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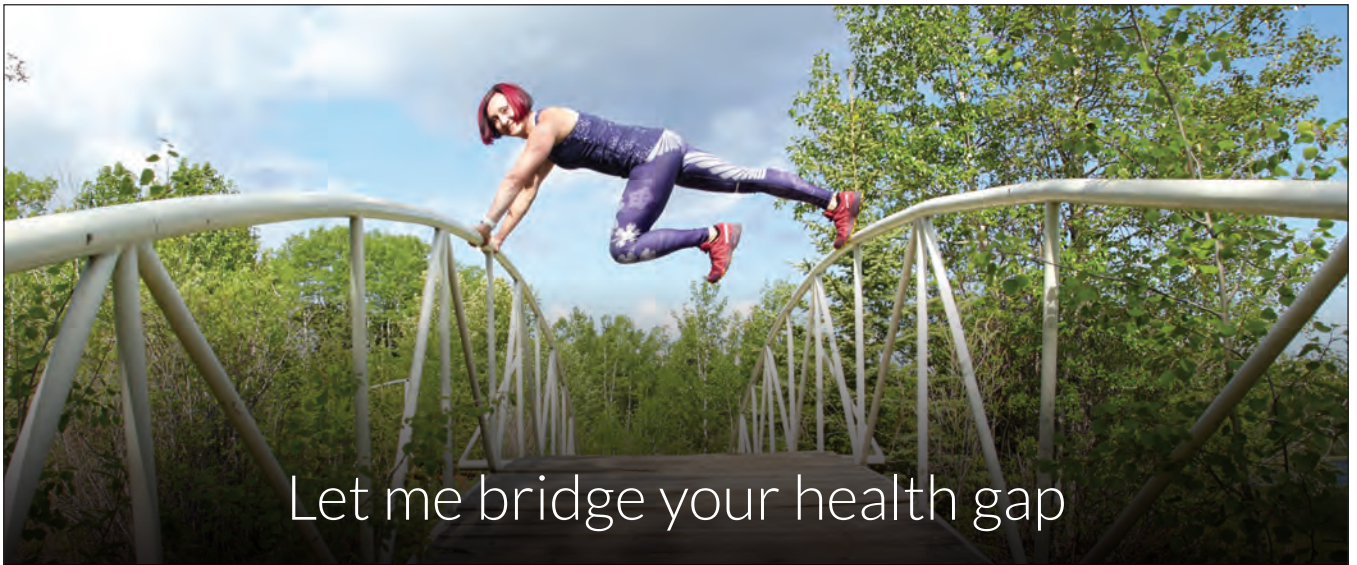




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**NEXT DEADLINE IS  
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## LETTER FROM THE EDITOR

Happy Mother's Day! I didn't fully realize the positive impact my mother had on my life until the end of her time on earth. There were so many phrases she would say to me growing up that as I reflected on her life, I saw how they became "little life proverbs" to live by. As you celebrate the mother in your life, may you bring honour to her and the life she has brought to those around her. If she is still with you, I trust that you will be able to express your thankfulness to her for the investment into your life. Even if the relationship was strained, I hope that you can find a redeeming element that can bring a positive outflow of life into the relationships around you.

As space restrictions didn't allow all the articles into the paper, I would like to point to a couple of events throughout our community that you should be aware of.

The Ann and Sandy Cross Conservation Area is having a "Trail Sign Art Contest". Questions and contest entries may be sent to Anna Aldridge,

Director of Communications and Programs, at [info@crossconservation.org](mailto:info@crossconservation.org) or 403-931-1042

I would also encourage you to visit the Leighton Art's Centre's 20th Annual Juried Member's Exhibition. For more information on what is happening at the Leighton Centre, please visit their website at [leightoncentre.org](http://leightoncentre.org). I trust you will enjoy the many well written articles submitted by various members of your community.

I would also like to take this time to express my condolences to the Schroeder and Paetkau families as they mourn the loss of local Cochrane resident, Lanea Schroeder, on April 13th due to a mountaineering accident on Mont des Poilus. Lanea was a seasonal part time employee of mine, and friend/ mentor to a couple of my daughters. Her tragic accident was a blow to many as she had a large circle of influence. Lanea was a vibrant member of her community with a heart to serve others. We will miss you!

*From my family to yours,  
Lowell Harder*



## ARTIST PROFILE

A common plant called the buffalo bean in southern Alberta, which blooms in May and June was an important traditional indicator for the commencement of the Spring hunt. The Blackfoot called this plant Wudzi-eh-kay or buffalo flower. The arrival of its blossoms was a sign the buffalo bulls were in prime condition to hunt. Buffalo Beans are a sign of abundance marking the time to hunt for Indigenous peoples. This flower breaks through a mountain of shale and does not allow this barrier to cripple its growth. A wonderful idea to embrace for ourselves as we grow and learn to push through obstacles to achieve our own inner prosperity.

"Arrival of the Buffalo Beans"  
12" x 12" Acrylic on Canvas  
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*We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to [info@highcountrynews.ca](mailto:info@highcountrynews.ca). We are looking forward to seeing what you create.*

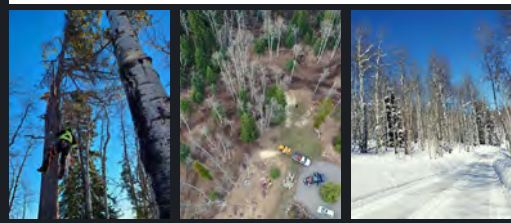


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## LETTER TO THE EDITOR

Hi Lowell,

Having read your April issue I would first like to thank you for providing an outlet for local politicians to communicate with voters.

I do not know if our m MLA personally writes the copy for your publication but judging from the most recent article I suspect she might.

To take credit for the jump in oil prices is the height of deceit and then to outline the spending of the windfall as if it was the plan all along insults all of us.

*Greg Foord*



## THE LITTLE SCHOOLHOUSE

Warm weather is making a more frequent appearance and we can't believe we are in the last couple months of school! This month our preschool and kindergarten programs are looking forward to exploring an up close and personal look at the life cycle of a butterfly! It is very exciting to have Painted Butterfly caterpillars on our classroom! It will be a fun and informative process as we watch their transformation into beautiful butterflies!

Both our classes will also be adventuring to the Calgary Telus Spark Centre this month. We are so grateful for this opportunity for some hands-on science exploration! Our months seem to fly by with lots of busy excitement and energy. May no doubt will prove to be the same!

You can follow us on Facebook at The Little Schoolhouse (Kindergarten & Preschools) to see all of our fun. If you are interested in registration for Fall 2022/23 year in our Morning/Afternoon Preschool classes, or Kindergarten program please see our website at [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca) we would love to have you join us!

Wishing you all a happy and healthy May!

*Ms. Shelley*  
[www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)



## THE POWDERHORN SALOON BRAGG CREEK, AB.

On behalf of myself, Geoff and our amazing staff at The Powderhorn Saloon, I would like to acknowledge the overwhelming support received from local donors, bidders, customers and friends who contributed to our Ukrainian Humanitarian Crisis Appeal on March 25<sup>TH</sup>. As well as our full bar menu, Rani's Rasoi offered her amazing East Indian food and together we donated a large percentage of our collective sales. Bingo, silent auction and a raffle were part of the evening's fun. Thank you to everyone that generously donated the fabulous auction and raffle items. The Red Cross provided us with a QR code for donations that is still open, tax receipts are emailed within minutes. As of this writing, we have all collectively managed to raise a staggering \$20,495.00. We are humbled. It's a testament to our community what we can accomplish together.

*Thank you, thank you.*  
*Rose and Geoff Dallyn*  
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## Introducing the Wild Questionnaire

12 questions, the same for everybody. We'll post people's responses regularly on our website and share them in our newsletter. To participate, get in touch at [info.braggcreekwild@gmail.com](mailto:info.braggcreekwild@gmail.com)

This month we asked Flora Giesbrecht, Coordinator for the Elbow River Watershed Partnership, Head Nordic Coach for XCBC and long time Bragg Creek resident.

Flora's enthusiasm to celebrate and protect Bragg Creek inspires us.

### 1. What's your connection with this area? What's important to you about this place?

I am fortunate to live here. There are still wild, relatively untouched places. I love looking outside my window and seeing many shades and textures of green. Those plants are part of a unique network, a green strip of land we can see on Google Earth running NW to SE, a part of the East Slopes. Dropping out of that green strip is the Elbow River, which is also very important to me for sustenance, peace and connection.

As soon as our family moved here in 2010, it felt like home for us all. My family (father's side) has lived in the area since the 1880s, so I feel deep connected roots here.

### 2. Can you give us three words you think describe the Bragg Creek/Redwood Meadows area?

Beautiful, connected, unique.

### 3. Share a treasured memory of being out in nature around here.

One of my first treasured memories was driving to West Bragg day use area when my children were very small. We were planning to cross-country ski, but it was spring and the trails were icy. We didn't put our skis on, instead we put rain pants on and the kids slid down one of the trails on their bottoms, they went up and down, like a little luge track and then when they were tired, we drank hot chocolate. I remember focusing on my son's little dimply hands clamped around the hot chocolate cup. I remember rosy cheeks, my daughter's

bright eyes, the steam from the hot chocolate and a velvety green backdrop.

### 4. What's your favourite view/body of water/high place in the area?

Rainy Summit, looking West, you can see the Elbow River, the mountain range rises ahead and it takes my breath away every time I see it.

### 5. If you have free time in the area, what's your favourite thing to do?

In winter - definitely cross-country skiing in West Bragg.

### 6. Have you ever had a 'close call' wildlife encounter? Where?

Riding my bike at dusk along Mountain View Park Road and a cougar came out of the Trees. He/she ran towards me and my friend, and was maybe 8 feet away. Time stood still as he/she decided what to do next.

### 7. If you could come back as a local wild animal, what would you be?

A fox.

### 8. What's your favourite season in Kananaskis?

Cliché, but I love all seasons in Kananaskis. I think my least favorite is late fall after the first snowfall: there is some snow but not enough to ski on.

### 9. Pick one: fat bike/Cross-country skis/snowshoes/cocoa by the fire.

Cross-country ski

### 10. What was a really cool thing you saw around here recently?

Lynx tracks in our yard.

### 11. Can you tell us of any good books or documentaries about nature in Alberta/Canada?

Any book by Kevin Van Tighem is a treasure.

### 12. Is there one place you'd recommend to visitors to the area? Why?

Forget-Me-Not pond with a hot drink in the early morning. It's not busy yet, you can hear the Elbow River, and the view is spectacular.

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## BRAGG CREEK AND REDWOOD MEADOWS WELLNESS NETWORK

### Community Garden Enhancement Projects Funded

The Bragg Creek and Redwood Meadows Wellness Network members Eric Howey, Alberta Health Services Mental Health Clinician, and residents Jess Smid and Christine Pollard obtained funding to enhance community gardens in both communities. The gardens were created as welcoming, healthy, and safe spaces for all residents to connect and build community relationships.

Network members acknowledge community connections have been negatively affected by the social restrictions necessary to protect each other from COVID-19. Community gardens benefit our health in many ways through physical activity, stress reduction, relationships, and community cohesion. We are grateful to Jess and Christine for their leadership in creating these wonderful spaces in our communities.

The \$4000 will be used to purchase more gardening beds and barrels, fencing, secure composting facilities and develop children's play areas.

Anyone with questions or comments about the Redwood Meadows community garden can email [communitygarden@rmca.ca](mailto:communitygarden@rmca.ca).



2021 garden season: Connie & Zoe Anne planting garlic in Redwood Meadows community beds (photo credit: Ed Perkins)

## DOG TRAINING CLASSES

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- Get Started Obedience
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- Leash Lungers Anonymous (for dog reactive dogs)
- Scaredy Dog Class

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## How NOT to be a Victim

A few years back HCRCWA had the privilege of hosting Kerry Sauvé who gave a presentation over a morning at the Priddis Hall on "How not to be a Victim". Kerry worked at a maximum security prison and had firsthand knowledge of how criminals and gangs operate. He delved into what you can do to protect yourself in your day-to-day activities, excursions, and while residing at your home.

For those who attended, he followed up by forwarding an electronic copy of his "Street Safe 360 – personal safety planning guide." He asked that we not forward this guide as it is his personal work and I ask everyone to respect that. If we have Kerry as a speaker again, it would be my strong recommendation to take the time to attend.

Fortunately, for those of you who did not attend that session, I have found a book that contains similar information - "SEAL Survival Guide" written by Cade Courtley, a former Navy Seal. This is not about how to become a Navy SEAL (although he does provide snippets of his own training and live experiences in Iraq and elsewhere as a complement to illustrating a point).

Why did I look for a book(s) with this kind of information? I came across a saying recently, "Sometimes it takes decades for things to happen; sometimes decades happen in a very short period of time". I believe there is plenty of evidence that we are in the latter situation right now. For example: COVID-19 & lockdown consequences, food inflation and potential food shortages, general inflation increases, the Russian/Ukrainian war, potential of nuclear war at some level, increased energy costs, supply chain disruptions to name a few recent trends. These events have/will have consequences over and above the threats to our person and property we have had to deal with in the normal course up to now. So how does one prepare and protect oneself?

The SEAL Survival Guide takes you through different situations in which you can find yourself, how to avoid those situations, or if you can't, how to deal with a situation when it arises. The book turned out to be more relevant than I'd initially thought when I picked it up. Right off the bat it was a bit like the proverbial drinking from a firehose with all of the to-the-point information it contained. There's not a lot of fluff. As I read, I made a mental note that I'm going to have to read it again as there is "homework" you need to do to be prepared.

The book contains concepts like:

- Mental Preparation – eg. run through scenarios in your mind, then physically practice your response (like a fire drill)
- Situational Awareness

- The Rule of Three
- Self Defense
- The Grey Man

In my opinion the true value of the book (and its intent) is the description and handling of various, very plausible situations you may find yourself in:

- Animal Attacks – dogs, bears, cougars
- Auto Accidents
- Burglary and Robbery
- Gang Violence
- Pandemics
- Riots and Stampedes
- Road Rage

The handling of many less likely situations is also described – home invasion, nuclear attack, stalkers, surveillance detection, carjacking, being lost in various environments, to name a few.

The last two parts of the book address "Gear and Improvised Weapons" and "Survival Medicine" (it should be noted that the reference to weapons is for their use as a last resort). Practical preps like what should be in your go bag. I was interested in what his list looked like as in my article last November on Evacuation Order Preparation, I gave a list of things to take. His list is much more extensive than mine probably due to the fact my article was geared toward staying temporarily at an evacuation centre while his is oriented toward surviving on your own.

HCRCWA's Mission Statement is "To safeguard people and property in all our rural communities through awareness, communication and education". After reading the book, I thought it would be a useful tool to pass along as it is in alignment with HCRCWA's mission statement.

I'm sure there are other books and resources out there that are of similar relevance and magnitude, and I'd welcome readers' input of other suggestions. My intention is not to recommend a singular book, but to help you prepare for your safety, your family's safety, and the security of your property. The SEAL Survival Guide is one resource that helps accomplish that. Happy reading.

Dave Schroeder  
HCRCWA Board Member

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### Keeping it Local...

Bragg Creek Ladies Auxiliary President Nancy Greenhalgh graciously accepts a \$738.48 donation from Uwe Gildemeister. Funds were raised from Creekers donating to the Giving Tree Promotion during the Christmas season, then matched by Bragg Creek Foods.



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## Bragg Creek comes up roses on May 28th

**Saturday 9am - 11am**

Meet at the Community Centre before 9am to pick up maps, bags, etc.

Grab your gloves, bring your travel mug and join your friends and neighbours to help at our community street litter cleanup.

For more information visit [braggcreekca.com](http://braggcreekca.com) or contact [braggcreek.ladiesauxiliary@gmail.com](mailto:braggcreek.ladiesauxiliary@gmail.com)

Friends of the 2022 community cleanup







## REDWOOD MEADOWS EMERGENCY SERVICES

### Wildfire season is here!

Our area is surrounded by a mix of brush, grassland and forest which are powerful fuel for wildfires. Follow these instructions to prepare your home and family for potential wildfires:

- Prepare an emergency kit. See [www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx](http://www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx) for details
- Check for, and remove, fire hazards in and around your home, such as dried out branches, leaves and debris.
- Keep a good sprinkler in an accessible location.
- Learn fire safety techniques and teach them to members of your family.
- Have fire drills with your family on a regular basis.
- Have an escape plan so that all members of the family know how to get out of the house quickly and safely.
- Have an emergency plan so family members can contact each other in case they are separated during an evacuation.

- Make sure every floor and all sleeping areas have smoke and CO detectors.
  - Consult with Rocky View County to schedule a FireSmart assessment. See [www.rockyview.ca/fire-inspections](http://www.rockyview.ca/fire-inspections) to book a free FireSmart Assessment. If you live in Redwood Meadows, contact the Townsite Office 403-949-3563
  - If you are on a farm/ranch, sheltering livestock may be the wrong thing to do because a wildfire could trap animals inside, causing them to burn alive. Leaving animals unsheltered is preferable, or if time and personal safety permits, evacuation away from the danger zone should be considered.
  - In Rocky View County, sign up for "Safe and Sound" for emergency updates. See [www.rockyview.ca/safe-and-sound](http://www.rockyview.ca/safe-and-sound). In Redwood Meadows, download the Townsite of Redwood Meadows mobile app for alerts at either the Apple App Store or Google Play.
- If you see a wildfire approaching your home.**  
If you see a fire approaching, report it immediately by dialing 9-1-1. If safe, and there's time before the fire arrives, take the following action:

- Close all windows and doors in the house.

- Cover vents, windows, and other openings of the house with duct tape and/or precut pieces of plywood.
- Park your car, positioned forward out of the driveway. Keep car windows closed and have your valuables already packed in your car.
- Turn off propane or natural gas. Move any propane barbecues or patio heaters into the open, away from structures.
- Turn on the lights in the house, porch, garage and yard.
- Inside the house, move combustible materials such as light curtains and furniture away from the windows.
- Place a ladder to the roof in the front of the house.
- Put lawn sprinklers on the roof of the house and turn on the water.
- Move all combustibles away from the house, including firewood and lawn furniture.
- Evacuate your family and pets to a safe location.
- Listen and follow all instructions from fire responders!



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# Robert M. Hughes Financial Solutions Inc.

## The Shifting Economic Winds

There will likely be many impacts on the global economy resulting from the Russia-Ukraine war. The biggest casualty will most likely be the end of the “business as usual” mindset that most Canadians have lived by since at least 1980, if not since the end of World War II.

Just like the nostalgic desire to return to “life before COVID”, there tends to be a deeply held belief that any future recessions, trade wars (or other economic disruptions) will be temporary events that fade into the night. Then you can get on with the financial planning methods that have served so well for decades.

Well, what has changed? First, the 40-year period of declining interest rates and steady inflation appears to be ending. Despite economic weaknesses becoming more evident Central Banks are being forced to raise interest rates to combat rising inflation.

If you have a large mortgage, then your future planning should consider the impact of rising interest rates in the coming couple of years and maybe even decades. It will not be straight up, but the trend of higher interest rates will very likely continue onward at each mortgage term renewal. This will also require Canadians to review the use of HELOCs (Home Equity Lines of Credit) versus using a traditional fixed rate mortgage.

Global trade also now appears to be moving towards new geographic zone methods of trade and commerce which will likely continue to disrupt and change global supply chains. This is a marked change from the previous pushes for “globalization” and will likely reverberate throughout the global economy for years to come. This change will also likely challenge the continued use of the US dollar as the global trade settlement mechanism and give more power to exchanges competing with the SWIFT trading system.

Inflation has been relatively low and benign for almost 30 years, trending at about 2% or less. With the recent global financial rescue mission (due to COVID) and the unprecedented shut-down of the global economy, for a period of time, inflation has been moving back into a long-term rising

trend that has broken through the 2% level. These new inflationary pressures can be directly attributed to the estimated \$11 trillion dollars of money created “out of thin air” just by the US Government alone.

Earlier this year, Russia accounted for about 5% of global daily oil production with much of it going to the USA and other European markets. Ukraine accounts for about 25% of global wheat production. It is hard to imagine Ukrainian farmers planting wheat this spring during a war, so experts are saying that consumers should expect some food and energy inflation to persist for many months to come.

Investing and saving in this environment will require a new mindset and set of tools to help investors to navigate and thrive in this environment. This is a skill set that has not been used since the inflationary 1970's. Few professional investors have used those skills for decades, but they will adjust quickly in the next few years.

The idea of life (or the economy) returning to a “business as usual” approach in the immediate future should be carefully reconsidered when thinking about

a long-term financial strategy. When economic stresses occur, some people react quickly without a strong strategic plan by cashing out investments or doing other similar things.

The key to saving and investing during turbulent times is to be laser focused on your goals and what you can control, even more than ever today. And remember, this too shall pass...eventually.

Contact my office to begin the process of getting comfortable with and in control of your financial situation, now that we are likely in a “new normal,” where many of the old approaches, to investing, no longer are viable.

Also, visit [myfinancialsolutions.ca](http://myfinancialsolutions.ca) for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics.

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## MAKE YOUR MARK By Mark Kamachi Knock knock.

Welcome to May and another article on branding. As mentioned in last month, I spoke of those “too-good-to-be-true” opportunities offered by local media outlets such as radio/television stations, newspaper/magazine publications or digital/social media platforms wanting you to advertise using their media to reach your customers. With so many media outlets knocking at the door for your precious dollars, how are you supposed to make a decision?

My mini-rant last month targeted salespeople who try to make sales directly with the non-marketing folks in your organization, bypassing your “brand police” (aka advertising-design agency, graphic designer, freelancer, etc). In most instances, the media rep has done little to investigate what your brand story is or who your ideal customers are. At the end of the day, the rep is looking to make their

commission via a cold call so they can plan for that cruise to Hawaii or better yet, make sailboat payments.

For example, a tv or radio station will call and offer a great rate on prime airtime with the creative/radio script “thrown in” by the station writer for the purposes of adding “icing” to the cake. On top of that, they’ll suggest to use one of their on-air personalities to read the radio script. Do they truly have the best interests of your brand and customers in mind? Is the station’s weatherperson really the “celebrity” to represent your brand?

As a case study for you: One of our clients was approached by a radio station and was offered a “once-in-a-lifetime” opportunity to reach new customers by signing up for a long term-radio buy. Thankfully, our client had the wherewithal to tell the rep he would get our opinion on the offer first. Smart move. With direction from our media strategist who felt this was a reasonable “deal”, the client signed a contract after some caveats were added such as the time-of-day when the ads would run, at what frequency the ads ran (since you pay each time it airs) and most important, that we would provide creative/scripts.

Our client’s products are targeted towards a mature audience. Male Boomers to be precise. The station just happened to be a 24/7 all-news station. With an audience that spends hours a day in traffic listening to news, sports and road conditions, it was a good fit. On top of that, we suggested to our client that he combine print and digital ads to accompany the radio buy. The more hits, the merrier.

From digital/online ads, website visits can be tracked via basic web/google analytics. However, traditional mediums such as radio, print and tv don’t give you this info. Therefore, we asked our client to track where referrals were coming from each time someone enquired about the product. Our objective for this campaign was brand recognition and sales. It will take time to see how effective it was, and what mediums garnered the most visits to their showroom.

Don’t be swayed by a flashy pitch in a cold call, remember advertising is a combination of science and art. I’ll report back next month with details on how the campaign is performing.

*Cheers, mark.*



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## MANAGING ACUTE SOFT TISSUE INJURIES BY SUSIE MACPHEE

Ouch! So, you've just rolled your ankle, pulled your hamstring, or tweaked your shoulder. The question is... what do you do next? Well, the first step is to determine if this is something that needs immediate further care or diagnostics. Some signs that an injury is significant and will need follow-up at an urgent care facility are as follows: there is sharp unrelenting pain; sudden significant swelling with heat and immediate discoloration or that causes the skin to appear "glossy" or "shiny"; pain that makes you feel nauseous or light-headed; change in sensation to the area such as tingling, numbness, or radiating pain; or the inability to bear weight on an injured leg. If any of these are present, or you are unsure, you should access an urgent care facility as soon as possible.

Once it has been determined that your injury does not need immediate medical care, and movement will not cause further damage; it is time to decide how you are going to manage it. In order to know what to do, it can be helpful to understand what is happening in your body when you get injured.

When a muscle, ligament, or tendon is injured the body immediately begins the process of repairing that damage. It does this the same way it would fight

an infection, by sending cells and proteins to the affected area to begin to repair the damaged tissue. The first phase of healing is called the inflammatory stage. There is increased blood flow to the area to help transport the inflammatory cells to the injured tissues. Swelling occurs after the inflammation response because there is an accumulation of waste such as dead cells and cellular fluid resulting from the injury repair process.

So now that we know what is happening, what is the best course of action to help aid recovery? Common practice has been to use ice, anti-inflammatories and rest to help reduce pain and swelling. However, these strategies can decrease the inflammatory response, limiting the effectiveness of the body to repair itself. Instead, there are ways to care for your injury that will help the healing work.

The first step is to stop exercising or activities that could cause further damage to the area. If walking is too painful, crutches may be needed to help you get around. If wrist, elbow or shoulder movement is painful, avoid carrying heavy loads. If you are able to adjust your work and day-to-day activities for the first few days following an injury it can help recovery in the long term.

This doesn't mean that you should stop moving the area altogether. Pain-free range of motion activities early and often will help your body do the work of clearing out excess fluid to allow for the next stage of healing to begin. The key to these movements is that they need to be within a range that does not cause or increase

pain, so even if you can't move very much it is still good to do it. As well, moving the body parts that bracket the injured area can help. For example, if your ankle is injured, moving your toes and knee will help.

Other strategies that you can try include compression, such as with a tension bandage. Compression should not be applied too tightly, and should be removed at night. Elevation of the injured area is also tolerated well, especially for injuries to the legs. A great trick to elevate the legs without having to have your feet on a bunch of pillows, is to place some towels or pillows under the end of your mattress instead.

Managing the pain of your injury can be done with short periods of ice, under 10 minutes, if you find that it feels good. As well, analgesics that are not anti-inflammatory can help with pain management. Talk to your doctor or pharmacist if you are unsure of what to use.

If you have been injured and need help figuring out the best way to manage your recovery, an assessment with a healthcare professional such as the ones at Bragg Creek Physiotherapy can help you determine the next steps.

Susie MacPhee BKin, CAT(C)  
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Quick Bits

I requested Transportation Services evaluate the crosswalk situation in Elbow Valley as a result of the path paving and speed limit increase; the area around Crooked Pond Green was highlighted as needing a second look with regards to safety concerns raised by residents. The Springbank ASP engagement is well underway, I again encourage residents to participate, as your voice will help shape the look and feel of Springbank for years to come.

#### Branch Cleanup Day Scheduled for Greater Bragg Creek

The seasonal branch program offered by the Solid Waste Services normally runs from May 1st to October 31st. Due to the extenuating circumstances of the windstorm, the Bragg Creek Transfer Site began accepting branches as of March 30th this year – one month earlier.

Additionally, I received confirmation that Transportation Services can extend the scope of their annual roadside brush clearing to include a single time program to help landowners impacted by last fall's windstorm. To reduce hauling distances and traffic, 4 locations are contemplated close to areas with high impact: Wintergreen, Meadow View, Elk Valley, and perhaps the Community Centre parking lot. This is scheduled for Saturday May 28th, and likely running from about 9am – noon. Detailed

information of what will be accepted and maps confirming the cul-de-sac locations in West Bragg and Wintergreen should be on the RVC website by end of April. Please note that both these activities are above and beyond our Provincial grant FireSmart "Chipper Days" program, which continues as usual for this year under the guidance of our Emergency Services folks.

#### Emergency Evacuation Exercise for Bragg Creek

With COVID restrictions easing, Rocky View was able to execute its overdue Emergency Response practice exercise. This nominally happens every 4 years, and ongoing learning from the varied mock emergencies around the County help refine our disaster and emergency response plans. It also helps test interagency coordination. This year's scenario involved the Bragg Creek environs.

Overall objectives were:

- Familiarize participants with the Emergency Coordination Centre & Incident Command Post set-up
- Familiarize participants with their roles during an emergency operation
- Exercise the Rocky View County Regional Emergency Plan
- Exercise the County's Evacuation & Public Notification Plans
- Work collaboratively with the Unified Incident Command Post, key stakeholders, and agencies

Although Council is only involved in the periphery of disaster response, our role in emergency management was also exercised the morning of April 21st. Council met and was updated with the scenario – out of control prescribed burn on Moose

Mountain now heading for West Bragg Creek. We were informed of the Emergency Command Centre set up at the County Hall, the Incident Command Post at the Bragg Creek Community Centre, and the Evacuation Centre at the Springbank Park for All Seasons.

A local state of emergency was declared and signed by Mayor Kochan, and the estimated costs of the Rocky View evacuation efforts were provided for Council information. A schedule for situational and budgetary updates was established. The exercise wound down by noon, and debriefing was scheduled for the afternoon. A report will be coming to Council summarizing our performance and learnings. Of note is that record keeping is an important component that assists in RVC's disaster relief claims than can stretch for years after an actual event – as discovered in the 2013 floods.

Seeing first-hand the well-coordinated hub of activity in the ECC certainly made me proud to watch our staff in action.

#### Council Team Building Planned

Council has engaged a governance and team building consultant to help ready us for the onboarding of new CAO - Dorian Wandzura. A Council-only session is scheduled prior to his arrival, and a second session including Dorian has been scheduled a month later. This ensures a smooth transition and set us up nicely for next steps of strategic planning that will involve Council, the CAO, and Executive Leadership Team.

*Please email me if you would like to be added to my contact list for email and online communications - Kevin.Hanson@RockyView.ca or call 403.463.1166.*



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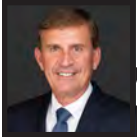
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

Hi everyone, I trust everyone had an enjoyable Easter holiday! Following is an update on Council matters for your use:

#### Chief Administrative Officer (CAO):

Council has appointed RVC's new CAO – Dorian Wandzura to start on May 2, 2022. Mr. Wandzura has been serving in a senior leadership capacity within both the public and private sectors for nearly thirty-years. As a designated engineer and operations professional, Mr. Wandzura worked his way up through the ranks in several progressive and complex municipalities throughout Saskatchewan, ending up as the Deputy City Manager and Chief Operations Officer with the City of Regina. He was then recruited to the City of Edmonton as a member of the senior leadership team, before pursuing a full-time consultancy within his own company. Mr. Wandzura has been guiding and supporting sizable public and private organizations, as well as numerous municipalities to refine their governance

structures, create and implement strategic plans, develop and streamline operational efficiencies, and offer overall support to elected officials, Boards of Directors and senior administrative leaders.

Council looks forward in working with Mr. Wandzura to enhance the services provided in the County.

#### Customer Satisfaction Survey:

Hopefully everyone had a chance to be part of the customer satisfaction survey. Information collected in the survey will be used to guide future decisions surrounding Rocky View County services, communications, public engagement activities, budgets, and plans. The results of the survey will be shared back to the community in a What We Heard Report.

#### Springbank Area Structure Plan (ASP):

A feedback survey, coffee chat sessions and an open house are intended to capture the community's input as to what the desired Springbank ASP should entail. Once the information is processed, administration will provide the results and the community will have an opportunity to provide further input. A detail of the process that is being followed is posted on the County's website.

Assessment notices – your assessment notices have been sent out for your review and if you have any questions about your assessment, please send them to [assessment@rockyview.ca](mailto:assessment@rockyview.ca). If

you wish to appeal your assessment, the Assessment Review Board (ARB) will hear your complaint. You will be advised as to when your appeal may be heard once you have notified that you wish to have your assessment appealed.

#### Agribusiness Video:

Each year Rocky View County celebrates the success of Agribusiness in the County. Normally a tour of the participating farms is undertaken however with COVID present during the past 2 years, a video featuring the participating farms was developed instead of the tour. The video highlights the innovative ways businesses use technology to improve sustainability and maximize yields. On April 12th, a documentary style video featuring Long-Run Ranch Beef, Harmony Beef, Souto Farms and Gatez Farms was previewed at the Silver City Crossiron Mills cinema. You can view the 5 minute video on the County's website by searching "agribusiness success".

#### Springbank Offstream Reservoir (SR1):

The Province has officially appointed a general contractor for the project with an onsite announcement by Minister Sawhney on April 14th. To keep informed regarding the project's progress, you may register for the updates at [springbank-project@gov.ab.ca](mailto:springbank-project@gov.ab.ca)

Take care!

Don Kochan

[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)

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## ABOUT THE BRAGG CREEK CHAMBERS BOARD

The Bragg Creek Chambers Board of Directors in 2021 implemented a beautification program as part of a grant to do so that has extended into 2022. The current President of BCCC, Sherri Olsen, has been organizing benches and picnic tables to be made, plus the mural of bears that is now in front of the Telus building.

The first mural and the animal side of the second mural was done by Jesse Gouchey.

The Ventures Society built the frames and benches. The bears sculpture in the main mall is thanks to Joanne Birbeck's efforts. The next project is an interactive mural where people can poke their heads through and become an animal native to this area or on the other side - a sunflower for photo ops. The other side of this mural seemed rather "bare" so we asked The ArticuLadies, a group of artists that meet every Thursday at The Bragg Creek Community Centre to paint the other side. Sherri thought sunflowers would work and this was just before the war broke out so it is even more special as the sunflower is Ukraine's national flower. We were confident these ladies would rise to the challenge and they exceeded our expectations as they had

never made a mural before. The task to help beautify the Hamlet would make Van Gough proud.

This group is one of many incredibly talented groups and individuals in Bragg Creek. There is something about the nature and landscapes that seems to draw creatives to this very special place. The BCCC are thrilled with the sunflowers and are grateful to the artists that contributed. The mural will be located in front of the Pharmacy soon. Watch Visit Bragg Creek for news.

The BCCC has been active all through covid and continues to focus on business as usual to help our Hamlet go forward.

*Elizabeth*

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## Bragg Creek Centre

We are pleased to share on Saturday, April 9th, the Bragg Creek Community Association thanked local resident, Bob Jackson, for his commitment to the ice rink for the past 30 years by naming our Pump House, the Jackson Room. Bob began volunteering his time building & maintaining the rink in the summer of 1989 alongside his "Rink Pack" which included Jack Merryfield and Len Wilton. At the presentation, Bob was extremely honoured and proud to be placed alongside the Merryfields & Elsdons. We appreciate all you do for the Centre & the community Bob, the recognition is well deserved!

### Community Clean Up

Saturday, May 28

9:00 am – 12:30 pm

Hosted by the Bragg Creek Ladies Auxiliary. Meet at the Community Centre before 9 am to pick up maps, bags, etc. Grab your gloves, bring your travel mug and join your friends and neighbours

to help clean up the community litter. Special thanks to the Friends of the 2022 Community Cleanup: AdMaki, Bragg Creek Community Centre, High Country News, Bragg Creek Wild & Rocky View County.

### Bragg Creek Farmers Market is BACK!

Sundays, June 19 – September 25

10:00 am – 3:00 pm

We have secured many of your favourite vendors again this year! We will update our Facebook page with the complete listing of our market vendors prior to our first Sunday event.

### Rediscover Play Summer Camps

Registration is online for our weekly outdoor camps for the months of July & August. Please visit our website at [www.braggcreekca.com](http://www.braggcreekca.com) to register or give Lily a call at 403-949-4277.

### Bragg Creek Days – Back to our Roots!

Saturday, July 16

We are excited to announce Bragg Creek Days will be returning in 2022! Join us for our annual community celebration! Pancake breakfast, parade, BBQ, beer garden, vendor market and live entertainment. We are pleased to announce the doctors and staff of Care in the Creek Medical Centre have been chosen as the

2022 Bragg Creek Chamber of Commerce Parade Marshals. Please watch the BCCA website and Facebook page for updates! If you are interested in registering a parade entry, please contact Lily at [program@braggcreekca.com](mailto:program@braggcreekca.com). See you in July!

Hope everyone had an amazing Easter weekend with their friends and family!

Kim Perraton

BCCA General Manager





# Bragg Creek Days

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## A TASTE OF THE HIGH COUNTRY

### My First Alberta Wagyu

I secretly purchased three Wagyu steaks for our family's Easter supper, spending a small fortune in the process. At the time, I thought it best not to share this detail with my husband. Better to enjoy the epicurean meal first and explain later, I reasoned.

Thrilled by the idea, my daughter got busy and found Brant Lake Wagyu shop on her phone. The modern-looking meat boutique is located in Calgary on 42<sup>nd</sup> Avenue, a block from Blackfoot Trail. That is where I purchased my first three Zabuton Wagyu steaks - valued at \$98 per kilogram.

So, what is Wagyu you ask? A culinary dream for many, it is said to be the ultimate beef - ever so moist, tender and flavourful. Wagyu is a breed of cattle that originated in Japan ("Wa" means Japanese while "gyu" means cow). According to the American Wagyu Association, these cows were first prized as draft animals used in agriculture like horses. They were strong, had great endurance and were suited for hard work. Over time the species developed an inordinate density of intramuscular fat cells (marbling) where their energy was stored. That high content of soft muscular fat makes this meat so unique.

There is evidence that Wagyu beef was domesticated over 35,000 years ago. Still, it is only recently that they were introduced to America. An increasing number of producers are now raising these animals and often crossing them with other Western breeds to improve their herds. Probably mounting to a cardinal sin, this practice is not endorsed in Japan. In fact, Wagyu beef is considered a "national living treasure" in that country. It is highly regulated to preserve its genetic history. For this reason, their livestock can no longer be exported.

The Brant family started in 1993 with 19 Wagyu cows and bulls. Today they raise over 1000 animals per year in the High River area. Most are Wagyu / Angus cross and full-blood Wagyu bulls. They also subscribed to the Verified Beef Production program; committed to humane, stress-free, hormone-free, grain-fed production. BLW are currently selling their products across Canada in several high-end meat shops.

Back at the shop, I was given instructions on cooking a Wagyu steak. The technique is simple but requires precision to get the best out of it. On the big day, the steaks were brought to room temperature, salted with Maldon smoked salt flakes (might as well use expensive salt, right?) and warmed for a few minutes at 300F. The fat at that temperature started to melt right away, like butter.

The steaks were then flash seared for a couple minutes in a hot cast iron plate preheated on high heat. Besides fresh ground pepper, no other ingredients or fat are necessary. Still, I could not help but use a bit of butter and thyme while searing the meat, thinking it would add extra complexity without distracting from the primary flavours.

Since the meat is the star, the side dishes were kept simple; a medley of roasted root vegetables and a simple green salad.

As for the wine, the decision required meditation of sort... imagining the flavours of the meat I had only read about. After much contemplation sitting in front of my small collection of wine in the basement, and because I was getting cold, I finally settled for a 2010 Château Cantin, Saint-Émilion Grand Cru. A right bank Merlot-based Bordeaux blend. The elegant and luscious red wine had sufficient intensity to match the grilled meat. Its acidity refreshed the palate while the fruitiness of the wine was coaxed by the salt in the meat. Finally, the silky tannins were further softened by the fattiness and earthiness of the meat. In short, we had a beautiful waltz of flavours and textures.

The dinner was a success, and much laughter was shared. The flavours were balanced, and the meat was perfectly cooked, ever so juicy and melting in your mouth. And just like that, nothing was left of my extravagant offering. Best of all, everyone agreed we should do this feast again - Cost be damned. Yes, it is expensive and therefore best left for special occasions. However, when you think of it, it was much cheaper than going out to enjoy a similar experience in a fancy restaurant.



### *Invitation to food artisans, growers, producers and restaurateurs:*

*Do you produce, make or serve quality local food that best exemplifies our terroir? Interested in being profiled? Please email Renée at [mail@tastingpleasures.ca](mailto:mail@tastingpleasures.ca)*

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## PRIDDIS NEWS

### Priddis Garage Sale:

Finally, after two years of dealing with COVID restrictions, the Priddis Garage Sale is returning to Priddis. Pack up all those treasures and bring them over to the hall.

The annual Priddis Garage Sale will be held on Saturday, May 7th from 9am to 12pm. Donations may be dropped off at the hall on Friday May 6th from 10am to 8pm. We will only accept clean items in good working order. Please do not drop off box springs, mattresses, old encyclopedias or readers digest condensed books. We do not want computers or monitors that are more than 4 years old, and no TV's that are not digital as they do not sell.

This is a fundraiser for the PCA and we appreciate all the support we receive. Thank you in advance for your donations. Food will be available for purchase from the concession. If you would like to help out at the garage sale this year, contact Arlene, at: [aljelms@gmail.com](mailto:aljelms@gmail.com)

### Summer Camps:

The PCA is beginning to coordinate youth summer camps. It is our hope that we will offer at least two weeks of multisport day camps. If you or someone you know would like to facilitate these camps in conjunction with the PCA, please reach out to Casey, [priddisresident@gmail.com](mailto:priddisresident@gmail.com), with your interest. Parents, stay tuned to our social media accounts for information on dates and registration.

### Stampede Breakfast:

Priddis Stampede Breakfast is set for July 16th, 2022! We are in search of volunteers to help coordinate and run the event. Please reach out to Kristy, [priddissecretary@gmail.com](mailto:priddissecretary@gmail.com), to volunteer.

### Priddis Panthers:

For more information, email Kyle McGill at [priddishockey@gmail.com](mailto:priddishockey@gmail.com) or [priddispantherhockeyassociation.teamsnapsites.com/](mailto:priddispantherhockeyassociation.teamsnapsites.com/)

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### PCA Casino 2022:

Volunteers still needed!

Thank you to everyone who has already volunteered to help with this event.

We are so close to meeting the required number with a few alternates, but we still need your help.

The Priddis Community Association is having our AGLC casino this year. Dates are Tuesday and Wednesday, May 17th, and 18th at the ACE Casino Blackfoot, 42 Avenue SE, Calgary. Come and join in the fun as several positions on each shift need to be filled. If you have never worked a casino before, no problem. Training is provided. Meet your neighbours and make new friends. All proceeds from the casino go towards hall maintenance and improvements. If you would like to volunteer, please contact Wayne or Carmen at 403-931-3875

### Priddis Playgroup:

Join us for playgroup at the community hall. All ages welcome. Join us Friday May 6th and June 10th from 9:30 – 11am for a chance to socialize with other parents while your children engage in free play. Free for PCA members. \$5 drop in for non-members. Please contact [pcayoungfamilies@gmail.com](mailto:pcayoungfamilies@gmail.com) for more information and be sure to follow our social accounts for community event updates. @priddiscommunityassociation on Instagram and Facebook page.

### Priddis Early Learning Program - PELP:

OPEN HOUSE AND REGISTRATION NIGHT – May 11th 7pm at the Priddis Community Hall. Come learn about the program, meet the teachers and see the classroom. Bring your registration forms and deposit.

Our fundraiser is ongoing: Mabel's Labels – order your very own personalized holiday labels and stamps. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: [campaigns.mabelslabels.com](https://campaigns.mabelslabels.com)

Please email our program director for more information: [pelppreschool@gmail.com](mailto:pelppreschool@gmail.com) or [pelppreschool.wixsite.com/pelp/registration](https://pelppreschool.wixsite.com/pelp/registration)

### Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: [priddisassociationpayments@gmail.com](mailto:priddisassociationpayments@gmail.com) In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family, Business etc.



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Own your own business? Purchase a membership and receive the added perk of free advertising on our social media pages twice a year. NOTE: Everyone should have a Priddis Community Membership when participating in events at the hall and using PCA facilities.

#### Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs.

Your donations are appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb. Thanks ladies, for volunteering your time to keep the library operational for the community.

#### Booking the Hall:

We are taking bookings for the hall for 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 online. To view or book the hall, contact the Hall Rental Director at PCAhallrentals@gmail.com Check our website [www.priddisalberta.com](http://www.priddisalberta.com) for availability, pricing, and updates.

#### Staying Connected

Did you know that along with The Priddis Community Association's webpage we have an Instagram account and 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:

@Priddiscommunityassociation

- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- [www.priddisalberta.com](http://www.priddisalberta.com)
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## THE 55 PLUS GAMES

The 2022 Winter 55Plus Games were just completed April 7-11 in Edmonton. 1100 athletes attended. Eight Zones from across the Province compete against each other in some 15 sporting Events, as well as Arts and Creative writing. Our Zone is #2, administered by Big Country Seniors Sports Society. We (BCSSS) sent 150 participants, and as you will note herein, some 72 won medals, Gold, Silver, or Bronze. Our Gold Medal Winners all qualify to play in the Canada 55Plus Games, which will be held this coming August in Kamloops, BC. In early June the 2022 Alberta Summer Games will be held in Peace river, AB. Zone Qualifiers in some 15 games, as well as Crafts & Photography, are near completion. We anticipate 120-140 players from our Zone will compete there. Those Gold Winners will also qualify for the Canada Games in Kamloops in August.

*Please contact me for further details. Photographs of Winners are available upon request. Douglas E. Campbell*  
Email: [dec@cabsi.ca](mailto:dec@cabsi.ca)  
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## MILLARVILLE COMMUNITY LIBRARY

Millarville Library is a busy place these days as more people venture out of COVID isolation, although everyone is still being careful and more people are ordering books online. There has been a large increase in books and other library materials going out. We are so lucky to be part of Marigold and have their huge selection across the province available for us!

The school spring break was over the Easter week with limited library hours but we did offer a movie night showing two family friendly movies in the school library.

May 31st is the date for our annual, always popular Book Club night. There are TWELVE book clubs in the area and we invite two representatives from each book club to a wine and cheese get together to share their favourite books. The meeting will start at 7:00p.m., (outside if weather permits for wine and cheese) and then we will move to the school library for discussion (more space, thanks Millarville School). Check out the library website for

more information. Lorraine Clark is organizing this: thank you Lorraine!

Natasha plans to run a drop-in summer reading program. More information coming nearer the time or call Natasha at 403-931-3919 with your questions.

Kelly Nutbrown is reactivating Story Time - Yeah! - it's been two years since the last one. The first "new" Story Time is Thursday May 19 for kindergarten and pre-schoolers.

The library has welcomed two new volunteers but there's still room for more. Call Natasha if you're interested. Training provided! Big thank you to retiring Library Board members Kym Burns and Lyn Brown.

Author visits will have to wait until the fall but there are exciting plans in the works as well as new art from the Leighton Centre.

Summer is just around the corner (I hope) and I know many of you will be heading out to hike and camp. There is a great new book in our library "Outdoor School: Hiking and Camping". This comprehensive book covers everything from planning your adventure, packing your gear, campsite cooking and eating, setting up camp and building a fire, flora and fauna spotting and identification, First Aid and Survival and

so much more. "No experience is required only curiosity and courage" for adults and children!

Check out this great picture book in our library: "The Proudest Blue; a story of hijab and family." It is written by Ibtihaj Muhammad who is a fencer and was the first woman in hijab to compete for the United State in the Olympic Games. Beautifully illustrated by S.K. Ali and Hatem Aly it tells the story of one sister's first day of hijab, and her younger sister's love and support. "Ajib's hijab is like the ocean and the sky, no line between them, saying hello with a loud wave."



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## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, usually at 7:30 p.m. We are currently in the process of finding a new place to hold our meetings.

We are happy to announce the landscape grant recipients: The Red Deer Lake United church, the Valley Neighbour's club, the Rising Sun LTC and the Millarville Community School playground.

May's meeting will be on May 28, 2022, in the hall at MRAS. Time to be advised. Patty and Paul will be putting on a workshop we are calling "Getting Ready for the Fair". It will show what the judges are looking for in your flower arrangements and stem submissions. Members are free and non-members will be \$15.00. If you are planning to enter in the horticultural section of the Fair, we encourage you to attend this workshop.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. If you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family.



## It's the end of the line

We are currently replacing some power lines in your rural area that are at the end of their life cycle, after 50 years of exposure to wind, ice, temperature changes, corrosion, and other environmental conditions.

These upgrades also give us with the opportunity to replace damaged power poles, and other devices as needed and, in some cases, relocate the line to a right-of-way with better access.

To ensure the safety of our employees and contractors working on the system, power outages may be required. If you will be impacted by a planned outage, you will receive an automated phone call at least three days in advance. Please ensure that your retail service provider has your current phone contact information.

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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

#### Greetings! Sharing my News Update...

**FireSmart:** It's the time of year to get the "wildfire" topic on the radar. With a few fires having occurred in 2022, even by lightning strike already, this is a reminder to consider some FireSmart actions on your property. Doing a little bit of work each year makes the job less overwhelming. For suggestions on preparing your property, please visit: [firesmartcanada.ca/homeowners/](https://firesmartcanada.ca/homeowners/)

**Road Safety:** The northwest area of Foothills County is nicknamed the "Italy of Alberta" by some touring groups. Starting in May, a lot more visitors and types of warm-weather activities will increase the road-use pressure on highways and County roads. Whether we encounter a slow-moving agriculture vehicle, a cyclist, a tourist or a local horse-rider, we should consider a slower pace and taking an extra dose of patience. In recent days, I have received a number of complaints about speeding, with requests to post "slow down" messages. The County will be deploying our speed trailer sign to remind travellers about safety. Please let me know if you would like this trailer to be located in your neighbourhood for a few days over the summer months. Additionally, we have been recommending to event-planners that events be located throughout the County, versus jamming the roads in the northwest corner of the County every day and weekend of the summer. Other parts of the County are beautiful and suitable for events, also. We hope that reducing event traffic volumes may reduce some conflict.

#### Spruce Budworm Treatment Cautions:

In 2021, residents expressed concerns about an infestation of spruce budworm. Foothills County hosted a workshop and then posted information on our website. We are monitoring the situation with our neighbouring municipalities and the Province, and offer to provide advice to our residents. If you are considering the use of insecticide intervention, please be aware that there could be collateral issues. Treatment with BTK, a bacterial insecticide, could be ineffective if not used at the correct developmental stage of the spruce budworm, plus it will kill other native moths and butterflies. Other domestic use products could pose a serious risk to the environment and may damage the trees being treated. Broad-spectrum synthetic insecticide use is strongly discouraged due to the high risk this poses to human and ecological health. Any applications must be contained to your property only. Any applications or drifting of sprays onto neighbouring properties, without written consent, is a violation of the pesticide label, provincial, federal and civil laws. Due to the seriousness of applying insecticides, please check the details on the product label and on our website, which includes more about insecticides, complaint-reporting, alternatives to insecticide use and contact info for our Agricultural Services Department. Please visit: [www.foothillscountyab.ca/services/agricultural-services/spruce-budworm.html](https://www.foothillscountyab.ca/services/agricultural-services/spruce-budworm.html)

**What's UP with CMRB?** The Municipal Affairs Minister delivered news to the 10 Calgary Metropolitan Region Board municipalities regarding the Regional Growth and Serving Plans that were approved by some of the members in May 2021. These plans had been under review since that board approval. We have been very concerned with this plan as it takes away our ability to develop reasonable

employment and residential areas without the approval of the regional board. In a public statement on March 29, 2022, the Minister and department noted they are considering allowing both Strathmore and Wheatland County to exit the mandated board and the plan. We certainly would have liked to receive that same news! Some proposed growth plan amendments are up for discussion right now, as noted on the agenda, closed-session item #6, of the April CMRB Land Use and Servicing Committee. Perhaps by the next edition of the HCN, I'll be able to share with you what is in store for Foothills County.

#### This Survey is NOT from Foothills

**County:** You may have received Calgary's "My Travel Log" survey in the mail. The City authors are requesting that targeted Foothills residents log into their website ([mytravellog.ca](https://mytravellog.ca)) and disclose all kinds of personal information. This survey IS NOT from Foothills County. Do NOT feel obligated to do this invasive survey. Beware of this attempt to access your personal information. On their "My Travel Log" mailout, they state: "Our goal is to better plan for future improvements in YOUR community." Several residents have contacted me about this over-reach and wonder what is going on here. What is the City of Calgary up to? With our continued mistrust of CMRB motives, we certainly want to get to the bottom of this. Foothills County will be bringing this up at our next Intermunicipal Committee Meeting with the City of Calgary and we have already asked that they discontinue sending this survey out to Foothills residents.

#### Other News & Updates:

Facebook: [www.facebook.com/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)

CouncillorSuzanneOel/

Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

With Best Regards, Suzanne



## RED DEER LAKE

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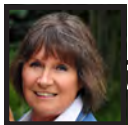
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## COUNCILLOR UPDATE Foothill County

### Barb Castell - Division 3

Spring is here and as expected, the Road Bans are in place. Check out the Foothills County website.

#### 2022 Spring Road Ban List:

[www.foothillscountyab.ca/media/files/upload/Spring\\_Road\\_Ban\\_without\\_Asset\\_IDs\\_March\\_21\\_2022.pdf](http://www.foothillscountyab.ca/media/files/upload/Spring_Road_Ban_without_Asset_IDs_March_21_2022.pdf)

#### Emergency Preparedness

If you only had 15 minutes notice to evacuate, what would you pack that you could not live without?

The 2021 Survey of Albertans shows only 26% of Albertans have an emergency kit. Having an emergency kit with at least three days of supplies can keep you safe and help you navigate unexpected situations.

Take one minute to watch this video and visit [alberta.ca/GetSupplies](http://alberta.ca/GetSupplies) to get ideas on what to put in your kit and #BePrepared for anything.  
[www.youtube.be/5yk3dsC2Fkc](http://www.youtube.be/5yk3dsC2Fkc)

For more preparedness tools and materials, visit: [www.alberta.ca/BePrepared](http://www.alberta.ca/BePrepared)

#### Gravel Extraction

I have received many calls regarding the activity on the properties east of 176 Street W and north of 402 Ave W which is now owned by Burnco for gravel extraction. Residents nearby have been contacted, but people driving by have had questions. What you see now is the stripping of the topsoil and the creation of a berm. The entrance and exit to this area will be on 160 Street W so there should be no large vehicles from the site on 176 Street W. I am told the actual extraction and crushing will happen much further

into the future. Please contact me with any questions.

#### Latest Update on RCMP

At the recent Rural Municipalities of Alberta (RMA) Spring convention, the RMA membership presented and approved resolution "4-22S: Continued Support for the Royal Canadian Mounted Police in Alberta". The main reasons for this support were:

- Costs and Lack of Cost/Benefit Analysis
- Staffing Plan
- Risk to Essential Service
- Lack of Municipal Support
- Lack of Citizen Support

For more information:

[www.rmalberta.com/news/the-rma-formally-opposes-the-creation-of-an-alberta-provincial-police-service](http://www.rmalberta.com/news/the-rma-formally-opposes-the-creation-of-an-alberta-provincial-police-service)

#### Millarville Run to the Farmers' Market

The half marathon is on Saturday, June 18, 2022. The race starts in Black Diamond, continues on through the back roads to Turner Valley, and then finishes at the Millarville Farmers' Market opening day. The event also features a two person half marathon relay and the COBS Cinnamon Bun Run 8-Miler, with it's unique and fun "Bunners" and "Runners" divisions, also finishing at the Market. You can also attend the market and watch the runners come through the finish line.

If you wish to participate in the 21.1 km, half marathon run go to:  
[www.millarvillehalfmarathon.com](http://www.millarvillehalfmarathon.com)

#### Millarville Races

The famous Millarville Races are a go this year! Fun for the entire family.

Date: July 1, 2022

Time: Gates 10AM, Races 12PM

General Admission: \$15

(12 and under free)

VIP Experience: Adult \$85, Child \$15 (plus GST)

\*Timed Ticket Entry\*

Tickets Available Online:

[www.millarvilleracetrack.com/race-track](http://www.millarvilleracetrack.com/race-track)

#### Millarville Farmers' Market

The market will be open every Saturday from June 18th to October 8th from 9 AM to 2 PM. Entry is by donation.

#### Priddis & Millarville Fair

Start planning your entries for my favourite MRAS event, the Priddis & Millarville Fair, which takes place August 20th and 21st, from 9 a.m. to 4 p.m. The theme for the 2022 Fair is COUNTRY FUN FOR EVERYONE!

The Priddis & Millarville Fair is a full weekend of old fashioned, country-style family fun that draws our extended community together on the third weekend in August. The Fair is suitable for all ages and includes a wide variety of competitions, contests, displays, and entertainment.

Watch for the Fair Book online:

[www.millarvilleracetrack.com/priddis-millarville-fair](http://www.millarvilleracetrack.com/priddis-millarville-fair)

#### Millarville Horticultural Society Plant Sale

Save this date: Saturday, June 4, 2022 from 12 PM – 2 PM

Local, hardy plants from the members will be for sale: perennials, annuals, veggies, the 'Gardening Under the Arch' book... and more.

This year's sale will be located in the Quonset at the Millarville Racetrack. The "ROPE" drops at Noon!

A Happy Mothers' Day to all the mothers out there!!!

Barb Castell

Phone: 403-931-3690

E-Mail: [barb.castell@foothillscountyab.ca](mailto:barb.castell@foothillscountyab.ca)

Website: [www.barbcastell.com](http://www.barbcastell.com)

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## SQUARE BUTTE COMMUNITY

We are back in operation after 2 years of COVID. The board has been working diligently throughout the winter to update our bylaws that will be put to a vote on April 28th.

The SBCA have added some new members to our board. We are happy to welcome: Becky Wiens – Secretary, Kerry Pawchuck – building manager, and Katie Wilchak. We still need 2 more board members. It is a fun rewarding group to work with so we encourage you to help out in any way you can. Keith and Beverly Walters are leaving our group. They both have been instrumental in seeing our hall regain its former beauty by spending hours and hours on grant applications, spearheading our major wall rebuild, upgrading services in the hall and accounting for every dime we spent. They will be missed in our community. We wish them all the best in their next adventure on Vancouver Island, maybe there will be more time for them to relax and enjoy.

We are having an online auction using the same company as last year. We are raising funds to upgrade and improve our facility and grounds. This is the link: [www.32auctions.com/SBCHSpring2022](http://www.32auctions.com/SBCHSpring2022) Email Lisa Lloyd [dazludirector@gmail.com](mailto:dazludirector@gmail.com) for information or to donate. We are looking for new items or experiences to add to our already

extensive list. The auction kicks off May 7 to May 20, 2022. It is so fun and helps the community, “build back better”.

We have a landscape project called “Heritage Hill” at the north end of property to be completed this summer. We are preparing a specific site for family and wedding photo shoots. We are looking for heritage items to add to our collection. Call Mary Ann 403-931-2098.

Free breakfast, Western dances with live music, and plans to offer some family friendly events are coming soon. We are booking events and weddings!

### Square Butte Ladies Group

Our little group finally had a “in person” meeting and what a treat it was! We got down to business and planned our yearly activities. Millarville Market dates are July 9, August 6, and September 10.

We will have a large selection of baking and quilt raffle tickets at each market. The list of charities that we support was reviewed and the Ukrainian disaster relief was added. Helping locally for refugees coming here was the favored objective.

Since 1943 we welcome ladies of any age to join our group. For further information call Jill Fry 403-931-3420.

### Heritage Moment

While attending a 46th Birthday Party for SBCA President Clayton, at Hard Knox Brewery I met up with Rick Silvester and his wife Lauren who have retired from ranching in Saskatchewan. It was so fun to reminisce with Rick. His Grandfather Ernest Silvester & wife Alice came to the Square Butte area (Kew district) in 1910

where they homesteaded very close to where Rick has now settled. There were 13 children in the family, all born while living on the homestead or in the tent they lived in at Glenbow Quarry where Ernie worked. With hard work, off farm jobs, big gardens, milk cows, wild berries, fish and wild game they were able to survive and flourish. Most of the neighbors experienced the same conditions. When the Square Butte School was built out of logs in 1922, 3 of the older Silvester children attended. Subsequently all of the 13 children received their education at Square Butte School.

While talking old times, Rick remembers the visits to Alex Lyall's home where they had the first coloured TV that he had ever seen. The program they watched was “Bewitched”. It is strange what we remember while growing up.

He recalls going to the SB Hall where Alex would have a slide show on their most recent road trip to the United States. This was a yearly event as Alex was able to afford a road trip as he worked for Home Oil and could afford a new car periodically and vacations. Alex also filmed many of the local gymkhanas that were held at Ivor Lysters. These films were then shown at the Hall. We loved them as Alex would wind the film backwards and the rider would jump back on after being thrown from his steer. Life was simpler then!

Submitted by Mary Ann Watson

Website: [www.squarebuttehall.com](http://www.squarebuttehall.com)

Facebook:

[www.facebook.com/Sqbuttecommunity](https://www.facebook.com/Sqbuttecommunity)

Rental Inquiries:

[contact@squarebuttehall.com](mailto:contact@squarebuttehall.com)

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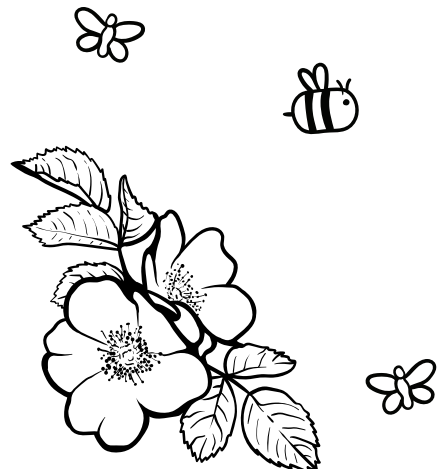
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Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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## SHEEP RIVER LIBRARY

As we head into the spring/summer seasons where we almost have a long weekend a month, we remind readers that the library is closed on the Saturday and Monday of every long weekend from May through October. Open/closed hours will be posted on the outside signs, our website, Facebook page and phone message.

The Friday before the May long weekend (May 21-23) sees the return of our Bikes For All program. You can borrow several bicycles of various types and sizes until the end of September. If you want to cycle around town, bike Friendship Trail or head up to Kananaskis Country, we have you covered. You will need to sign a waiver before you cycle away; it will cover you for the entire season.

We are preparing for our annual book sale on June 4. If you have used books to donate, please bring them to the library during open hours. Please do not deposit them in the drop box or leave them outside the front doors. Items we will not accept: textbooks, Reader's Digest condensed books, encyclopedias,

manuals of any kind (truck repair, tax codes), VHS tapes and any books that are visibly damaged. Those items can be recycled, and you won't get struck by a bolt of lightning from the book gods for doing so.

With public spaces opening up and restrictions lifting, you may wish to venture out and attend some group activities. If you are looking for a good stress reliever, try our Community Drumming Circle that meets on the first Friday night of the month at 7 pm. No musical experience is required to attend this fun and enjoyable group. Drums and other percussion instruments are provided or you can bring your own. Children are welcome to attend if they are going to participate in the drumming. Tea and cookies are provided. Admission is by donation (\$5-\$10 suggested) which is used for instrument maintenance and replacement.

As well as seeing programs return to the library, we also invite any artists who would like to display their art in our gallery space. We are looking for all types of art: painting, photography, fibre arts, drawing and more. The artwork must be able to be hung on the provided grids. Each artist will have four weeks to display their work. If you are interested, please contact Jan 403-933-3278. In the next few weeks, we will see the return of the quilts in the main library space along with some spectacular weavings.

We are fast approaching that time of year when semesters are ending, and examinations are looming. Exam proctoring is a free service the library provides for both homeschoolers and those attending tertiary institutions. Please call Jan to find out what is required to take your exam at our location.



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## LONGVIEW LIBRARY

On April 7th. The villagers were treated to an afternoon of a seed exchange. A wide array of seeds were donated, vegetable, floral and herbal, There were door prizes as well. It was a lovely way to kick start the gardening season and to meet with other gardeners. Lynda, our librarian, hopes to create a seed bank in the library.

Saturday, May 7th will be our Highway Clean up. This is a province wide enterprise and our best fundraiser of the year, We need volunteers to help with this. If it is raining that day, it will be held the following Saturday, May 17th. If you can help us out, please call Jan at 403-558-2060.

The library's mandate is to provide a life long learning experience for the community of Longview. To encourage this, we hope you will use the inter-library system which provides a good access to a vast amount of knowledge. If you are not familiar with this system, Lynda Winfield, our librarian, would be happy to help you

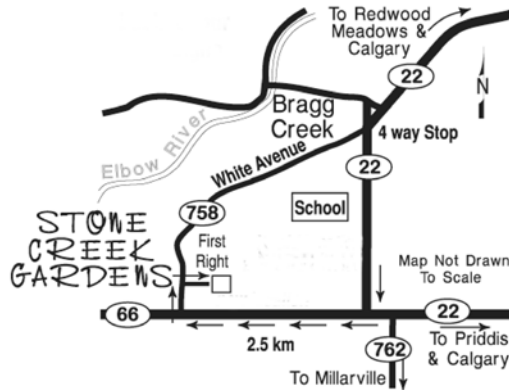
New books in the library are: The Alice Network, by Kate Quinn and The Girls in the Garden by Lisa Jewel.

On May 4, Celia Dewane will be in the library for a reading and signing of her book Stories From A Rocking Chair at 1 p.m. Celia is a long time resident of Longview. Refreshments will be served.

*Happy Reading and Gardening,*

Sylvia Binkley  
sliv@telus.net  
403 395-2418

## ( STONE CREEK GARDENS )



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## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Ah, the month of May. Mother's Day and the fun job of starting seedlings to plant. My grandparents had a vegetable garden when I was growing up. We would go for Sunday dinner and they would get us kids to pull the vegetables for dinner. They had the best potatoes ever. It wasn't until years later that I discovered my Grandpa had smuggled the potato seedlings from Denmark when they moved to Canada back in 1957. He carefully planted and tended these seedlings, which were called Bintje, a type of fingerling potato. I have been trying to find these for a while now, so if anyone knows where to get some, please let me know! It sure would be nice to surprise my family with these potatoes for Christmas dinner.

With spring in the air, it is also time to clean up after winter. Project Green Day is tentatively scheduled for May 28 from 12-4. Meet at the BD Town Hall and bring some gloves to help clean up our pathways, pocket gardens, and river banks. There is usually a BBQ held afterwards, but check the Town's website for full details.

It's Parade Day coming up! So looking forward to our annual festivities after such a long hiatus. The Parade starts in Black Diamond at 9am, and the festivities continue on in Turner Valley after 11am. Turner Valley's events include music, face painting, bounce houses, a petting zoo, and artisan market. Other events around town throughout the day include a classic car show and the Library's book sale. If you would like to book a table for the market, the deadline to do so is May 13. Volunteers are also needed for the weekend, even a couple of hours would be great, please contact either town to find out more. And our Diamond Music Festival is tentatively booked for the Canada Day weekend this year also.

In conjunction with Parade Day, the Sheep Creek Arts Council is hosting their Bake Sale from 11-3 and their Quilt Show from 11-4. If you are interested in submitting a quilt for the show, please call Sheila at 403-931-3989. SCAC continues to have art classes and Friday night one night classes in May and June. Also, they will be holding Quilt Camps this summer and some Kid's Art Camps.

More info, check out [sheepcreekarts.ca](http://sheepcreekarts.ca). The SCAC is located on Sunset Boulevard in Turner Valley. Right next door is the Valley Neighbour's Club, and they report they look forward to spring with classes and programs, they have hosted their popular 80th birthday party and floor curling is done for now, but check them out for all they have to offer!

Teen nights at the Oilfields Regional Arena will run Thursday evenings from 6-9. Teen nights are sponsored by A&W, watch for more details on social media and the Town's website.

Spring also means our campgrounds are open along with road closures opening up for the summer. Highway 546 west of Sandy McNabb campground is open May 14, as well as Gorge Creek Trail. McLean Creek opened April 30, as well as Highway 940 section south of Cataract Creek. Highway 40 from Peter Loughheed Park through to Highwood House opens June 14. By all means plan a drive on one of these roads, the scenery is spectacular. Road closures are put in place during the winter months to provide wildlife easier access to food. Most of our campgrounds open from the beginning to the middle of May. Remember you are supposed to have

a Kananaskis Conservation Pass to park in Kananaskis, it is \$90 for two vehicles for a year, and the year can start when you purchase a pass. Day passes are also available, \$15 for one vehicle.

The Bar U Ranch is also open for the season on May 15 from 10-5, for all the information on this historic ranch, visit [pc.gc.ca/baru](http://pc.gc.ca/baru).

Lastly, the annual Lions Foundation Walk for Guide Dogs will be held on May 29 in Okotoks. Registration starts at 11am, with the Walk commencing at noon. Register and donate online, and collect pledges for the Walk. Dog Guides come with different training, for example, they can drastically change the lifestyles of people with vision or hearing impairment, seizure response, special skills dogs, and autism assistance. Lace up those runners and clip on your dog's leash for a fun and rewarding walk while helping others in need!

To find out more or to register, visit: [purinawalkforguidedogs.com](http://purinawalkforguidedogs.com).

If you have any events or news for the month of June, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is May 15.

*Happy Mother's Day!*  
*Elaine Wansleebe*



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## DE WINTON COMMUNITY ASSOCIATION

Did you know the De Winton Hall has outdoor sport activities available to members - basketball, horseshoes, spike ball, soccer nets, ball hockey nets, child soccer nets and more. The code for the sports shed is available to members by contacting the hall. Come on by and have some fun!

### WE NEED YOU!! Preschool Director

Sadly, our Preschool Director Chelsea McLeod, after 4 years in this role, has had to step down. We will really miss her kind, efficient, fun loving and focused lead as our Preschool Director.

Our DCA Mission Statement is: Dedicated to fostering a strong community spirit through events and programs for all within our community

For those of us who have been here for many years, the DCA has met this commitment many times through our very successful Playschool Program, dances, seasonal events like Christmas Craft Fairs and Canada Day Pancake breakfasts.

We need help to continue to meet this Mission Statement and to keep our preschool growing. We are so blessed to live in such a wonderful place. Please consider giving us some of your time so we can continue to grow and promote our strong community spirit.

We know time is a valuable commodity. As a Board we meet once a month for roughly 2 hours. Yes, volunteering takes some time and with a bit of preplanning it's not hard to do. You will have the support of a Parent Committee to help you through. For more information, please contact our Parent Committee at [dewintoncommunitypreschool@gmail.com](mailto:dewintoncommunitypreschool@gmail.com). We would LOVE to hear from you.



## YOUR CHILDREN WILL HAVE FUN WHILE YOU HAVE A TIME OUT!

De Winton Community Preschool Registration is now open for the 2022-23 school year. Visit our website [www.dewintoncommunitypreschool.com](http://www.dewintoncommunitypreschool.com) for more information. The De Winton Community Association is also looking for a new volunteer Preschool Director. If you would like more information, please reach out to our Parent Committee at [dewintoncommunitypreschool@gmail.com](mailto:dewintoncommunitypreschool@gmail.com).

Some of our classes are already full.  
Please contact us to ensure your child gets in.

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## DUANE HARDER

### Confrontation — Caustic or Caring?

We probably have all been in situations of conflict where we have felt the sting of caustic comments and perhaps been the author of a few. On the other hand, we have had confrontations that have brought us face the face the reality of our situation and this had led to positive change.

When it comes to confrontation, I would rather have the wounds of a friend than the kisses of an enemy. In fact, it is better to be hated for what you are than to be loved for what you are not. With those two thoughts, let's look at the benefits of confrontation.

#### The Benefits of Confrontation

*Confrontation can help us get a true picture of who we really are.* Years ago, I was part of a leadership team. After an intense discussion, the leader of that group said to me, "Duane, you are a brash brat." That was not exactly the kind of compliment I was looking for. I went to a man who was mentoring me and exposed my wound. He looked at me and said, "Well, is it true?" Not exactly what you want to hear when you are looking for sympathy. However, as painful as those words were, they were helpful in getting me to look at a part of my character that needed adjustment.

The Psychologist, Jourard, writes about the windows of the soul. Window one: the person we see we are and don't want others to see. Window two: the person we project ourselves to be – what we want others to see. Window three: the person other people see us to be, but we don't see. This is where confrontation is helpful. The secure person welcomes confrontation knowing that it leads to personal development and growth.

*Confrontation helps root my dreams in reality.*

Someone has said if you catch a tiger by the tail, you had better have a strategy for dealing with its teeth. A young man came to me with a two-page description of what he believed his life was about. It was an ambitious plan that represented considerable responsibility. As I read it, I thought, this requires the development of strong character so I said, "What sort of development do you think would be necessary to carry the weight that is represented in what you have written?" This is where the disconnect came. This did not invalidate his dream it simply meant that he needed to put some steps of action in place.

*Confrontation can reinforce loyalty*

It takes courage to say what needs to be said even if it is hurtful. Loyalty says I will not allow what you say to separate me from who you are. Even if you are 98% wrong, I will not allow your words to form a wedge. Rather than respond defensively I will try to understand the thinking behind your

words. We must understand that words are often a shadow of the substance that exists behind them. "When you say that I am a brash brat, what behaviors would bring that picture to your mind?" Words are often an attempt to define the impact of an event rather than a description of the event. In confrontation loyalty says I do not understand what you said but rather than allow that to break my relationship with you I will endeavor to discover the reality behind your words.

#### Two Boundaries of Confrontation

*Make sure you have a building permit before you start demolishing.* You may be one of those who hides behind the defensive shield, "Well, I just tell it like it is!" As a child you may get away with that but as an adult you need to know that you have permission to do that. Here is wise counsel that was given to me: "Don't try to drive a 10-ton truck over a one-ton bridge."

*Don't assume you have the right to correct.* Just because you are married or committed to each other doesn't give you the right to bring correction or adjustment to your spouse. The same is true of any relationship where you have a superior and a subordinate. You may say something like: "I value our relationship and am wondering if you would be open to me sharing a concern that I have?" Be careful not to state or imply guilt or ascribe blame. Your immediate goal is to open communication and gain understanding.

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## RENOVATION PREPARATION: TIPS AND TRICKS

You can never be too prepared for a renovation of any scale, but no matter how organized you are, there will always be upheaval. It's a good practice to expect the unexpected - good preparation before swinging a hammer will save you a lot of stress!

Below are some things to consider when renovating.

### Procurement

You should have all your materials onsite before you begin your project, including flooring, lumber, electrical supplies, plumbing fixtures etc. Ensure the materials are delivered and stored appropriately; ideally, they should be in a garage or other element-proof space.

Before procuring materials, you should have a clear plan of what room, or rooms, you are upgrading, as well as all measurements for materials - and, before you shop, ensure you have backup options for materials that may be unavailable.

### Accommodation

It's stressful to stay in your own home during construction. Moving out temporarily is by far the best option. If you leave your home, take time to prep it first by:

- Closing the air vents in the rooms being renovated.
- Designating the garage or an outside area as the cutting and sanding station for your tradespeople.
- Packing up or covering belongings to protect them from dust.

If you remain in your home, protect your family by:

- Enacting measures to keep pets and young children safe.
- Ensuring you have a quiet place you can retreat to on noisy days.
- Changing furnace filters often.



### Community Relations

Most neighbours are very understanding about renovations; however, it's polite to inform them of your plans and estimated construction timeline. Here is a 'good neighbour' checklist:

- Advise your neighbours of the hours each day when tradespeople will be working.
- Provide a phone number you can be reached at for questions.
- Give periodic progress updates.

### Working with Tradespeople

Ensure your tradespeople know exactly what to expect onsite so they aren't confused about etiquette. If you are managing the renovation yourself, communicate directly with them. If not, provide a list of 'dos and don'ts' to the designer or general contractor.

Provide solutions for:

- Where to park.
- How to access the home.
- Where materials and tools can be stored.
- What toilet facilities are available.

### Insurance

Don't forget to inform your insurance provider that you are renovating! Ensure your home is appropriately insured both during and after the renovation.

### Enjoy

If you plan carefully, you should have a relatively easy renovation experience ... and the results will be more than worth it.



Karen Horte, DID  
karenhorterinteriors.ca  
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## KAREN HORTE

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## MORTGAGE MATTERS

### What's in the Federal Budget for Home buyers?

The federal government has earmarked more than \$10 billion in new spending for housing-related initiatives, much of which is focused on increasing supply.

In terms of housing initiatives, the federal budget delivers on a number of Liberal Party campaign promises made during the last election, with one notable exception. Absent was the proposal to increase the insured mortgage cut-off from \$1 million to \$1.25 million.

The \$10 billion in housing-related spending over the next five years includes:

- \$4 billion for a new Housing Accelerator Fund starting in 2022-23, to the Canada Mortgage and Housing Corporation. The fund will target the creation of 100,000 net new housing units over five years. Government supports will be targeted to ensure a balanced supply that includes a needed increase to the supply of affordable housing.

- \$475 million to provide a \$500 one-time payment to those facing housing affordability challenges.
- Introduction of the Tax-Free First Home Savings Account that would give prospective first-time home buyers the ability to save up to \$40,000. Like an RRSP, contributions would be tax-deductible, and withdrawals to purchase a first home including investment income— would be non-taxable, like a TFSA. Tax-free in, tax-free out.
- Doubling the First-Time Home Buyers' Tax Credit amount to \$10,000. This works out to a benefit of up to \$1,500 for the homebuyer.
- Changes to the First-Time Home Buyer Incentive. The budget extends the \$1.25 billion First-Time Home Buyer Incentive program to March 31, 2025, while the government said it's exploring options to make the program "more flexible and responsive" to the needs of first-time buyers.

The government also introduced several measures it says will strengthen the integrity of the housing market and address foreign investment, property flipping and speculation.

- A ban on non-Canadian citizens or permanent residents from purchasing non-recreational residential property in Canada for a period of two years.
- A crackdown on property flipping, imposing full taxation on sellers who have held their property for less than 12 months.
- Taxing assignment sales of newly constructed or substantially renovated residential housing taxable for GST/HST purposes, effective May 7, 2022.
- An end to blind bidding as part of a promised Home Buyers' Bill of Rights. Multigenerational Home Renovation Tax Credit
- Introduction of a Multigenerational Home Renovation Tax Credit, which would provide up to \$7,500 in support for constructing a secondary suite for a senior or an adult with a disability.

This is just a snippet of the full budget, full report: [budget.gc.ca/2022](https://budget.gc.ca/2022).

If you'd like to know more about any of the housing-related items in the budget and how they might impact your plans, don't hesitate to give me a call.

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## THE CHAULK TEAM

### Seven common home maintenance mistakes

A home is the biggest asset people will own in their lifetime and it requires a certain amount of ongoing maintenance & preventative care over the years to ensure that it will properly withstand weather conditions, general living 'wear and tear' and maintain value. Without proper care, it is easy to see how a house can develop problem areas that always come back to bite, especially when selling and a home inspection highlights some of these problems that can result in price reductions.

Here are some of the most common home maintenance mistakes that homeowners often make.

#### Home Maintenance Mistake #1: Forgetting to Unclog Gutters.

Gutter maintenance is a commonly overlooked maintenance task for many homeowners as they are out of sight and out of mind. Gutters channel water away from your home's roof and foundation. If you neglect to properly maintain your gutters,

it can lead to roof leaks and problems with the foundation. It is important to clean out your gutters for any clogs or backups at least twice a year given our season changes and the amount of debris that collects there. Also, ensure your gutters drain water away with proper installation angles. If you do not want to do this maintenance on your own, you should hire a professional to help you unclog your gutters and check for any leaks, proper installation, and any deterioration. Also, especially important to ensure your gutter downspouts are properly draining away from your house, at least 6 ft. out as a minimum.

#### Home Maintenance Mistake #2: Ignoring Minor Leaks.

Plumbing leaks are the costliest of all of the mistakes, because ignoring even the seemingly smallest and "most harmless" water leak can eventually compound over time and result in a very expensive repair (or replacement) costs. From damage to laminate flooring, carpet, roofing, drywall, cabinets, insulation, and unseen structural supports (such as wall studs or floor joists)—water leaks and damage caused by water need to be addressed right away. Ignoring any leaks can also prove deadly if mold and mildew start to develop, often unseen and hidden. Leaks in taps, faucets, showers, tubs, roof, gutters, and water

penetrating around faulty windows and doors are areas leaks often develop over time.

#### Home Maintenance Mistake #3: Disregarding Foggy Windows.

If you ever notice foggy looking windows, it is a potential sign that the seal of the window is broken and may need replacing. Disregarding foggy windows may result in added heating and cooling expenses and of course it reduces visual clarity and aesthetically looks unappealing, so be sure to replace broken seals as soon as possible. Broken seals may also highlight the need for new window replacement as well in some cases. Remember when selling one of the highest return on investment items and home appeal items are new windows!

#### Home Maintenance Mistake #4: Filling Grout Gaps.

The purpose of grout is not just aesthetic with their multitude of colors these days, the real purpose of grout is to properly seal gaps between floor, bathroom and kitchen tiles and fixtures. If you have a gap in grout, you should not ignore them or simply fill them without proper investigation and repair. Gaps in grout means that moisture is already starting to get through the grout and mold or mildew growth, plus potential water damage to walls, floors is already a risk. The best way to manage any gaps in grout is to clean out and thoroughly remove

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any old grout and replace and seal the gap with brand new grout. Do not just fill grout on top of old grout as you may not get a good seal and you are simply covering up a deeper existing problem behind the old grout.

#### **Home Maintenance Mistake #5: Let Paint Chip and Peel Off.**

Neglecting paint that is chipping or peeling is never a good idea. Cracks in the paint expose drywall or exterior wood surfaces. This means that water is likely getting to the surfaces underneath the paint, which will cause further damage and only worsen the cracking and peeling paint. If you spot any paint peeling or chipping, remove any loose paint from the surface, dry out and repair any damage, properly sand back the surfaces, prime with a good coat of primer and then repaint. Replace any rotting wood, do not paint over it!

#### **Home Maintenance Mistake #6: Neglecting Servicing Home Heating and Other Systems.**

You should have your furnaces, hot water tanks, sump pumps, septic systems and any other home & property systems checked and serviced regularly to ensure proper operation, avoid leaks and damage, dirt & chemical buildup. Regular maintenance extends equipment life, provides peace of mind, and reduces expenses in the long run.

#### **Home Maintenance Mistake #7: Neglecting Cleaning/Dusting Duty.**

Another common home maintenance mistake that some people make is neglecting the battle with dirt and dust. Many people will take care of the obvious dirt or dust that they see visibly on surfaces, but what about the dirt you cannot see? It is important to change your air conditioning and heater filters regularly as they can build up dirt and dust, preventing proper air flow and energy efficiency. Have your ducting cleaned out periodically. Additionally, cleaning the coils on the refrigerator is also advised to prevent premature breakdown and help keep down energy costs. Dirt and dust also break down carpet fibers, causing increased wear and tear. You can help the battle with flooring by placing doormats outside and inside all doors and vacuuming carpet often, especially if you have any pets.

If you properly maintain your home, you will help save on a lot of unnecessary repairs and expenses, including additional energy costs to run an improperly maintained home. Additionally, a well-maintained home will provide greater peace of mind and a greater return on your investment when it comes time to sell.

In our current hot market, especially in the city and towns, some buyers are sacrificing home inspections to compete and secure a purchase. If possible, try to keep in a home inspection as part of your purchase process. This is still one of the reasons I am a strong believer in prelisting home inspections so sellers can be aware of any of the problems noted above and rectify them before listing which in turn provides confidence in the sale process reducing comeback by buyers on issues.

*By Wayne Chaulk, Realtor, BComm*



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## SMILE IF YOU HAVE ADHD

### What is attention deficit?

Well, what is it and why is it so misunderstood? When you feel comfortable with yourself, it means you can change how society perceives Attention Deficit Hyperactivity Disorder (ADHD) and recognizes its strengths. Once a person accepts their diagnosis, they can start living well in going forward.

### A square peg in a round hole

Recall that little kid in elementary school who raised his hand and blurted out the answers. The boy with his backpack unzipped, papers spilling out everywhere, while being a master at Lego. The girl who daydreamed about everything else that was way more interesting than what the curriculum taught. Many individuals don't fit into an environment that seems determined to confine their natural energy and curiosity. For some, the system 'denied them recess' (the one time they could freely express themselves) as punishment for their classroom misbehavior. Others blossomed the moment they left the academic system.

### How to help set the record straight

You find an environment that works for your ADHD. A place where you are able to direct your own play and study; where you can follow your passion in environments that tolerate and support your differences. You build a support network to help in your areas of weakness. By peeling back the layers of hurt and 'failure', you begin to discover the challenges and opportunities for growth. Now the world can value your creativity and energy in a new way. Sitting still doesn't matter anymore. For many, it is the antithesis of success!

### A sense of humour is possible

Pat yourself on the back for sticking to a new routine which means you didn't misplace your keys or wallet or remembered to take your card from the ATM. Let yourself laugh to take the pressure off being perfect or for being so hard on yourself. True friends will laugh with you and celebrate your successes along the way. They don't sweat it when you're 10 minutes late. They appreciate your personality, values and how you see the world. They see the big picture.

### Be a role model

Others look up to you and depend on you (although it may not always feel that way). Children especially, who learn best by example. Teach them that everybody's brain works differently. Tell them how yours works. Be open about your strengths, weaknesses and coping strategies. It will teach them to be positive, that adults face and can overcome similar challenges. This telltale knowledge will relieve their fear of failure, encourage them to take chances and help build self-confidence. Celebrate your trials and tribulations together. Today, society has a whole new understanding and acceptance of ADHD than when you were a child. Don't assume that children have the same roadblocks as you did. You are somebody who now understands the condition and can help advocate for them.

### Advocacy at work

Before you quit your job to join the circus or go save the sea turtles, think about what's going well at work.

Consider the things you love and what you bring to the table. Perhaps you could help making 'cognitive differences' part of the diversity policy. Also, consider whether you will talk to your boss about your ADHD and how to approach the conversation.

### Last word

Remember that 'normal' is socially, culturally constructed. Our differences make us who we are. When you can celebrate your strengths, you will encourage society to re-evaluate this so called "deficit disorder" that appears to define you.

*Sources: Huff, T. Living well with ADHD (2016). Florida: Specialty Press. Dawson, P. & Guare, R. The smart but scattered guide to success (2016). New York: The Guilford Press.*

*Roché Herbst, M. A. R. Psych.*

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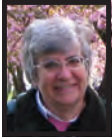
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## GOOD MEDICINE by Andrea Kidd

We pull into the parking lot under the large letters on the orange background proclaiming that we've arrived at our hardware store that has everything we need. Here we are again. It is our "go-to" store. You need it? They have it. If you can't find it there's a friendly person wearing that ubiquitous apron (well, it is ubiquitous in that store!) to help you find it. If you don't know how to do it, he or she will explain it, and even use language you can understand.

I am pleased we are here again. My husband needs to fix something again, or he has some bright idea that needs a few bits and pieces to make it happen. He wanders off down the plumbing aisle. "See you at the plants when you're done!" I say.

Then I slow my pace, take deep, slow breaths and amble down to the other end of the store. This is where the busy (get it done!) side of my brain takes a rest. It is time to take in some medicine.

In summer the plants are outside, but even in winter there are plenty of tropicals to feast my eyes upon inside. This is a time to fill up on hope. Yes, I know the toilet doesn't flush properly, and we need to fix it, but this is a time to wonder at existence. I do not know how I got to be in this world; I just know I am here and I wonder at the wonder of being.

Tight buds enclosed in green sepals hold a package of beauty. This is medicine for the broken heart. The hurt of a ragged relationship can be overwhelming, the disappointment of dashed hopes can plunge a person into despair, and graphic scenes from newscasts can wrench the gut. But beauty is on this planet. I pick up some brown bulbs, dead papery covers peeling off, and gaze at the illustration on the package of the flower it will produce. A small azalea bush in an eight-inch pot is a mass of buds and one or two have opened up into pom-poms of brilliant red. I can take these images wherever I go and treasure them as I sleep tonight.

Time doesn't matter. Tasks are forgotten.

"Lovely, isn't it?" The voice over my shoulder is my husband's voice.

He's ready for the check out now. "We can buy it if you like," he says.

"No," I said. "Thank you, though. I just like to come and look."

I have received my medicine. I have hope. I have experienced wonder. I have drunk deeply of beauty. I am replenished so that whatever this life brings I know beauty will revive me - beauty that leads to the ineffable beauty of eternity.

*Andrea Kidd*



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## MAY DEER NEIGHBOURS SPOTTED

By: Laura Griffin

'May' I draw your attention to a wild neighbour I hold 'deer'? May is a fascinating time for me to watch the White-tail Deer because there is so much going on in their lives. The lack of snow means that the "deer yards" where they have been gathering as one or two dozen member groups can start to disperse into smaller family groups again. Every yearling (last year's babies) that I see I congratulate for making it through the harsh first winter that often takes the weak. Cold temperatures, snowpack covering food sources and predators all make winter an incredibly difficult time to survive. If there are twins, or very rarely triplets, that are still following their larger mom, I congratulate the mom too for being savvy and wise in the ways of the prairie/foothills cold. At the same time, I feel sad because in a week or two she will leave the yearlings on their own, sometimes even aggressively chasing them off so that she can have the privacy needed for having this year's

fawns (a baby deer). If the yearlings have learned well, then the bursting buds and green shoots of grass will get them through another year on their herbivore diets.

It is also an excellent time of year to watch as the white-tails shed their thick winter coats of greyish brown to the reddish browns of summer. You can often find clumps of their hair scattered about the forests and fields. It is easily distinguished from fur bearing mammals as when you rub it in your fingers it feels more coarse like our own hair as opposed to the fluffiness that you might recognize from petting a cat or dog. This is incredibly beneficial to the nesting birds like the pygmy owls, woodpeckers, and a variety of songbirds. They will gather it in their beaks to use it to line their nests; this will help insulate the eggs and keep the hatchlings cozy and warm. If you do find deer hair, make sure you leave it behind for another wild neighbour to use in their home.

Now the end of May and start of June is when the does (a female deer) will give birth to usually one or two fawns. The doe will immediately lick the fawn clean to avoid smells that might attract an unwanted predator. The fawns themselves do not have well developed scent glands

yet, which means they are basically odourless. Since most of their predators hunt with their sense of smell, this makes the fawns almost undetectable. Fawns are also covered in white spots to help them camouflage in the vegetation and will not move or make a sound when they sense danger nearby. The lack of smell is so critical to the fawns that their mother will leave them for hours at a time in between feedings to ensure that predators don't pick up on her smell. This unfortunately has led to several kidnappings in recent years by humans who think they have come across an abandoned fawn. If you 'spot' a fawn lying still in the grass do not approach it or 'fawn' over it. Just watch it from a safe distance and you may be rewarded with the sight of a doe returning and a fawn suckling her milk. If you are truly concerned, call the AIWC at 403-946-2361 first before touching the fawn.

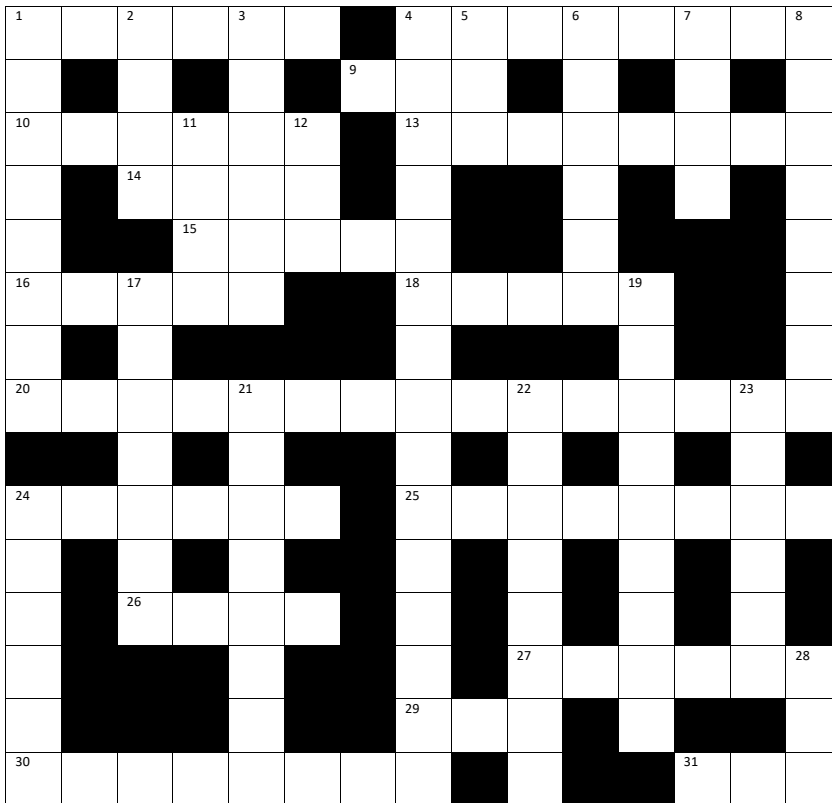
Keep your eyes peeled this May for pregnant does, bucks (male deer) with antlers freshly sprouting, yearlings heading out into the world on their own, and those adorable but not abandoned spotted fawns.

*Laura Griffin*



Photo credit: Jackie Sills





# Across.

1. Predict the sacred. (6)
4. Squeeze dull person to the east for a celebration (8)
9. Short Scotsman, computer, pasta or coat (3)
10. Southern sorceress makes her own trade. (6)
13. Unfinished Roman goddess almost gets all the money in this rite. (8)
14. Nitrogen, Uranium, Potassium and half of Erbium make a bomb (4)
15. Twisted ring found in Japanese lunch box (5)
16. Baby bird gets turned around in drying cloth (5)
18. Loudly employed items melted together (5)
20. Rodent with two charged particles surrounding new tail as justification. (15)
24. Present and past viewing on this playground equipment. (6)
25. Confused fan sat with extreme right to get fatty acid. (8)
26. This pole today is covered in it. (4)
27. Limb, for example, heads south to join forces. (6)
29. Topless sense is what you need to do it. (3)
30. Mixed baked goods go with these poems in installments. (8)
31. Sounds like a novel thing to be understood (3)

# Down:

1. A princess's flower is a catastrophe (8)
2. We have inside us this blood vessel (4)
3. Steal the Spanish coin (6)
4. Playing card roasted around autumn for person with many skills. (4,2,3,6)
5. High-flyer in the deck and the sky (3)
6. Rhythmic sound with the masculine French insect (6)
7. Bride's partner loses his head to make space. (4)
8. Alexandria native, for example, confused sympathy along with two-fifths of anger. (8)
11. Start of tunnel will be used in underground transport. (4)
12. Then, with its head chopped off, still runs around? (3)
17. A Scottish monster after repartee is something to see. (7)
19. Matted sap was frowned upon by librarian with this device (4,5)
21. Lengthy musical piece or a trio that gets nothing. (8)
22. Regular flag. (8)
23. Colour of fruit (6)
24. Speak around university about bronzed figure. (6)
28. Therefore, it sounds like one should stitch. (3)

Cryptic Crossword #12 By Jan Burney

## KIDS ZONE

Answers:  
Across: 1. Divine 4. Jamboree 5. Mac 10. Switch 13. Ceremony 14. Nuke 15. Bento 16. Towel 18. Fused 20. Rationalisation 24. Seesaw 25. Transfat 26. Snow 27. Armies 29. Ear 30. Episodes 31. New  
Down: 1. Disaster 2. Vein 3. Nickel 4. Jack of all trades 5. Ace 6. Beetle 7. Room 8. Egyptian 11. Tube 12. Hen 17. Witness 19. Date Stamp 21. Oratorio 22. Standard 23. Orange 24. Statue 28. Sew

## KIDS! Have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca) and you may see your project in print!

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## OUT OF THE RUT

### Chapter 141

Another month glides past on the ice of a lingering winter... while I simmer gently in the blazing Spanish sun. In fact, I simmer for brief moments before beating a retreat to cooler, shadier places. My heat tolerance has disappeared and despite a longing to be en el sol, the sun and my skin are at odds these days.

Spain. A glorious return to a land that is amazingly green. Recent mad weather resulted in torrential rains blasting southern Spain. Globally newsworthy deluges of red mud from Sahara dust left the entire area grimy and striped with red-brown stains. Once brilliant white pueblos are now tinted with Saharan colours, each conventionally dry riverbed we pass over or near still runs with water, sometimes full to the width of the ramblas. This is unheard-of. The now green countryside would normally be browner, ochre, desertified with sporadic patches of resilient greenery. It's extraordinary. The flowers are abundant and the sense of unfettered energy bubbling away at the surface of this land is profound.

Ireland, where my brother and wife retreated from the Brexit chaos. They are now happily ensconced in Kilkenny. I wanted to visit Ireland decades ago, but it took me nearly sixty years to get there – to celebrate our illustrious parents' 60th wedding anniversary. From the rubble of COVID, our dispersed family managed to wend various winding ways to this ancient city in the south-east of the emerald isle. What a melting-pot of historical events, stories, adventures and exotica! If you fall over in Kilkenny it's likely that your feet will be in one pub and your head in another. Live music every night somewhere, a plethora of beers and whiskeys for those thus inclined. My brother swapped a chapel in Cornwall (restored and converted into a very cool living space) for a tiny terraced house with minuscule rooms, a single bathroom with less floor space than you can imagine... but walking out the back into the garden... it's about 12 feet wide, but goes on for ever. The reconstruction of the back yard has become an epic project.

My sister-in-love has dug out brass bedsteads, knuckle-dusters, cobble stones, an abundance of old beer bottles and

other sundry historical finds. She has built trellises and dug water features, re-faced walls and painted them a rich, pungent red. The far end is now a covered space, almost liveable in itself. All kinds of flowers will decorate this space in good time. Ahh, it makes one yearn for a slightly more temperate clime when surrounded by such gardens.

And then... the castle, the dower house, the grounds. We toured and discovered, walked, talked and watched. Since I was in the company of my folks, I enjoyed the guided tours that Mum arranged. The most impressive man took us around the castle and his obvious depth of knowledge and vivid interest in the history of the place was wonderful, imbuing the experience with another level of interest and immediacy. Here, "the greatest knight who ever lived" resided at one time - Sir William Marshall.

Most of the information that flowed to us has evaded my memory, but the sensation of being immersed in such significant history was wonderful. The restoration work is impressive. In one room they managed to restore half the original hand-painted wallpaper and pencil in the remainder of the design so one can stand in the middle with a sense of awe at the level of expertise, at the vivid colours of the original, the vast expense gone to impress visitors.

In the main hall, a 12-foot long grey marble table, an original item, too heavy to move out, used not only to lay out the capes, coats, hats and mantles of incoming travellers, but also to lay out the dead. The deceased were kept on a cold table for some time to ensure they really were dead and would not sit up from a long sleep and surprise people.

The long gallery was designed to house the Butler Family's paintings. I believe there were somewhere above 500 originally. The entire wood-ribbed roof is painted and decorated with mythic and local images - original paintwork hundreds of years old still vibrant and evocative.

A few minutes' walk away, we resided in the Dower House of the Butler family. Ours was a fabulous room overlooking the gardens and castle itself. At the end of the day exploring all this amazing history, we (myself and parents) retreated to our antique room to watch an episode or two of Downton Abbey, feeling as though we could turn and find Maggie Smith behind us about to give us a Dowager's dressing-down for being so poorly dressed and uncouth.

Rothe House in the city offered more insights into the running of the town and the arrival of the Normans, the exotica that was traded around the world to Kilkenny. As we wandered around the upper floors imbibing the reek of history, I entered an attic room where I found two women sitting at a structure resembling a giant loom. Before them on the wall hung a cartoon (a directional painting) about six feet wide by five feet high... the ladies were stitching a tapestry of the image before them... almost at the end, they have about six more inches to go. I discovered this was the final tapestry of a group of fifteen.

The Ros Tapestry project began in 1998 involving over 150 volunteer stitchers, several of whom passed away during the creation of this stunning project which rivals (and was inspired by) the famous Bayeux Tapestry. Creativity and community spirit on a grand scale come together to depict the history of at least four counties heavily influenced by the Normans – Wexford, Waterford, Kilkenny and Carlow. The completed fourteen tapestries are displayed in the castle. Stunning.

I could go on at length, but I must stop or Lowell will edit me out. Hit me up if you see me in passing and I'll tell you more.

*With gratitude and love, Kat Dancer  
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+1 415 525 2630 (c)*



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