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Let's keep moving Alberta forward!



**On May 29, vote
United Conservative!**

DANIELLE SMITH
United Conservative Party Leader

MIRANDA ROSIN
for Banff-Kananaskis

Authorized by the Banff-Kananaskis UCP Constituency Association
banff-kananaskis@unitedconservative.ca



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Monday, May 15**

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LETTER FROM THE EDITOR

Happy Mother's Day. We are finally noticing the aspen and willow branches develop the early spring "green hue". Spring has finally come. What better image to place on our front cover but the welcome activity of the birds. I love waking up to the sounds of the robins singing so cheerfully in our yard. If you would like to know how to promote more bird activity on your property, please visit one of the many community garden stores local to our communities, horticultural club (page 26), or contact the writers from Bragg Creek Wild (page 16).

I want to bring to your attention an article on page 35 (The Freedom 8848 initiative). You may not feel like you can physically participate in the event (it takes a special kind of person), but maybe you can support it financially or volunteer. Since starting the climb in 2020 they have raised over \$250,000 in support of organizations that help rescue and support women caught in the horrors of sex trafficking. This is a local Cochrane initiative that has had the privilege of seeing first-hand the fruits of their labour.

Over the next few months, there are several community events taking place, many of which are advertised in the paper. They have also been posted to our online calendar at

highcountrynews.ca/events. Please try to get out and connect with your community and support these local initiatives. This is an important way to bring communities together and build lasting relationships. If you are organizing a community event, please feel free to use the calendar as a tool to promote; it's a free service.

At the end of May we head to the polls for the provincial election. In my limited leadership experience, there are four main principles that I look for when selecting a leader.

1. Integrity (which also displays the ability to admit a mistake)
2. Behaviour that is trustworthy
3. The ability to navigate an ever-increasing complex landscape of ideas
4. Teachability

As you decide who you may vote for, maybe some of these principals will help guide you in your decision.

On an evening walk the other day, my wife stopped and looking out over the river, commented, "We are sure privileged to live here, aren't we?" I trust that we can continue to make our communities a place where we feel "privileged" to reside, work, and recreate in. This will require our personal commitment to invest back into the community and people around us.

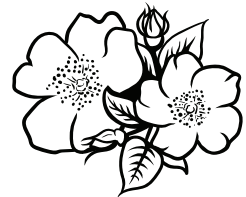
From my family to yours, Lowell Harder



ARTIST PROFILE

Rae Jamieson captured this great picture of a sparrow (I apologize that neither of us know the specific species of sparrow – input would be welcome) in the back yard of his Diamond Valley home. Rae is an amateur photographer, having purchased his first camera (a Kodak "Brownie" box camera) about 65 years ago, with his saved allowance. It has since been upgraded! Since retiring in 2008, Rae has enjoyed growing and developing his photography hobby to a new level.

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. We are looking forward to seeing what you create.



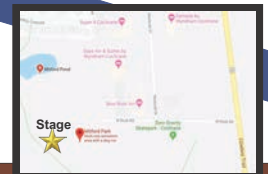
HIGH COUNTRY LIFE

BY MARK ADMAKI, CA



HIKE FOR HOSPICE COCHRANE 2023

**Sunday
May 7, 2023
10 AM Start
Mitford Pond Park
(Registration Open at 9:45 am)**



Come enjoy hamburger lunch for a **DONATION!**

We walk to celebrate and support end-of-life care in our community!

Sign-up Not Required!
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RMES - JASON LOW



April 15th was a day we all fear as first responders, a call to a brother's house.

Fire Communications Officer (FCO) Jason Low suffered a medical emergency. Despite the efforts of our members, Alberta Health Services from Priddis and the STARS air medical crew, FCO Low subsequently passed away.

The fire service has always been a family affair for the Low family. Jason, and his sister, RMES Captain Jennifer Evans, were raised in the fire service with their Dad, RMES Deputy Chief George Low, serving as a volunteer Firefighter at the Pickering fire department in Ontario for 11-years before they moved to Alberta. Jason joined Redwood Meadows Emergency Services on his 18th birthday, serving the greater Redwood Meadows and Bragg Creek Area for 31-years as FCO, volunteer Firefighter and EMT, in addition to working at Calgary 9-1-1.

Jason used his knowledge to not only program all radios in the RMES inventory, but also passed that information onto other departments such as Tsuut'ina, Nakoda, Kananaskis and others.

Thank you to our community and especially our partners at Calgary 9-1-1, AHS dispatch, Priddis 1A1, STARS and Rockyview Fire for your support of RMES and our members during this difficult time.

On behalf of the Evans-Low family, a personal and heartfelt thanks to the community for wrapping your arms around us as we deal with our devastating loss of our son, brother and uncle.

Chief Rob Evans



You could use a trim. And we're not talking about you.

A healthy yard is a good reflection on you.

Did you know being one step ahead with pruning means developing proper growth patterns that don't conflict with your property's structures or other vegetation, attracts birds and wildlife, and most importantly, protects trees or shrubs which is good for the environment? That's just the first step.

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

Division 2 Open House – An open house for Division 2 has been scheduled to be held at the Heritage Club on May 24th at 6:00 pm. RVC departments that will be on hand to share information on their programs include: agriculture, municipal enforcement, transportation, planning, communications, finance and the recreation department. This is a great opportunity to come and ask questions on how these departments may be able to assist you with issues that you may be experiencing or just obtaining a better understanding of how services are being provided.

2023 Budget - Council passed the 2023 operating budget on April 12th. The budget addresses inflationary needs being faced by the County as well as some service level adjustments. The increase would result in a 3% change in the municipal tax collected. For details of the 2023 budget please visit RVC's website at www.rockyview.ca.

Springbank Recycling Centre – Administration was directed to make operational changes to the Springbank Recycle Depot at the March 14, 2023 Council Meeting to relieve vehicle congestion. Effective May 1, 2023 trailers will no longer be allowed on site, which coincides with the start of the seasonal branch program. Administration is continually researching appropriate options for relocating the branch bunker to a site that is more suitable for trailer traffic. In addition, Administration is considering hosting a branch collection day to accept larger amounts of materials and vehicles.

Springbank Area Structure Plan (ASP) – Since the Engagement Summary report has been prepared, revisions have been made to align with the Regional Growth Plan and to address community feedback. In accordance with the revised Terms of Reference for the Springbank ASP, further engagement was completed in the spring of 2022 and key community feedback themes included:

- a) particular opposition to cluster residential and villa condo housing forms adjoining existing country residential areas

- b) concerns on proposed minimum parcel size less than two acres,
- c) support for one ASP covering the entire Springbank community
- d) preserve agricultural and environmental lands and protect the rural character of Springbank
- e) support for the continued development of public services along Range Road 33
- f) support for limiting business uses to existing planned areas such as the Springbank Airport and the Highway 1/Range Road 33 intersection
- g) expanding the western area structure plan boundary adjacent to Highway 1 to allow further business development opportunities
- h) protection of environmental elements and wildlife corridors
- i) concern regarding existing servicing solutions, especially wastewater and transportation infrastructure, and agreement that new development forms need to be supported by a regional servicing strategy and improved transport infrastructure
- j) support for new pathway connections both within the community and connecting to a wider regional network; and,
- k) support for providing open space within new developments, but concern with how to ensure that this space is public and that it does not see infill development in future.

The findings were presented to the Governance Committee on April 4th and administration received direction to present the findings to residents and relevant stakeholders for review and feedback (Q2 2023).

A public hearing is planned for (Q2-3 2023). The project background, supporting documents, and public engagement summaries are available on the project website: www.rockyview.ca/springbank-area-structure-plan.

Costco Application at Bingham Crossing

– On February 7, 2023, the Development Permit for the proposed Costco warehouse within the Bingham Crossing development was conditionally approved by RVC's Development Authority. Since that time, private landowners, operating businesses, and invested parties have submitted correspondence to Administration expressing their concerns or support for the project.

Letters of support included information on the overall benefit to the Springbank Area of which includes: growth and sustainability of the area, economic driver for the area (including Phase 1 of the Bingham Crossing development), creation of employment, enhanced amenities and local services for the Springbank and surrounding area.

Letters of opposition outlined concerns that include: lack of overall conformity and compliance with the Bingham Crossing policy documents, significant strain on existing infrastructure (Range Road 33, Township Road 250, Bridge overpass, and Old Banff Coach Road), lack of traffic and servicing infrastructure to support the development, detrimental impact to and loss of the Springbank sense of community, development concerns including environmental, emergency services, and lighting.

On February 28, 2023, two affected party appeals were filed to the County's Subdivision and Development Appeal Board (SDAB). The reasoning noted in both appeal submissions align with the opposition rationale noted above. The SDAB hearing started on March 30th and has been scheduled to resume on May 11th. A SDAB decision is expected to be provided 15 days after the close of the hearing.

Take care!

*Don Kochan – Division 2 Councillor
kochandiv2@gmail.com*



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NEWSLETTER

Judi Hunter - Ward 5 Trustee

The provincial government provided some good news to school boards by increasing funding that included paying for the teacher negotiated increase in salaries. There were also increases to the special education budget which has been a concern for school boards across provincial. Rocky View Schools had in 2020 put forward a resolution to the Alberta School Boards' Association asking for a complete review of special education practices with a view to identifying best practices and current research. This was endorsed by the 61 Boards. As of yet, a review has not been initiated.

Through an initiative by a school council, the Board has conducted a safety review on the need for locked doors and cameras. As a result, Rocky View schools debate installing cameras and a buzzed-in systems at all schools where there is no line-of-sight from the administrative office at its April 6 meeting.

The joint School Council/School Board meeting March 23 had robust discussions around election advocacy, parent/community engagement and creating effective council agendas and workplans. The Board recognizes and values the strong working relationships between schools and school councils in support of student learning and meaningful opportunities for students. We are grateful to and for the hard-working parents and community members who support our schools.

The Board has announced its capital plan for the 2023 and 2024 school years. Full details are available on the RVS website: rockyview.ab.ca

2023 Province has approved the following

Airdrie K-8 School for 900 students in the Design phase 2024 – our request new construction

Airdrie High School for 1500 students in the Planning phase 2024 – our request new construction

Cochrane K-8 School for 900 students in Preplanning phase 2024 – our request new construction

Chestermere K-9 School for 900 students in Preplanning phase 2024 – our request new construction

2024 Budget Year Requests

Airdrie K-8 school for 900 students – request new construction

Springbank (Harmony) K-8 school for 900 students – request new construction

Cochrane High school for 1500 students – request new construction

Chief Clarence Louie in his book “Rez Rules” provides an inspirational perspective on leadership, individual responsibility to the collective and thoughtful insights into the reservation system and Canadian race relations. I found this book to be thought-provoking and important. It should make each of us think about our commitment and responsibility to the collective and what we are willing to stand for. It reminded me of John Kennedy’s quote: “Think not of what the country can do for you, but what you can do for your country.”

Banded Peak School participated in “Your Voice is Power” a flagship initiative of Amazon Future Engineer Canada,

a computer science and STEM education program that seeks to afford all young people the opportunity to explore their potential. See the link for details: www.cochranetoday.ca/local-news/students-at-banded-peak-school-in-bragg-creek-make-beats-learn-code-and-promote-equity-6754814

The April 6 Board meeting celebrated the 10th anniversary partnership with McKee Homes. The students who presented described their experience as life-changing. The students spoke to their personal development: leadership skills, teamwork, community giveback, and the satisfaction from the final achievement.

Langdon new school build is a P3 school – public, private partnership school, opening in September 2024. There will be a community consultation about the grade structure and school boundaries. The session will also address the impact on other schools in the area.



DUKE OF EDINBURGH PROGRAM

Judi Hunter - Coordinator

The Springbank Duke of Edinburgh program continues to grow. We now have over 35 active participants. These young people are amazing, involved in activities such as synchronized swimming, figure skating, canoeing, track and field, and hockey. They are engaged in their communities, offering music to seniors, teaching young people to code, helping at the library and much more. Participants are also adding to their personal knowledge and development, taking piano lessons, photography, first aid, language lessons to name a few.

We welcome Kathleen Burk and Sandra Russo to our leadership team and acknowledge their willingness to engage with and support our youth.

Recently our participants have offered "The Lego Design Challenge" to community children. The program has been very successful. We look forward to assistance of Duke of Edinburgh participation helping with the French - Immersion Activities planned for Elbow Valley and Springbank Middle Schools

Our group is about to begin the Adventurous Journeys component of the award. Hikes have been planned for June and excursions for July and August.

We would like to acknowledge Sai Vivek, a silver participant who was just awarded the Youth of Distinction Award. He has also been nominated for the City of Calgary Youth Award.

Another of our participants will be in Los Angeles volunteering at the Dream Centre, an organization that provides services and housing to the homeless. www.Dreamcenter.org



There's Value in Music Education But How Do You Determine the Best Value in a School?

All music schools will tell you that they hire great staff, are passionate about what they do, have a great facility in a great location, and are the best at what they do – that's called marketing. So, if everyone is great, what are some things to think about in choosing the best music education?

Let's begin with the most common question - what is the right age to start? For children, it is not so much about age, but how - and if - the program is designed for their age. There are countless studies that show that sooner is better – not only for the development of musicality, but also for babies' brain development and a variety of other benefits. There are also plenty of studies showing how music helps the seniors' brain. So, the answer to the question, is that it's never too late or too early to add music to your life.

Next is to take a critical look at the teaching environment and the teacher(s). If it's a music school, is it truly focused on education or just on student numbers? Do the owners know about music; do they teach or perform professionally, and do they have the experience required to appropriately address the needs of your student? In addition, is their teaching environment suitable and focused on music education? With only 30 to 60 minutes of lesson time per week, a professional environment with professional teachers will produce the best results. In a 'school style' environment, students also grow by experiencing and interacting with peers at different levels and by being exposed to a variety of musical instruments. For education professionals, teaching is not just a hobby or sideline, but their career and a responsibility they take very seriously.

After classes or lessons, comes the issue of practicing. As with anything, improvement takes practice. One of the main challenges with music lessons is the perceived drudgery of practicing and the 'discussions' between parents and students about practicing at least five times a week. From a progress standpoint, the focus should be as much on quality as on quantity. Five days of long, unhappy practices are far less beneficial than three days of great, focused,

happy practice. Your teacher should teach you how to practice and give 'practice tips' regularly. Overall, practice success comes down to committing to a schedule, focusing on outcomes instead of time, and praising and rewarding success.

Fourth, what materials does the studio use? Is it a one-size fits all approach regardless of a student's interest? Are the materials age appropriate? There are many teachers who will swear by one curriculum but, just like students, there are programs that come in every shape and size. What works for a student today, may not work tomorrow as the student grows and evolves as an artist. Quality materials have been thoroughly researched, are continually upgraded and improved to make learning easier, and ensure that no important part of learning the instrument is left out.

Finally, and most importantly, is it fun? Yes, that's right – learning music should be fun. Does the student actually enjoy going to class; do they get opportunities to play music regularly? Music is, and should be, something that everyone can enjoy for a lifetime so try not to put unrealistic expectations on yourself or your children. Everyone learns at a different pace and the key is to be able to enjoy the journey of growing through the arts - forever.

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Banff – Kananaskis

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- ✓ Protect our headwaters from coal mining
- ✓ Repeal the UCP's K-Pass and protect access to Kananaskis Country for everyone

**Elect Sarah
Elmeligi
on May 29**

Sign up to get involved

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ROCKY VIEW COUNTY

Join Division 1 Councillor
Kevin Hanson to hear
the latest news, ask
questions, and provide
feedback. Everyone is
welcome.



Wednesday, June 21
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Bragg Creek Community Centre
23 White Avenue

Light refreshments will be provided.

For more information, contact bscott@rockyview.ca



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

Last fall I contemplated bringing a motion for administration to look at an adjustment to the Bragg Creek Utilities water-to-wastewater ratio factor to consider seasonality of winter vs. summer. In the end Council received updates from staff that shone additional light on work reviewing rate formulas and factors across the board for all Rocky View owned utilities. This comprehensive effort will not have impact until setting of 2024 budget / master-rates. Please be mindful of potential summer irrigation costs as this year's rates are not yet seasonally adjusted.

Division 1 Rocky View Open Houses

There is an Open House scheduled for late May that was to be a combined effort for Springbank Division 1 & 2, hosted at the Heritage Club. Clr. Kochan now prefers that this just be limited to Division 2 residents. This is folks north of Lower Springbank Rd., north of Springbank Rd west past RR 32, and North of Highway 1 west of Hwy 22.

The first Division 1 RVC open house will be June 21st, 6-8 pm at the Bragg Creek Community Centre. Finalization is ongoing for which areas of Administration will have staff available with information tables and displays. The anniversary of the 2013 flood will feature as a theme across a number of the departments, and building permitting and planning will also be top of mind. All residents welcome.

Two additional open houses are in the works for early fall. Locations likely to be Elbow Valley Residents Club and Heritage Club, since our community is still physically divided by the 101st Street

closure. Feel free to attend the event(s) most convenient for you.

2023 Budget Finalization

Council finalized 2023's budget on April 11, with the completion of the 2023 assessments. Administration is purposefully conservative with assessment growth estimates. This year we had a surprising bump in "Live Growth" from an estimated \$2.2M to \$6.9M in taxes, due mainly to commercial development in East Balzac and other industrial focussed ASPs. Council tweaks to the budget included 200K for additional planning resources to help with backlog, creation of a 75K pool for local Chambers of Commerce and Business Associations, and increasing Library Board contributions from \$4.00 to \$6.00 per capita.

The original budget last fall proposed a 6.0% property tax increase; approximately the real cost of inflation the County is experiencing. Administration recommended finalizing the increase at a more modest 4.0% and leaving the bulk of the \$4.7M in the Tax Stabilization Reserve.

There was a Council resolution to further drop the tax increase to 3.0%, that I did not support. I argued that this was well below real inflationary pressures, and that to get back to square one next year would require not only catching up from this year, but also pressurized by ongoing high inflation next year. I had some support for the longer-term view, but ultimately could not convince enough of my colleagues to prevail.

Rocky View Foundation - Seniors

The foundation was recently successful in securing \$4M in provincial funding for the Abrio Place hotel conversion project in Airdrie. After sitting empty for more than 2 years, the project is finally underway with the general contractor on-site and working. This frees up some of the organizational energy to work on the Cochrane and Bragg Creek projects – the foundation's next 2 priorities. More on this next month.

Please e-mail me if you would like to be added to my contact list for e-mail and on-line communications - KRHanson@RockyView.ca or call 403.463.1166.

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New Tax Planning Opportunities

Canadians have various existing tax reduction opportunities to consider for their own personal situations and one NEW strategy arrives this spring: **First Home Savings Account (FHSA)**.

The FHSA has a few unique features versus the already existing Home Buyers Plan. To start, any Canadian over the age of 18 (who qualifies as a first-time home buyer) can make tax-deductible contributions up to the yearly maximum of \$8,000 or the lifetime maximum of \$40,000. All growth in the plan is **tax deferred** and withdrawals from the plan are **tax free** and *never need to be repaid if used to buy a home*.

Also, if an individual contributes to an FHSA but never purchases a home, they can roll the full value of their account into an RRSP - without using up or needing any extra contribution room. Or an individual could opt to cash their FHSA account out and just pay any required taxes.

The FHSA will be available this spring as soon as financial institutions can administratively offer this type of plan. The last key point to mention is that a FHSA plan can only remain open for a maximum of 15 years. For making a tax-free withdrawal, the definition of an "eligible home buyer" is someone who in the current year does not own a principal residence and did not own a home in the previous four years.

FHSA Provides Tax Saving Opportunities for High-Income Canadians

The new FHSA also provides a unique tax savings strategy for high-income Canadians over age 55 who are close to retirement and have a fully funded RRSP but no additional contribution room. These individuals can contribute \$8,000 per year to the FHSA and get the same tax benefit as if it was going into the RRSP - where they are contributing the maximum amount annually.

FHSA Can Be Combined with RRSP Home Buyer Plan

Also, in combination with the new FHSA, Canadians can still use the long-standing Home Buyer's Plan (repayable over 15 years) to withdraw funds from an RRSP for a new home purchase.

If you are married or living legally common-law, then both partners, providing each person meets the definition of a new home buyer (see above) can access funds from an FHSA and their RRSP (via the Home Buyer's Plan) for a potentially larger down payment amount of roughly \$150,000 or so. This strategy could be extremely helpful to those Canadians looking to purchase a home in more expensive cities such as Toronto and Vancouver.

New Anti-Flipping Tax

New anti-flipping tax rules came into effect on January 1st. We advise our clients to be very careful about buying, living in a home, and then selling it within a 12-month period as tax penalties will apply - subject to some exemptions.

Caution about TFSA Contributions

You always want to be sure that your TFSA contributions are not based on a previous tax year. The Courts ruled against a taxpayer since it is the responsibility of the taxpayer to know their own TFSA contribution limits and to comply with the applicable rules.

Small Business Tax Changes

Finally, small business corporations will see slightly reduced taxes on retained earnings which will vary by each province. The Federal Government has also changed the small business corporation deduction from \$10 million to \$50 million of capital. This means that some larger corporations will be eligible for the small business tax rate.

These are just some of the new tax planning opportunities. Please call my office for an appointment should you wish to discuss how these and other tax issues may impact you personally.

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

When determining TFSA contribution limits for the current year caution is advised as the limits are not updated in real time in the My CRA Account system.

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MAKE YOUR MARK By Mark Kamachi

Intro to social media platforms

Last month I touched on whether you should use social media in your marketing mix. Without it, it's like golfing with just a putter. You'll be left in your competitors' divots.

Let me briefly, in the simplest of terms, point you in the right direction when it comes to starting a social media network. With so many platforms to choose from, you must do your research.

First, the basics. Know your brand. What makes your product or service different from the competition? How will your brand provide a solution to a specific problem your customer is experiencing? Who's your ideal customer? What's their age, gender, income level, educational status, where they live, etc? This may all seem redundant (as I mention this in every article I write), but without clearly establishing and understanding what

your brand is and who you're targeting, how will you know which platform(s) to use? Each platform has its own personality. Again, I repeat, do your research. Here are some popular ones:

Tik Tok: According to Statista (USA), 60% of users of this platform are 16 to 24 years old. However, there is increasing growth amongst the 25 to 44 year old audience. This is an app that allows users to share personal experiences via short form videos and connect with similar folks. Very entertaining.

Instagram (IG): With a bit more mature audience with the 18 to 34 year old crowd (71% according to Statista), IG allows the same connectivity through sharing of personal experiences through visuals, videos and shopping. The 25 to 34 year old make up most of this platform's audience. Again, very entertaining.

Facebook (FB): Number one when it comes to social media platforms, with over 2.8 billion monthly users of all demographics from 18 to 65 year olds. Users create profiles (personal and professional) to share photos and stories, make connections, join groups, and advertise. This platform has become a mainstay for many. Worth a look.

Linked In (LI): This platform focuses on the business professionals and companies looking to network with industry professionals from all business sectors. Businesses/individuals can have their profiles available to perspective employers/customers. This site is attractive to the 25 to 34 year old crowd often looking to advance their careers, make connections or share work experiences. Worth investigating.

YouTube (YT): This platform is number one when it comes to video sharing. From DIY doghouse instructions to relaxing 'let's plays' or high profile vloggers speaking to their audiences, users can find almost any type of video. Highly popular among 18 to 34 year olds, YT cannot be ignored if you're seeking to start or expand your brand presence with the popularity of video.

Each of these allow marketing/advertising to grow your audience/followers. Spend some time on each. Whether it's sharing photos, videos, music, recipes, there's a platform for you and your business. To start, simply follow the platform's guidelines to create your profile and determine which one(s) are best suited for you. Happy clicking. *Fooooore, mark.*

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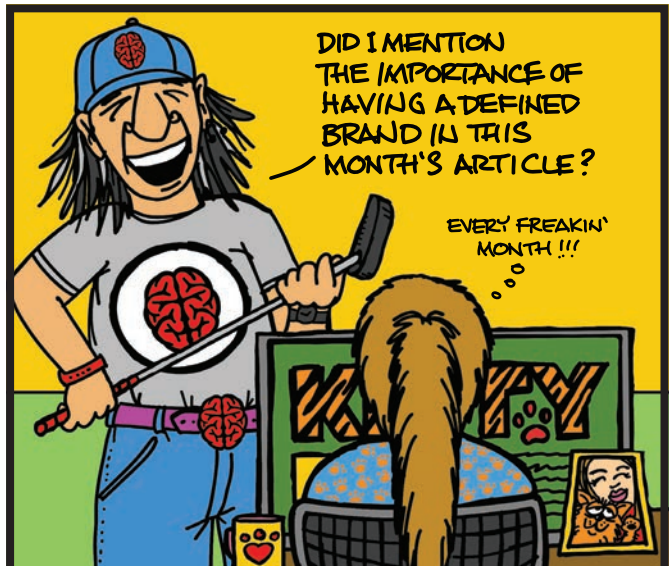
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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Greetings fine people! Here are the latest Chamber updates:

Councillor Hanson Meeting

Several community group leaders met with Councillor Hanson (at his request) to begin collaborative discussion for top of mind concerns for our Hamlet. The goal is to meet three times a year in order for him to know the pulse of Bragg Creek and Area and provide updates. Items we discussed were: speeding, egress, icy pathways, development red tape, seniors housing, affordable housing, a need for updated bylaws for garbage bins to name a few. We will meet again in September. In June Councillor Hanson is having an open house so you can meet with him as well.

Business Continuation insurance

Remember our Insurance guest speaker? The key learning for me was Business Continuation insurance, and that it is often overlooked. I met a business owner this week who sadly had to liquidate as he did

not have this insurance coverage and he couldn't carry on. I thought it was worth a reminder here of its importance.

Events Calendar

Another friendly reminder to use our events calendar. There is a 'how to' document www.visitbraggcreek.com that explains how to upload your event. Allow 1-2 business days for approval. This is monitored by volunteers who endeavour to be timely with approving it.

Sponsor and get noticed

If you would like to sponsor Arts, Eats and Beats on Sept 16, please reach out. We are looking for main stage sponsors, as well as a spot for your business card ad on the back of the maps.

If you are a musician, or know someone who is and wants to play, please have them reach out to us at office@braggcreekchamber.com.

Benches on the Berm!

As soon as we receive the go ahead, two benches will be placed along the Berm compliments of the Chamber. Kudos out to Venturers Society for their good work in building them!

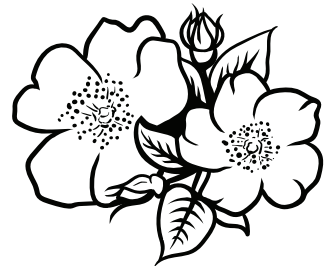
Marketing your business

We need your input for three ideas - the welcome basket, farmers market and at the Trailhead. If you want to be included in any of these opportunities to showcase your business, please let us know. Be creative with an offering, a special deal, or a product for your target audience and we can begin a bundle of business deals.

Next meeting

Our meetings are always the third Wednesday, 7-9 PM at The Post House, 36 White Ave. Bring your business cards and network. Your ideas are welcome.

*Enjoy Spring,
Sherri Olsen President*



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WHOLE DAY MATTERS By Jennifer Gordon

The Canadian Physiotherapy Association (CPA), in conjunction with the Public Health Agency of Canada and ParticipACTION, have come up with a **24 Hour Movement Guideline for Adults**. Since the month of May is Physiotherapy Awareness month, it is a good month to think about your daily movement behaviour!

The current motto is to “Move More, Reduce Sedentary Time, and Sleep Well” each day. It’s as easy as that, folks (right?)! The goal is to think about your daily habits and recognize where there may be room for improvement. As physiotherapists and health and wellness specialists, we are interested in understanding your daily behaviours of activity, being sedentary and sleep habits and how they may have contributed to/or are affected by an injury.

In essence, the CPA and contributing organizations, have outlined that being active, less sedentary and more rested can help to “**improve** your bone health and physical function, **enhance** your quality of life, mood, and ability to think, and **lower** your risk of heart disease, Type 2 diabetes, several cancers, anxiety, depression, dementia, falls, and injuries from falls”.

These new guidelines recommend that **Moving More** should include:

- ✓ 150+ minutes a week of activities that make you sweat
- ✓ Resistance exercise 2+ days per week
- ✓ Several hours of light activity each day

Aim to do activities you enjoy and all intensities and active minutes in a day

count. Especially your physiotherapy/rehab exercises!

Reducing Sedentary Time should ideally be:

- ✓ 8 hours or less of sedentary time
- ✓ 3 hours or less of recreational screen time in your free time
- ✓ Taking frequent breaks when sitting for long durations

This could include standing, walking or stretching while on the phone, and setting a timer for each hour to stand or stretch if your job involves sitting at a desk.

The **Sleeping Well** guidelines recommend:

- ✓ 7-9 hours a day of good quality sleep
- ✓ Aim to go to bed and wake up at the same time each day
- ✓ Some helpful tips for having a good sleep include - avoiding caffeine after 2pm, turning off screens 30min to 1 hour before bed and having a dark, relaxing bedroom setting.

The screen time is tricky, as many people enjoy watching shows or being on their phones before bed. It has been found that the blue light emitted from phones affects our melatonin levels. This is a natural

hormone in our body that helps to trigger fatigue at night time. Sleep is truly the glue that holds us together at any age! When we can achieve a good sleep pattern, it has been shown to increase focus, improve memory, decrease the likelihood of getting sick and decrease stress.

These movement behaviours and guidelines aim to change health outcomes. When there are positive changes in one of the movement behaviours, it can lead to improvements in another. For example, when we increase our activity in a day, we tend to sleep better. Or, when we spend less time being sedentary, our activity minutes go up. If you notice an imbalance in your Whole Day activities, think what might be a barrier for you or what may be realistic for you to change in your day. “Tiny goals help us build the momentum we need to chase slightly bigger goals later” (Rescue Time).

Happy spring time to this great community. With sunnier skies, drier trails and warmer weather, it’ll be much easier to get in those activity minutes!

Jennifer Gordon
(BScPT, GunnIMS, Medical Acupuncture)
Physiotherapist - Bragg Creek Physiotherapy
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Wild & Wise - Tips for Safe and Respectful Wilderness Exploration

Finally, spring is here. We are leaving the confines of our warm houses to venture out into the wilderness and enjoy the great outdoors. While we are all eager to get outside, it is essential to remember to do so safely. When heading out into the wilderness, be mindful of the wildlife and take steps to prevent encounters that can be dangerous to both humans and animals. Following these straightforward tips will ensure you'll have a safe, pleasant and respectful outdoor experience.

Prepare Before You Head Out

Do a weather check. Look at the region's forecast before heading out and pack for the unpredictable. Rain gear, warm layers, extra food and water, are essentials in case of an unexpected overnight stay.

Know Your Limits. If possible, have a route plan for your outing with a time frame that matches your experience and

fitness level. Turn around and head back if you start feeling tired or unwell.

Pack It Out and Pack It Back. Whatever you bring out with you must come back with you and leave no trace of your visit. Bring along something to contain your garbage, including dog poop and don't leave your bagged dog poop on the side of the trail!

Know what to do if you encounter bears or other predators. Visit our website www.braggcreekwild.ca/wild-smart-resources Also, carry bear spray at all times and learn how to use it.

Keep your pet under control at all times. Pets can be either prey or predator. Protect your animal and do not let it chase other wildlife. Keep on a leash or have a leash ready to use at all times.

Driving To and From the Wilderness Vehicle/wildlife collisions are common occurrences and are often injurious or fatal to both driver and animal. Vehicle damage is also a possibility.

1. **Be aware of specific wildlife crossing areas** – Nearby water sources, areas with dense vegetation and zones with posted wildlife crossing signs.

2. **Slow down** – Reduce your speed where wildlife is known to be present.
3. **Headlights** – Be Focused and Alert: Wildlife is most active during dawn and dusk. Drive with your eyes scanning the ditches and look for glowing eyes shining in the darkness. Know that headlights can confuse and blind nearby animals. Avoid driving during these times whenever possible.
4. **Be prepared to stop** – If you see an animal on the road ahead, slow down and be prepared to stop. Be patient and wait for the animal to cross the road before continuing, and know that there may be more animals following. Scan the ditches and edges of the woods before resuming your drive. Beeping your horn or flashing your lights does NOT help and could cause confusion for the animal and increase the chances of a collision.

Now that you know how to prepare yourself for a safe and exciting wilderness adventure, go out there and have some fun!

Happy trails!

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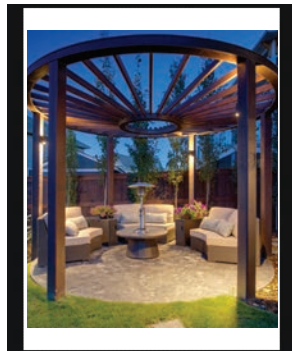
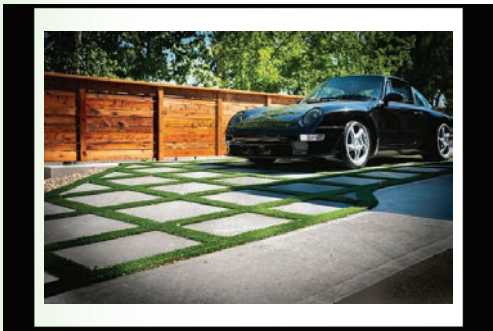
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BCCA

Sometimes, all it takes to do something is to simply START. While we hem and haw and plan and think about it, time passes. Once we take that first step, that first actual act of doing, it becomes easier to see the next step and the next. We become more vested in the outcome and our creativity steps up to the plate. The month of May can be the start of anything you want.

At the Community Centre, we have several programs and services:

- MOVIE NIGHT @ BCCA has started up again and it has been a hit with the community. The next one is on Friday, May 12 – DOUBLE FEATURE!

* The Good Dinosaur showing from 5:15 pm to 6:45 pm followed by:

* Marvel's Avengers from 7pm to 9pm.

Members: \$2/show. Non-members: \$5/one show or \$7 for both.

Pop, popcorn, candy & hotdogs available at our cash concession.

Kids under 10 must be accompanied by an adult.

- The Cochrane Public Library started their Junior TaskMaster Program last month and we look forward to the 2nd event on May 19th. Fun Fridays for 9-13 year olds. Drop in format that works right into your "No School Fridays" from 2:30 – 4:00pm.
- Another Lunch & Learn - Wednesday, May 13 - 11:30 am - 1:30 pm
Hanging Annual Basket (9" pot)
Workshop with Jane Boyce of Stone Creek Gardens. \$25 - all materials and lunch included. Limited spots so please register now.
- There are still a few Artisan Workshops on the roster. Get started on your path of creative expression:
 - * Linocut Printmaking Workshop: May 6, 10am to 4pm
 - * Blooms & Vessels Watercolour Workshop: May 27, 10am to 4pm
- Registration has started for Kid's Summer Camps. There are 2 great programs to choose from running in July and August.

The BCCA Board of Directors have issued an Expression of Interest for a Daycare Director:

The greater Bragg Creek area has a significant shortage of childcare services, particularly registered (subsidized) options. As a result, the Bragg Creek Community Association (BCCA) is investigating the possibility of leasing space in the Centre for a licensed daycare. Private or non-profit, facility-based will both be considered.

The BCCA is looking for a passionate and driven individual interested in leading the development of this daycare facility.

The licensed daycare would be its own entity, where the BCCA is leasing the space to the daycare. The operation of the daycare would be the responsibility of the director and their staff. The director will need to liaise with the BCCA who will act in supporting roles for all aspects of the process of opening the daycare.

Interested individuals may submit their business plans to the BCCA Manager, Kim Perraton, at manager@braggcreekca.com.

Many months ago, the BCCA started a rather large project. That was to implement a software package called Amilia to help manage participants, activities and events. Amilia facilitates online registration and payment, and allows you to access information about your activities, registrations and transactions. Our work on this project has been worth the effort and the wait. You will now have access to all the features on the Amilia App. Members, check your email for a link to activate your account.

We are so excited for the next few months leading into summer. It's time to roll up our sleeves, take the first step and dig into the next season of fun. What about you? What can you start today?

The Bragg Creek Community Association



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BRAGG CREEK TRAILS

Happy Spring Time everyone! We at Bragg Creek Trails are certainly excited for the change in seasons and changing out the fat tires for the skinny tires, winter boots for hiking boots, and winter toques for baseball hats. Although April is a slower time of year on the trails due to the spring thaw, there is no shortage of things going on that we want to tell you about.

We are excited to have recently entered into a multi-year partnership agreement with the Government of Alberta with financial support from the Kananaskis Conservation Pass. Love it or hate it, the KCP has had a positive impact on our ability to be good trail stewards in West Bragg Creek. While this is greatly appreciated and helps towards long-term sustainability, it in no way provides sufficient funding for our yearly operations. We still need to raise more than \$100,000 annually to meet our goals. This supports things like equipment and tools that support trail maintenance, trail building and trail grooming each year.

Last season our generous supporters provided enough dollars to support the purchase of some new e-bikes that are vital

to our ability to get to some of the farther out trails on the network. We are now excited to announce our next fundraising goal for an exciting piece of equipment – an MTT154 (I wish I could insert a video here to show you but you will have to Google it, sorry). This machine will be used both summer and winter and allows us to move tools, dirt, rocks, people and will also be used for grooming fat bike and ski trails in the winter. We need to raise \$50,000 for this new technology. Please consider donating today! Check out the QR Code below.

We have a number of events coming up this spring so please come out and join us. May 4th we will be hosting a volunteer recruitment evening, in Calgary at the Dorset Pub from 5 to 8 pm in partnership with the Great Dived Trails Association and Friends of Kananaskis. A great opportunity to meet leaders in all three organizations and learn more about how you can volunteer and support all three. May 27th we are partnering with Village Brewery and the Bike Shop for an afternoon of beer, bikes and fundraising at Village Brewery from 2 to 6 pm. There will be bike demos, awesome prizes, raffles, 50/50 and lots of like-minded people to meet and you can check out the newly renovated Village Brewery. June 7th

BCT will be hosting our AGM at the Snowbirds from 5 to 8 pm. Join us in celebrating the last year and finding out what we are up to next.

Last but not least, is a reminder to check out our new swag for the spring summer season. Our swag genius (you know who you are) has designed and ordered some great new additions for your wardrobe! Not only will you up your style game but you are supporting the trails as all the proceeds goes directly back into trails!

That is all for now but as always reach out by emailing info@braggcreektrails.org if you have any questions or check out our website by using the QR code here or at www.braggcreektrails.org and thank you for your support!



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THE LITTLE SCHOOLHOUSE

We are enjoying the spring and hope you are too! We are having a great time learning all about plants and how they grow. Each class has its own growing project. The preschool classes have planted some grass seed in their very own silly face planter and the kindergarten is propagating little peperomia plants to see their roots form and then potting them in a special planter they have created. Lots of hands-on learning and investigation happening and it is so rewarding!

We also feel excited to welcome caterpillars into the classroom this month.

These are special caterpillars that will change into beautiful butterflies! The classes are responsible to provide a safe and well cared for environment to help them grow and they take this responsibility very seriously!

We will be learning about and exploring the life cycle of these butterflies and can't wait to share what type of butterfly they are, stay tuned!

Lots of giggles, learning and fun at The Little Schoolhouse. If you would like to join our amazing community of families, we would love to have you!

Registration is ongoing, please see our website for information, www.thelittleschoolhouse.ca

Ms. Shelley and The Little Schoolhouse team



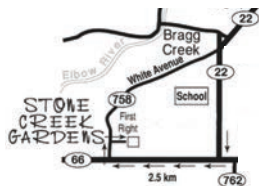
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Spring is **FINALLY** here!

Redwood Meadows Emergency Services wants to ensure you have a safe, enjoyable time returning to your outdoor grilling activities. Here are some good tips to keep in mind:

1. Barbecue grills must only be used outdoors – using grills indoors or in enclosed spaces is not only a fire hazard, it exposes occupants to toxic gases and potential asphyxiation.
2. Always position the grill away from combustible objects – buildings, fences, deck railings and landscaping that can easily and quickly ignite.
3. Get your grill cleaned and serviced. Check all propane tanks and lines for leaks and damage.
4. Never leave a lit grill unattended.
5. Always use long handled grilling utensils and heat-resistant mitts to avoid exposure burns from heat and flames.
6. Periodically remove grease build-up in catch-trays to prevent it from igniting.
7. Keep a garden hose nearby, connected and ready for use in case of fire.

Until next month, stay safe!



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A TASTE OF THE HIGH COUNTRY

Add Pizzazz To Your Next Vacation in Wine Countries

Ah! Summer is finally at arm's reach. Time to gear up, explore the great outdoors and challenge yourself in new and fun ways. And that includes leaving your comfort zone to taste wines made with grape varieties you are not familiar with. Not only will it add pizzazz to your vacation, but you may also just discover new favourite wines. How more gratifying can that be?

There are over 10,000 grape varieties that are known to make good wines, which is a lot more than the 10 or so we know too well, such as the Chardonnay and Pinot Noir. Tasting new wines is fun, self-indulgent, yet educational and may result in a wider selection of new favourite wines. Here are a few Canadian suggestions worth looking into. They are the results of vine species crossings with others to develop new characteristics such as making them more resilient to climate and diseases but also taste characteristics.

The Ehrenfelser is a German white wine grape created in 1929 by crossing Riesling



and Knipperlé vines. The wine made with Ehrenfelser is aromatic, with citrus, peach, apricot and honey nose, and its texture is soft on the palate making it easy to enjoy. The wine is usually vinified off-dry, meaning the grape juice is not entirely fermented, leaving some natural residual sugar in the bottle. This wine is perfect for mildly spiced dishes such as Thai cuisine or a plate of soft cheeses and fresh fruits. Examples of this wine are found in the Okanagan (Gray Monk, Summerhill, Gehringer Brothers, Mt Boucherie and many more).

Maréchal Foch is a red grape varietal resulting from a cross between French and American grapes. It was developed

in Alsace as a potential solution to the phylloxera infestation that nearly killed all French vines in the 19th century. The hope then was to create a plant that could survive the attacks of the tiny aphid on the root system. The resulting vine is hardy and does well in cold climates, making it a suitable choice in Canada. The wines improve with the age of the vines meaning if you buy a bottle of Maréchal Foch made with "old vines," you may be up for a treat. It is commonly vinified as a full-body wine with blueberries, dark fruits, smoke, vanilla, spice, good acidity, and a round finish. A perfect wine for a steak or roast or old cheddar. Incidentally, the grape is not recognized in Europe as it is not a pure *Vitis vinifera*. Examples of this wine can

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be found in Ontario, Nova Scotia, and the Okanagan (Lang Vineyards, St Hubertus and Oak and Bay and Summerhill)

Siegenerbe is a white grape from Germany. The vine is well suited for cold climates and produces a pleasantly perfumed wine similar to the muscat or Gewürztraminer. Because it tends to be lower in acidity, it is often blended with other grape varieties to balance the wine's

body. While in Germany, it is used to make dessert wines, we mainly use it as table wine. The wine is usually intense displaying rose petals, spices and grapefruit and hints of tangerine aromas, off-dry and suitable for mildly spiced curry dishes, creamy cheeses and sea food. (Gray Monk, Sunnyside and Waterside).

There are many more grape varieties with names that are hard to pronounce but, please, do not let it intimidate you. Just go for it. Next time you find yourself in a winery, have a look at the wine list, pick a mysterious wine or two, order samples and ask questions. The staff will welcome your curiosity and be happy to indulge you.

Cheers!



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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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New Developments in Auto Theft

There have been numerous reports of various and ingenious kinds of auto thefts recently. Auto thefts can take the form of items from inside your vehicle, outside your vehicle (tires, rims, catalytic converters), and the auto itself.

Although it's been around for a while, one of the newer forms of auto theft is those related to vehicles that use a fob (not a key) to open and start the vehicle. Driving magazine explains it this way, "Modern cars are typically fitted with a keyless entry or smart key system that allows drivers to work the door locks, truck or tailgate, and ignition without physically touching their key fob or remote. The thing is, those signals never sleep, and they can help thieves make off with your car."

"While parked, your vehicle continues to watch for the signal from its key fob, waiting to be unlocked, started up, and driven away. When that signal is detected and confirmed to be within very close proximity to your Camry, F150 or luxury vehicle, access to the locks and ignition is granted."

"A relay attack happens when a car thief uses specialized electronic equipment to sniff out and amplify the communication signals used by your car and its fob. The goal is to pick up the signal from a key fob, amplify it, and transmit it over a distance to another device located near the car or truck that mimics its key."

"A relay attack can be carried out in your driveway, perhaps by sniffing out a signal from the key fob inside your front door. The equipment used in these attacks is neither expensive nor difficult to find."

There was a recent account in Ontario where an ingenious thief drilled a small hole in the driver's-side window to pop the lock, and ultimately drove away in a brand-new Dodge Ram pickup. The owner noted its absence and called the police. The Ram had a vehicle tracker app which indicated the vehicle was being driven down the highway on its way to a Montreal port for shipment elsewhere. Police intercepted the vehicle and arrested four people inside.

There are a number of aftermarket anti-theft or tracking devices available.



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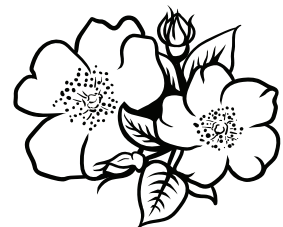
Some of the tracking devices may send an alert to your phone if your vehicle starts moving if you're not in it. There are companies that will install whole security systems that can range anywhere from \$500 to \$2,600. You can do some minor, but effective things for less than that (see Faraday bags, wheel locking nuts below).

Co-operators Insurance Company recently emailed out ten things you can do to make your vehicle less appealing to a thief:

1. Keep your keys or keyless fob away from doors and windows. Use a Faraday bag to block the signal from being intercepted and reprogrammed. (A Faraday bag/cage doesn't allow electronic signals to enter or leave the bag/cage. Amazon carries Faraday bags for less than \$20 for two and local retailers likely carry them as well.)
2. Use a wheel club, data port lock or alarm system. (I recently pulled my Club out from under the seat, dusted it off and began using it again. The Club gives visible evidence that your vehicle is immobilized, and a thief will move on to an easier target. Secondly, it prevents the vehicle from being driven away even if it can be accessed and started – yes these too can be disabled but a thief needs to come prepared – it's easier to move on to another vehicle. Sometimes the simplest solutions are some of the best.)
3. Make sure your vehicle isn't left running unattended.
4. Park in well-lit areas, or in garages.
5. Don't keep personal identification or valuables in your vehicle.
6. Lock doors and close windows when parked.
7. Install an immobilizing device to prevent hot-wiring.
8. Add a vehicle tracking device.
9. Check Equite's annual list of top 10 most stolen vehicles.
10. Before purchasing a vehicle, do some research and request all required documentation from the seller.

One other relatively cheap item to install is locking nuts on your wheels. I had a dealership in Okotoks inform me that one night a car carrier of trucks was delivered, and by morning all the wheels were gone. Now one of the first things they do is install the locking nuts when new vehicles arrive.

Dave Schroeder
HCRCWA Board Member





SQUARE BUTTE COMMUNITY

Happy May everyone! April was a fun mix of country western and family dances at Square Butte Hall. Sandi, Meghan and all our volunteers sure know how to host some great events, with more to come!

Nature has inspired my imagination this month. We live in the most amazing place along with a biodiverse mix of birds, mammals, pollinating insects, annoying insects, frogs, snakes, worms, and beneficial soil creatures. As Spring comes back to the land, it also brings forth a symphony of vegetative life. The valley is alive with the song of trees, shrubs, flowering perennials, mosses, lichen and fungi. Our ecology brings intrepid explorers from miles around to step among trails and walk in the woods. They are greeted by pink vetch, orange wood lily, yellow arnica, green clovers, blue flax, purple crocus, and red paintbrush!

And how, you may ask, can I enjoy these beauties up close? Reposed in that casually dominating way of mountains, Square Butte is just east of the Mesa Butte Recreation Provincial Recreation Area. Interestingly in an area full of trails, I could not find a Square Butte Hike in any of my field guides. According to Google Maps, one might venture up Mesa Butte West Trail to get there. Interested to know if anyone has made the trek!

Heading east along Plummers Road, just 'over the next hill' from Square Butte Hall, lies beautiful Brown-Lowery Provincial Park. This forested day-use only area hosts 12 kilometers of trails winding up hills to incredible outlooks, down through mossy bogs, and across small streams. Not bad for one of Alberta's smallest Parks! You can spot birds, bear, squirrel, skunk, fox, coyote, deer, and many more critters. Here's some history:

"This natural landscape was donated to the Government of Alberta in 1968, by Home Oil Company Limited in memory of its founders Robert Brown Sr. and Major James Robert Lowery. Both men were pioneers of Alberta's oil industry and took part in the early development of the Turner Valley oil field."

Prior to that, according to Foothills Echoes, the land was owned by V.N. de Mille who operated a sawmill and ranch on the NE ¼ of the section. Over the years the land was logged many times. Fortunately, the new owners recognized the value of mindfully tending and reciprocating ecosystem gifts - an intrinsic role for those like me who follow the First Instructions. We are thankful for such a generous gift of being able to enjoy Brown-Lowery Provincial Park to this day.

As Janet MacKay notes in Foothills Echoes: "There is a great variety of flora and fauna, if we just take time to observe and really listen. If you... photographs the flowers close up, you will realize how beautiful they really are. The rare flowers should never be picked. In the case of the tiger lilies and orchids, the bulb of each flower that is picked dies, because the leaves that feed it for the following year are on the stem." Now I would say don't pick anything, especially if you don't know whether it is rare. Once you get to know your flowers, you probably won't want to pick them anyway!

Square Butte Hall is on hwy 762, 3km north of hwy 549. Connect with us any time:

Direct: info@squarebuttehall.com

Web: squarebuttehall.com

Social: facebook.com/squarebuttehall

See you next month! Lindsey Kindrat, SBCA – Director, Property Management (and interim Archivist)



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m. The meetings are held at the Millarville Anglican church house.

Our next gathering is May 9, 2023. We are having a potluck starting at 6:30 pm. Please bring your favorite dish to share. We will be having a meeting afterwards. A question and answer session as we have a wealth of information with in our club. Also new members are seeking tips to growing in a difficult climate.

June 1 is our annual plant sale at the Millarville race track. If you have extra plants, annual or perennial, to donate, bring them by between 2 pm and 6 pm. Please label the variety and colour. The plant sale starts at 7 pm sharp. Don't be late or the plants will all be gone.

We are always looking for volunteers for the plant sale, and the horticultural section of the Priddis Millarville Fair August 19 and 20.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well

Flower Fundraiser

This is an excellent opportunity to acquire some super annuals while helping your local Horticultural Club.

Our generous greenhouse neighbour will provide a beautiful assortment of baskets and many varieties of individual plants. It's a win-win!

We will provide a link to the website where you can choose & buy your own flowers, then they will be delivered to the Racetrack on May 16th to be picked up between 4 & 6 pm.

If interested, please contact Jill Dakers at GillianTDakers@gmail.com to receive the link once it goes live.

*Millarville Horticultural Club
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MILLARVILLE COMMUNITY LIBRARY

April was a very busy month at the Millarville Community Library with books coming and going and workshops helping people get ready for spring.

Thanks go to Sharon and Bill Bieber who gave us encouragement for gardening in our higher altitude with the use of raised beds. And to get everyone started with gardening before they could raise any beds, we had a workshop on Sprouts and Greens at the end of April.

Then we celebrated National Canadian Film Day with a double feature. Kids came to watch "Snowtime" and adults then watched "Peace By Chocolate". Our warm and wonderful quilts came down to be replaced by paintings from a Millarville artist, Tamara Rutherford. Do stop in to see her eclectic works.

This merry month of May your library will begin with a workshop on decorating cupcakes with our very own Natasha Grusendorf (May 12). It seems cupcakes have replaced the favourite sweet at many events these days, and this workshop has been requested by many.

Each year we celebrate the book clubs in our area with a wine and cheese evening. Then we hear the favourite book picks of each of the ten plus book clubs in Millarville, Priddis and Bragg Creek. Mark your calendar for May 25. If you are in a book club in this area that hasn't been contacted already, do call the library (403-931-3919) and leave us your book club name and a contact person. Who needs Indigo book picks when we have our own!

Our library has just completed a survey of patrons which will help us plan for your needs. If you didn't get a chance to send in your information, please let us know so that we can incorporate your comments and wishes. We may be little but we consider ourselves to have a mighty big footprint.

For more information and events and to see just a few of the new books coming in, check our facebook and instagram pages. Millarville Library Facebook/instagram. Here are a couple of suggestions for you and your family.

Endlessly Ever After

by Laurel Snyder and Dan Santa

This is a choose your own adventure style book with all of your favourite fairy tale characters. There are tons of different paths to take through this book. You can read it many different times and come up with a different story every time. This book is best for 7+ as some of the story can get a little dark at times depending on the path you take. Very entertaining with lots of twists and turns.

Demon Copperhead

by Barbara Kingsolver.

The novel borrows its structure from the Charles Dickens novel **David Copperfield**. Named one of "The 10 Best Books of 2022

by The Washington Post and The New York Times, **Demon Copperhead** is the story of a boy born to a teenage single mother in a single-wide trailer with no assets beyond his dead father's good looks and copper-coloured hair, a caustic wit, and a fierce talent for survival. This book speaks for our generation of kids lost to poverty and addiction. Set in rural Appalachia, **David Copperfield** was required reading in one of Demon's English classes. Books are mostly a time suck, Demon declares, but some held his interest. "Likewise the Charles Dickens one, seriously old guy, dead and a foreigner, but Jesus Christ did he get the picture on kids and orphans getting screwed over."

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ANN & SANDY CROSS CONSERVATION AREA

The Ann & Sandy Cross Conservation Area (ASCCA) welcomes four volunteer interns from the Canadian Conservation Corps (CCC) for the spring season – Alex, Emma, Jesse, and Darla. The CCC program, organized through the Canadian Wildlife Federation, follows three stages: an expedition, work placement, and volunteer/research project. After spending 2 weeks snowshoeing, cross country skiing, and hiking in the Kananaskis, these participants were matched to volunteer with the ASCCA.

Alex is a mycology enthusiast and amateur photographer who resides in Ontario. She loves citizen science and would spend every waking moment in the forest if she could. Having never been to Alberta before, Alex is looking forward to exploring the breadth of fauna, flora, and fungi that Western Canada has to offer. In particular, she is interested in examining the vital contributions that fungi make to local ecosystems.

Emma comes from Ontario and has most recently worked in participatory community research in her home community and at an eco-lodge located close to Yellowknife. She is passionate about conservation and hopes to learn about the local fauna of the ASCCA through field work and with a wildlife conservation biology lens. With this being her first time in Calgary, she hopes to learn from leaders in field work and wildlife studies to be able to contribute to wildlife conservation and be able to be a guide for others and pass on any knowledge she learns.

Jesse comes from the plains of Saskatchewan where he has spent most of his time as a laborer for a roofing company. He has always been very interested in the outdoors and spends lots of his free time exploring the outdoors. Jesse has always been looking for an opportunity like this to broaden his knowledge on animals and plants throughout Western Canada and the work undertaken by those in related fields. He is extremely grateful for the location of his placement and hopes to be able to get out and explore the great wilderness that this area of Alberta has to offer.

Darla also joins the ASCCA from Ontario. She just completed her undergraduate science degree with majors in evolutionary anthropology and cognitive science. Darla is interested in working with conservation organizations like the ASCCA to find ways to contribute meaningfully to environmental preservation. She is excited to immerse herself in Alberta's wild spaces and learn about the biology, ecology, and natural history of the region.

Alex, Emma, Jesse, and Darla are very excited to be volunteering with the ASCCA to support education programming and land and habitat projects.

The Ann & Sandy Cross Conservation Area is a 4800-acre day use nature preserve located just SW of Calgary with aspen forest and foothills habitat. The area is open to hiking year-round, and is a registered charitable organization. Please visit our website, www.crossconservation.org, to stay updated on educational events and programs we'll be organizing over the next few months.



MILLARVILLE-STOCKLAND 4-H CLUB

Happy Spring! The Millarville-Stockland 4-H Club is gearing up towards our Achievement Day! Spring is a busy time for members who are attending clipping and showmanship clinics to learn about how to prepare their animals for the upcoming show season. Our members are becoming experts at giving a bath to their steers, lambs and even their chickens!

The highlight of the 4-H year is coming up with our Achievement Day on May 21st 2023 at the Millarville Racetrack! Our members will be showing steers, heifers, cow-calf projects, market lambs, ewe lambs, sheep flocks, dairy goat kids, laying hens, meat chickens, bantam chickens and poultry flocks! Come join us and see all the great projects the members have worked on this year!

Joseph Arkes, Club Reporter





HELLO DIAMOND VALLEY

Hello, Diamond Valley! Ah, spring has sure been in the air after all that snow that kept coming and going. So far, I've seen Canada geese, a blue jay and a robin, and the gophers are back as well. I for one, am very ready for summer to arrive. Speaking of summer, a reminder to all businesses and residents that the Alberta Youth Summer Games are set for July 20-23, and the 14 sports represented will take place in both Black Diamond and Okotoks. More information can be found online for the Games, it should be a hopping time here and good for business.

Have you been to our local Legion lately? The front hallway going up the stairs has been transformed into a beautiful poppy field, with the help of local artists Hazel Martin, Linda Lunn, Cathy Dallas, Renee Carrier, and Sherri Gussman. All supplies were donated by local donors. It sure brightened up the entryway. The Legion's north deck will be open for dining on May 6, so that will be nice to sit outside. Other Legion news is that they will be closed from May 22-29 in order to become a

polling station for the provincial election. Polling hours will be from 7am-9pm. Lastly, their AGM will be held May 16 at 7:00pm, please plan to attend if you are a member.

We will have a Canadian on the moon next year, when the Artemis II mission featuring the crew capsule Orion will launch in November of 2024. Two Albertans were in the running, Jennifer Sydney-Gibbons from Calgary and Joshua Katryk from Beauvallon (a county near Two Hills), but Jeremy Hansen from Ontario received the honor of the mission. They will be building a lunar rover, and it will take over 400K of travel to get there and back.

The Rothney Observatory will be paying close watch on this mission, and if you've never been there, perhaps this summer would be a good time to visit. They have a telescope which you can check out online. On clear nights you can see planets, stars, constellations, and the Milky Way, and even the Northern Lights when they are active. The Observatory is located near Millarville and is run by the University of Calgary, check out their Skycam online, or plan a visit to the Observatory itself.

Also near Millarville is the Leighton Art Centre, which has two exhibits opening this spring. The Annual Juried Members

Exhibition is scheduled for their 21st year, with amazing works of art from local artists. In addition, their exhibit Human Sprawl, from artist Michelle Atkinson, is a wonder of glass art featuring endangered species such as whooping cranes, bull trout, swift foxes, and local fauna, set in the Leighton's indoor garden. Visit leightoncentre.org to find out more and plan your escape.

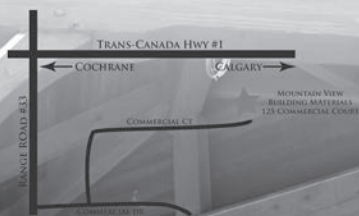
Diamond Valley's annual Discovery Days and Parade Weekend is coming up the first Saturday in June, on the 3rd, so look for details in the next issue. This weekend starts with a big parade in Black Diamond, and family fun in Centennial Park in Turner Valley. Local businesses and not for profit groups put on all kinds of activities as well. Volunteers are always appreciated for the weekend, even a couple of hours help, so contact the Town of Diamond Valley if you are interested in being a part of this community event.

The Country Hospice asks that you join them for their annual Hike for Hospice on May 7th. This is a big fundraiser for the Hospice, in support of compassionate end-of-life care and bereavement care in the Foothills. Meet at the Okotoks Rec Centre Curling Rink at noon, for registration, and the hike begins at 1:00 on paved pathways in Okotoks. Strolling is acceptable if you're



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PVC
FENCING
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not an avid hiker, with either a 3km or 5km route. Please register online at countryhospice.org.

Another great fundraising walk this year is the Purina Walk for Guide Dogs on May 28th. Dog Guides transform the impossible into the possible, with dogs trained and partnered with people in categories such as Canine Vision, Hearing Ear Dogs, Special Skills Dogs, Seizure Response Dogs, and Autism Assistance Dogs. It takes approximately \$20,000 to raise, train, and place each dog guide, so your gift of walking to raise funds is an invaluable one. The Walk will start at the Okotoks Lion's Campground, to register, get your pledge forms, and more information can be found at [Purina Walk For Guide Dogs.com](http://PurinaWalkForGuideDogs.com).

Our own Lion's Campground in Black Diamond is open for business as well, look for tickets for their annual Duck Derby raffle. You buy a ticket, and if your numbered rubber ducky wins first or second, the prize is \$1000, and last ducky in wins \$2000. The Derby is set for July 1 in Black Diamond, with all proceeds to support local Youth Community Organizations, including the Little Leos.

The Sheep Creek Arts Council is pleased to host the following classes in May and June – Paint Your Way, May 1 – June 26, Paint a Highland Cow on May 6, Acrylic Painting for Beginners on May 11 and June 8, Beginner Alcohol Inks May 13, and Improve your Cell Phone Photography June 7. The SCAC is located at 133 Sunset Boulevard in Turner Valley, to register and to find out more, pop by or go to sheepcreekarts.ca.

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

Happy Mother's Day May 14!
Elaine Wansleben



LONGVIEW LIBRARY

Your library provides you with access to digital awareness, learning opportunities, a safe space and a retreat from the hustle and bustle of the every day world. It offers a summer reading program for the children and programs for the adult patron. It is the hub of a small community and an invaluable resource for all its residents.

The Writers Group continues on Wednesdays at 1 p.m. and welcomes new members always.

New to our library is Jojo Moyes *Someone Else's Shoes*. Place your hold to-day on Trapac.ab.ca or TRACpac app for *Spare* by Prince Harry, *Mad Honey* by Jodi Picoult, and *World of Curiosities* by Louise Penny. Lynda, our librarian, posts a list of the most popular books offered by Tracpac each month on the bulletin board at the village office.

A reminder again of our May 6 Highway Clean up. This is our most important fund raiser of the year and believe it or not, it is a fun one! And even treasures are found. We would appreciate more volunteers.

A book you will enjoy is *The Sweetness of Waters* by Nathan Harris, an award winning author and an Oprah pick. The prose is breathtaking, the plot riveting. It is the story of the life and difficult times in the aftermath of the American Civil War. The characters will stay with you forever.

Sylvia Binkley
sliv@telus.net



PRIDDIS COMMUNITY

Happy Spring from the Priddis Community Association!

Priddis Garage Sale is back again this year on May 13th from 9am-12pm. Donations will be accepted at the hall on May 12th from 9am onward. Our amazing event coordinator, Arlene Jelfs, cannot run this on her own and needs volunteers to ensure this is a success. Please email priddispresident@gmail.com to be connected with Arlene.

Preschool and Summer Camp, with Rediscover Play, still have a few available spots for registration. If you have any questions regarding programming or registration, please reach out to Melissa at rediscoverplay19@gmail.com.

Mark your calendars for July 9th as the PCA will be hosting another year of **Stampede Breakfast**. Last year we hosted over 600 people for pancakes and are looking forward to doing the same this year. Music, horse-drawn wagon rides, and face painting for the kids are just a few activities that you can expect.

The Priddis Hall has just a few openings for weekend bookings during the summer. **Book your wedding or event online** at pca.getcommunal.com. PCA members having held a membership for 2+ years do receive a discount on rental fees.

Take care, everyone, and we hope to see you around the community.

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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

What is a Secondary Suite? According to our County's definition, a Secondary Suite is a subordinate dwelling unit located on a parcel, in addition to the principal dwelling unit, which constitutes a self-contained living accommodation unit comprised of kitchen facilities, sleeping amenities, and washroom facilities consisting of a full bathroom including tub and/or shower fixture and has a separate entrance or includes a door which can be physically closed or locked off from the remainder of the principal dwelling.

Types of Secondary Suites currently allowed in Foothills County include Secondary Suite, PRINCIPAL, which is a Secondary Suite located within the principal dwelling unit or above a garage attached to the principal dwelling in accordance with Section 10.26 of the Land Use Bylaw, and Secondary Suite, ACCESSORY, which is a Secondary Suite, located within an accessory building, or detached garage that is subordinate to the principal dwelling on the same parcel.

What is the Process to get an Approval for a Secondary Suite? Check to see if a Secondary Suite is a "use" allowed in the land use district of your property, as a permitted or discretionary use. Apply for a Development Permit Approval before you start any construction work associated with your Secondary Suite. Obtain all Building Permit and Safety Codes approvals. Find more information in the Land Use Bylaw under Section 10.26 Secondary Suites as well as in Section 10.10 Dwellings, plus the Secondary Suites page link noted below. Contact the County's Development Department for more information on the Development Permit process and Applications: 403-652-2341. Once all applicable approvals are in place, your Secondary Suite will be placed on the Foothills County online Secondary Suites Registry.

What's happening with Secondary Suites in Foothills County? The County is reviewing Secondary Suite policies and will be engaging with residents in the process. In 2019, Council adopted Bylaw 8/2019 amending the Land Use Bylaw to allow Secondary Suites on parcels zoned Agricultural District, Agricultural Business District, and Country Residential District located outside of hamlet boundaries. These Secondary Suite provisions have been implemented for four years and are one of the subjects of this review. Additional options, such as detached Secondary Suite structures, are to be explored by Foothills County in the future.

In May 2023, we are hosting three open houses to engage with residents in order to gain additional feedback on what is currently working and what could be improved. We will be exploring suitable types of suites, appropriate sizes of suites, and potential updated provisions to reduce challenges and improve implementation on parcels outside of hamlet boundaries, as well as gauge interest on parcels within hamlets (excluding Heritage Pointe and Priddis Greens). As next steps, we will be preparing a "what we heard" report and holding a public hearing in the June/July timeframe.

Earlier in February 2023, we conducted a Preliminary Survey to poll residents to determine if there is a desire for Secondary Suites in hamlets. The Preliminary Hamlet Survey was mailed out to 1,764 hamlet properties in Foothills County. A total of 287 surveys were either completed online or received by the County via mail or email, with a response rate of 16%. Results can be found on the County's website. Please note, based on the feedback received, staff has suggested that there is not sufficient support to allow for Secondary Suites in the hamlets of Heritage Pointe and Priddis Greens. Therefore, we will not be continuing engagement for policy review with these two hamlets at this time.

Staff will be including the concerns and challenges noted in the survey responses for the other hamlets, in preparation for the upcoming public engagement and to be considered along with other potential amendments to the Secondary Suite policy. We will be continuing the review of secondary suites in the historical hamlets, in Blackie and Cayley, and on parcels under 2 acres in size on lands outside of Hamlet boundaries, as we proceed with this next public engagement process in May.

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Secondary Suites – Open Houses in May 2023: We invite residents to attend these in-person sessions. Find out more about what has been happening with Secondary Suites in Foothills County and provide us with your feedback on policy review.

- Tuesday, May 2, 2023, 4 – 7 p.m.
at the DeWinton Community Hall
- Thursday, May 4, 2023, 4 – 7 p.m.
at the Priddis Hall
- Tuesday, May 9, 2023, 4 – 7 p.m. at
the Foothills County Admin Building

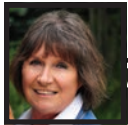
For those who are unable to attend one of the open houses, more information is available on the County's website:

www.foothillscountyab.ca/development/land-use/secondary-suites

An opportunity to provide your feedback by way of an Online Survey will be available on May 1, 2023 – please check online.

For Other News & Updates: Facebook:
www.facebook.com/CouncillorSuzanneOel
Email: Suzanne.Oel@FoothillsCountyAB.ca

With Best Regards,
Suzanne



COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

Hooray, Hooray, it is finally May!!!

Annexation Open House

The City of Calgary submitted a letter of Initiation to Foothills County, to initiate the process of annexation. The proposed annexation area is approximately 415 acres of land and part of the long-term growth area for Calgary, which is outlined in the 2017 Foothills County - City of Calgary Intermunicipal Development Plan (IDP). The IDP identifies specific areas for future growth for both municipalities and includes policies for annexation.

In June 2022, notification letters about this project were sent to Foothills landowners within and nearby the proposed annexation area.

The first phase of public engagement opened on April 11, 2023, and will remain open until May 11, 2023. An open house at DeWinton Community Hall is planned for Thursday, April 27 from 4pm – 8pm.

To take the Engagement Survey and provide your feedback visit Foothills Land Annexation: engage.calgary.ca/foothills-land-annexation

More information is also on the Foothills County website: www.foothillscountyab.ca/development/current-county-projects/foothills-land-annexation

Cemetery Clean Up

Watch for the signs at all County Cemeteries and the Foothills Cemetery for the cemetery clean up request. Maintenance will start soon at all cemeteries and all vases, flowers, etc. need to be removed for safety. Those items not removed will be picked up and placed in a box for loved ones to take home.

Secondary Suites

Public engagement on the secondary suite policy review was initiated in February 2023 with a Preliminary Hamlet Survey. The purpose of the survey was to poll hamlet residents to see if there was any current desire for secondary suites in Hamlets.

Survey Overview

The preliminary hamlet survey was mailed out to a total of 1,764 hamlet properties in Foothills County. A total of 287 surveys were either completed online or received

by the County via mail or email. The response rate was 16%.

Important Dates for Open Houses on Secondary Suites:

Tuesday, May 2 from 4 p.m. to 7 p.m. at DeWinton Community Hall, DeWinton

Thursday, May 4 from 4 p.m. to 7 p.m. at Priddis Community Hall, Priddis

Tuesday, May 9 from 4 p.m. to 7 p.m. at Foothills Administration Building, Council Chambers, High River

For more information and to view the report: www.foothillscountyab.ca/news/preliminary-hamlet-survey-what-we-heard-report

Road Bans

On Thursday, March 30, 2023 Council authorized the Vehicle Weight Order become effective.

For more information go to the Foothills County website: www.foothillscountyab.ca/alerts/2023-current-road-ban-list

Millarville Racing & Agricultural Society's Playground Project

The Millarville Racing & Agricultural Society's playground project is almost a reality. They are hosting a playground building event May 3 to 6 and are seeking volunteer help to get to the finish line!

The sign-up schedule and task detail for this project is available at: www.volunteersignup.org/RMJYK

If you have any questions, please contact the MRAS office at 403 931-3411.

Millarville Run to the Farmers' Market
Time to get ready for the big race and get your entry in now!!!

Join us on Saturday, June 17, 2023, for a beautiful 21.1 km, half marathon run from Black Diamond, Alberta, through Turner Valley, then along backcountry roads to finish at the season opening day of the Millarville Farmers' Market.

The event also features a two person half marathon relay and the COBS Cinnamon Bun Run 8-Miler, with its unique and fun "Bunners" and "Runners" divisions, also finishing at the Market.

Invite friends and family to meet you at the finish line then spend the rest of the morning enjoying the shopping, food, and music of southern Alberta's largest outdoor market!!!

For more information go to: www.millarvilleracetrack.com/run-to-the-market

Priddis & Millarville Fair News

The 2023 fair book should be available digitally by April 30. Hard copies of the Fair book will be available at several outlets around the County.

Check MRAS website to see where you can pick one up: www.millarvilleracetrack.com/priddis-millarville-fair

Wishing all the mothers out there a very happy Mothers' Day on May 14th.

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca



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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 and Facebook page and phone message.

We are preparing for our annual book sale on June 3. 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 in your blue bin. So now is the time to weed through those shelves or books stored in your basement. If you wish to help with organizing the items for the sale, please call the library and we will assign you a task. The book sale starts at 11 am and runs till 4 pm, Saturday June 3.



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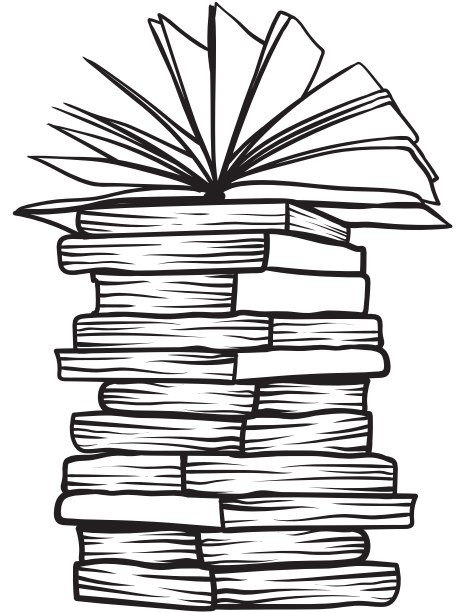
krenny@foothillscounselling.com
www.foothillscounselling.com

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.

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.

If you made it to the library's 40th Anniversary Party on April 29, you would have seen some of our latest improvements. The podcast room is now up and running. This space is fully sound proofed and equipped for recording podcasts. If you are interested in creating a podcast, please call Teagan, who can both book you in for a time slot and also point you to resources and tutorials to coach you through the process if this is your first time making one. We have also made some changes and updated our children's area to make it more inviting for our youngest patrons. We unveiled the new sign for our reading garden which will now be known as the

"Muriel Dais Reading Garden." During her lifetime, Muriel was an ardent patron and supporter of the library, so we are delighted to have her recognized in this way. So, as the weather warms, we invite you to sit out in the garden and enjoy the space as you read books, peruse a magazine, write a poem or have your lunch. By early June, the planters should be full of beautiful flowers which will increase your enjoyment even more.



It's Time For our Mother's High Tea in the Country

hosted by St Andrew's Church and the

De Winton Community Association

in support of Rowan House

Scones with clotted cream
and strawberry jam,
party dainties, and special
tea will be served

Come dressed in your spring
finery along with your
favourite hat.

BRING YOUR MOM,
GRANDMAS AND
AUNTIES!



Fashion show
featuring
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and
MORE!

May
13TH
at 1pm

TO BE HELD AT AT DE WINTON COMMUNITY HALL

Tickets - \$25 per person

\$15 for ages 6-18 (under 6 free)

Contact : dewintonunitedchurch@gmail.com
for tickets. Better hurry!



FREEDOM 8848 AND THE EVEREST FREEDOM CHALLENGE

Freedom 8848 is a volunteer organization dedicated to supporting those on the front lines who fight against sex trafficking. We aim to confront trafficking according to our three pillars: prevention of trafficking, rescuing victims, and restoring survivors.

Our mission is to equip people to fight sex trafficking through awareness and fundraising to support our partner organizations, Next Step Ministries and International Justice Mission. This is accomplished primarily through our annual Everest Freedom Challenge, held each August in the Canadian Rockies.

In 2020, six men from the Calgary/ Cochrane area met to discuss how we could do something about sex trafficking. Like most people, probably like you, the injustice of humans held in bondage and abused weighed heavily on our hearts and we felt powerless to do anything about it. It felt insurmountable, daunting, unmovable. A problem the size of Mount Everest.

However, we knew that mountains can be conquered one step at a time. We formed a plan to do something equally big in order to bring awareness to the extensive problem of sex trafficking. We achieved the audacious goal of climbing the height of Mt. Everest, 8848 metres, in three days' time using the Canadian Rockies in our backyards. Seeing that it was achievable, we organized the same event the following summers, opening it up to public registration so that more people could be involved raising awareness, raising funds, and realizing they could have an impact. August 16 – 20, 2023 will be our 4th Everest Freedom Challenge used to raise awareness and support for Next Step Ministries and International Justice Mission.

We firmly believe that everyone can do something with what they have. The Everest Freedom Challenge is an opportunity for regular people to realize they have an opportunity to make a difference in the fight against sex trafficking. We offer participants the option to hike elevations in three tiers so that it is accessible to everyone. From March through August we collaborate with our partners to equip participants with information through seminars, group hikes,

fundraising tools, conditioning tips, and a strong community cheering them on.

Our heart is for the women, girls, and boys who are tricked, trapped, manipulated, and led to believe no one cares what happens to their bodies and souls. Our efforts are for the perseverant men and women able to reach trafficking survivors, rescue them, and help to restore them to a life of dignity and hope. Our means are people like you who care to make a difference and are up for a challenge.

Do you have what it takes? Join us in moving mountains for justice. Go to freedom8848.ca to learn more and register.

About our Partners:

Rescue: International Justice Mission strengthens justice systems around the world by rescuing trafficking victims, punishing perpetrators, and restoring survivors.

Restoration: Next Step Ministries journeys alongside women in Calgary who are exiting sexual exploitation, helping them to discover their identity and a life of hope.

Prevention: This year Freedom 8848 will lead the seminar on prevention, but all fundraising will be split between IJM and Next Step Ministries.



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Bringing Hope to those trapped in sex trafficking as we climb mountains in Alberta to increase awareness and funds for our partner organizations



EVEREST FREEDOM CHALLENGE

AUGUST 16-20, 2023

Registration Open March 1st

WWW.FREEDOM8848.CA





DUANE HARDER

What are You Wearing?

There were times when I was leaving the house that my beloved would say to me, "Duane, are you wearing that?" My immediate assumption was, "She doesn't think that what I have on is appropriate." A variation might be, "Do you think that tie matches your outfit?" Her question usually resulted in a change of clothing. She had a keen sense for what was appropriate for any occasion. So, my question is, "What are you wearing?"

There are six articles of clothing that we need to get rid of. No! Don't give them away, just get rid of them. And there are things that we need to take out of the closet and wear.

We are to put off and destroy:

1. Anger – our sense of entitlement – I have my rights. There are times when anger is an appropriate article of clothing but

most of the time it fuels dissension and puts a distance between people. When we suffer injustice or have our identity violated there is a time and place to express anger. "When you use words that put me down, my anger meter registers 9 out of 10." In other words, we make a statement of fact rather than express an outburst of emotion.

The negative side of anger is when we use our emotion to push people away.

2. Wrath – I am the final judge. Wrath operates on the premise that I have the right to punish you for whatever it is that you have done that is wrong. My judgment is final and needs no substantiation. You are wrong! I am right! And now you must pay. My decision is final, and no defense can change my mind.

3. Malice – I have the right to revenge. This motivates me to extract from you just recompense for the pain you have caused. Admitting you were wrong does not alleviate the pain and suffering you have caused.

4. Slander – I will destroy your reputation. I will use what you have done to me to

assume that I have the right to defame your reputation. I want the world to have my interpretation of your character. I will use subtle innuendos to cast a shadow of doubt over your character. If I can get people to question your motivation, they will become allies in my cause.

5. Abusive speech – I will diminish your value. Trash talk attacks the authenticity of who you are. It redefines you within the boundaries of my evaluation.

6. Lying – I will create my own reality. Every person's way is right in his own eyes. My mission is to convince you that I am right, and you are wrong.

Once we have gotten rid of our old dirty clothes, we are ready for a make-over.

We are to put on:

1. Compassion – Allowing my soul to be impacted with what has hurt you. In other words, I allow my emotion to be touched with the feeling of your infirmity.

2. Kindness – I will make my assets available to you. I will assess your need and be willing to make the supply available to you.

3. Humility – I will affirm the value of your strength. The temptation is to measure another person's weakness with our strength rather than recognizing that we need what their strength brings to our weakness.

4. Gentleness – I will reduce my strength so as not to overpower your weakness. Your strength is an asset, but it turns to a liability if you use it to overpower those who are weaker.

5. Patience – I will not impose my timeline on your change.



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First Aid Training NEW Requirements: Part 11 OHS Code
There have been some recent changes to First aid training for workers and to First Aid kit requirements.

Effective March 31, 2023, First Aid Training for workers must meet CSA Standard Z1210-17 (First Aid Training for the Workplace) and First Aid Kits must meet CSA Standard Z1220-17 (First Aid Kits for the Workplace). Depending on your work site,

you may have to add additional items in your first aid kit, to meet the new standards.

What does this mean for your workplace? Visit the link below to Find out more at: ohs-pubstore.labour.alberta.ca/lh001



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Canadian Red Cross CSA Standard Z1210-17

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6. Forgiveness – I will recognize the many times in my life where I have needed the mercy of others and will use the hurt I feel to make me sensitive to the need in you that has motivated your behavior.

7. Love – I will seek your good at my expense.

With an outfit like that you will be a very attractive person. Change your clothes and I'll see you at the top.

Duane Harder

SAVE THE DATE

We have lots of fun things planned at our **De Winton Community Hall** throughout the spring and summer. Keep your eyes open for information on the following upcoming events.

COMMUNITY GARAGE SALE - Saturday May 6 - great time to get rid of all those precious knick knacks!

SOCIAL NIGHT AT THE HALL - May 4 includes a western dance lesson from 7 to 8 followed by a DJ from 8 to 11 tickets \$20. per member , \$25, per non member

MOTHERS' DAY HIGH TEA AND FASHION SHOW - Saturday May 13. This is a De Winton United Church and De Winton Community Association fundraising event for Rowan House.

PLAY DAY - Date June TBA - come and see all the new outdoor equipment and games we have Pickle ball nets, basketball hoops, modern hopscotch, horseshoes and lots more.

WESTERN DANCE - Saturday June 3 - lets get ready for Stampede!

CANADA DAY BREAKFAST - Our long standing traditional event. Always so much food and so much fun!

PLEASE CONTACT OUR HALL MANAGER AMANDA GOTMY AT 403-938-2525 TO GET FURTHER INFORMATION/ PURCHASE TICKETS..

Activities at the De Winton Community Hall

Hello

MAY

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GIFTED ASSESSMENTS

What does giftedness mean?

Ever thought your child might be gifted and wondered what a formal assessment would reveal? For students in kindergarten to Gr. 12, Alberta Education defines Gifted And Talented as "exceptional potential and/or performance across a wide range of abilities in one or more of the following areas: general intellectual ability, specific academic, creative thinking, social, musical, artistic and kinesthetic."

What are the main assessments used?

A psycho-educational assessment using multiple sources of information is conducted by a registered psychologist to assess the intellectual and academic aspects of this definition. Specialized testing is required and depending on the age of your child, typical tests used are the WPPSI-IV, WISC-V, WAIS-IV, Woodcock-Johnson IV, Stanford-Binet V, WIAT-III, KTEA III or Canadian Cognitive Abilities test. Giftedness is relatively rare in the general population, with only approximately 2% of the general population having a Full Scale IQ or GAI score at or above 130 to be considered intellectually gifted.

Are there special programs?

While most intellectually gifted students are provided enrichment in the context of their regular school programs, many parents are interested in applying for special programs i.e. GATE program. These programs consider multiple criteria during the intake process and focus on making learning content more abstract, complex, interrelated or even constrained. Together with flexible pacing, the goal is to more deeply engage gifted students and maximize their learning potential.

Is there a learner profile?

Each person is different with a set of unique abilities, needs, interests and learning preferences. However, there are some general characteristics and developmental issues that are associated with giftedness and have implications for learning. Typical intellectual characteristics may include:

- Advanced intellectual achievement
- High motivation and interest
- Verbal proficiency
- Excellent problem-solving ability
- Very good logical and "out-of-the-box" thinking
- Great creativity

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What is twice-exceptional?

Gifted students are asynchronous in their development. It is possible for children to be both intellectually gifted and have a learning disorder and/or ADHD. If you suspect that your child is particularly bright, but is otherwise struggling with academic performance as opposed to achievement, then a comprehensive psychoeducational assessment would be required to determine the root cause of their academic difficulties. A Personal Development Plan (PDP) will support both their exceptional strengths and their exceptional needs.

Sources:

Alberta Learning (2012). Teaching students who are gifted and talented. Edmonton, AB.
Silverman, L. K. (2013). How to use the new IQ tests in selecting gifted students. Boulder, CO.



MORTGAGE MATTERS by Candace Perko

Highlights of the NEW Tax-Free First Home Savings Account (TFHS)

As of April 1, 2023, the government's new program for first-time buyers, the Tax Free First Home Savings Account, or TFHS, came into effect.

Who is eligible to open an FHSA account?

You can open a Tax Free First Home Savings Account as long as you are 18 or older, a resident of Canada, and a first-time homebuyer.

To qualify as a first-time buyer, you or your spouse cannot have owned a qualifying home that was used as a principal residence at any time during the year the account is opened or in the four preceding years.

What are the contribution limits?

As mentioned above, qualifying first-time buyers can contribute up to \$8,000 per calendar year, up to a maximum total of \$40,000. Any unused portions of the

\$8,000 contribution space can be carried forward to the following year.

Individuals can hold multiple FHSA accounts but cannot exceed the total contribution limits.

What kinds of investments are eligible within the FHSA?

Rules governing investment options within the FHSA are identical to those that apply to TFSAs. Account holders can invest the funds in mutual funds, publicly traded securities, government and corporate bonds and guaranteed investment certificates (GICs).

Investments prohibited within the FHSA include non-arm's length investments and investments in assets such as land, shares of private corporations, etc.

How can funds be withdrawn?

Funds can be withdrawn from the FHSA tax-free as long as they are being used for a qualifying home purchase.

To qualify, the purchase must meet these conditions:

- You must be a first-time buyer at the time of the purchase.
- You must have a written agreement to buy or purchase a qualifying home

before October 1 of the year following the year of withdrawal and plan to occupy the home as your principal residence within a year after buying or building it.

- The home must be located in Canada. Shares in a cooperative housing corporation that entitles the buyer to possess or have an equity interest in the housing unit would also qualify.
- Withdrawals for qualifying purchases can be made in a single lump sum or in a series of withdrawals.

If there are remaining funds after the purchase, those funds can be transferred to a Registered Retirement Savings Plan (RRSP) or a registered retirement income fund (RRIF) tax-deferred and penalty-free. In this case, the leftover funds must be transferred by December 31 of the following year.

What happens if FHSA funds are not used to purchase a first home?

If the funds in the FHSA account aren't used to purchase a first home by either a) the end of the 15th year after the plan was opened or b) the end of the year you turn 71 years old, the account will cease to be an FHSA and must be closed. The unused balance can then be transferred to an RRSP or RRIF or withdrawn on a taxable basis.

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SHOULD YOU BUY OR SELL FIRST? by Wayne Chaulk

Like the saying "What comes first: the chicken or the egg?". There is no generally correct answer to the classic real estate problem of whether it is better to buy first or sell first.

Moving from one house to another involves the financial risk of carrying two properties simultaneously or ending up having to find temporary accommodation and having to move twice. Here are some of the advantages and disadvantages of both alternatives for you to ponder. Of course, your decision in this regard will be affected by your risk quotient, financial resources and current market activity levels.

IF YOU BUY FIRST:

- 1) You will have the satisfaction and security of knowing where you are moving to next, thus reducing stress.
- 2) The smart thing to do is to include a clause in an offer on a next home stipulating that the purchase is subject to the sale of your current house/property by a certain date (such as say 60 days) and find out if the seller would agree to that.

Of course, this condition is harder to achieve in a strong market where properties sell relatively fast and sellers do not want to wait to see if yours will sell. Certainly that is the case for most Calgary city homes right now, but still possible on some larger properties and acreages that can have smaller buyer pools due to their high price ranges.

- 3) If you need new financing, there will have to be an appropriate condition to that effect. And of course many offers have a home inspection condition, and for country properties other conditions such as water, septic and due diligence clauses.
- 4) Because of these "subject to" clauses, you will have reduced bargaining power (in comparison with a subject-free cash offer with no Sale of Owner's Home condition) i.e. the seller will be less inclined to negotiate on your offer and his/her asking price.
- 5) Then there is the uncertainty of whether your property will sell during the limited time period. This may be particularly the case if you are selling an expensive acreage as they can take a long time, especially if somewhat overpriced to market. To avoid tying up a client's house needlessly, a listing realtor will most often insist on inserting an escape clause that allows the seller to continue to market the property while they wait for yours to sell, and should they receive another acceptable offer in

the meantime, they will give you 24 or 48 hours notice to remove all your "subject to" clauses and make your purchase offer firm and binding, in other words you will have a "first right of refusal" to the property you have offered on. Failure to firm up your offer and remove all conditions even though yours is still not sold will render the contract null and void and the seller will be free to accept the other offer.

- 6) The lending institution that will grant the new mortgage for you may not give a firm commitment until your property is sold. Besides the uncertainty of how much new financing you will need, the problem may be your inability to carry two properties.
- 7) Next, you will find yourself under pressure to sell within a limited amount of timeframe and in many cases your existing property will need to go to market quickly. Of course, if you have the luxury of a strong financial position you may be able to buy without having to sell quickly to close on the other deal, however, many sellers do not have that situation.
- 8) Selling in a 'seller's market' compounds additional problems. Over optimistic or unrealistic sellers may tend to overestimate their home's marketable value and underestimate the length of time that is required to sell their property.
- 9) You will not have the luxury of being able to hold out for a more ideal price.

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In fact, you may be forced to progressively reduce your list price in order to attract an offer. On the other hand, if priced well and in an attractive price bracket you may get quick results.

10) To add insult to injury you may be served (during the 60 days you have to sell) with the 24-hour escape clause before your existing property is sold. For many people, it is too risky to borrow bridge financing and to carry two properties. In that case, you have no choice but to step aside and lose out on the other home of choice.

In summary, if you buy first, chances are that you will buy high (less bargaining power as yours is not sold) and sell lower (due to time pressure) and you may lose out anyway on the house of choice you have offered on.

IF YOU SELL FIRST:

1) The preliminaries of putting the property on the market can be taken care of without wasting precious time.

2) While your property is for sale, there is nothing to stop you from familiarizing yourself with what is on the market and should you find a suitable home before you have a firm offer on the existing property, the "subject-to-sale" method may be available.

3) If you get an offer on your existing property before you have found something you like, then you do have the luxury of being able to drive a tougher bargain (to make lesser concessions on your asking price). Furthermore, you can negotiate a possible long possession of yours to provide ample time to look for another property. I personally have negotiated at times up to 6 months or more for sellers who have not found another home before selling.

4) If your buyers are renters, then a long possession date should be no problem. A longer possession date could be a bargaining factor and should be attempted on all offers allowing you more time to look for your next property.

5) After you have received a firm offer with a substantial deposit (for your peace of mind), you can get your mortgage financing pre-approved for your next purchase.

6) Try to drive a favourable purchase price on your next purchase. The owner of the property you want to buy will view you as a 'cash buyer' given your home is sold and will be more disposed to making price and possession time concessions.

7) I suggest the longer the possession, the larger to the deposit. Although virtually all

deals close, as no buyer wants to face a law suit for not closing, a very long possession may give a buyer too much time to deal with possible buyer's remorse.

8) If you sell first and buy later, there is nothing to stop you from looking while marketing your property, and if you play your cards right, you will hopefully sell high if the current market is active, which it currently is, and secure your next home from a strong buyer perspective with no property to sell allowing you to compete stronger if you find yourself competing offers for a new home.

Regrettably there is no universally perfect solution to this dilemma. You will have to weigh the risks of having to move before

the next place is available. For instance, if you bunk-in with friends or relatives or rent temporary quarters, there is the expense of having to move twice, storing furniture somewhere and possibly having to put a pet into a kennel etc. For some, there may be the question of where the children will go to school. For what it is worth, all of these problems are surmountable and merely inconveniences in comparison with the financial burden and fiasco of having to carry two properties for an indeterminate length of time.

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EINSTEIN'S HAIR by Andrea Kidd

There's lichen called "Einstein's Hair". I wonder if this is it. Whatever this lichen is called, it is certainly thriving. Growing and happy in its surroundings, presuming, of course, that plants, fungi and lichens have feelings.

This lichen is a bit like some of us. It likes to be quiet and undisturbed, to bask in the sunshine and fresh air and enjoy gently falling rain. Then it reaches out its branches to embrace the world. It enjoys its particular place, beautifying an otherwise neglected spot on the roof of an abandoned outhouse.

The wind must have blown strongly one day, and wafted spores from the parent lichen up, up and away up onto old, damp wood where the paint had worn off. It took some time for me to find the lichen because I had been looking at the base of the outhouse, near the ground, thinking I would find moss or lichen there. The spore had found an unoccupied crevice in the



wood grain, was nurtured by rain, snow and sun and it flourished.

This lichen is not solitary. It is three in one; two different types of fungus plus an alga. They work together in symbiosis to protect and nourish each other.

Some people in my family and community provide protection for me like the pharmacist who provides medication. I protect my granddaughter by showing her how to watch for cars when we cross the street. Some people nourish me; the local greenhouse workers who sell me

fresh vegetables all year round. I nourish a relationship with a kind word or a listening ear.

I went back to that outhouse the other day, to see how this lichen survived the winter storms. Disappointingly there was no trace of it ever having been there. Maybe by autumn a new spore will have embedded itself into the old wooden boards, and grown until its strange branched finger-like projections again reach to the sky.

I like lichens.

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OUT OF THE RUT

Chapter 153

I would like to share with you the words of my dear friends Neelam & David Mages' daughter. They are incredibly proud parents of three wonderful girls. They are German. Their 18 year old is completing her International High School Diploma, as part of an exam she had to write an essay of about 500 words about a topic of her choice and this text about "Death" came out of her (in English). When they were allowed to read it later, they were so thrilled and impressed, she allowed them to share this essay:

"Death

What do you think about death? Are you afraid or excited about how your death will be and what will come after the process of leaving your body? Death is one of the most important things that humans must concern themselves with, as deeply as it feels needed. Most people see it as the dark end of their life. They are afraid of it and mostly even suppress the thought of it. This happens because in our society we learn that death is the dark end, and we learn to suppress it and not give it space, because hardly anyone knows anything about it in our culture. There are also people that just handle it easily and don't worry about it because they naturally have a primal trust. There are many different opinions and ways to face death.

In some cultures, humans learn that death is a natural process and they accompany the dying person in their process and sing and pray for them. This is a way I wish for humanity and for my own children.

In some old religions in countries of South America, life itself is experienced as a state

of separation, while death signifies reunion, liberation, homecoming.

But still a lot of people think it's weak and not good to be sad and cry so they suppress this hurting feeling, which in my opinion is not good for yourself to do. Feeling what comes up is nothing but natural and good for you and your development.

In my childhood, I was very scared of death and in my mind I couldn't understand why we had to leave and separate ourselves from our family at one time. I've had a few dramatic and sad experiences with death while I was still a child. When my guinea pig died when I was 8, I didn't want to live anymore because it was the worst thought to know that I would never see it again. A girl-friend of my mom had cancer and she had a 14 year old daughter I was friends with at that time; it was a long story until my mother's friend finally died. But this death made me die as well in a way from the inside. It pulled me down so hard and I felt so much compassion for my friend, for a pretty long time.

What I have learned about death for myself is that humans hold on to something in their mind. They hold on to people, to wonderful moments, to friends, and material stuff and phones etc. And so they hold on to life, which obviously will not be forever. Something that nature and animals can teach us Humans is to just live in the present Moment and not think of the past or future, only humans are able to do that with their minds. So the challenge is to learn to live in the Now.

Also, something I learned for myself is to accept the fact that death is gonna happen at some point and that it's natural, accept that you can die in any moment, be ready for it and then see what changes from then on. Remind yourself again and again and be okay with it, you can not hold tight to anything. Change is the most certain thing.

See what happens with your perception of life. With the feeling that you are ready to leave and having no fear of it you can enjoy your life much more than before.

You will completely live in a different kind of way and be able to enjoy your life better because there is no fear of the end anymore.

I believe that in the end death will feel freeing and easy if you accept that it may happen whenever it chooses to come.

Other than that, I made another opinion up for myself: I feel and believe that this Life is just a stopover on the endless journey of your soul. It is not the end, it is a process of transformation from one form into another. And through learning and going into a meditative, detached space regularly we can prepare ourselves for this process.

This is not something that I believe in my head because I was told so by others or religion. It's something that I can feel when I am deeply inside myself and connected to my inner self without any thoughts. I feel that when I am not in this body anymore, I am just a part of the Infinity in light in another Dimension.

In the End, the End of your life will come anyway at some point, so get prepared for it and be clear of how you want to live your life and what is your Passion for you and the world and what has meaning to you in your life and what you feel like you want to do with your time here, what makes you happy and what do you want to spread out for the rest of Humanity."

Thank you for reading. Meditate on your life, your death, and what may come after – the greatest adventure that no-one can tell you you will not experience. Create your own reality.

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FLIGHT OF FANCIES FREQUENT FOOTHILLS

by Laura Griffin

Spring is the time to watch as our feathered friends slowly reappear from their fantastic migratory flights, some coming from thousands of kilometres away to make the foothills their summer home; others are just passing through on their way even further north. I love that each day seems to add a new birdsong or raptor cry, heralding their survival from the arduous journeys. Spring doesn't seem complete until I hear that one familiar call close to mid-May of "I swear I just saw a wild canary". If you've lived out here awhile you will most likely be acquainted with the bright yellow male American Goldfinches that cause such a stir when spotted by those unfamiliar.

These flamboyantly dressed males sport a black cap on their heads and black wings and tail elegantly trimmed with white. The females share the black wings and tail, but appear more of a dull yellowish-grey and have no cap. The males will molt to look like the females at the end of summer. But why are the goldfinches one of the later migratory arrivals? Although the males do have to molt into their brilliant Spring plumage, the real reason has more to do with their diet. Goldfinches are a songbird that are mostly granivorous (feeding on grain) relying on seeds, particularly from thistles. There isn't much point in arriving early to compete for nesting sites if there is not enough food available to feed your nestlings (baby birds). As such, it is easier to spot the goldfinches because not only are they so brightly coloured, but they are usually still hanging out in flocks until they start breeding in the Summer after the thistles have flowered.



Photo Credit: Jackie Sills

It is hard to say why the flocks of goldfinches bring such joy; personally, I found a kindred spirit who can appreciate weeds like dandelions. Others may like that their sunny disposition seems to match their radiant yellow attire. Native American stories tell of the Goldfinch acting out of kindness and usually being rewarded by being gifted with the colour of the sun, and then being so overcome with joy they start to sing their sweet little melody of "per-chick-o-ree". Some people describe the American goldfinch song as "potato chip" but I have yet to hear any goldfinch say it, perhaps I have only come across more health-conscious birds.

What would life be like if we embraced our own inner goldfinch? When faced with weeds on our journey, could we see them as an opportunity to socialize and gather food, could we choose our time to shine and then be content to be unnoticed in the background like the males who molt twice a year? Would it not be grand to lift others up by showing up and singing a cheery song at the end of a long winter?

If you would like to learn ways to help your feathered neighbours like the goldfinch as they migrate visit birdfriendlycalgary.ca/ as we share many of the same native species as Calgary or come check out Nature Canada's Migratory Bird Day (May 13th) at Telus Spark. Details can be found at the bird friendly website.

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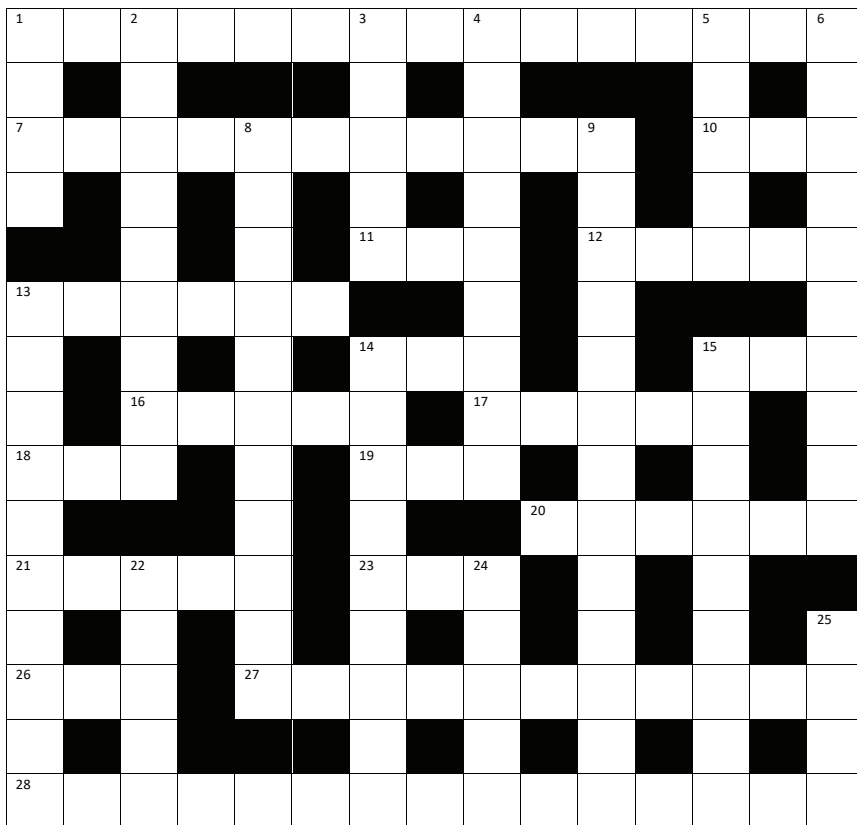
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Cryptic Crossword #23 By Jan Burney

Across:

1. Cloners 'n hot mess question existence of Scottish lake dweller. (4,4,7)
7. Hind carted sympathetic ones according to Dr. Spooner. (11)
10. Removing only the tail of this parasite might produce a twitch.(3)
11. Lose a very small amount on this plan to become a champ.(3)
12. Run back to the southeast and find hospital worker.(5)
13. Short uncle need viscous liquid to straighten up. (6)
14. First of all, esteem greatly one's sense of self worth. (3)
15. 23's missing blood type gets a head start to form short muscles.(3)
16. To survive, take the way out around the south.(5)
17. In Miami, serious skinflint is found. (5)
18. Legend loses limb at the start and retains the finish.(3)
19. Did the farmer's wife cut off their head too? That's cold!(3)
20. Snake surrounds shelter while slumbering.(6)
21. Initially a citizen of Sudan, Arabia, UAE, Djibouti and Iraq? (5)
23. Blood type is missing from maltreatment of employment. (3)
26. Ancient precious ore loses a gram. (3)
27. Citizenship of stylish, champion boxer surrounding a charged atom. (11)
28. Sr. head lasses err in practice performances. (5, 10)

Down:

1. Approve of having the same qualities.(4)
2. Ted followed criminal with short neck and joined in.(9)
3. Southern tent site for rascal.(5)
4. Time-keeper found in large center with what sounds like a garden ornament.(9)
5. Egyptian pharaoh or teacher?(5)
6. Granite, e.g., and French sailing vessel go to space in?(10)
8. Such disgrace! Purr the Italian one at headless lion.(11)
9. Charted sit-ins become a boring place. (8, 5)
13. Perceived one in France, with the German, on their feet. (10)
14. Better without extremes to follow quiet mix up of manners. (9)
15. Man follows argon in a South American Country.(9)
22. Reportedly, to unfasten is warranted. (5)
24. First woman gets the go ahead to call forth. (5)
25. Sounds like the end for hair colourings (4)

Answers Across:
 1. Loch Ness Monster 7. Kindhearted 10. Tic 11. Pro
 12. Nurse 13. Uncoil 14. Ego 15. Abs 16. Exist
 17. Miser 18. End 19. Ice 20. Asleep 21. Saudi 23. Use
 26. Old 27. Nationality 28. Dress Rehearsals

Answers Down:
 1. Like 2. Connected 3. Scamp 4. Metronome 5. Tutor
 6. Rocketship 8. Humiliation 9. Dentist's Chair 13.
 Understood 14. Etiquette 15. Argentina 22. Undue
 24. Evoke 25. Dyes

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 Check them out while supplies last



WORD SEARCH

Happy Mother's Day

CHILDREN HEART
FLOWERS HOME
CARING SHOP
~~MOTHER~~ BIRTH
KISSES LOVE
FAMILY MEAL
DINNER KIND
FRIEND MOM
PARENT MAY
TRAVEL HUG

F	A	D	K	S	M	L	I	A	T	N	E	R	A	P
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T	M	N	O	F	R	W	O	E	F	L	O	R	O	T
H	U	G	A	P	L	E	V	A	R	T	E	R	H	S



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FREE ESTIMATES

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Bragg Creek Community Church Presents:

KIDS CAMP 2023

FREE 1 Day Camp for Kids Pre-K to Gr 6

Thu, July 6 • 10am-3pm

Redwood House, Redwood Meadows

This fun-filled camp will feature games,
songs, crafts, lunch, snacks, Bible stories,
music, friends & MUCH more!

REGISTER: BRAGGCREEKCHURCH.CA



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BABYSITTER AVAILABLE

Contact: Sharonhanson786@gmail.com
Price: \$20 (negotiable) More information:
Hello I am a mom of 3 children and have them all in school. I am available to care in my home from Monday to Friday from 3-8pm for anyone that needs a bit of help for the kids after school. I can be available in the evenings should you need a date night with your spouse. I am located in the Lott Creek area and have a valid driver's license and police check available.

HELP WANTED

PERMANENT FULL-TIME POSITIONS AVAILABLE Includes health benefits completely paid for by the employer and a pension plan up to 7.5% and we will match you dollar for dollar. All our positions come with a monthly travel allowance. Hours are Monday to Friday 8:30 am to 4:30 pm. **HOME CARE NURSE COMMUNITY:** Under the direction of the Health Manager, the Home Care Nurse is responsible for helping support the home care program within the community of Eden Valley. The Home Care Nurse will work alongside elders, adults, youth, and children community members to implement and support programming for the community and help educate/prevent those to have a better understanding of holistic health both western and traditional. **COMMUNITY SOCIAL WORKER:** Work as part of an

integrated and collaborative team by providing guidance and holistic wellness resources to community members (both on and off reserve) on how to navigate the community, health and mental health systems. Requires a highly motivated individual who is knowledgeable in navigating systems and resources with client and will work to ensure that all clients have equal and fair access to mental health care, essential social services and community resources. Must have knowledge of Municipal, Provincial and Federal Programs such as FCSS, CPP, OAS, Housing, Secondary and Post-Secondary education landscape, Alberta Works, AISH, health care and advocacy.

MATERNAL HEALTH NURSE (1 Year temporary position with potential for permanency): Under the direction of the Health Manager, the Maternal Health Nurse is responsible for helping support the maternal health program within the community of Eden Valley. Mentoring, prevention, and training will all become part of your role and how to best support community members and their families. With your role you will establish guidelines and be responsible for making key decisions contributing to the safety and wellbeing of the community.

Interested applicants may submit their cover letter and resume to: Stoney Trail Wellness Centre
Or email employment@stoney-nation.com

WANTED

LOOKING FOR AXES OR AXE HEADS. Contact: Deon Phone: 403-852-6711 More Information: Hello I am looking for older axes or axe heads to refinish. Also older tools that can be salvaged to be used again. I can also refinish and return if you would like to keep them. Thanks for your time and my phone number is 403.852.6711.

RANCHERS/ FARMERS/ HOMEOWNERS: Looking for empty FIBERGLASS FEED BAGS (oat, horse, cattle, petfood, poultry, birdseed). Any kind would be appreciated. Will Pick up.
Charlene Reuren 403.398.5127

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-931-2457 or 403-651-5852

WANTED FIREARMS. Contact: Al
Phone: 306-641-4447 More Information: I'm a licences buyer paying cash for unwanted firearms in any condition, ammunition and accessories in Okotoks, Black Diamond, Calgary and surrounding Area, registered or not.

WANTED: PLEXIGLASS FOR BARN WINDOWS. (2' x 20' opening, 1/9" - 1/4" thick **LARGE SIZE CHEST FREEZER** - good working **FARM GATES** - (4) - 6 ft. **CATTLE PASTURE** for 20-25 cow/calf pairs for Spring/Summer & Fall 2023 & years beyond. Responsible Farmer willing to repair fences & manage pasture sustainably. **HOME WINDOWS** - Double painned, opening, sizes flexible. Phone: 403-931-2201

COUNTRY LANE QUILTERS GUILD meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

FOR SALE

"HEARTLAND" CREWWEAR

Contact: Jill Fry Phone: 403.931.3420
Price: \$ 10.00 I have a selection of jackets plus a hoodie and down vest which were crew gifts on the CBC series Heartland. Mostly women's size small. Either unworn or very lightly used. All have a n embroidered or printed Heartland logo. Please call and leave a message for more information and photos.

VINTAGE NUTUZZI 3 SEATER

ITALIAN LEATHER SOFA. This sofa is a French blue colour; in immaculate condition and has been very well cared for. The leather is pristine. L.75"; W.31"; H.31 " Pics available upon request. \$600.00. Email: jscheel@shaw.ca

RV FOR SALE 97 Challenger Damon 5th. Wheel. 28 Ft., Smooth sides, Rubber Roof. One Lge. slide. Rear kitchen w/table & chairs. Micro, Ceiling fan, Air Conditioner & 3 Way Fridge. Queen Sofa/Bed. Full Height in BR & Barh. Queen Size Bed, Walk in shower. Large. Awning. Good rubber. Asking \$11,500.00. CALL: 403-949-4224

MERCURY 6 HP OUTBOARD MOTOR, 4 STROKE, SHORT SHAFT Contact RichEmail: jscheel@shaw.ca Price: \$ 1,350.00 Recent full service. Mint, as new condition. Comes with gas tank, new fuel hose, lube pump, tool kit and manual, and some lubricants. Used infrequently since purchased new in 2010. Note...shaft length is 15". Pictures available on request. You won't be disappointed!

FREE Golden Retriever Puppies to Forever Homes! 1 Male, 1 Female. Excellent temperament! House trained with very good trainable natures & perfect for families with children and other pets! I will not re-home to just any-one. Please email me first at: staceyMcClelland8@gmail.com or Text 312-270-0850

Panasonic DVD player/recorder, also plays CD's with remote control. Like new, has maybe 100 hours of use \$100.00 call 403 933 4966 after 12pm.

Danby dehumidifier - like new condition. Suitable for spaces up to 3000 sq ft. Has direct drain feature option. Auto shut-off. Electronic controls with LED display. Smart dehumidify feature. \$150. Call 403-286-9089

DAYCARE DIRECTOR - EXPRESSION OF INTEREST

The greater Bragg Creek area has a shortage of childcare services, particularly registered (subsidized) options. As a result, the Bragg Creek Community Association (BCCA) is investigating leasing space in the community centre for a licensed daycare.

The BCCA is looking for a passionate and driven individual interested in leading the development of this daycare facility.

The licensed daycare would be its own entity, where the BCCA is leasing the space to the daycare. The operation of the daycare would be the responsibility of the director and their staff. The director will need to liaise with the BCCA who will act in supporting roles for all aspects of the process of opening the daycare.

Responsibilities may include:

- Support in applying for permits, licensing and grants
- Coordinating daycare set-up and room renovations
- Designing program plans
- Overseeing daycare staff hiring process
- Becoming the permanent Owner and/or Childcare Director of the daycare once established

Interested individuals may submit their business plans to the BCCA manager, Kim Parraton, at manager@braggcreekca.com



Bragg Creek Centre

BUSINESS DIRECTORY

LIST YOUR BUSINESS
ONLY \$9.50 PER MONTH - 403-949-3526



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