what checks your "happy factor" boxes for your next home. Then you can take a trial run of Bragg Creek by staying in one of my rental cabins for a weekend while we go home shopping.

I hope this little note inspires you to call me for your real estate needs.

P.S.

For those that like the facts! Here's a top 10 buying list:

1. Location
2. Schools
3. Walkability
4. House position on the lot
5. Crime statistics
6. Neighbourhood character
7. Don't be the best house in the area
8. Understand what you are buying (ie, handyman special)
9. Long term value
10. Taxes, dues and fees, ie, costs of owning the home

I have noticed in my twenty five years of experience in coaching clients in their life/work dilemmas is that we de-value emotional decisions, yet we actually make more of them than not. So accept then that homes are an emotional purchase balanced by knowing and weighing the facts, too. Know your top five criteria and go from there. I can help you with all this and much more!



There's a new kid in town!

Ok, so I'm not new (Bragg Creek resident 5 years) and I guess only a kid at heart! It would be my pleasure to assist you with your real estate needs. Call or email today to start the conversation!

Sherri Olsen

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BRAGG CREEK HISTORICAL SOCIETY
Notes

Those Were the Days

Many Creekers and townsfolk still reminisce about fond memories of the Bar-B-Q Steak Pit. Opening in 1961, it was the first restaurant in Bragg Creek and the inspiration of an enterprising young man named Gordon (Gordie) Shoults. Over the years, it hosted many celebrities and because both Gordon and Joyce Kelly were active musicians, live music with local talent was a feature on the weekends from the late 60s through to its closing in

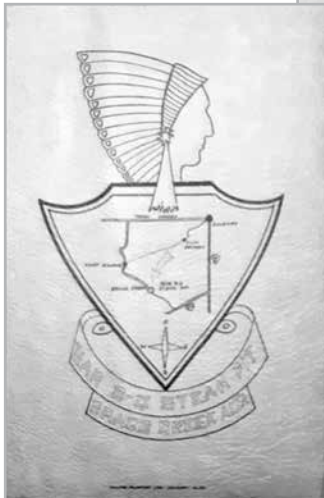
2013. Other restaurants materialized, but it was the Steak Pit in Bragg Creek that stood the test of time. Not only a destination hub for tourists, it was a centre of commerce, and a long-time employer for the area. Gordie's vision epitomized Bragg Creek's artistic and natural character for over 50 years. The Steak Pit was demolished and the land has since been donated for Seniors Housing.

Submitted by Michele McDonald

Photos, early 1960s, courtesy of Drinda Rainville



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| TOP CUT NEW YORK SIRLOINS | |
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| 12 oz. | 3.65 |
| 16 oz. | 4.25 |
| FAMILY SIRLOIN SPECIAL | |
| Large Steak, approx. 36 oz. to feed up to 4 people | 8.50 |
| CHEF'S SALAD | |
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| FILET MIGNON | |
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| BAR-B-Q STEAK | |
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Mountie Moments

On April 14th, Staff Sgt. Laura Akitt of the Turner Valley detachment commenced a new personal initiative in an effort to increase community engagement since some forms of her usual methods of communication with the community have been impacted by COVID-19. She calls this new compact report “Mountie Moments”.

Her first issue included: 1) a bar graph of offenses committed the previous week (April 5-11) broken out by type of offense and region. The regions were: Foothills County, Turner Valley, Black Diamond, Longview and Eden Valley.

This was followed by a “What Went on Last Week” section wherein she described one of the offenses – a suspicious vehicle that was stopped and resulted in a drug bust with charges laid.

The last section was a personal message from Sgt. Akitt wherein she encouraged residents to contact her at KFootHillsEngagement@rcmp-grc.gc.ca with any concerns or questions. “I encourage everyone to take advantage of

this e-mail address. If you have a general policing questions please send it to me and if it is something that I believe everyone could benefit from I will share it with my response.”

“My goal is to weekly compile the STATS from each previous week and submit this information, as well as a highlight section outlining important information or investigations which are relevant to the county and communities.”

At the time of writing, we at HCRCWA are in the process of determining the best method of getting this valuable information out to our members. It might be via fanout, posting to our Facebook page, or something else.

This type of information is something that I personally find very useful and fully endorse. As not only a HCRCWA executive, but also as a general member of our community, I find it very helpful to know the extent and type of criminal activity prevalent. While we should always be vigilant, it is useful to know what is going on around us (even if it were nothing) so that we can adjust our level of security and watchfulness to meet the situation, since, as the more diligent of you are aware, combating personal crime can be a time-consuming and sometimes expensive proposition. We have to lock everything up every night or every time we go away for even an hour or more. We install gates, lighting (motion sensor or other), security cameras and

other measures to ensure our safety and security. To know the level of a threat allows us to appropriately adjust our time and dollars spent to the situation we are facing.

Changing the subject a little bit, for those of you who access the RCMP crime map: rcmp-k-div.maps.arcgis.com/apps/webappviewer/index, there was an issue with logging in where you needed an ArcGIS account instead of the usual ticking off of the compliance box. This has now been fixed and the box tick is once again the method of access.

In another initiative from Suzanne Oel, President of HCRCWA, Foothills County will now issue tax receipts for donations to the HCRCWA. Cheques will have to be written to Foothill County with specific directions to support the HCRCWA. This is in response to some anonymous or otherwise donations the HCRCWA has received from individuals or companies.

HCRCWA’s budget is in the neighbourhood of \$1,500/year. We are a non-profit, totally volunteer organization and our annual costs are related to a mailbox, website, email upgrades and telephone program for fanouts, provincial Crime Watch membership, signs, and some other minor costs related to running the HCRCWA. These generous donations, including the significant donation from TC Energy have allowed membership



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to be free of charge to all HCRCWA members for a number of years now.

As a historical point of note, we held our first Zoom HCRCWA annual meeting on Saturday, March 6. Normally this meeting is held at the Priddis Hall but COVID-19 had other ideas this year. We had a number of people participate,

which was good to see as, in addition to the usual business items handled at an annual meeting, we had presentations by Staff Sgt. Laura Akitt and Darlene Roblin, Foothills Emergency Services Manager.

*Submitted by Dave Schroeder
HCRCWA Board Member*

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by Jennifer Gordon

BSc. PT, GunnIMS, AFCI

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

Neck and shoulder pain are intimately related. People may experience shoulder pain when they really have a neck problem and conversely, neck pain may mask a shoulder problem. Neck and shoulder pain so commonly overlap that some refer to it as 'schneck pain'!

Muscle attachments, nerve pathways, body mechanics, and posture all play a role in how the neck and shoulder are related. Many muscles attach from the shoulder blade to the cervical vertebrae. As we move our neck in various positions we rely on the shoulder blade, collarbone and upper rib muscle attachments to help stabilize, so our neck has a solid base to move upon. Nerves from our neck region supply motor (movement) and sensory function to our shoulder region and arms. A dysfunction in the neck, caused by trauma, poor posture, or arthritic conditions, may cause radiating pain to the shoulder or arm. This is called 'referred pain'. Referred pain is pain perceived at a location other than the original painful stimulus. The most common theory of this phenomenon is that strong pain messages running along nerves may excite or overwhelm adjacent nerves, causing pain to be felt where that series of nerves innervate. A

common example of referred pain is the left arm pain experienced during a heart attack. Another interesting one is the gall bladder attack that manifests itself in the shoulder, typically the right shoulder. Even though the gall bladder is located in the abdomen, people may experience an onset of pain in the shoulder. Isn't the body a wonderful mystery?

The shoulder is a ball and socket joint consisting of the shoulder blade (scapula) the humerus (upper arm bone) and the collarbone. A large range of motion occurs at this joint, making it susceptible to injury. Shoulder pain may stem from tendonopathies, muscle strains, fractures, dislocations, joint instabilities, frozen shoulder, or pinched nerves. A pinched nerve may originate in the neck and cause pain in the structures that nerve innervates down the arm. Or, a peripheral nerve may be locally damaged by a traction or compression injury. A traction injury may occur in sports, such as the "stinger" in football or hockey where the shoulder gets suddenly pushed downward and causes pain, tingling or numbness down the arm. A compression injury, such as the Saturday Night Palsy (aka Radial Neuropathy), may occur if you fall asleep slumped over a chair and wake up without the use of your arm. (flashback University days!)

When is the shoulder the likely culprit? Most often shoulder pain stems from injury, wear and tear to the rotator cuff muscles. This may be a gradual or sudden onset of symptoms. Often pain develops locally in the shoulder or upper arm, is dull and aching with pain upon movement. Pain may radiate into the

upper arm, but not often past the elbow, pain may persist at night and may be eased when you rest your arm.

When is the neck the likely culprit? Again, pain may be gradual or sudden onset depending on the mechanism of injury. Often pain develops in your shoulder blade or sides of the neck, it is often sharp, stabbing, burning or tingling that may radiate down your arm past your elbow or even your hand. This pain may persist at rest or be aggravated with neck movements or overhead arm movements. Pain may be relieved with neck support or a correction of your posture.

A thorough examination is important to determine the cause of your neck or shoulder pain. A physical therapy examination will assess your posture, neck and shoulder range of motion, strength, body mechanics, muscle imbalances (what is tight, what is weak), specific joint mobility and nerve tension tests. Treatments may involve manual therapy to target tight muscles and joint dysfunctions, posture correction, modalities such as ultrasound or acupuncture to speed healing, and of course exercises to help you restore optimal body mechanics. Avoid self diagnosing this complex region of intimately connected muscles, nerves and pain pathways! We are here to help get you back on track. The physiotherapists at Bragg Creek Physiotherapy have treated many shoulder injuries, as it is a very common issue that typically doesn't resolve on its own. If you have been dealing with a stubborn injury, there is no time like the present. We'd be happy to help you on your way to recovery.

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Spring Time?

by Pastor Dave Zimmerman
www.braggcreekchurch.ca



It's that time again of mixed emotions: You feel it's spring one day then... well... you know. It kind of feels like that has been life this whole past year, a day of optimism then... well... you know. With "pretend spring" comes thoughts of planting. Last year I planted a batch of seeds in the sun room and I was so excited I actually got tomatoes. Not a lot of them, but with my lack of green thumb skills, even just growing one is a huge win for me. I was impressed how large the plants grew, I had to put cages around them for support, I snipped off those runaway vines that wouldn't produce, I took them outdoors, fed them yummy food and I might have even whispered kind words to them when no one was looking. There is something both satisfying and depressing at how much care is required to get a handful

of delicious tomatoes. There is so much work and without the supports, feeding, and pruning, nothing would come of it. Many times we approach our lives exactly the opposite, with little or no care given to the most important parts. In John 15:1-8 Jesus talks about how He is the vine and His Father is the gardener. He talks about being attached to the vine for growth and about pruning and about snipping off non producing vines. His teaching wasn't that difficult to understand, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing..." (verse 5) I think today we consider being tied into anything or given support/structure as restrictive. In the past, freedom was tied to purpose, a flourishing in ones vocation or gifts given by God (or the gods), so discipline and pruning were welcomed. Today we see those words as limiting and punitive rather than restorative and redemptive. I need to say, discipline isn't my favorite word either, waking up at set times, making your bed, combing your hair (if you have some), brushing your teeth (if you have them), exercising... All these can feel limiting or create discomfort in the short term, but they are practices/disciplines that set a path for long term flourishing. We have

experienced a lot of different practices and disciplines this past year and before you make assumptions as to where I'm going next please let me stop you. I'm a pastor, my job is to point everyone as best I can to Jesus as a source of life, salvation and hope, I'm not here to make judgments on rightness or wrongness of the approaches, whether they set us up for future flourishing or failure or both. But what I do know is we've all been cut, whether cut off or cut back. We have all experienced the discomfort of the blade (garden pruners). So the real challenge I want to continue to make is don't let this discomfort go to waste. There have been things in our life that have been cut away that need to stay that way, they weren't healthy and we didn't need them. There are things in our life that have been strengthened that we need to allow to bear fruit. Let take the time to ask God to illuminate these areas in our life so the pain and discomfort we have all felt isn't just endured as we get past it, but embraced as we are strengthened by it. And in all things, remain in Jesus.

If you'd like to know more about what a life with Jesus looks like I'd be happy to have more conversations.

*'Til next time,
Dave*

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Bragg Creek Centre

Hello Creekers!

This month we will be rolling out some new workshops such as Keeping Backyard Chickens, Patio Pot Design, Vermicomposting (composting with worms) and for the kids, Birdhouse Building. Visit our brand new website for details.

Bragg Creek's first Community Garden will open June 5th.

Why a Community Garden?

Community gardens are well known for providing space for community members to grow fresh, healthy food close to home. By getting involved in community gardens, people spend more time outdoors, interact more with neighbours, meet new friends, and experience improvements in their mental and physical health.

Community Gardens:

- provide access to fresh, safe, affordable food

- help to relieve stress and increase a sense of wellness
 - get people active, which improves overall physical health
 - give people an opportunity to learn and share knowledge
 - provide inclusive social opportunities that build a sense of community and belonging
 - create an opportunity to identify community assets and to build networks
- The garden will include rental beds (some are wheelchair accessible), a learning garden, an herb spiral, a pollinator garden and donation beds. If you are interested in joining our community garden or want to volunteer, email program@braggcreekca.com.

Bragg Creek Farmers Market - Sundays June 20 - September 26 | 9 am - 2 pm

The Bragg Creek Farmers Market will quickly become a favorite part of your weekend routine. With locally grown, handmade and home baked goods there is sure to be something for everyone. We are excited for you to come meet your local growers, makers and artisans.

Have you used the Satellite Library yet?

Residents in Bragg Creek and area have access to Library Lending Lockers offering residents convenient self-service holds pick-up, browsing, and returns.

With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers. Instructions on using the lockers are available online at www.braggcreeklibrary.ca.

Don't have a TRAC Library Card? Just fill out the online registration form at www.braggcreeklibrary.ca.... easy!

Summer Camp
Registration is

open for Nature Adventures Summer Camp with Rediscover Play! Running 8 weeks; July 12th thru August 30th; children ages 5 - 12 years will learn bushcraft, wilderness survival skills and creative play through outdoor exploration. Each week will have a theme. Spots are filling up quick so don't wait, register now! Register: www.braggcreekca.com. Email: info@braggcreekca.com for information

MYC

New to Bragg Creek - Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children.

MYC is excited to begin Fall 2021 Registrations! Please email msrobinmyc@gmail.com to find out more about our MYC Group Piano Classes or to set up a 'Meet and Greet' with Ms. Robin. We are now booking meet & greets for the week of May 10th!

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support

If you are a family or individual needing emergency food support please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403.949.4277. All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts?

Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission - to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations.

Our office is open Monday - Friday 9am - 5pm. Call 403.949.4277, email: info@braggcreekca.com or visit us at www.braggcreekca.com for news and updates.

Take good care Creekers!
Christine Pollard
Program and Events Manager

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**Use Your Head:
Wear A Helmet!**

*from Redwood Meadows
Emergency Services*

Each year, more than 700,000 people in Canada suffer from bicycle-related injuries that require hospital emergency room treatment and hundreds of children die from bicycle-related injuries.

A helmet is the single most effective way to help reduce head injury and death from bicycle crashes. Helmets have been shown to reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%. Approximately 75% of bicycle-related fatalities could have been prevented by wearing a properly fitted helmet. Here's some helmet safety tips:

1. Helmets are for everyone. Adults should also wear a helmet for every ride. Children learn from watching you, so model proper behavior!
2. Adults and children should wear a helmet for all wheeled-sports activities.
3. When skateboarding or long boarding, your child should wear a skateboarding helmet.
4. When it is time to purchase a new helmet, let your children pick out their own; they will be more likely to wear them for every ride.
5. Helmets should sit comfortably on the head all the way around, sitting level and stable enough to stay in place during violent shakes or hard blows.
6. Rest the helmet level on the head, not tilted.
7. Make sure the straps of the helmet form a "V" under the ears when buckled.
8. Have the strap underneath the chin fit comfortably snug.
9. Secure the helmet to the point that twisting and tugging cannot remove it.
10. Always replace a helmet after a crash. Damages may not be visible, but the foam can lose its integrity.



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How Do You Know If You Are Tasting A “Good” Wine?

Obviously, personal preferences play a role. The same can be said about arts and food. Still, a few notions of wine tasting go a long way in understanding what you are tasting and sorting out the good from the bad, and the ugly.

At its basics, a yummy wine is a wine that tastes like “it should”, is “in balance”, and has a “long” finish without any undesirable aftertaste. A good wine can be “simple” or “complex”, old or young, dry or sweet, fruity or earthy. It does not matter.

If you taste a cabernet sauvignon, you expect it to taste like a cabernet sauvignon, right? The wine will be bold, dry, mouth-filling, with lots of dark fruits such as plum and cassis, with hints of mint or green leaves. If aged in barrels, the wine will develop additional aromatics such as oak, vanilla, perhaps chocolate, or tobacco. Meanwhile, a sauvignon blanc will be medium to full bodied, fresh, crisp, high in acidity, and flavourful. It will exude aromatics associated with gooseberries, fresh-cut grass, grapefruit or pineapple. It may even give you a tantalizing whiff of “cat pee”, signature aromatics of the grape.

A cabernet sauvignon or a sauvignon blanc that smell and taste as described above are deemed “true to varieties,” meaning they taste “as it should”. Sure, your wine might not have all the flavours, but, if most of them are there and your wine is “in balance,” then you have good wine in hand. Unfortunately, the only way to know if a wine is true to varieties is through experience gained through mindful, guided tastings supported by prior knowledge of what

a merlot or a pinot gris should taste like, then looking for those characteristics in your glass. Practice is key.

The notion of “balance” refers to the idea that all aspects of the wine are in proportion, creating a pleasant whole. For example, a cabernet sauvignon will be in balance if it is not too tannic or too acidic; too sweet or too astringent. Hitting that perfect balance is the “holy grail” of wine producers. That mysterious interplay of flavours, textures and aromatics that can exalt you into mind-altering moments -- such as the ones experienced by Miles

in the movie *Sideways* (although I thought he was a bit over the top).

How do you know if you are tasting a wine that is in balance? Easy - the wine will be pleasant, luring you into having another sip because it’s that good. That’s it! Trust your guts on that one. Just as you would when tasting a dish - say a stew. The stew will be in balance if it is not too salty, or fatty, or bland.

OK, two final points. A long finish in wine refers to the lingering of pleasant flavours and textures on the palate. If it lasts more than a few seconds, the wine has a “long finish”. You will know if your wine has a “short finish” if the end is “watery” and quickly vanishes into “boringness”. Finally, the off aromatics and flavours are obvious to all. Say, if the wine smells flat, overly earthy, it is oxidized. If it smells like an old, wet cardboard box, it is cork tainted. Happens to the best of them.

An OK \$10 wine can be found, but



A few economical and mid-range suggestions for you:

White

- Aveleda Fonte, Vinho Verde, Portugal, sku 898791, \$13
- Gray Monk, Pinot Blanc, VQA Okanagan, Canada, sku 829380, \$16
- Errazurix Estate, Sauvignon Blanc, Chile, sku 286385, \$16
- Yves Cuilleron, VDP Marsanne, France, sku 7331995, \$30

Red

- Jose de Sousa, Tinto Velho, Portugal, sku 396689, \$16
- Carmen, Gran Reserva, Cabernet Sauvignon, Chile, sku 358309, \$19
- Noble Ridge, Meritage, VQA Okanagan, Canada, sku 803854, \$25
- Chateaux des Jacques, Beaujolais, Moulin à Vent, France, sku 490284 \$33
- Avignonesi, VINO Nobile di Montepulciano, Italy, sku 413278 \$36

chances are they will taste simple and generic in character, like a can of tomato soup or a no-name block of cheese. Not bad, but not particularly memorable. Many of these wines are mass-produced and highly manipulated with additives to taste the same year over year. Still, there are regions known to produce good quality wines at reasonable prices thanks to their economy and perceived lack of value. The analogy that comes to mind for these wines is the dishes prepared in small quality independent cafes. Chile is one of those wine regions.

It has near-perfect growing conditions, and it produces international grapes such as cabernet sauvignon, merlot, chardonnay, and sauvignon blanc very well. Portugal, Greece, Argentina, and even Canada, offer similar deals.

I like simple, well-made wines for everyday drinking. And when I want to splurge and get more complexity, I buy a mid-range Italian or French wine of a lesser-known region. Not that I do not like more expensive wine but, budget is a consideration. Besides, if you pair your humble wine with the right food,

it will elevate your tasting experience in ways that will surprise you. And achieving these results is one of the Sommelier's favourite sports.

Cheers!



Renée Delorme
Sommelier

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Ride Dirt, Not Mud

Shoulder season! It's that time of the year again.... when we are all itching to get on our bikes or out for hikes. West Bragg Creek is currently in its



most sensitive time of year, when all the snow and ice is melting off the trails and making a LOT of mud.

The area is a few weeks out from being ready for summer use, and does not look like it does in Calgary right now (very icy, very muddy).

Please be patient! WBC riding and hiking season is just around the corner (but not here yet!).

Check out the Trail Conditions page on our web site to see when conditions improve.

Keep Calm and Be Prepared

WBC is home to grizzly and black bears, cougars and mountain lions. Follow a few simple rules on the trails to decrease your chance of a close encounter.

1. When travelling, make noise. The human voice is the best. Bear bells don't work.
2. Travel in a group, if possible.
3. Watch for bear signs on the trail.
4. Carry bear spray and know how to use it:

- Keep it easily accessible, NOT in your pack

- Slowly back away and stay as a group if approached
- Use spray only if bear approaches. Noise is still your first defence.
- Use at close range (4m or less is most effective)
- Aim at the bear's face and shoot quick bursts (2 seconds). You only get 6-8 bursts
- Calmly leave the area once the bear has been hazed away

Prepare for your day with these simple tips, grab your bear spray and if the worst happens, contact 911 for assistance, asking for KES (Kananaskis Emergency Services).

Super Spin Sisters!

Spin Sisters are now our two favourite "s" words! Spin Sisters Mountain Bike Club recently donated \$1950 to BCT. Spin Sisters is a progressive women-only mountain biking club that brings together adult (18+) riders of all abilities to enjoy the sport. Thank you Spin Sisters!

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Greater Bragg Creek FireSmart Committee Update

Wildfire Season began on March 1. The Greater Bragg Creek FireSmart Committee chatted with Rocky View County's Emergency Management Agency to learn more about wildfire evacuation plans for Bragg Creek. Here are some points from the Q&A:

1. How will residents be notified of an evacuation? What about visitors and outdoor enthusiasts?

Residents can sign up for the Safe and Sound emergency notification system to be the first to know about an emergency in the area. Sign up at www.rockyview.ca/safe-and-sound. Notifications go to cell phones, email or landlines.

In an emergency that poses an immediate risk to health and safety, the County will send out an alert using the Alberta Emergency Alert System, which can interrupt broadcasts and send alerts to all area cell phones.

When possible, evacuation crews will go door-to-door to notify residents. Information will be disseminated via local radio stations, County social media accounts, and the County website.

2. How do the emergency evacuation plans consider variability in potential locations of a fire, different notification timelines, and sets of evacuees?

The evacuation plan is broken down into evacuation zones so that evacuation crews can notify and evacuate only the affected zones. Where possible, authorities will first issue an Evacuation Alert. This alert tells you to start preparing for an imminent or possible future evacuation. If necessary, authorities will issue an Evacuation Order. This mandatory order requires people to leave a dangerous area within the timeframe given by emergency personnel.

3. What can residents do to be prepared?

Residents can go to www.rockyview.ca/emergency-preparedness. The County has a template that residents can use to build their own household emergency plan: www.rockyview.ca/Portals/0/Files/Emergency/Household-Emergency-Plan-Template.pdf

There is also a Household Emergency Guide with tips on what to do in an emergency. If you would like a physical copy of this guide, contact emergencymanagement@rockyview.ca.

Emergency Management offers 1-hour emergency preparedness presentations to community groups (emergencymanagement@rockyview.ca to request).

4. The bridge presents a potential bottleneck with everyone trying to funnel through the same roadway. There are similar choke points in neighbourhoods. How will traffic control be managed?

Under the Bragg Creek Evacuation Plan, the RCMP will have primary responsibility for implementation of evacuation operations, law enforcement and security, and traffic control. All other

agencies including Rocky View County Enforcement and Fire Services will be prepared to support the RCMP with evacuation operations.

In the event of an evacuation, the resources needed to keep routes open would be deployed, including Fire, EMS, Law Enforcement, and Public Works equipment.

5. Redwood Meadows Emergency Services provides first response to the Bragg Creek area. How does RMES fit into the evacuation planning?

RMES is a partner agency, supporting Rocky View County Fire Services in the Greater Bragg Creek area. The Community of Redwood Meadows is included in the RVC evacuation plan.

6. Are there plans to carry out an evacuation drill to test the plans?

We have a full-scale evacuation drill planned for November 5, 2021 to test the plans. It is a joint exercise with Tsuu t'ina Nation, Redwood Meadows, and Bragg Creek. During this event, evacuation crews will be going door-to-door to evaluate the efficiencies of the plan and the time it will take. We will have a mock emergency reception center, incident command post, and emergency coordination center and will practice going through our evacuation plan from start to finish. There will also be a virtual evacuation exercise on April 15, 2021.

FireSmart Canada has a Last-Minute Checklist to protect your home from wildfire. Check it out at firesmartcanada.ca/wp-content/uploads/2019/10/FireSmartCanada_Wildfire_Evac_Checklist_update.pdf.



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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Announcement for Division 4 and Highway 22 Travellers: MLA Miranda Rosin shared the good news in April that the Priddis Bridge is included in the 2021 Provincial Capital Plan, to the tune of \$11.1 M. The County has noted this as our top Alberta Transportation priority and have been lobbying persistently for over 10 years. We are very grateful to see this project move to the funded list. This bridge is located along Highway 22 at the intersection of Priddis Valley Road, where widening and improvements will be done in order to create a safer flow of traffic near the main access to the Hamlet of Priddis. This major route has seen a lot of concerning incidents and traffic increase. We look forward to a solution to these concerns and hearing more about the project soon. Many

thanks to Alberta Transportation and our MLA Rosin for coming through for us on this!

Foothills County Northwest Wildfire Mitigation Strategy: On April 14, 2021, Council adopted the new Northwest Wildfire Mitigation Strategy developed by the Foothills County Fire Department. This Strategy was developed to provide practical and operational wildland/urban interface risk mitigation strategies to reduce the threat of wildfire to development. The planning area includes lands within the northwest corner of Foothills County, east of the Forest Reserve boundary, south of the Tsuu T'ina Nation, west of Highway 22 and north of Highway 546. The area includes mostly private lands with some municipal and provincial lands. Results from the wildfire hazard and risk assessment indicate that there is potential for intense wildfire behaviour with the highest hazard to structures with combustible exterior materials without adequate clearance from wildland fuels. The study shows that the majority of Moderate-High/Extreme wildfire risk would affect developed areas that are privately-owned. Therefore, the highest priority of suggested action is that vegetation management be conducted by residents on their private properties. The Foothills Fire Department is planning various activities and, along with County Councillors, will host a meeting with residents to provide a full explanation of this report and information about taking FireSmart action on properties. More information TBA. Meanwhile, you can read the report linked on our website: www.mdfoothills.com/residents/protective_services/fire_department.html

New Foothills County Fireworks Bylaw & Public Engagement: Also on April 14, 2021, Council gave first reading to a Fireworks Bylaw. Next up, the County will ask for your input on the Bylaw through online engagement, which will be open for four weeks. Check out our website for more information. While the fire code is in place guiding the use of fireworks, the County did not previously have a Bylaw to match. This Bylaw would allow us to enforce through the use of fines, for example,

against fireworks being set off during a fire ban. To make it easier to obtain a permit for the use of fireworks, we have created an online system to obtain permits. This is similar to our online Burn Permit system. There are no fees to obtain either a Burn Permit or a Fireworks Permit.

Land Use Bylaw Review - Invitation to Participate: Just a reminder that our online engagement is still open for you to provide comment on a few areas we have opened up for review of our Land Use Bylaw. Our Public Hearing on this is scheduled for June 2, 2021. The main topics are: Multiple-Use and Tenancy Change Permits, Abattoirs, Home-Based Business, plus a few other smaller proposed revisions. We open up our Land use Bylaw for updates often and welcome your input. Check out our website: www.mdfoothills.com/services/planning-and-development/municipal-plans/land-use-bylaw-review.html

The Calgary Metropolitan Region Board - Growth Plan Update: Thank you for your response to our Call-to-Action, which was highlighted in the April edition of the High Country News. We are grateful that many residents sent in letters and participated in the CMRB online engagement. Your strong support will help us fight for a fair deal for the rurals in this regional plan. During the month of May, the next step for the CMRB is to discuss the Growth Plan and vote on it. The online engagement initial results show that many respondents were concerned that this plan does not demonstrate a balanced approach. We hope there will be consideration given to the rural perspective and those who voiced their opinion. This Growth Plan is due to be sent to the Province for approval on June 1, 2021. Please check our website to access more information on this topic: www.mdfoothills.com/services/planning-and-development/calgary-metropolitan-region-board-.html

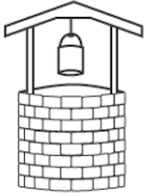
*Best Regards, Councillor Suzanne Oel
For Other News & Updates:
Please visit my website: suzanneoel.com
facebook.com/councillorSuzanneOel
Suzanne.Oel@FoothillsCountyAB.ca*



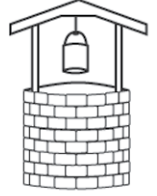
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| Water Softeners | Ion Resin Replacement & Control Valve service | Every 5 years | Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming |
| Iron/Sulphur Filters | 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 <i>(as per Alberta Environment)</i> | Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces |
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Happy Mother's Day!

With the current AHS restrictions, the Priddis Community Hall is closed until further notice. Please respect the current COVID-19 restrictions mandated by AHS for group gatherings and outdoor activities. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information – www.priddisalberta.com

Priddis Early Learning Program - PELP: The open house and registration night for the 2021/2022 school year is Tuesday, May 25 @ 7pm. It will be held on Zoom so anyone interested in attending should email pelppreschool@gmail.com so you can be added to the list. The meeting link will be sent to you the week before the meeting. If there are more students than spaces, a lottery will be held.

Our fundraiser is ongoing: Mabel's Labels – order labels to personalize your child's clothing, shoes, etc. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: campaigns.mabelslabels.com

Check out our website or email for more information, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Donation Boxes: Two donation boxes/vaults have been set up: one at the Priddis Community Association Hall by the playground and one over at the Tennis Courts. Any donations of cash will be gratefully accepted. These funds

will go towards completion of the rink reconstruction and resurfacing the tennis courts.

Tennis Courts: Tennis anyone? The nets are up at the Priddis tennis courts. Would you like to get together with other tennis players to start a ladder, set up a weekly tennis day, organize private or group lessons, or exchange contact information? Contact us at priddiscatennis@gmail.com. We would like to hear your ideas and get a group started. Please have a PCA membership if you are using the courts.

If you do not have a current membership, membership forms can be found on the PCA website under Memberships. For your convenience, payment can now be made online by e-transfer to: priddisassociationpayments@gmail.com. When paying online, please email a completed copy of the membership form to priddisassociationpayments@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store.

Business Memberships are also due, and e-transfers will also be accepted. If paying by e-transfer, submit your payment to priddisassociationpayments@gmail.com and email the completed Business Membership form to priddisassociationpayments@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store. Go to www.priddisalberta.com. How easy is that!

Stampede Breakfast: We may have a Stampede Breakfast at the Hall if AHS restrictions are lifted in June/July. It will not be the same format as in previous years as tickets will need to be pre-purchased. If you are interested in volunteering, please contact priddiscommunications@gmail.com

2021 Board of Directors: If you would like to get involved in our community, we still have a few board positions open for 2021: Communications Director and Priddis Young Families Director. If you can make a commitment of a few hours every month, please email priddissecretary@gmail.com. Make a difference in your community!

Priddis Library: The Priddis Library, located in the old schoolhouse, is open Tuesday and Fridays from 3-5pm, and the 1st and 3rd Saturday of the month from 10am to Noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Social distancing is being practiced between visitors. Your donations are greatly appreciated but we will not accept encyclopedias, textbooks, cookbooks, Readers Digest condensed books, or any books more than 20 years old. Many volunteers helped at the library over the years. Gerri has retired and we thank her for her time. She will be missed. Those continuing to run the library are Arlene, Carole, Sonya, and Barb. Thanks for volunteering your time to keep the library operational for the community.




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PCA Website: The Priddis Community Association website is getting a new look. You can still book the Hall/check availability, print off the Membership Forms and make payments, and read past issues of the Priddis Post.

Priddis Panther's Hockey Association Recycling Bins: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes. The bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. The bottle recycling program is a 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. Please, only deposit containers indicated on the bottoms of the bins.

Booking the Hall: We are taking bookings for the Hall for the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments by e-transfer to: priddisassociationpayments@gmail.com. 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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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley! Well it's been a pretty nice spring so far, I have seen big fat robins around which is always a good sign. We had some wicked winds the first week of April and they drove away most of the snow. As always, we need more moisture in the form of rain, but not too much so that we flood. Do you ever think Mother Nature is trying to tell us mortal humans something?

As of now, (the middle of April at the time of writing), there is a fire ban going on. I just got back from a trip to Saskatchewan and they had one there also. You can very easily check this information out at albertafirebans.ca, and our town is good about putting notices up as well. May is also lightning season, and our Foothills are a hot spot for lightning, with an average of a million strikes per season. If you happen to be caught outdoors during a heavy thunderstorm, avoid being the highest point in an open area. Stay away from tall objects, metal, and water. You are safe inside your vehicle, because the tires don't conduct electricity, but don't park under trees or power lines, as they could come down. If you are caught on a level field far from shelter and feel your hair standing on end, lightning may be about to strike you! Kneel on

the ground immediately, place your hands on your knees and bend forward, to minimize your contact with the ground. For more information, go to getprepared.gc.ca.

Emergency Preparedness Week is May 3-9 this year. This is a national event that takes place every year and is coordinated by Public Safety Canada. Through the Get Prepared Campaign, Canadians can learn to know the risks, make a plan, and get together an emergency kit. It's one of those things like checking your smoke detectors, many of us don't bother. But really for a little amount of time and effort it sure would be worth it in the unfortunate circumstance of an emergency. For help with planning for an emergency, visit alberta.ca/emergency-preparedness. You can also sign up for the Alberta Emergency Alert App.

In some emergencies, we can count on STARS Air Ambulance to provide assistance. They have some different ways of fundraising this year. You can "Skip the Depot" all year long in 2021. Go online or use the Skip the Depot App to book a pickup of your empties then donate your refund to STARS. How easy is that. We all know most of us would just buy another case of beer with the empties money anyway! Also new this year is "Growing for STARS", where farmers planting a crop or raising livestock can donate some of their proceeds to STARS. This was inspired by the generosity of a family who planted 40 acres of soybeans and donated the proceeds to STARS. Use the hashtag #GrowingforSTARS when researching

this option on social media. Another new fundraiser this year is "The West Totem Collab" which runs until May 17. The Stream-Flo Group of Companies partnered with Squamish First Nation for the creation of a totem pole to bridge the Indigenous community with energy and fundraising. They are currently collecting donations and will live auction the totem pole in May. Haven't you always wanted a totem pole in your yard? For info and how to buy a chance to win the totem pole, go to STARS.ca and search upcoming events.

First nations Blackfoot, Siksika, Piikani, Tsuut'ina Kainai, and Stoney Nakoda are all in our area also. I hear that we have a new fire hall, the Nakoda emergency services fire hall, which opened in April, southwest of Longview. This I feel was a good plan as ambulance and fire trucks usually could not get out to the Eden Valley Reserve for a good 45 minutes before. This will make a difference in a big way for response times.

Here's a little history on a couple of historic First Nations people, the first being Deerfoot. We all know Deerfoot Trail in Calgary, which the city named in 1974 in honour of Api-ksi-eeS "Bad Meat", or as he was later known, as Deerfoot. Born in 1864 on Blackfoot Reserve, he was the nephew of Chief Crowfoot. He first began running in minor local races. He then started winning much bigger foot races such as Calgary's "Star-Rink" where he ran a four-day endurance marathon and it was at that race when he was awarded the name Deerfoot. The Dominion Day Race is another big race where Deerfoot came within one second of breaking the world record. He became dissatisfied



Meetings are held at the Millarville Anglican Church House on the 2nd Tuesday of the month, September to May.

We are hoping for a "Making a Planter" demo for our May meeting. It was our plan to have an outdoor session however, this is still in discussion.

If you are interested in attending any of these presentations please contact Gail Dziuba (587.578.3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club: \$15/year for singles or \$20/year for a family.

Keep in mind that our plant sale will be occurring in June, 2021. The tentative date is June 5, a Saturday this year. This will follow covid restrictions so keep posted on Facebook to see the details. There will be local perennials, shrubs and some annuals available for a nominal price.

We invite you to like us on our Facebook page where there are lots of tips and hints posted.

with the gambling surrounding his races and in his later years raced in smaller races to avoid such gambling. Deerfoot died of tuberculosis in 1897 and is buried in an unmarked grave in Calgary.

Another interesting man, of the Blood Reserve, was Onistah Sokaksin, born in 1844 and better known as Calf Shirt the Snake Charmer. He was best remembered for his involvement with the Blackfoot and Cree Lethbridge Battle. Travel led him to Medicine Hat, where his parents died. The legend goes that Calf Shirt was very despondent after the death of his parents and walked into the sand hills to let his emotions sort out. There he had a vision of a rattlesnake in a man's form who told him he would adopt him and all snakes would become his brothers. Calf Shirt ended up performing "snake shows" in which he would cram live snakes down his throat, and 25 cents was charged for these shows. He also had a snake pit in his home and would charm problem snakes. He also scouted for the NWMP, and after a time he started his own tribe, the Namopisi. He also worked tirelessly for the betterment of tribes until his death in 1901.

Now to go from snakes to dogs, the Purina/PetValu annual Walk for Dog Guides is going on for the month of May. This year again it will be a virtual walk. This doesn't mean nobody will be walking, it just means those participating will do so on their own and not in a big gathering. The goal is to "walk" the length of Canada, starting at the most easterly point, Cape Spear in Newfoundland, to the finish line in Mount St. Elias in the Yukon. You can participate by connecting your Fitbit devices online and every time you and other participants go for a walk, run, or bike ride, roll on a wheelchair accessible trail, or dance around your living room, it will add up to reach said goal of 5514km. These funds raised will go to create awareness about Dog Guides and assist the Lion's Foundation of Canada in providing life changing Dog Guides to Canadians with disabilities. Results will be online May 30, for more information or to sign up and raise pledges, visit walkfordogguides.com.

The Lion's Foundation of the Foothills Campground in Black Diamond is open for business. Trailers must be

self-contained as washrooms and showers are closed due to the virus. Tenting is not allowed at this time for those reasons. The Campground has survived major flood, theft, and is still going strong. Nestled on the banks of the Sheep River in the Bob Lochhead Memorial Park, the campground is open from May to October and for reservations or more info the number is 403-933-5785.

Hopefully the Library will be open again soon but if not, there is an absolute ton of free and interesting things to see if you go online at the marigold.ab.ca website, which is the Foothills and area's library connection. Just some of the free resources you can find are: fund seeking with Grant Connect, library services for patrons with print disabilities, auto repair, consumer reports, education and career services, history and genealogy, language learning, and of course ebooks, emagazines (for all ages), Freegal music, and so much more. If you still enjoy reading an actual book, you can still order up material online and pick up your books at the back door, very easy, the library's number is 403.933.3278.

In Turner Valley, the Sunset Boulevard Infrastructure Replacement Project should be happening around now. I believe this is a pretty long and fancy name for repaving the road. Expect Sunset to be closed during or after the second week in May, so start figuring out

where you will park during that time. Of course the project is dependent on the weather and other things. Paving is expected to be completed by September and final clean up by Spring/Summer 2022. Gooding Lane is also scheduled to be repaved but not at the same time as Sunset, with the same completion date. Black Diamond's street cleaning begins April 24, watch for signage. And we have a new home for Kaiser's Bakery in Black Diamond, after much speculation around the coffee pot, their new home is at 128 Government Road! If your business needs a helping hand, there are resources to be found. Some to try are; Diamond Valley Chamber of Commerce, who can put you in touch with resources, High Country Helps, the Diamond Valley Business Ecosystem, and the FCSS departments of both towns, and the Foothills FCSS as well. Best of luck on your business and others that have opened in these crazy times.

Black Diamond and Turner Valley have made the decision again to cancel our Parade Weekend, along with Canada Day Celebrations and the Diamond Music Festival. Insert pouty face here. Understandable, but sad anyhow. Next year!! I sure hope the world is out of the woods by this time next year.

If you have any news for the month of June, please drop me a line at elaine.w@telus.net, on or before the May 15 deadline. Happy Mother's Day May 9 to all the Moms out there!

*Have a wonderful day,
Elaine Wansleben*



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Unfortunately, our library is closed again. You may still order books, however, by calling Lynda, our librarian, at 403.558.3927. Or, using your trackpac account, you may order them from home, then arrange a pickup time with Lynda. She will be in the library on Tuesdays from 10 to 2pm. It is recommended that all books be quarantined for 72 hours, so any books arriving at Longview must be held until the following week.

When you are ordering books, you are able to do so because we operate under the umbrella of the Marigold Library System. It consists of individual libraries organized in a network that serves the needs of residents in South-central Alberta. It is why we have such a successful inter-library loan service, among other things.

The library is looking for volunteers to help with our annual highway clean up, sponsored by the provincial government. The library can receive upwards of \$1600. It is on Saturday, May 1st, or May 8th if we are rained out. It takes a morning and a bit. If you can help, please phone Jan at 403.558.2060.

It is hard to be a child during this pandemic. We are apt to forget that they are bewildered by it all. They hear adults and older siblings talking about it, feel the isolation and don't understand it. There are books for children that teach and inform, by way of adventurous stories, that help

them to be brave and capable. One is *Freedom for Nat* by Catherine Johnson, about a boy who is born into slavery on a plantation in Jamaica and his journey through life. The best books to cheer children up are ones of bravery, hope and escape during this lock-down.

New to the Library is local author Fawna Bews's latest book, *Softening the Shift: Cozy Cabin Deep Listening Session*. This is Fawna's third book and offers a brief introduction to some basic energy healing concepts. We are very fortunate to have Fawna in our midst. She is a great proponent of holistic health, and encourages a gentle, spiritual approach to healing.

A good read is *The Paris Library*, by Janet Skeslien Charles. It is a captivating story of the magic of books and of how they offered hope, strength and joy in the darkest hours of World War II. It is an historical fiction about the American Library in Paris, and many of Janet's characters actually worked in the library at that time. There are many literary allusions through out the book, some of which you have to guess at, which is fun.

Happy Reading!
 Sylvia Binkley, sliv@telus.net

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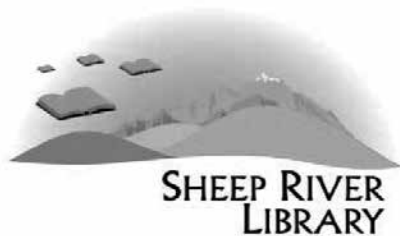
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SHEEP RIVER LIBRARY

As predicted, we are once again closed, although by the time you read this we may be open again. The best advice we can give is to regularly check our website or Facebook page for the most current information. If you live in town, our outside signs will also display our open or closed status. These are trying times for all of us and I find when I am in a situation like that, it is good to read how others have made it through similar

times whether they be real or fictional. Vulture.com recommends the following as good books to read during a pandemic, ranging from the historical to the futuristic.

1. *A Journal of the Plague Year* by Daniel Defoe (1722) takes us way back to the very beginnings of the novel as a form of literature. Defoe writes about the bubonic plague's effect on the city of London 50 years after it happened. Roughly one quarter of its population died in the span of 18 months. Defoe draws upon historical documents to write a realistic account of the plague's effects and the novel still has the power to unsettle as he addresses issues such as quarantining family members.

2. *Years of Rice and Salt* by Kim Stanley Robinson, (2002) also uses the bubonic plague as a stage to launch a narrative

about its effect on Europe in the 14th century.

3. *Pale Horse, Pale Rider* by Katherine Anne Porter (1939) is set around the Spanish flu pandemic in 1918 and focuses on a young woman falling in love with a soldier, as both influenza and World War I loom ominously. (Season 2 of *Downton Abbey* also takes us into that territory.)

4. *Love in the Time of Cholera* by Gabriel Garcia Marquez (1985). The author of this book received inspiration from the first novel on our list whilst writing his own work about an epidemic and an enduring love story.

5. *Journals of the Plague Years* by Norman Spinrad (1988). Similar to Marquez, Spinrad was also influenced by Defoe's work as shown by the title of his novel which deals with HIV and AIDS in the 1980s.

6. *Station Eleven* by Emily St John Mandel (2014) is set in the wake of a devastating strain of the flu, which kills 99 percent of humanity. The book's structure juxtaposes scenes of survivors of the epidemic with the sudden end of the world as we know it, as the Georgian flu wreaks havoc. Mandel's story is an ultimately hopeful one, focusing on the ways art endures.

7. *Find Me* by Laura Van Der Berg (2015) is set against the backdrop of an epidemic that erases the memories of those infected — where the search for a cure might be even more harrowing than the disease.

All of the above books can be found on Tracpac.ab.ca where you can place a hold. During the closure(s), curbside pick up will be available Tuesday – Thursday from noon to 4pm. If those times do not work for you, please call the library to make alternative arrangements. It is interesting to see what books have come because of previous pandemics throughout history, and I cannot help but wonder what we may see gracing our fiction shelves in the near future that have been written as a response to the events of the past year. We'll have to wait and see.

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Square Butte Community

It has been a busy time for the SBCA Board as they work towards procuring the CFEP grant, County of Foothills support grant, Agri-grant, Millarville Horticultural Club grant, along with other local and provincial grants. Along with these grants comes the obligation to match with cash or in-kind volunteer hours. We are closing in on some of our goals and that is due to the tremendous support of the community at large.

Our online Spring Auction is up and running! It closes on May 8th at 6pm.

www.32auctions.com/sbchauction

We have 73 items donated that range from inexpensive, to collectable to great entertainment, history, quilts, and more. There's something for everyone! The site is easy to navigate and you get a response by email after each bid. The last week will see the most activity as you try to procure your favorite items. A secret I will let you in on, is to place a proxy bid so you don't

have to have your finger on the bid button every minute. Don't miss out on all the fun.

Thanks to all of those who have donated and for those making your bids count! We are hoping to meet or surpass our goal of \$8,000.

"Stories and People from Our Past"

As we reflect on our past in the Square Butte Community our School Bus drivers come to mind, in particular Jake Reimer.

He lived up by Whiskey Creek on #762 but of course it was no highway then, just a muddy, at times impassable, gravel road.

He bought a Jeep about 1946 so he could drive his 3 kids to the Square Butte School, he also picked up the Birney girls, Art Ball and another neighbor along the way. Of course there was no worry about having seat belts for each kid as there were none and we are not sure if there was a concern of over crowding! Then in 1950 amalgamation of the various small schools took place and the Sheep Creek school was moved and built on to at its present location in Millarville. That year Jake bought a big yellow bus and for the next 20 years safely delivered kids to Millarville school, picking up kids

along the way. He delivered kids to school for 24.5 years missing only 2 days in that time. He drove bus until 2 days before his death.

One of the most nerve racking job was the school bus drivers who had the lives of the children in their hands. Those days on the bus were always fun as Jake was quite jovial and liked to visit, except he ruled with a firm hand and everyone knew that. I can remember one time he slammed on the brakes, stopped, got up, and proceeded to reprimand some of the kids with a firm hand. Of course we all went flying when he hit the brakes. There was one thing for sure you never had a "snow day" if you rode on Jake's bus as there were no phones, so of course no way of letting families know that the school would be closed due to cold or snow.

Look for more Square Butte information at our website: Squarebuttehall.com

Facebook: Friends and Neighbors of 762

Contact: Contact@squarebuttehall.com

Financial: sq.butte.comm.assoc@gmail.com

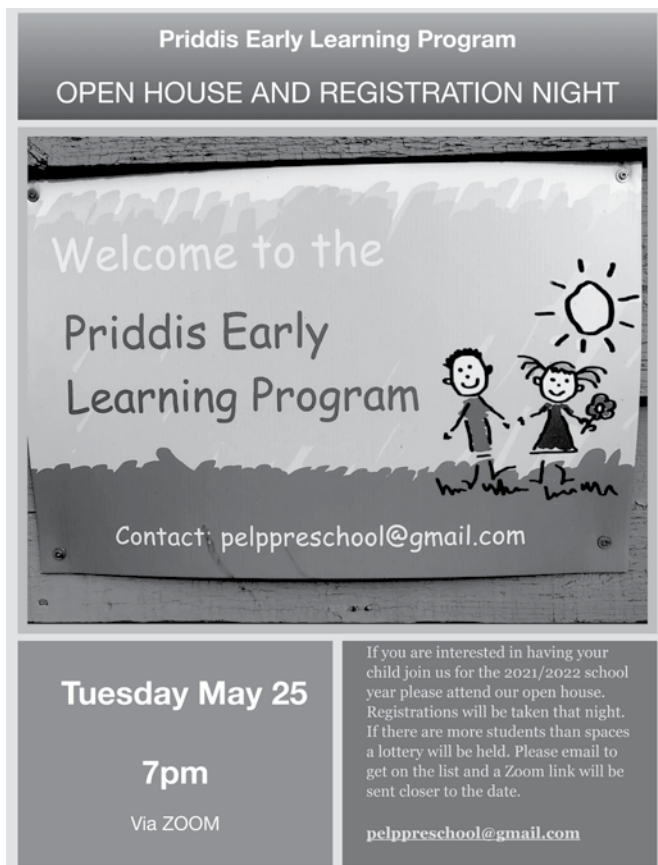
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De Winton Digest

Are you new to De Winton?

On behalf of our amazing community, please allow us to welcome you and your family. We have a welcoming gift for you along with some information about our local happenings, activities and fabulous pre-school. Please contact us directly by telephone at 403.938.2525 or by emailing dwca@platinum.ca. Also visit us at www.dewintonca.com where you can opt-in to receive our newsletter or you may search us out on Facebook. Once again, welcome!

Thank you to Essential and Front Line Workers: DCA Recognizes Front Line & Essential Workers

The DeWinton Community Association, on behalf of our entire community, were pleased to deliver a thank you card and gift to express our appreciation for our front line workers at the Heritage Pointe Fire Hall located in DeWinton. While many of us can seek the safety of our home or limit our contact with others, these amazing front line workers continue to protect us and come to our aid in spite of the personal risk. Thank you for your dedication and for all you do to keep us safe.

In addition the DCA would like to express our heartfelt thanks to all essential workers that go to work daily to ensure we all can access everything we need during these unprecedented times. To all of these front line and essential workers, and to all others who have helped the community in the midst of this trying time: thank you, thank you, thank you! You are helping hold things together until life can return to normal once more.

De Winton Preschool

The De Winton Community Preschool philosophy is that children learn through play and socialization. Our

goal is to provide an atmosphere that allows our students the opportunity to grow in a safe and nurturing environment, while making learning fun and interactive. As a non-profit preschool we offer a wonderful learning experience for students by providing low student-teacher ratios, small class sizes, lower tuition fees and parent involvement.

We are currently taking registrations for the 2021-22 school year. We have openings in our 3 year old morning program and our 3/4 year old afternoon program. Please visit dewintoncommunitypreschool.com for more information.



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Red Deer Lake United Church

We have decided to cancel all in-person services and programs until further notice, putting our energy and time into continuing to care for our community and evolving our online services and programs.

We are posting virtual church services on YouTube and our website for

you to enjoy each week. Watch all of our online services here: reddeerlakeuc.com/sundayvideos

We also have pub nights, Bible studies, meditations, music, and family activities online. You can see everything we have to offer on our website: reddeerlakeuc.com.

If you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at office@reddeerlakeuc.com. For more information about our church, please call

us at 403.256.3181.

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

*You're welcome, wanted, and accepted.
Join us on the journey.*

Black Diamond Strong Starts with Self Care!

Often we are our own worst enemies because there are others to care for. In the process of parenting, looking after aging parents and finding our way as a student while showing up for work, we lose sleep, skip meals and no longer know what relaxation looks or feels like. Add the pandemic to the mix and life in our fast paced society life becomes exhausting. How do you charge your battery?

The world looks different if you have the energy to be creative, enthusiastic and confident. It starts with being honest with yourself about what you can handle. Explore your values, set boundaries, learn to say no and ask for help. Taking this time for yourself is time well invested and ensures you are in for the long haul. Would you take your car without checking the tank to see if you have enough gas to last for the journey?

When there is too much going on in your head, you are pulled in all directions at once. Solutions might be

in front of you, but you are blindsided by the noise in your brain. Eventually reality catches up and you find your tank empty. Do not let it come that far. You can be there for others, but make sure to be there for yourself to start with. Before you get that car on the road, check the controls and know it is up for the trip.

If you find yourself being hard on yourself and demanding more than you can handle, picture the little child you once were and find the patience and empathy to tap into for your adult self. Keep in mind: if all our brain can do is worry about others, it does not get to recharge. Sometimes we have to let things be for a little while, and in the space that is created we recharge and find solutions that can be surprisingly simple.

Black Diamond Strong is about learning together

and inspiring each other through exchange of experiences, ideas and thoughts. We cannot do it alone. We need people to take part in the discussion and design a community path for wellbeing. Residents are invited to connect by email to diamondvalleystrong@gmail.com or in writing at Black Diamond Strong, p/a FCSS 301 Centre Avenue West, Black Diamond TOL 0H0.

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Millarville Stockland 4-H Club News

The Millarville Stockland 4-H Beef & Sheep Club has been very busy! We have been conducting the business of the Club on Zoom. Here are some of the things we have been up to. On March 27 we had a clipping clinic at the Millarville Racetrack Arena. It was a lot of fun, and we all learned a lot. We have become pros at following the proper COVID-19 protocols. The next thing was on April 7; we went to Rising Sun Long Term care for some community service. We showed some



sheep and cattle outside the windows. I think it was a big hit! We are working on our Achievement Day which is held annually on Mother's Day. It will be outdoors at the Millarville Arena. Unfortunately there will be no spectators allowed. Also we are having

our steer sale online at DLMS.ca on June 3. Watch for further details. That is what our club has been doing lately.

By Maddie Watkins, Club Reporter
Photo Credit: Sheligh Blatz

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I Can't See!

by Andrea Kidd



I went out onto the deck with my granddaughter. She held my little finger as she toddled along beside me. As she posted stones through the railings onto the flower bed below, I gazed out westward. Greyish clouds were gathering. The foothills were clearly defined, but I could not see the mountains. The chilly wind urged me to take the little one inside. The warm air and aroma of roast pork enveloped us and my toddler emptied pans out of the cupboard.

I was putting the supper meal onto the table when I noticed the darkness closing in earlier than usual. I switched on the chandelier and looked out across the valley. The clouds had been rolling in relentlessly. Now I could not see the foothills either. An occasional snowflake swished past the window, tossed on a wind gust.

Chatter and laughter filled the air as the little girl in the booster seat eagerly picked out tiny pieces of carrot and beets from her bowl, then cheekily put her toe up onto the table.

"Look it's snowing quite hard now!" someone commented, and we were surprised at the snow, although only three weeks ago we would have thought it commonplace.

we could not even see the next house. My eyes peered through the fog, straining to see what I knew was there. The sun rose higher in the sky but it only made the mist brighter. I could not see!

But, at eleven o' clock that morning all trace of mist was gone! The sun was high. I could see sharp, angular mountain peaks etched in clear pristine white points against the vibrant blue sky. Suddenly my vision was clear. The world was changed. What was shrouded was unveiled.

I have studied much and some things I clearly understand. Yet, deep mysteries of life are beyond my grasp. I have questions not answered. My comprehension is clouded.

For now we see in a mirror, darkly, but then face to face. Now I know in part, but then I shall know just as I also am known. And now abide faith, hope, love, these three; but the greatest of these is love. (1 Corinthians 13:12, 13)

I walk through the mists of this life by faith because I am led by One who knows me and is the way. I hope for what I know is there although I cannot see it right now, knowing that all will be made clear in the future. Meanwhile I can accept and enjoy love that is demonstrated toward me and attempt to share it with those around me, because love is even greater than hope or faith.

The next morning we woke up to bright, white light. Our village was blanketed with snow. The grey heavy clouds of the previous evening were replaced with white haze. Over the next hour the heavy mist thickened and cocooned us so

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You ask a person to do something, and they respond, “Why?” We give a reasonable response only to be confronted with a further, “Why is that important?” Our explanation is met with a further variation of “why”. At this point the typical response is, “I’ll tell you why! Because I’m the boss and I’m telling you to do it. Case closed!”

In a case like above, “why” can be a statement of challenge. It places the respondent above the one who is making the request and is saying, “If you can give me a reasonable reason for doing it, I will afford you the pleasure of my services.”

Confrontations like the above tend to strain relationships in the family, the workplace, and areas of community service. Strategic forethought can help to mitigate the “why” response. Consider the following:

1. Try to contextualize your request. How does what you are asking fit in with the overall job description of the person you are approaching? How does the request affect the responsibilities that are presently on their plate? Is the request within their skill set? How does the request fit in with the company, organization, or personal goals of the individual?

2. Open the door of communication by asking “Do you have any questions or comments relative to what I am asking?”

3. Learn to confront resistance, not challenge it. Confronting resistance and challenging resistance are two different strategies. When you challenge resistance, you place the other person on the defensive which results in a power struggle. It establishes a peer level relationship in which wits of the two combatants go “head-to-head” in a verbal battle. Confrontation appeals to the conscience. You ask two simple questions: “Do you understand the request that I am making?” This is a “yes” or “no” question that requires a simple answer. The second question is just as simple: “Do I have a commitment from you to carry out the request?” A “no” to the first question opens the door to further explanation and instruction. A “no” to the second question calls into question the loyalty of the person.



There is another aspect of the “why?” question that needs exploring. Have you ever had someone say to you, “Why on earth did you do that?” Or perhaps it has been the exasperated interrogation of the child, “Why did you do that?” The fact is, I have asked myself that question many times and haven’t come up with an answer.

It is helpful for us to understand what is behind our “why” question. Usually, we ask “why” to:

1. Determine a person’s intention. What internal values were motivating action? What was the person hoping to achieve and did the choices made enable him to achieve his objective?

2. Determine the potential choices that were available. What alternatives did the decision maker have at that point of time and what would be the effect of those possibilities?

3. Determine the context of the decision. Our decisions are usually made within a cultural context. The environment of our decision can have a direct bearing on the decision.

The above is valuable in understanding the internal framework of a person’s decision-making process. However, “why” is like using dynamite to break open the vault so we can extract what is inside. Let me suggest an alternative way of probing the “why” question.

To Determine Intentions:

1. When you made your decision, what were the top one or two factors that influenced your choice?
2. What tipped the scale in favor of the choice you made?
3. Was your choice tied to a long-term goal?
4. What possibilities did you eliminate in making your decision?
5. If there were other options, what would have been your second-best choice?
6. Would your decision fit into short term, mid-term, or long-term goals?

In the end, we need to accept that there are mysteries, perplexities and complex situations that leave our “why?” echoing like a hollow drum. The limitations of our humanity are challenged, and we need to leave our “why” in the hands of the One who knows how to put our shattered Humpty Dumpty together without there being a visible crack. In the end, we will see the beautiful tapestry He has woven with all the tangled threads of our life. Keep looking up and I’ll see you at the top.



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Shedding the Light on Natural Communications

Step outside in May and close your eyes. Your ears will ring with the calls of nature; bird song carrying through the trees, frogs calling around freshly melted waterways, the hum of insects in the air, all of them a sure sign that Spring has arrived. This myriad of sounds isn't just noise, it is the sound of animals communicating with one another. And I am sure we have all "heard" just how important communication is. Proper communication, one where the message is delivered and received, makes relationships healthier and workplaces more productive. This remains true for animal communication in the natural environment. However, recent studies have discovered that our increasing levels of light pollution may be unexpectedly altering the lines of communication in several native species.

A famous harbinger of Spring, the American Robin, is one such species. Beautiful orange breasted males can be heard at the crack of dawn singing away. This not only provides me with a melodic way to start my day, but also attracts females to him so that he might find a mate. The better you can sing, the more likely you are to find love in the robin world. Alas, studies have shown that with the introduction of light pollution, robins will start their songs during true night. As you can imagine, singing when you ought to be sleeping burns considerably more energy. It is also an advertisement to night-time predators of the robin's location. Both are detrimental to the health of the robins.

Birds aren't the only species relying on love songs as a form of communication. Male frogs also rely on their vocal abilities to find a date. The soothing

ribbit of wood and boreal chorus frogs is a public broadcast of who is the most healthy and viable male for the females. However, studies done on multiple frog species around the globe have shown that overwhelmingly frogs do not take to the spotlight as well as Kermit; most frogs will sing less frequently and move more often. This means that the single frog ladies are going to have a very difficult time finding Mr. Right, once again lowering the chances of a successful breeding season.

Finally, not all communication is verbal. Alberta's fireflies (yes, they do exist) are an excellent example of a species communicating with silent signals. The flash of their bioluminescent lights is used in their courtship and reproductive behaviour. Sadly, the second biggest threat to the world's magical fireflies is light

pollution, as fireflies will be confused and distracted by ambient artificial light and will not be able to find a mate as their signals are lost in the glow. Once again, light pollution is throwing the blinders on romance.

If we want to keep an environment where the lines of communication are open for all species, then it seems that we will need to shed our reliance on artificial light at night and instead replace it with healthy alternatives such as lights below 2700 kelvins, motion sensors or no lights at all when possible. Let's dim the lights and keep the romance wild in nature.

By Laura Griffin



Out of the Rut Chapter 129



Greetings friends. I generally try to avoid ramblings such as this, but I guess the time has come...

I've been seeing an awful lot recently about clear-cutting and general deforestation practices and the way in which companies exploit land through destructive monoculture 'farming'. These are huge contributors to the spread of disease and the resulting pandemic the globe is now experiencing. By consistently eliminating natural habitat we are pushing the rest of the global population into smaller and more stressful situations. This brings humans and wild animals into closer contact on a more regular basis. This facilitates the jump between animals and humans for viruses and disease... studies are ongoing to explore these relationships. It is easy to forget that we are the invaders, the new arrivals, not the animals and plants who have co-existed here for much longer than we.

In 2013 Fantuzzi & I were hosted in the Philippines as 'stars' headlining the Summer Peace Festival held that year in two locations in the southern islands of this beautiful archipelago of 7,641 islands. Well, Fantuzzi is a star for sure, and I seemed to get a little of that gloss rubbing off on me and it was lovely. The people we met were wonderful; bending over backwards to accommodate our strange dietary requests and to create a wonderful experience for us as visitors to their country. We were shocked and amazed at the paucity of food available to the average Filipino. It seemed to consist entirely of mass-produced deep-fried pork and sugar-laced pre-packaged things we couldn't identify as food most of the time. In this tropical climate one has merely to throw seeds at the ground and things will grow. The options are numerous, yet Del Monte and Dole have eviscerated massive amounts of land in the Philippines to grow pineapples and nothing else. As a result, disasters ensue - huge deforestation followed by

consequent erosion and landslides, killing people in the small villages and towns closer to the perimeters of the islands. The financial strength of those two conglomerates ensures that their practices continue, after all... they are giving the locals jobs, aren't they?

We spent one night at a ranch whose owners were fortunate enough to own a large amount of land themselves. These people were building sustainable farming back into the Philippines - promoting the propagation of ground cover that grows in harmony with the native trees and with farmed fruit trees, researching species that will provide cover and reduce the fragility of the soil without introducing new issues of parasitism or overtaking other native plants. Their project was and is very successful, but is so small in comparison to the big multinationals. Along with this type of research and innovation, they were planting bee-friendly flowers and shrubs all around the ranch houses and producing honey, vegetables and flowers for the local market.

Globally, smallholder farmers still produce around 70% of the world's necessary food supplies. The other 30% are the big guns, the ones that are rolling through the tropical forests of South America and Asia, destroying habitat and creating ripple-effect negativities that will continue to develop and become more significant as time passes.

On the other hand, although we have bitter winters and frustratingly short frost-free growing seasons here, solar energy in Southern Alberta is freely available year-round. We have extraordinary clear skies. Why don't we harness that energy into a prolific market-garden greenhouse industry in this province? We could be enjoying year-round fresh, locally-produced vegetables in Alberta. I wonder...

The current domestic crisis regarding the unwarranted coal exploration ongoing in the eastern slopes of the Foothills is a perfect spotlight on the disparity between need and greed. This type of destruction has endless repercussions: We do not have a handle on the true extent of the negative impacts that merely allowing the exploration process to continue will bring, let alone the actual excavation and destruction of the mountains themselves. Although businesses are

interested in proving that they can work within the current legal parameters, that is their prerogative in order to fulfill their obligations to investors to make a profit and return dividends. Their priorities are not to preserve our wilderness, ensuring water is clear and clean for all, to preserve the normal breeding grounds for fish, birds and animals, to ensure that erosion does not take place.

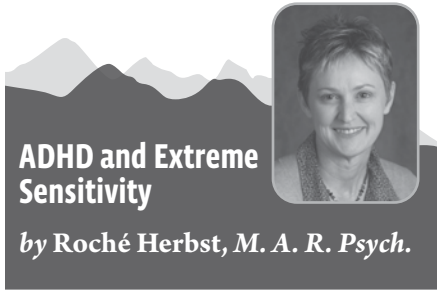
I recognise the need for coal... to a certain extent. I use steel every day (see a couple of columns back). But the steel I use is decades old. I don't need a new set of cutlery or a new chopping machine for the kitchen every six months. If things are well-made, they last for years. My vehicle is well-maintained and will last a few more years yet... in contrast to the apparently ubiquitous attitude we discovered when we first came to Canada... that cars should be traded in every two years so one can drive around in a shiny new vehicle. Where are all the old cars? There are junkyards and dereliction sites across this continent full of old and abandoned vehicles and appliances that have come to an early end. With decent construction and maintenance, so much of this waste could be avoided.

Clean WATER and FOOD are vital! Buying and preparing real food benefits body and soul. Buying pre-packaged and processed "food products" is not doing any good for either body, soul or the future. Be nice to yourself with fresh, locally-grown food whenever and wherever possible. Eat slow, not fast. Prepared with love and consciousness, food tastes different & even if your taste buds are a little depressed, never fear! They will recover with a little care and attention. Eat more vegetables and smaller portions of meat. Enjoy the fabulous Alberta beef we have, the amazing array of domestic produce, the occasional wild-caught beast. Give thanks for all the lives that are sustaining ours.

And, don't forget to max out your account with the great gold orb in the sky. Sunshine keeps us healthy and we are blessed with an abundance of it!

*With gratitude and love,
Kat Dancer*

*bodymudra@gmail.com
403.931.3866 (h), +1.415.525.2630 (c)*



ADHD and Extreme Sensitivity

by Roché Herbst, M. A. R. Psych.

It's A Brain Thing

Those with ADHD have more difficulty with low frustration tolerance, impatience, hot temper and excitability. Challenges with emotions start in the brain itself. "ADHD is not a mood disorder, but a failure-to-regulate-mood disorder. It impairs our ability to express our emotions in a controlled way" (Russell Barkley). Neuropsychologically, it's about processing and connectivity.

What Happens?

The limbic system generates emotions i.e. anger, fear, pleasure and is connected to the prefrontal cortex that manages emotion. Working memory impairment can allow emotions to go "unchecked" and become too strong. The frontal cortex acts like a security checkpoint. In the ADHD brain, the neurochemical connectivity that is needed to guard that checkpoint is weak. This allows our

emotions to stampede past the security gate and cause havoc. Our emotional reactions are not assessed. Not calculated. Not suppressed. Not always in our best interest.

Carried Away With Emotions

Minor problems or irritations become DEFCON level 1 threats – you hit panic mode or get super stressed out about small stuff that does not warrant such 'catastrophizing' or 'over-reaction'. It's difficult to calm down – you can stew for hours or days over an emotional event. This can impair your ability to get back to work or to move your priorities forward. When you get overly excited, it is not necessarily a bad thing. However, your driving emotion is stronger than the ability to think things through. For example, diving headlong into a new hobby only to realize after spending lots of money, that you should rather have 'eased into it'.

Is It Me, You Or ADHD?

An extreme sensitivity to disapproval, rejection, criticism or the perception that somehow you have failed. Rejection sensitivity dysphoria (RSD) is very common in people with ADHD. Social anxiety involves exaggerated fears of being seen as incompetent, unappealing

or 'not cool'. Perceived criticism or withdrawal of love and respect is just as devastating as the real thing. The term "dysphoria" means "difficult to bear" and disapproval hurts much more than it does for neurotypical people.

What About The Longterm Implications?

There is a broad spectrum of mood disorders i.e. anxiety; depression; bipolar; substance use disorders, i.e. alcohol, illicit drugs; and personality disorders i.e. borderline personality, which can co-exist with ADHD, etc. They all have strong emotional behaviours that overlap with ADHD. During a professional assessment, one has to be mindful of the complexity and degrees of severity here.

Does ADHD Medication Numb Your Emotions?

When on the right medication, you do have a chance to think twice before bursting into tears or losing your head. In cases where your anxiety is primary to your ADHD, stimulant medication may exacerbate the anxiety until it is under control. However, medication should always be taken in consideration with your physician, and tailored to your unique situation.

What Can I Do?

- Do mental Taekwondo. Flip your anger into constructive action. Get busy on a tough task.
- Name your emotions. Describe in detail what you feel or write it down in a journal.
- Check your lifestyle and listen to your body. Are you getting enough sleep, eating healthy, correcting bad habits?

Sources:

Barkley, Russell, A. *Taking charge of ADHD: The complete, authoritative guide for parents.* 2020. New York: Guildford Press.
 15 Ways to disarm and understand explosive ADHD emotions, 2016. ADDitudeMagazine. New York: New Hope Media.


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Qualifying For A Mortgage

Are you planning a new purchase or a refinance in the near future? Do you know whether or not you qualify for a mortgage; or if you do, do you know how much you can afford? Prime lenders look at these factors when determining what mortgage you may qualify for:

Your verifiable income/employment. A history of steady, stable employment - be it self-employment or salaried earnings - is required to qualify. A short time in your current job won't prevent you from getting a mortgage, as long as there is no probationary period and you are in a similar line of work as your previous employment. If you are self-employed, a minimum 2-year tax history is required (if you report reduced income to save personal taxes,

this does affect your qualification but there may be options with non-prime lenders).

Your debt-ratio. A critical question a lender will consider is how much of your total verifiable income you'll be spending on housing (or your TDSR, Total Debt Service Ratio). The TDSR ratio is based on the PITH equation (PITH = principal, interest, taxes and heat + 50% condo fee if applicable), and your TDSR should not exceed 32-35% (or 39% for well-qualified) of your gross monthly income.

A lender will also look at your total debt-load (or your GDSR, Gross Debt Service ratio), which includes housing costs (PITH) as well as all other monthly obligations: vehicle payments, personal loans, credit cards, child support, alimony, etc. Your GDSR should not exceed 40% (or 44% for well qualified) of your gross monthly income.

Remember... all mortgage qualifications are based on the "stress-test" rate and not the rate you will actually pay. See sidebar for potential changes to this.

Your credit history. Excellent credit is very important to qualify for a best-rate

mortgage. Generally, a score of at least 620 is required for prime lending, 650 for self-employed and 680+ for well qualified programs. A score less than those will be reviewed case by case, and may be subject to rate increases.

The value of the property you want to purchase/refinance. The lender may request an appraisal report to be completed as a condition of the mortgage, and the mortgage will be based on the appraised value or the purchase price - whichever is less. Besides value, lender will also review the overall condition, economic life, comparable properties, etc.

Your down payment. A minimum of *5% down payment is required for all new (owner occupied) purchases <\$500K (10% for value >\$500K), 20% for a conventional mortgage or min 20% equity must remain for all refinances, and 25% down payment for rental or investment properties. *Conditions do apply.

Please get pre-qualified! When you don't meet the criteria as set out above, an experienced mortgage professional may be able to provide other options.

As of this writing (15 Apr 21), Canada's banking regulator (OSFI) has *proposed* changes that would strengthen the stress test applied to uninsured mortgages, this may come in to effect 1 June 21.

These changes would require borrowers applying for uninsured mortgages—typically those with more than a 20% down payment—to qualify at their mortgage contract rate plus two percentage points or 5.25%, whichever is higher. No update on insured mortgages at this time.

The stress test currently has a minimum qualifying rate of 4.79%, nearly 50 basis points lower.

This change, if implemented, will effect your available mortgage limit.

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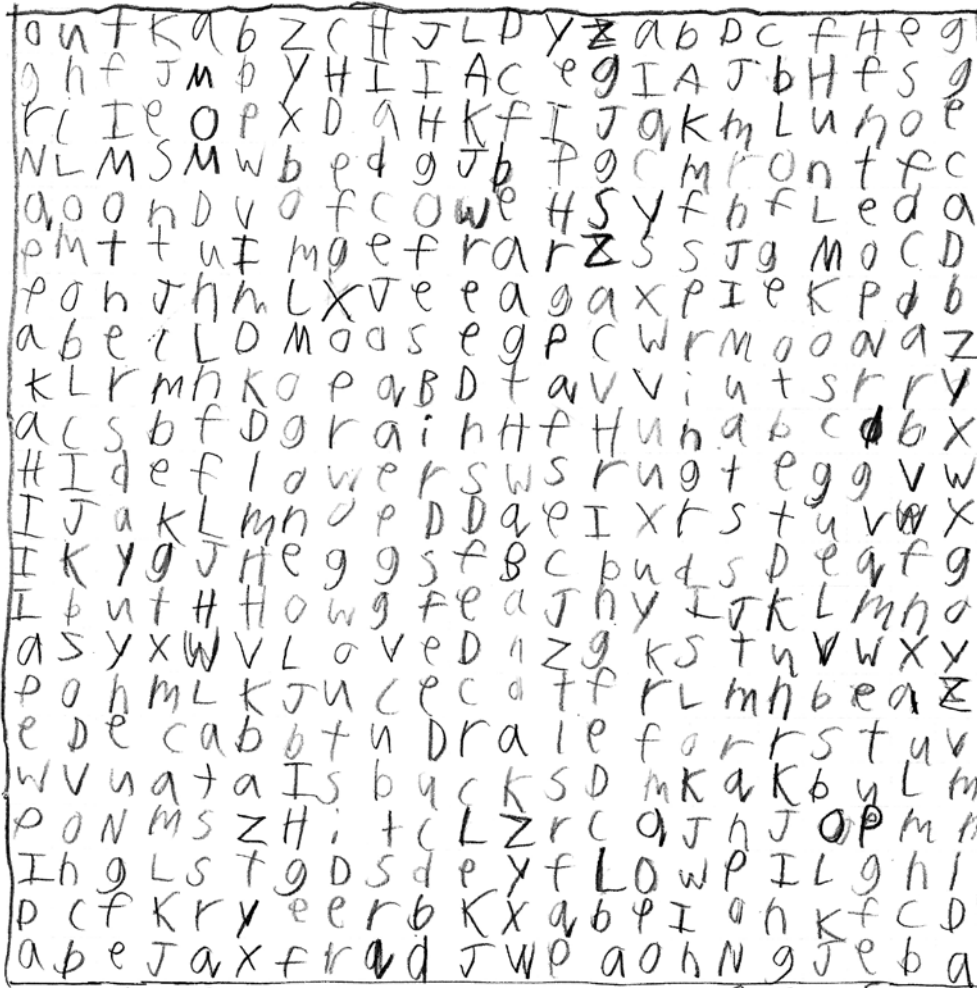
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