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Volume 35 Number 4

April 2024

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HIGH COUNTRY News

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LETTER FROM THE EDITOR

We're entering that time of year when winter has a hard time letting go to spring. But if you look at it from another perspective, perhaps it isn't a power struggle at all. Maybe it's a process of allowing moisture in the form of snow into the soil with a slow melt that doesn't create significant erosion. It could be that winter and spring are cooperating and creating less of an abrupt change and acknowledging their need for both seasons simultaneously.

Looking at society from a big picture it's easy to shake one's head and decide that going for a walk in the woods is the best remedy. We're being faced with deeper ideological divides that create division in our relationships and local communities. We often fall into two categories. Either we become combative, confrontational, and dogmatic, vilifying those who think differently. And the second, becoming passive, keeping our opinions to ourselves. Neither option is beneficial.

A couple of years back I read an excellent book entitled *Fierce Conversations* by Susan Scott. When dealing with differing viewpoints and priorities she had the simple suggestion to replace the word "but" with "and". Her premise being that it validates both points of view as truth from the perspective of the one holding the belief. It creates a healthier starting point in conversations.

A recent email from one of our readers expressed what he thought was an over emphasis of environmental concerns throughout the paper. Not looking to dive into the environmental debate, nor any of the other major ideological debates that we're facing, I would like to suggest how we can create a more unified way of looking for solutions to complex problems. What would happen if the next time you were in a disagreement with someone, you started your conversation with an "and", truly seeking to understand their values. Others may be less likely to argue and be willing to dialogue with a view to create a solution which acknowledges the other's values as important. If we can approach the differing points of view with an "and", we will be less combative and find a new way forward that isn't so divisive. Maybe we could create a new season called "sprinter" that allows for both the moisture of snow and the warmth of the sun to co-exist!

When you have opportunity, remember to thank those in your community who give themselves as volunteers. The hours invested enrich us all.

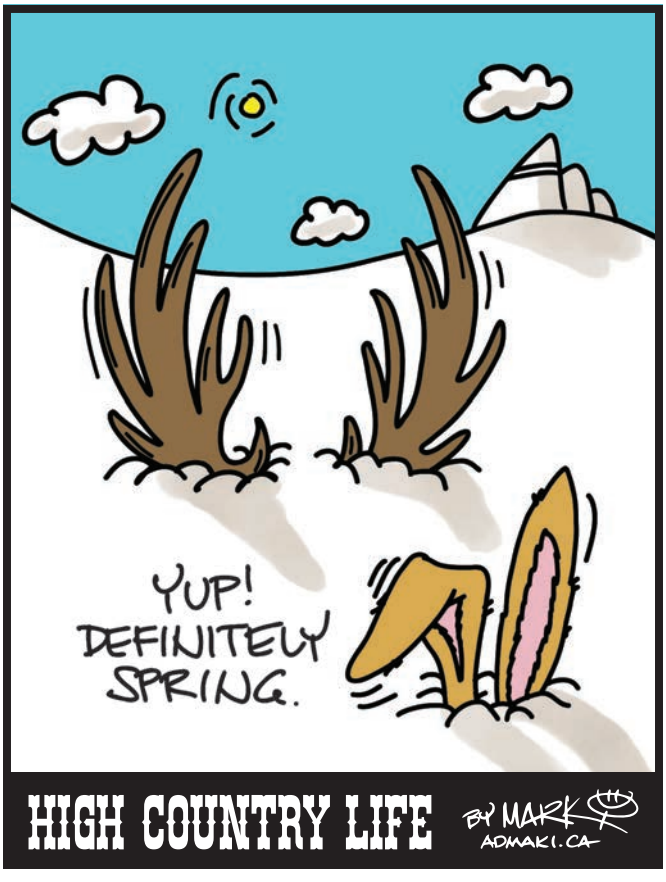
From my family to yours, Lowell Harder

COVER ARTIST PROFILE

Morgan Dewitte is a self taught High River based artist who has lived in southern Alberta for several years. Her subject matter has always showed her love for animals, mainly horses and dogs and recently she has been adventuring into landscape paintings as well as florals. Working with acrylic paints, she aims for a loose, more expressive brushstrokes while also exploring with colour. This painting is a portrait of her rescue dog, Salmon. Morgan is a huge advocate for adopting shelter animals, currently works on a horse farm and spends her spare time painting pet portraits for other animal lovers

Morgan can be reached at morgandewitte.squarespace.com

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.



MP UPDATE - FOOTHILLS

John Barlow

Growing our Role on the World State: The Importance of Canadian Agriculture Globally

Canadian agriculture is poised to provide a solution to global food insecurity, but punitive government tax and regulatory policies are preventing our farmers from providing relief.

We should be incredibly proud in Canada as our farm and ranch families are world leaders in sustainability and efficiency and we produce what the world needs, sustainable and reliable agriculture, and agri-food products.

However, it is imperative we cultivate the correct path forward.

In Europe, farmers are demanding governments backdown from activist, ideological policies which are not only putting the livelihoods of farmers at risk, but also putting Europe's ability to feed itself in jeopardy. Not making science-based decisions has resulted in farmers across Europe struggling to be environmentally sustainable and economically viable.

Rather than learn from the lessons decimating European food production, the current Liberal government is eagerly following the same misguided and dangerous path.

Rather than recognize the innovative practices and stewardship of Canada's food producers, the Liberal-NDP coalition is punishing Canadian agriculture with punitive taxes and regulations which are making our farm families uncompetitive and financially unstable.

Farmers cannot produce sustainable food while being ground down with higher carbon taxes, interest rates, and input costs and smothering unscientific regulatory burdens like fertilizer reductions, front-of-pack labelling and bans on vital tools like crop protection and plastic packaging.

Food inflation continues to skyrocket, and families are struggling to put food on the table – not just in Canada, but around the world as food insecurity and affordability grip the globe. Now is the time to foster growth in our Canadian agriculture and unleash its potential so farmers can flourish and provide a solution to food insecurity and affordability.

Instead, the current Liberal government is taking Canadian agriculture backwards. According to Farm Credit Canada growth in Canadian agriculture has fallen by 50 per cent over the last decade due to government intervention costing Canadian producers $30 billion in revenue.

Intervention from a Liberal government which is ignoring the fact our nation sets the world standard in sustainability, efficiency, and innovation.

Canada is the fifth largest exporter of agricultural and agri-food products in the world, exporting 80% of our products to feed the world yet we are only responsible for 1.6% of global emissions.

Let's put this in perspective. On average, 28 per cent of global emissions come from agriculture. In contrast, in Canada our emissions from agriculture are two thirds lower than our global competitors at just eight per cent. So, eight per cent of 1.6 per cent of total global emissions in Canada are a result of agriculture. Incredible.

There is more, a recent study by the Global Institute for Food Security demonstrated Saskatchewan's carbon footprint to produce one tonne of canola is 67 percent lower than our global competitors. Additionally, a tonne of Canadian wheat can travel the world 3.5 times before it has the same carbon footprint as wheat grown in Europe.

Put another way we have reduced carbon emissions in Canadian food production by 80 billion tonnes and reduced diesel fuel usage by 200,000 litres per year. Farmers have accomplished this not through government intervention and carbon taxes, but by embracing innovation such as precision agriculture, zero-tillage and 4R nutrient stewardship because it was the right thing to do.

This is an incredibly impressive achievement for which our food producers should be lauded. However, instead of being proudly held up as a gold standard our competitors should be encouraged to meet, Canadian farmers are being punished with a 23 per cent hike in the carbon tax on April 1, and with the GST charged on top of that tax.

This does not makes sense when we are one of only a handful of countries with the capability to help address the number one issue on the planet, being food security. To reach our potential and to play a meaningful role globally, Canada must change its path to one based on common sense, where policy is based on science and innovation not activism and ideology.

We must educate Canadians about where our food comes from, our excellent record in reducing emissions and growing our economy. We must have leadership and a federal government who listens to our farmers, ranchers and food processors and who sees agriculture for what it has truly proven to be - an integral part of the solution rather than the problem.

Again, we are at a crossroads and if we choose a path based on science, data and competitive tax and regulatory regime Canada will play a pivotal role in producing what the world needs, an abundance of quality, sustainable and affordable food.

If we choose the wrong path?
No farmers, no food.

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SPRINGBANK HERITAGE CLUB

Springbank Heritage Club
upcoming events

Tues •singing group, 10-12pm
•games 1-4pm

Wed •exercise, April 3-June 19, 9-10am (12sessions $75/members $85/non-members)
•CCC (coffee, chat, crafts) 1-4pm

Thur •exercise, April 5-June 21, 9-10am (same fee as forWednesday class)*Payment for either class by cheque (Springbank Heritage Club) or e-transfer (springbankhc@telus.net) $150 for both classes (memb) $170 for both classes (non-members)

Happy Hoofers walking group
Every Thursday 9am
Members & non-members WELCOME!!!
Walking schedule at the Club

Foot Care Clinic for Seniors
registered nurse - $35
Beginning Wednesday, March 27
once per month
Contact Brenda 403-242-7914
Everyone Welcome!

Sip and Paint night, April 10, 7-9pm
Everyone Welcome - register at the Club

Studio Bell National Music Museum, April 11, 1-3pm
Bus leaves Club 12:30 Sharp
Admission $19.50
Pre-registration and payment a MUST (cheque payable to Springbank Heritage Club) or e-transfer(springbankhc@telus.net)

FUTURE EVENTS
The annual STRAWBERRY TEA, with musical entertainment, will be held Saturday, May 11 at 2pm at the Springbank Heritage Club 244168 RR 33, south of Calaway Park. Info, call Joan 403-807-2311

"Laugh Until it Hurts" Pizza, Presentation night - May

Heritage Park Bus Trip - May

"Estate Planning: Protecting Your Assets" Pizza, Presentation night - June

QUESTIONS
springbankhc@telus.net

SPRINGBANK COMMUNITY ASSOCIATION

Summer Camps

Back by popular demand!

Please visit our website at www.springbankcommunity.com to register.

Weeklong full day camps for $225 (subsidized for Rocky View residents):

- July 2-5 Sports & Play Camp at SPFAS ages 6-14
- July 8-12 Sports & Play Camp at SPFAS ages 6-14
- July 15-20 Engineering For Kids ages 8-13 at EDGE School
- July 22-26 Engineering For Kids ages 5-7 at EDGE School
- July 22-26 Rediscover Play ages 5-13 at Equestrian Centre
- August 12-16 Rediscover Play ages 5-13 at Equestrian Centre

COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

Springbank Recycling Centre- On February 27th administration brought a report to Council recommending that the Recycling Centre at Commercial Court be relocated to the 74-acre county owned lands just north of the SPFAS. After some discussion the following motion was unanimously passed:

MOVED by Deputy Reeve Kochan that Council direct Administration to pursue relocating the Springbank Recycle Depot to the Springbank Dog Park Municipal Reserve. AND THAT Administration begin the process of lifting the Municipal Reserve dedication as outlined in the Municipal Government Act – section 671(2) and section 674(1).

County's Circulation and Notification Policy - C-327 – The following is some information on how Policy C-327 is being reviewed to assist RVC residents in their involvement.

Policy C-327 was amended and approved on October 17, 2023. At that time Administration was also directed to bring a report back by April 30, 2024, with a review of the new policy's implementation. Administration does not perform public engagement on Council Administrative Policies however through the general course of business, comments and opinions have been received from several interested parties on the policy as well as from the recent customer satisfaction survey. Administration has logged those comments and is collecting other statistics and numbers to reflect the impact to the organization and the community. Administration is preparing a report for Council's information and consideration regarding this policy. Several initiatives to improve communication and information sharing are in progress, including an improved County Atlas/GIS function. These initiatives involve several County departments and take time to develop but are on the priority list for implementation.

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Petro Canada application (PL20230127/128/158) – *Following is an update regarding the Petro Canada application proposal:*

This application was initiated by the applicant and submitted to Administration on October 17,2023. The initial circulation period commenced January 10, 2024, and ended January 31, 2024. The file manager will have provided the applicant with the comments received during the circulation period, and the requirements from any agencies circulated. Once the application is brought to a state where it can be presented to C ouncil for consideration, Administration will prepare a report and schedule a public hearing. The public hearing will be advertised, and anyone that wishes to submit further comments or to attend the public hearing to speak for or against the application is welcome to do so. This application is still in very early stages. Administration must complete their due diligence to ensure a complete package for Council's consideration. No public hearing date has been set, and no recommendation has been determined. Questions or comments related to this application can be sent to development@rockyview.ca, referencing the application numbers (PL20230127/128/158).

Pedestrian Access to Bearspaw Reservoir – Administration brought an update on the pedestrian access to the Bow River off of the MR adjacent to Springbank Heights Way Road. After discussing the need for community river access, the following motion was passed.

MOVED by Deputy Reeve Kochan that Administration be directed to collaborate with TransAlta and The City of Calgary to implement the recommendations in the 2019 Bearspaw Reservoir Trilateral Task Force Consensus Report and determine suitable uses and locations for river access, and report back to Council by end of Q3 2024.

Don Kochan - Deputy Reeve
Division 2 Councillor
kochandiv2@gmail.com

COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits
At this time, I have no additional information about the Highway 8 cleanup project. Master Rates adjustments for the 2024 tax year were approved, with the exception of Utilities Rate Increases. Council chose not to increase rates by 5%, in favour of having more time to understand what the increase should be as we move towards full cost recovery – a 3-year journey.

Springbank Off-stream Reservoir Land Use Plan
The County was a participant in the Province's SR-1 Land Use Stakeholder committee, alongside a number of Community Organizations. The project is now at the stage where feedback on the draft plan is being sought by the Province.

The County's response letter identifies several areas of concern within and around the SR1 Lands. These concerns include:

- Clearer policies to support the greatest amount of safe public access.
- Clarification on the connections into the SR1 lands.
- Details on the plans for the 'South Lands' and Kamp Kiwanis Lands.
- Explore seasonal grazing permits as the primary method for vegetation control.
- Include Rocky View County in the development of the SR1 Operations Plan and ongoing monitoring and adaptive management.

The letter incorporated feedback we heard from the Community, so thank you for all the engagement efforts.

Bragg Creek ASP Terms of Reference Approval
Rocky View County recently received the excellent news that the Province awarded us $200,000, the maximum NRED grant amount, for use towards bolstering the scope of the planning work for the Bragg Creek ASP update project. The Northern and Regional Economic Development (NRED) Program funds initiatives for municipalities that promote regional economic development and diversification. In this case, the grant will be used to support non-technical studies that will facilitate economic development forecasting and programming that would support development in Bragg Creek.

Enhanced Studies (based on NRED grant)

- Natural Asset Inventory
- Development Suitability Analysis
- Social and Community Needs Assessment
- Economic Impact Analysis
- Specialized Sectorial Research
- Fiscal Impact Study

The updated ASP will guide future development within the Hamlet Growth Area in accordance with the Calgary Metropolitan Region Growth Plan (RGP) and Municipal Development Plan (County Plan). Work is expected to be completed by fall of 2025. The first phase of the project will be guided by the recommendations of a Visioning Committee. This is a new practice for Rocky View County, and one I believe will have a marked impact on the final ASP quality, and responsible and manageable growth.

Bragg Creek Seniors
Council resolved to send a letter of support for the Rocky View Foundation's grant application to the Canada Mortgage and Housing Seed Funding program. This program provides financial support for individuals or organizations involved in the initial phases of creating an affordable housing project. A maximum of $150,000 of non-repayable contributions to assist with early development expenses can be applied for. Expenses includes the formulation of a business plan, creation of preliminary design concepts, and conducting environmental site assessments.

The application will help fund updating the 2015 Housing Needs Assessment, site-specific technical studies and the early design work required for submission to Rocky View County as part of the process for land use redesignation. This is all for the parcel the Foundation owns in the hamlet that was donated by Dick Koetsier for a seniors' facility. It was never zoned for that end use and changing it will give the Foundation the correct zoning to build affordable housing for seniors.

Contact: KRHanson@RockyView.ca or call 403.463.1166.

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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

April is here and Spring is in the air! Between random spring snowstorms, I've enjoyed walking Max in a t-shirt with the warm sun on my face. I also hope everyone celebrating Easter enjoyed some time with family, a little too much chocolate, and a fantastic long weekend.

The past month has been a big one in legislature! We have been busy debating the government's 2024 budget, which essentially fails to increase funding proportional to population growth and inflation. In this way, Budget 2024 is essentially a cut to every Ministry and spending stream. It does not provide meaningful action on key issues such as housing or sky rocketing rent prices, but adds new fees for those buying homes. My colleague Janis Irwin has been leading the push against this with Bill 205, the Housing Security Act, which also came up for debate in March. This bill would impose an immediate cap on rent increases of two per cent per year for two years. It is not a permanent solution to the housing crisis, but it is a way to help struggling Albertans right now. Alberta has the fastest growing population in the county and the new budget creates a bonus to attract more people to live here. Along with housing, the budget isn't keeping up with this growth, which will place compounding strains on our healthcare and education, ensuring our students continue to be the least funded in Canada.

I was pleased to see funding for drought action featured in the budget for environment and protected areas. However, I remain concerned that the government isn't effectively planning for the multi-year nature of this drought. Climate change is making Alberta warmer and drier, and this is likely to continue over the long-term. I will continue to press this government to accept and act on the realities of climate change and enhance regional coordination in our drought response.

In other legislature news, I have been pushing the Minister of Energy for clarity and accountability regarding mining developments in the Eastern Slopes. Albertans are largely against coal mining and the pollution it can bring to our precious water supply. Still, the Minister directed the independent Alberta Energy Regulator to advance new exploratory drilling for the grassy mountain mine to a public hearing. This is particularly frustrating given that both the provincial and federal governments have rejected this mine already.

In mid-March, I had a great weekend reconnecting with my wildlife biology peers at the Alberta Chapter of the Wildlife Society's 2024 Conference. As the newly appointed critic for Environment and Parks, keeping up with the latest wildlife and habitat science is important to ensure that my recommendations are evidence-based and applicable on the ground. It was an absolute honour to receive the Kristina Norstrom Dedicated Service Award. I have always advocated for science-based decision making on Alberta's wildlife, as well as all aspects of environmental stewardship.

We had two amazing events this month. On March 23, I met some of you for a fun little hike up to Troll Falls in Kananaskis Country with my great dane Max, who may have had the most fun out of anyone! It was a lovely stroll filled with laughs and interesting conversation. Later that day we warmed up with some dancing and music at Sarah's Spring Fling Fundraiser at the Canmore Opera House. Great times were had by all and all our silent auction proceeds were donated to the YWCA Banff, the Homelessness Society of the Bow Valley, and Eagle's Nest Shelter in Mini Thni.

Stayed tuned on Facebook, Instagram, and X for more upcoming events and MLA on Tour stops! We also take requests – please contact our office if you and your community would like to visit: Banff.kananaskis@assembly.ab.ca.

As always, our constituency office is always open to you, whether it's to share concerns, get support, or just to say hi!

Sarah Elmeligi

Robert M. Hughes Financial Solutions Inc.

Critical Illness Recovery Plan

You may have insured your LIFE BUT, have you insured your LIVING?

Life insurance is essential, but have you ever considered why there are over 100 physicians for every undertaker?

Statistics show that Canadians are living longer. As they do, there is a higher potential to be affected by a serious illness or injury. More and more people are suffering serious illness at progressively younger ages.

Statistics also show that the Canadian health care consumer is faced with rising health care costs, increased waiting time for treatment and limited availability of appropriate medical services.

Of 10 healthy male adults, 3 will suffer a critical illness before age 65, and of 10 healthy female adults, 2.7 will suffer a critical illness before age 65.

Each year 250,000 Canadians suffer from one of the Big 3 (Heart Attack, Cancer and Stroke).

One in three will contract life-threatening cancer during their lifetime. Incidences in Canada have increased 54% since 1984.

With Canadians experiencing over 75,000 heart attacks per year, one in four will contract heart disease during their lifetime. The good news is that 90-95% of heart attack victims survive their first attack but, what about their finances?

What does this all mean to you? If you suffer a critical illness, you may also have to bear substantial unexpected expenses relating to your recovery and lifestyle changes. These extra costs could include:

- Seeking alternative/ faster medical treatment;
- Providing nursing care in your home;
- Providing childcare or household assistance;
- Paying off a mortgage, loan or other debt;
- Buying a wheelchair or mobility device;
- Modifying your home or car.

The solution is a Critical Illness Recovery Plan (CI). Unlike life insurance, CI is a 'Living Benefit' solution that pays a lump sum to the insured after diagnosis.

This coverage is designed to improve the quality of life of the insured while they are alive. With CI, usually 18 to 22 life-threatening conditions are covered.

If you survive for 30 days after your diagnosis of a covered condition, you receive a lump sum equal to the face amount of the policy to be used in any manner you see fit. Any payment received from your CI coverage is, at present, received 'TAX FREE.'

Facing a critical illness can be one of life's most difficult challenges. In addition to finding proper medical care, meeting your family's day-to-day needs, dealing with the fear and anxiety of the illness itself, the last thing you need to worry about are your finances.

A six-month critical illness, without income, will use up 10 years of savings.

Critical Illness coverage, in many cases, is utilized as 'Income Replacement' coverage. When a critical illness occurs, a working individual may lose or give up their job to seek treatment. Not only are they dealing with a life-threatening condition, but they could also be dealing with the realities of a loss of their livelihood and their income. Without CI, where does the money come from to sustain your family for one, two or more years?

A properly designed critical illness recovery plan isn't just about financial help. An array of Assistance Services provides more than a claim cheque. The plan should include Best Doctors (interConsulation™, FindBestDoc™, Find BestCare™), Daily Living Assistance, and Healing the Whole Person.

Medical and dental insurance will take care of the doctor, the dentist, the hospital and the pharmacist. Wouldn't it be wise to take care of your family in case you are ever stricken with a critical illness and can't work?

A Critical illness plan prevents financial disaster when physical disaster strikes.

Final Note: Living within your income is difficult, but living without your income is impossible.

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

Robert Hughes,
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MAKE YOUR MARK
By Mark Kamachi

As a huge supporter of student education and a part-time instructor for over 10 years, I had Vienna Frasca, a SAIT student who interned with us in March write this month's article:

Being thrown into a creative studio for a week as a graphic design student can be daunting. However, it is also an adventure that will leave you with knowledge and experience that is invaluable to someone like me who is just beginning their design journey. Hello, I am Vienna Frasca a graphic design student at SAIT who was given the amazing opportunity to spend a week with AdMaki Creative.

The greatest lesson I've learnt in my time here is the complexity of the creative process. The AdMaki crew has mastered it in a way where they can make something stunning in a quick and flawless flow. Watching as incredible as it is also confirms the thought I had coming into this week. I have a lot to learn.

Everyone's process is different, the goal is to make yours efficient and productive while still having fun with it! That goes for anything, not just design. Though I have begun to discover my process, it is clear to me that it needs much more than polishing before I enter the industry.

Observing has also taught me another lesson. Being artistic and making something creative that is also functional for everyday use are two very different concepts. Meaning goes into everything but discovering the story and accurately portraying it can be difficult. You have to be cleverly subtle so common eyes can see what you can, while keeping things simple enough to be used everywhere. This is a balancing act that I would guess takes years to master. Fortunately, I got the opportunity to see it up close.

The Admaki Studio is filled with light and fun while still being incredible at what they do. Whether it's the furry friends or the pool table in the office, there's always something to keep things light-hearted. Though I haven't beaten Mark in a round of pool yet hopefully someday I will be able to. There are always three projects going on at once! All unique and fun. They sketch with Sharpies to my disbelief. As someone who relies upon the ability to erase, the confidence to use a Sharpie is alien to me. Ideas are bounced off each other filling the miraculous space with laughter. Honestly everything up in the studio is incredible.

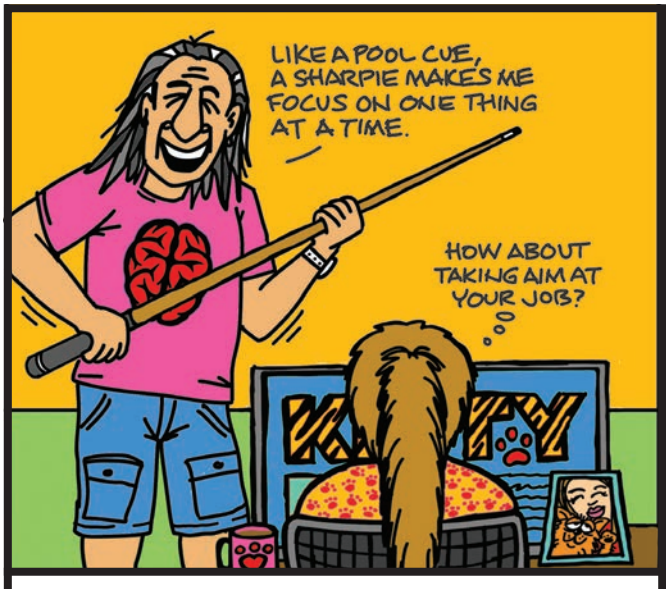
So, what will I take from this experience? Every piece of this week has been chocked full of valuable lessons whether they're related to design or not. Everything should always have meaning. Think it through entirely and there are no bad ideas! No matter how outrageous, jot it down, put it on paper. It might just become something epic.

After being in the studio for a week I have learned a lot. I have pages of drawings and notes that I will take with me, along with many lessons. I hope someday to feel confident enough in my skills as a designer to draw with nothing other than a Sharpie. However, at the moment I think I will stick with my erasable products. I will take the positive fun attitude of the studio with me and hopefully carry it to wherever I may end up. One thing is for sure, wherever I end up if I am lucky to have my own place that I can mould to be as incredible as this one. I am definitely putting a pool table in it!

Thank you for reading, Vienna Frasca

That article made me blush with all those kind words. I'm glad Vienna saw an appreciation for our craft. She'll find along her journey there are people who think what we do is all fun and games, others will see the difficulty and appreciate our skills.

Cheers, mark



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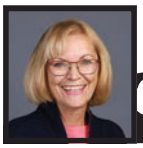

NEWSLETTER

Judi Hunter - Ward 5 Trustee

Rocky View Schools (RVS) appreciates the provincial government's recognition of the division's urgent need for additional student spaces and the significant role investment in educational environments plays instudent success.

The government announced funding for five highly anticipated RVS schools in Budget 2024:

- Full construction funding for an Airdrie Kindergarten – Grade 8 school (South Windsong)
- Full construction funding for an Airdrie Kindergarten – Grade 8 school (Bayview)
- Full construction funding for a Cochrane Kindergarten – Grade 8 school (Rivercrest)
- Design funding for an Airdrie high school (Southwinds)
- Design funding for a Chestermere Kindergarten – Grade 9 school (Dawson's Landing)

Budget Education Highlights

- More than $1.2 billion over the next three years to address record enrolment growth and support the hiring of additional teachers and classroom support staff.
- More than $1.5 billion to support specialized learning needs through learning support funding grants to serve the growing diverse needs of students for the increasing complexity of learning needs including language, social, and emotional supports.
- $492.7 million in transportation funding to school jurisdictions and $23 million to accredited independent schools and private Early Childhood Services operators to support the safe transportation of more than 335,000 students across the province, while saving families money and increasing access to transportation services; and
- $50 million to promote parental choice in education by creating more pathways into post-secondary education and field experiences, which will lead to greater participation in the labour market. This bolsters our commitment to school-of-choice programs, including collegiate schools and dual credit opportunities.

Disability Supports:
Budget 2024 provides a 3.87% increase to the Persons with Developmental Disabilities (PDD) budget which meets Alberta's projected population growth of 3.7%. Inflation is projected to be 2.5% in 2024. There was a 6 million dollar allocation for Program Unit Funding (PUF) which is provided to school authorities for Early Childhood Services (ECS) children with severe disabilities/delays who require additional support beyond that offered in a regular ECS program.

Alberta Government will invest $55 million toward a new Multidisciplinary Science Hub at the University of Calgary. Alberta's post-secondary institutions offer world-class education, and this investment will help more students access science, technology, engineering, and math (STEM) facilities and training at the University of Calgary. As the economy continues to grow and diversify, demand for the skills and expertise of STEM graduates is projected to increase.

https://www.alberta.ca/release.cfm?xID=8989335EDBF60-B863-395E-E4AB08477F82C566

Congratulations to Bearspaw school on introducing a new archery option and club to the students. Two teachers were certified to instruct class on how to safely use the equipment. While archery is new to most of our RVS schools, it is a program that is offered worldwide and is open to students of all abilities. Students can compete a local, provincial, and national levels.

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ANKLE SPRAIN REHAB

Ankle sprains can happen any time of year. Summer hiking, winter slips and falls, and year-round sporting activities. Often people feel like an ankle sprain is no big deal, but it is an injury that can stick around longer than you anticipate and cause issues up the lower extremity due to altered gait and compensations. It is important to start rehab early and continue through to the end. When you aren't walking effectively due to a sore ankle, the knee, hip and lower back can begin to have secondary problems.

The most common injury is an inversion sprain, where you roll onto the outside of your ankle. Commonly two major ligaments are affected – the anterior talofibular ligament (ATFL) and the calcaneofibular ligament (CFL). While these are typically the main structures affected, ankle sprains can also involve a muscle strain or a joint dysfunction in one of the tarsal (ankle) joints.

Ligament sprains are graded 1 to 3, depending on the degree of injury. A grade 1 ligament sprain is mild with often a quick recovery. You may have some swelling and pain around the outer ankle, but you have good strength and range of motion. A grade 2 injury is more moderate and may take 4-8+ weeks to heal. The ligament may be partially torn but is still intact and there is moderate swelling, bruising and difficulty weight bearing and walking. A grade 3 is more severe with a rupture of one or more of the ligaments, moderate swelling, bruising, and weakness.

The Ottawa Ankle Rules (OAR) are guidelines, for adults > 19 years with acute ankle and mid foot injuries, to rule out fractures and reduce unnecessary imaging. Historically, imaging was ordered for most ankle sprains, even though only 15% showed clinical fractures. Ankle x-rays are recommended if there is pain along the "malleolar region" (the distal ends of the long bones in our ankle), pain at the base of the 5th metatarsal bone, and the inability to weight bear initially (unable to take 4 steps independently, despite limping). These guidelines exclude recommendations for those under 19 years of age, with multiple painful injuries, pregnant, cognitively impaired or those with sensory deficits in their extremities.

Doherty et al. (2016) found that 40% of individuals develop chronic ankle instability after a first-time lateral ankle sprain (LAS). This study stated that "an inability to complete jumping and landing tasks within 2 weeks of a first time LAS and poorer dynamic postural control and lower function 6 months after a first time LAS were predictive of eventual chronic ankle instability."

There are three main goals when rehabilitating an acute ankle sprain: (1) minimize swelling (2) improve ankle function and (3) normalize walking.

The Oxford Health NHS Foundation recommends avoiding NSAIDS (non-steroidal anti-inflammatory drugs, such as Ibuprofen) for the first 3 days after an injury. Modified rest for 24-48 hours and icing 10-20 min 3-4x/day for the first 3 days will help reduce swelling and pain. Elevation and compression can also be used to help reduce swelling and pain.

Active range of motion exercises can be started as tolerated, such as ankle pumps (up and down) and ankle circles. Secondly, add in ankle strengthening. Move your ankle in 4 main directions, using an elastic band looped around your forefoot and push into plantar flexion (pushing down), dorsiflexion (pulling up), inversion (inwards) and eversion (outwards). Single leg balance (supported as needed) is the next step. Try to balance on your injured foot, building up to 1 min 3x/day. Focusing on a proper walking pattern as soon as possible can help mitigate lower extremity compensations. A walking aid or brace can help your gait pattern and stability when used early on. Doherty et al. (2017) showed strong evidence for exercise therapy and bracing in preventing the recurrence of an ankle sprain. It is recommended to wear a lace up ankle stabilizing orthotic (ASO) for 6-12 months post injury.

Later stages of rehab may involve squatting, step ups, heel raises and plyometrics such as hopping in different directions. When you are ready to return to activities, we look at several aspects of your readiness: pain levels, range of motion, strength, power, dynamic postural control, balance and agility.

These programs and progressions need to be tailored to your individual needs, function and goals. The timelines may differ depending on the severity of the injury and other co-morbidities. Generally, as you start to slowly load your ankle post injury, if any specific exercise or walking significantly increase your symptoms, you may need to scale back on intensity, frequency or volume of movement. We would love to help determine the best plan of action for your post ankle sprain and get you effectively back to your activities with optimal strength, function and endurance.

Jennifer Gordon (BSc.PT, BA Kin, AFCI)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.com

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BRAGG CREEK WILD
wildlife and people living in community

Planning for Spring Wild-Safe Way

When we look out our windows, we see Winter is waning and Spring is slowly emerging in our community! With vernal warming just ahead and local wildlife slowly moving back into their seasonal habitats, there are practical resilience measures we can take to ensure wildlife and people flourish in the Spring season of new life and regrowth.

Geese can be heard honking on Louis Lake (Antler Ridge Pond). Soon wood frogs will join their chorus, backed by calls of loons with the movement of the seasons. Birdsong reminds us to be mindful of riparian habitat - the fringe areas around ponds, wetlands and streams, where eggs lay in hidden nests and tadpoles swim, undetected by predators. We can help protect this emerging life by maintaining a 10-foot distance from the edge of any water body until we determine there are no signs of nesting birds or amphibians (frogs, toads, and salamanders) in the area.

Amphibians have a permeable skin which makes them Indicator species. They indicate a healthy environment when they are present and an unhealthy environment when they are absent. Natural systems are more than skin-deep; amphibians literally absorb everything we put into their habitat. This is important to remember when we begin our garden and lawn care preparations. Avoid phosphate and sulfate-based fertilizers and opt instead for point-of-application - utilize worm castings, egg shells, manure or compost and soil amendments like blood meal, bone meal or mulch. Local bears are attracted to smelly stuff, so ensure these substances are thoroughly mixed into the soil at the recommended proportions. Mulching in old plant material eventually negates the need for using fertilizer at all. We can witness nature's actions for ourselves when we observe the forest floor.

Spring runoff will soon fill water bodies and the ditches and swales around our homes. Make sure your culverts and overland drainage paths are clear of obstacles to let water find its way back into the hydrologic cycle. Quality river habitat is supported by sufficient water volumes, while allowing our groundwater to recharge in a resilient cycle that protects precious drinking water.

Overland flow carries sediment (soil particles), oil, lubricant, paint, salt and other remnants of winter maintenance. These pollutants impair drinking water quality, groundwater quality and aquatic habitat. They end up in our soil, groundwater and gardens, harming micro-organisms, worms, spiders, insects, and other soil-benefitting creatures. They get eaten by birds, small mammals and deer, accumulating toxins up the food chain. This process, known as bioaccumulation, causes birth defects and poor fertility in wildlife (and humans). The onus is on all of us to clean up contaminants in our driveways and yards and avoid washing vehicles and buildings by limiting excess water use and avoiding harmful chemicals.

On a final note, remember that many animals LOVE birdseed. Bird feeders aren't needed when Spring allows for natural foraging behaviour by warblers, kinglets, juncos, and grosbeaks revisiting from warmer climes, along with the resident nuthatches and chickadees who share our beautiful local environment year-round.

Happy Spring from all of us at YOUR Bragg Creek WILD!

Bragg Creek Wild - www.braggcreekwild.ca
braggcreekwild@gmail.com - 403-200-9961
People and wildlife living in community

Amphibians have permeable skin, which makes them 'indicator species.' Their presence indicates a healthy environment, and their absence suggests the opposite. To help them, avoid using chemical-based products in your garden or lawn and opt instead for natural products and point-of-application.

Sink your teeth into a piece of Bragg Creek

Spring has warmed up our appetites, so why not take part and support Taste of Bragg Creek. The hamlet opens its doors on April 26th. This year's beneficiary is Easter Seals Camp Horizon. Details at **tasteofbraggcreek.ca**

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AT THE BAVARIAN INN

XC BRAGG CREEK SKI AND BIKE SOCIETY

XC Bragg Creek's Nordic season has come to a close and with the warmer weather we are gearing up for our Mountain Biking Programs.

Nordic Programs
That's a wrap, folks! XC Bragg Creek Ski and Bike Society concluded the Nordic season in March with a series of events. Our youngest skiers, the Bunnies and Jackrabbits, finished with the fun Fruit Loops race; our biathletes ended with an inter-club race at the West Bragg Creek trails, and our Nordic racers competed in the Alberta Youth Championships hosted by XC Bragg Creek and supported by Bragg Creek Trails.

The 11th Annual Alberta Youth Championships took place at West Bragg Creek trails over the weekend of March 2 & 3, 2024, with youth skiers coming from all over Alberta and as far away as the Northwest Territories and Saskatchewan. Athletes stayed in a camp over the weekend, met new skiers from other clubs, and competed for club pride in three different ski events. Skiers arrived at Camp Horizon on Friday night and were bussed to West Bragg Creek to compete. The abundant snow over the weekend kept the amazing grooming volunteers from Bragg Creek Trails Association working hard. The cold temperatures resulted in a modified race schedule but still included the crowd's favorite dress-up relay on Saturday. Back at camp, Moritz from Handle-Bar volunteered to barbecue bratwurst followed by movies or activities in the outdoor terrain park. The evening banquet included a guest speaker - Olympian Olivia Bouffard-Nesbitt, and a dance. A presentation of Club banners at Snowbirds Chalet followed Sunday's race. Awards were presented to the top 10 finishers for each year of birth and every racer scored points for the Club aggregate awards. This year, XC Bragg Creek won the small club banner and Foothills Nordic won the large club aggregate banner.

Alberta Youth Championships benefits from strong community support: from Handle-Bar helping with lunch and BCT providing optimum trail conditions to both Redwood and BCCA helping notify trail users with their signs and many, many local businesses providing prizes for every athlete who participated. Community volunteers donated 140 dozen cookies and 74 volunteers contributed over the two-day event. It is what makes the event possible, and we are so grateful to:

- Alberta World Cup Society
- Nordiq Canada
- Nordiq Alberta
- Biathlon Canada
- Biathlon Alberta
- Bragg Creek Trails
- Zone4
- Two Pharmacy
- Mabel & Marie's
- Turkey & Pistols
- One of a Kind
- Best Little Wordhouse in the West
- Hooked on Bragg
- Degraff's Hat Store
- Stone Willow
- AdMaki Creative
- Norseman
- Lifesport
- Salomon
- Redwood Meadows
- Bragg Creek Community Centre
- Cochrane Equipment Rentals
- Handle-Bar
- Safari

Mountain Biking Program:
XC Bragg Creek's Recreational Mountain Biking program is for youth ages 8-18 who are beginning to intermediate mountain bike riders and want to continue advancing their skills without the pressure of competition. Registration for this program will open in April. We are also looking for volunteer coaches to expand the program. If you love mountain biking and want to share your love of the sport with a group of polite, enthusiastic kids, consider joining our team. Pricing, registration links, and information about volunteering are listed on our website: xcbraggcreek.ca.

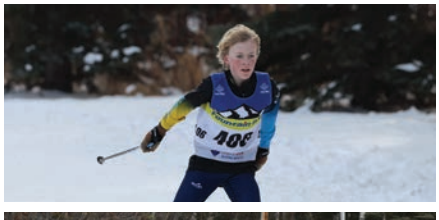
Finally, XCBC is hiring! We are searching for a new program administrator. Do you love our mission and want to help us achieve it? Check out the job posting on our website.

Athlete Spotlight:
This month features another dynamic duo of XCBC skiers; Logan and Colton Rostoker.

Logan and Colton are XCBC Nordic program members and are continuing their biathlon training with the Foothills Nordic Club. This pair brings a balance of hard work and fun to XCBC practices. They enjoy challenging themselves, elevating their teammates' practice level through friendly and fun competition. Logan and Colton are excellent role models for sportsmanship. As members of two ski clubs, they represent their clubs with pride. No matter which club suit they wear, these boys give it their all and support their teammates' performances, whether from XCBC or Foothills!

XCBC Sport(s): Nordic skiing and biathlon

Favorite West Bragg Creek Trail: West Crystal Line



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BRAGG CREEK TRAILS

Trail Talk - We're Diggin' It!

Now the West Bragg Creek Master Trail Plan has been completed it's time to get trailblazing together!

The plan includes:

- 20 km of proposed new trails
- Widening of ski trails
- Trail improvements through rehabilitation and re-routing
- Bridge upgrades

BCT can't do it alone. If you love the trails as much as we do there are two ways you can help. Go to Braggcreektrails.org to find out how you can donate or volunteer. You can also find the details of the new Trails Master Plan there.

RIDE TO THE CONDITIONS

With the winter season in the rear view mirror, BCT is waiting for the mud season to begin, if it isn't already here. We know wearing a layer of mud after a ride is a badge of honour for some but it does take a toll on our trails. This means that our volunteers have to fix the ruts that trap water and contribute to building a bottomless mud hole. This often leads to the dreaded "braided trail" where there really aren't any good route options.

A general rule for this transition season riding is that the south facing slopes dry up first so head there first. If it's still freezing at night then you have more options until the sun hits the trail. Our trail crews will thank you for this common courtesy and it will allow them to concentrate of the big projects we have planned for this spring and summer.

See you on the trails
Conrad Schiebel
(BCT President)

THE LITTLE SCHOOLHOUSE

Happy Spring! Our classes are looking forward to a fantastic month. April will be a month where we will celebrate the Earth, learning about its weather and how we can do our part to take care of this amazing planet. To enhance our study both our preschool and kindergarten classes will be participating in a field trip to explore Alberta's Rainbow Trout at Bow Habitat Station. This establishment will teach us through discovery and hands-on learning the importance of Alberta's aquatic ecosystems and wildlife. We are looking forward to gaining a better understanding and appreciation for the diverse and beautiful province of Alberta that we call home.

It is hard to believe in are in the last few months of school and have started preparations for the 2024-25 school year. At The Little Schoolhouse we provide a caring, creative, and educational learning space through play and exploration.

If you are looking for a small teacher to student ratio and a supportive child centred program, we would love to have you join us- registration is happening now! Please see our website for more information www.thelittleschoolhouse.ca and reach out with any questions you may have.

Have a wonderful month!

Ms. Shelley and The Little Schoolhouse team

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TASTE OF BRAGG CREEK

Put Your Walking Shoes on!

On Friday April 26th, 2024, head to Bragg Creek for the 9th annual Taste of Bragg Creek. We had so much fun last year that we decided to do the same thing again. Park at the community centre, purchase your tasting tickets, pick up a map and then set out to visit the local restaurants who will be doing tastings in store again this year. Many restaurants are also pairing up with liquor reps, breweries and distilleries. Along the way, pop in at the many local store front boutiques who will be showcasing their unique tastes of Bragg Creek.

"Our 2023 event was so successful, and people really enjoyed getting out and about and seeing the local establishments and meeting the owners and locals that we wanted to do it again this year," says founder Charlie Holschuh. "Hundreds of people from Calgary, Cochrane and all-over southern Alberta come out each year for the same reason; great food and drinks, friendly hospitality, good company and conversation and to take in the beautiful spirit of Bragg Creek."

We are happy to give back to the community with this event, this year we will be donating the proceeds to Easter Seals Camp Horizon; supporting people through inclusivity and providing kids and adults with disabilities a chance to go to summer camp.

We'd like you to experience Bragg Creek every day of the year, but you'll definitely want to be here on Friday April 26th, 2024, for Taste of Bragg Creek.

Event Details:

Date: April 26th, 2024

Time: 5pm-9pm

Place: Around Bragg Creek

FREE parking at Bragg Creek Community Centre

Tasting tickets are $2 each

Number of tickets per sample is subject to merchant

Visit www.tasteofbraggcreek.ca for more information

Well, except for the goodies at Taste of Bragg Creek

Wake up your taste buds on Friday, April 26th from 5pm - 9pm

Make it a Bragg Creek date. You'll go door to door to sample delectable fare, plus our participating retail merchants will stay open late to showcase their wares. Tasting tickets will be sold at convenient locations in the hamlet, plus new this year, you can pre-purchase your tasting tickets online, just scan the QR code. This event raises funds for Easter Seals Camp Horizon.

Complete details: tasteofbraggcreek.ca
facebook.com/tasteofbragg
@tasteofbraggcreek

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BCCA

"It is always the simple that produces the marvelous." – Amelia Barr

We can sometimes be our own worst enemy when we over complicate, over think, and over do. Complexity is not always necessary to achieve something wonderful, in fact when we add layer upon layer, it can become difficult to appreciate what may already be there.

We are happy to report huge fundraising success with our Casino held on March 9th & 10th. The 34 wonderful humans that made this happen are your neighbours, your friends, and members of your business community.

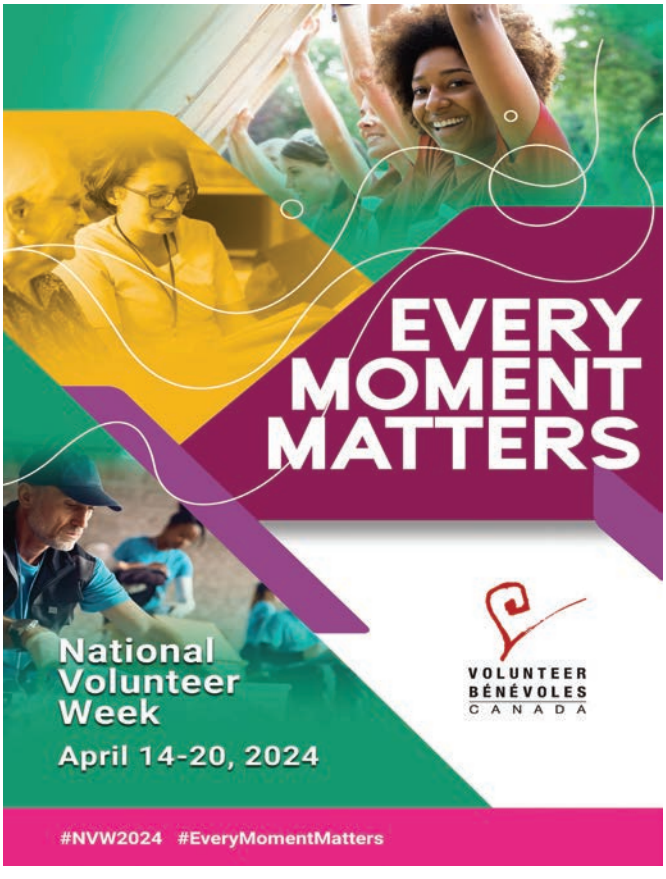
- To our Volunteer Heroes: You dedicated a huge piece of your weekend that will produce huge proceeds for our Community Centre. The entire community benefits from your work. THANK YOU!

National Volunteer Week is April 14th to the 20th! Every Volunteer sharing time, skills, empathy, and creativity, not only makes our world a better place, they are vital. Every Moment Matters. This is a great time to thank each other and also to thank yourself.

NEWS: Your Community Centre might look a little different next time you are inside. We have unveiled a whole new rental area on the main level. Introducing a brand new meeting room! It is bright, it is airy, and it is available!! For rental information, give us a call or email info@braggcreekca.com.

As the snow and ice retreats, most folks get busy starting new projects, wrapping up seasonal endeavours, and making summer plans. It can become a little overwhelming. Maybe the KISSS rule will help you - keep it short, keep it simple, and keep smiling.

Your Bragg Creek Community Association



BRAGG CREEK PERFORMING ARTS

"I am fascinated by the history that is right under our feet," says Tim Isberg. From the heart of southern Alberta, Isberg is passionate about Western Canadian history.

His latest album, Prairie Fire, has just been released and he is coming to share this music with Bragg Creek.

Tim is inspired by the narratives and historical events of the late 1880s. His music will captivate both music enthusiasts and history buffs.

Not only a performer, but an engaging storyteller, Tim is an accomplished singer-songwriter who has shared his musical talents with audiences around the globe.

Tim's repertoire melds Alt-country, Roots, and Folk melodies with his unique perspective on life. His voice carries an undeniable charm, and he connects with listeners in a deeply personal way. It's on stage where Tim truly shines, as he effortlessly weaves stories and songs with sincerity and a delightful sense of humor.

The backbone of Tim's music lies in his solid guitar rhythms and his ability to transport his audience into the very heart of each song's narrative.

For those seeking an unforgettable musical journey, Tim Isberg's show is a must-see. This performance is a part of the BCPA Concert & Confections series; a delightful spread of tea, coffee and treats is included with your ticket price. A cash bar will also be available for patrons.

Event Details:
Date: Saturday April 13, 2024
Time: Concert starts at 8 PM.
Doors open at 7:00.
Location: BRAGG CREEK SNOWBIRDS CHALET 19 Balsam Ave, Bragg Creek, AB
Tickets: Available at bcpa.ca or Ticketpro (1-888-655-9090). General admission $35, youth under 18 $25.

About Bragg Creek Performing Arts
The Bragg Creek Performing Arts is committed to delivering live concerts that captivate and inspire. Stay tuned for our next musical event featuring Wendy Walker and the Tribe on June 8, 2024.

Run entirely by volunteers, the Bragg Creek Performing Arts Society is a registered not-for-profit charity. Join us in celebrating the magic of music and the arts! Contact Clint at cgd@docken.com

STONE CREEK GARDENS
Annuals & Perennials
Jane Boyce • Phone / Fax 403.949.2860

SWAMP DONKEY MUSICAL THEATRE

Tickets for Swamp Donkey Musical Theatre's production of Rodgers and Hammerstein's Oklahoma! are on sale now! Performances take place May 3 to 5 and May 10 to 12, 2024 at the Swamp Donkey Theatre in Bragg Creek. Tickets are available for purchase here:

Why not make a day of it? We have partnered with eleven local restaurants and the Bragg Creek Distillers. Our partners are offering discounts on meals and beverages on performance dates when you present your Swamp Donkey ticket. See a complete list of our partners here: swampdonkeytheatre.ca/offers-from-our-community-partners/

We look forward to seeing you at the show!

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REDWOOD MEADOWS EMERGENCY SERVICES

April is Distracted Driving Awareness Month

Nationally, distracted driving is the second biggest cause of traffic deaths in Canada. Inattentiveness behind the wheel accounts for 80% of collisions and 65% of near-crashes. One person is injured in a distracted driving collision every half an hour. In 2021, over 1,700 Canadians lost their lives in fatal collisions and distracted driving was responsible for 340 of these deaths.

Distracted driving puts all road users at risk, including pedestrians and cyclists. Distracted driving happens when a driver's attention is taken away from the driving task because they're focused on something else. This could be:

1. Texting
2. Talking on the phone or to passengers
3. Eating or drinking
4. Using the entertainment or navigation system

The risk of collision goes up when a driver's eyes and attention are taken off the road. Distraction impairs performance and reduces driver awareness. It makes drivers slower to notice and less able to safely respond to critical events on the road, or they may miss them entirely.

Take action: help stop distracted driving

1. Never text while driving.
2. If you must send or receive a call or text, pull over to a safe location and park your car first.
3. Avoid using any device that takes your attention away from the task of driving including vehicle navigation systems
4. Keep your eyes on the road and safely control your vehicle at all times
5. Encourage your friends and family to drive "distraction free".

Until next month, stay safe!

WELL OWNERS

ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

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

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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

Evacuation Order! – Now What?

This is an updated article from 2021 on a topic that is becoming increasingly likely as the risk of wildfires has increased substantially under the drought conditions we've been experiencing the last few years. At the time of writing the snowpack in the mountains is around normal, but this being the Chinook Belt we don't know at this time whether we need to be concerned with continued drought or flooding. In either case the issuance of an Evacuation Order may occur.

So, what do you need to do if an Evacuation Order is issued. Evacuation Orders fall under the authority of the Provincial Emergency Management Act and are issued only when absolutely necessary to protect the public from danger. Evacuation Orders can be issued for wildfires, floods, sour gas leaks and other man-made or natural emergencies. Evacuation Orders can be issued at any time during the year.

Fire season started early this year with a little over 50 wildfires still burning from last year.

Evacuation Orders can be issued by a number of agencies including, but not limited to 1) Police 2) Local Municipalities, and 3) Provincial Agencies. There are 2 levels of Evacuation Orders: Evacuation Alerts and Evacuation Orders. Local media outlets and the Foothills County website will participate in informing you of Evacuation Alerts and Orders.

Those radio and TV interruptions you hear from time to time (the "Dee doo Dee doo" ones) are from the Alberta Emergency Alert system. In both of these forms of alerts you will be instructed as to what the emergency is, what you need to do, and where you should go.

Evacuation Alerts should be viewed as being a good idea to leave, or prepare to leave, given what is transpiring in your area or what is about to transpire, especially for the more vulnerable. It's a heads up, certainly if you have livestock, that you may need to start moving them or making other arrangements for their safety.

Evacuation Orders mean you must leave and leave NOW. There is legislation in Alberta that lets you be taken by force if necessary. If you refuse to leave you are causing extra stress for, and putting First Responders at greater risk. (It should be noted that it is very rare for use of force to be undertaken to evacuate residents.) First Responders will have enough to do in an emergency without having to spend valuable time convincing you to leave. Be aware things can HAPPEN FAST - Fort McMurray, Lytton and Waterton as examples.

There may be a Reception Centre set up where evacuees can move to. If the emergency is a longer, continuous one, you should register your name even if you are not physically at that location. Reception Centres perform a number of functions: 1) lets relatives and friends know where you are 2) unifies people 3) may have day to day emergency supplies that you need and 4) lets Emergency Responders know that they don't have to visit your place to find you.

As the emergency continues stay tuned to traditional media and social media for updates and monitor the Foothills County website. While you are gone from home, law enforcement will take steps, likely including checkpoints set up around the perimeter of the emergency, to reduce access to the area by unauthorized people. The checkpoints can be manned by Sheriffs, RCMP, and Fish & Wildlife Conservation Officers. During the 2013 flood, I went to check on a relative's property in Wintergreen and had to pass through a check stop manned by the RCMP.

An announcement of when the Evacuation Order ends will be given over the media (radio, TV, social media) and at Evacuation/Reception Centres. Depending upon the emergency, it can take time to ensure it is safe to return that the water is potable, natural gas lines repaired, electricity is restored, and roads are passable. There was an instance during the High River flood where someone was cooking and left the stove on when the power went out. When the power came back on the house burned to the ground.

You should start today to prepare for a potential emergency. Make a checklist of what you should take with you, devise a family plan on how to reunite if members of the family are in different locations (school, work, etc.), keep up FireSmarting efforts. People in the Alberta foothills are a resilient bunch by necessity, and we are more resilient if we take a few steps to prepare for an Emergency ahead of time. The following links: www.mdfoothills.com/emergency-management/emergency-preparedness.html , www.alberta.ca/emergency-preparedness.aspx , www.getprepared.gc.ca/index-eng.aspx provide good direction on what you should be doing now.

Dave Schroeder
HCRCWA Board Member

PRIDDIS COMMUNITY

Thank you Priddis!

Can you believe it's April already!
We wanted to let all of you know that our Board Members and Executive Director have been working hard over the past few months not only hosting community events but also planning for new and exciting ones for the coming year.

Over the past few months we have hosted many events at our local Priddis Hall & Community Rink.

We would like to thank all of our volunteers for their hours of hard work and dedication to maintaining the ice rink!!

Thanks for making the following possible and a great success!

Priddis Panthers Hockey Association
- 2nd Annual 4 on 4 Shinny Hockey Tournament

-Women's Shinny/ Men's Shinny

-Community Skating

-Winterfest

Priddis Community Hall Events Hosted:
FireSmart Alberta Presentation
For more information:
www.alberta.ca/firesmart

www.alberta.ca/alberta-wildfire

firesmartcanada.ca

High Country Rural Crime Watch Presentation
hcrcwa.ca

Please checkout their website to sign up for your free membership

Community Playgroup for Parents and Children – 6 years and Under – "Free" for Community Members/ $5 for Non Members

Young Rembrandts After School Drawing Class – Classes for Kids
The classes happen at the Priddis Hall on Wednesdays from 4:40-5:30. Register here:
www.youngrembrandts.com/southernalberta/view-classes-enroll/

Indoor Pickleball – "Free" with Priddis Community Association Annual Membership

Our indoor pickleball court continues to be a busy spot. If you would like to play please reserve your space through the link below. You can sign up with others or join an existing group.

Please be sure to fill out the waiver during your first visit. Since the courts are so popular, we would appreciate you cancelling your booking if you can no longer make it.

www.signupgenius.com/go/60B0C4AABA72BA1FC1-44869971-pcaindoor#/

Yoga – with Instructor Lori Chinnery
Our yoga class continues to be popular! Sessions are held at the Community Hall on Mondays and Thursdays from 7:30-8:30pm. Suitable for all levels. Drop-Ins are welcome.

Email: priddisalberta@gmail.com for more information or to register.

Upcoming Events:
Comedy at the Hall Saturday April 20th 8pm Performers: Dale Ward & Bryan Moxon all of which have performed at the "Just for Laughs Comedy Festival"
When: April 20
Time: 8pm (Doors open at 7pm)
Cash Bar Only
Adults Only
Cost: $20 prior to April 5th - $25 after April 5th - $35 at the Door

Email: priddisalberta@gmail.com for more information

May – Annual Garage Sale – more information to follow

June – Start on Tennis Court Resurfacing

July 7th – Annual Stampede Pancake Breakfast

Summer Camps for Ages 5-12:

When: July 8-12 - July 22-26 - Aug 19-23

Cost: $275/ child per week (10% discount for siblings)

Where: Priddis Community Hall

Hosted by: Rediscover Play – Nature Programs & Consulting

Priddis Hall:
The Priddis Hall continues to be a popular place with something happening almost every day of the week. Our summer weekends are also filling up fast with weddings and other events.

If you are planning a special event and are considering booking the hall, it is best to do so as soon as possible. Booking the hall gives you access to the entire space, including the commercial kitchen. It is outfitted with everything necessary to cater a meal, chairs and tables, full bar set up and wifi.

Did you know that those who have held a PCA Membership for 2+ consecutive years receive a substantial discount on their rental? All rates and a request to book can be found on our website.

Do you have an idea for a program or event? We are always looking for innovative new ideas to bring to our community and wonderful people to help execute them.

Email our Executive Director Lindsay Flynn with your suggestions or ideas

Priddisalberta@gmail.com

We hope to see you at a community event or program in the near future.

Remember to follow us on Facebook at "Priddis Community Association" or

Online: www.priddisalberta.com

Melodie Lalonde, President
The Priddis Community Association

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MILLARVILLE COMMUNITY LIBRARY

Did you know?
The Marigold Library has Radon detectors that you can borrow. Use your library card and go online to order like you do a book.

Classes-
Moms and Tots Storytime at the library on Fridays at 10 am. (Not April 5)

Would you?
The Millarville Community Library would like to start a free seed library. If you have extra seeds, you have collected and would like to share them, please label your seeds and drop them off at the library and we will make them available to the community. Stay tuned on our Facebook and Instagram pages for updates.

Bouquets-
Stop by the library to see the beautiful quilts on display crafted by the quilters from Country Lane Quilters. Thank you to all who share their skills and time to make our library a learning hub in the community.

Need a Read?
"For a great read in the grisly fashion that Scandinavian crime writers have mastered read "The Shadow Murders" by Jussi Adler-Olsen". Warren Smiley, Millarville.

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 meeting is on Tuesday April 9, 2024 at 7 pm. Merle Coombs from Spruce it Up will be our featured speaker. He is a wealth of information on growing zone hardy plants and trees.

Louise Patterson Bruns will be bringing 6 packs of spring planted garlic to take home and plant in May. $10 She will also be giving planting instructions for this great shortcut.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new president) at louisepattersonbruns@gmail.com or 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

Millarville Horticultural Club
millarvillehorticulturalclub@gmail.com
millarvillehortclub.com

MILLARVILLE-STOCKLAND 4-H CLUB

As this icy winter is hopefully approaching its end, the Millarville Mutts & Mustangs 4-H members challenged what is one of the most feared events- public speaking. February 10th was club level speech day and February 17th was the club level presentations, the member's arrived prepared with interesting and informed topics. The parents and volunteers did an amazing job creating an environment of support and community. A special thanks to the communications committee Nicole & Justin Baxter, Tammy & Haily Mazubert, Jenn and Syd Dunne. Sage Runge and Ella Hamilton performed their duties as emcees on speech day, with Joy Den Haan and Tait Ackermann emceeing on presentation day. Their introductions and jokes helped everything go by smoothly; creating an easier environment for our 4-H member's to showcase their talents. The judges provided helpful feedback and thoughtful comments to help the member's improve their skills for the future. Congratulations to our speakers who will be moving on! For juniors: Scout Dunn and Bianna Maull, (alternate - Josey Rawson) for intermediates, Kenzie Blyth and Eva Driscoll, (alternate - Milly Moldenhauer) and for seniors: Isabella Styles and Hailey Mazubert, (alternate - Jack Styles). Congratulations to our presenters who will be moving on! For juniors: Addie Whaling and for intermediate, Anna-Marie and Russell Hodson, and Tori Ackermann (alternative Justin Penner) for seniors: Cierra Hathaway/Lauren Kornelson & Bailee Smith (alternative Jeremy & Oliver Hartmann).

We are looking forward to the upcoming events including more speeches and presentations. We also have the upcoming Winter Workshop on March 11th, 2023 to create and show the member's talents with their hands!

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RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together in community and explore God together Sunday mornings at 10:30 am. We are excited to share that our Worship Service is also available on our YouTube channel, @RedDeerLakeUnitedChurch. We are an affirming, safe space for all. We are located on the south side of the new ring road in SW Calgary. Check us out online at reddeerlakeuc.com/

CARE MEALS: Congregational Care Packages are assembled once a month. These care packages include a meal, usually soup, or a casserole, and dessert, along with some tea, treats and reading material. To read more about this valuable service visit us at reddeerlakeuc.com/care-meal-program

FAITH & COFFEE: Bring your coffee and join us weekly at Red Deer Lake United Church as we explore the stories of our faith and hear the wisdom they offer us today.

ANNUAL GENERAL MEETING: Our AGM will be held on April 7, following the Sunday Worship Service.

SOUP LUNCH: Join us on April 21 following the Sunday Worship Service for a soup lunch. Everyone is welcome!

HEALING SESSIONS: April 22 at 1 pm. Email ccare@reddeerlakeuc.com to book your session.

MEN'S BREAKFAST: April 27 at 9 am: Join us for breakfast and fellowship. We meet for approximately 2 hours to enjoy a meal and a chance to come together.

FAMILY MENTAL HEALTH SUPPORT NETWORK OF ALBERTA

Join our weekly sessions to cultivate inner peace, reduce stress and enhance your well-being. Take this opportunity to prioritize your mental health wellness and find balance amidst the demands of daily life. Start your mindfulness journey with us today. To register for Classes Call 289.990.9859

Classes are currently being held at these dates, time and locations: Tuesday, Longview Library 2:00 pm to 3:15pm and the Thursday, Sheep River Library Turner Valley 1:00pm to 2:15pm.

Online Courses run Monday at 5:00pm to 6:00pm

Donations are appreciated but not mandatory.

SHEEP RIVER LIBRARY

Every April, Volunteer Canada leads the National Volunteer Week (NVW) campaign. This year, NVW is happening April 14–20, 2024. NVW provides a chance to celebrate the vibrancy and impact of volunteerism in our communities and nationwide. This year's theme is "Every Moment Matters," emphasizing the importance of each volunteer and their unique contributions, particularly now, when support is needed more than ever. The Town of Diamond Valley will be celebrating the many volunteers in our community with a reception on Thursday April 18 from 5-7 pm at the library. If you are a community volunteer, you are welcome to attend this appreciation event.

Need a hand with a basic tax return? If your maximum income level is $35,000 for a single person, $45,000 for a couple or $40,000 for a single parent, then you qualify for the Community Volunteer Income Tax Program provided by Diamond Valley FCSS on Thursday, April 11 at the library between 10 am and 4 pm. This program offers free tax filing for residents with a simple tax situation. Qualified volunteers will prepare and e-file your taxes on a first come, first served basis.

Cathy Hern is the artist currently displaying her work in our gallery space. Cathy will be hosting an art reception on Friday, April 19 from 2 – 4 pm. This is a great chance to both view the art and speak to the artist.

Diamond Valley Sustainable Living Centre will be presenting a Credit Score Workshop at the library on Saturday, April 27 from 10 am to 12 pm. Come and find out what credit scores are, how they are used, and how you can improve your score. This will be a join sponsorship of the DVSLC, Foothills Energy Co-op, and ATB. For more information contact DVSLC at https://dvslc.ca.

Thank you to the Legendary Leos (Junior Lions) who donated money for the purchase of teen board games. These games will make their appearance in the Juvenile collection very soon and will also be used on the Teen Game Nights. Board games purchased with this donation will have a sticker on them acknowledging the donation. The Leos hold their twice monthly meetings at the library; if you have a teen who might be interested in participating with this group, call the library and we will put you in touch. We love partnering with this young, community-minded group.

Due to our abundance of jigsaw puzzles we will now put them on the shelves according to the season. Right now, you can come in and see beautiful spring-themed puzzles in the magazine section.

We have filed our e-resource brochures in a hardy, functional rack by the entryway doors. If you want any information on e-books, Hoopla, Libby, or any other e-resource available through our library system, please feel free to take one.

June 1 may seem like a long way off, but we are already gearing up for our annual Diamond Valley Discovery Day Book Sale. If you have gently used books to donate, please bring them into the library anytime throughout April and May so that we can sort them into appropriate categories. Please, no encyclopedias, textbooks, manuals, or recipe books (the ones with the pages stuck together with ingredients). Please refrain from leaving them in the drop box. All items will be for sale by donation.

LONGVIEW LIBRARY

Bud Maynard very kindly donated a generous number of CDs, to our library. The sales of these paid for our summer reading program, 'EveryBuddy's Reading'. We have 2 more CDs for sale, with the funds going to the library programming.

The first is Spitzer Country by the Bunch Grass Band and the second, Vannetta, produced with the help of Doc Seaman and raising about $2500. 00 for the Colonel Belcher Hospital in Calgary. The cover art is by Gaile Gallup and Bert Smith, two well known local artists. The CDs are $20.00 each.

Some fun facts emerging from our Annual Report are ones you might like to know. Our total collection is 5,913. We have 23 amazing volunteers, our meeting space was booked 7 times ,and we lent our items to libraries outside our system 2,601 times.

May I remind you that we take bottles destined to be recycled in a chest at the bottom of the stairs in the Village Office building. We appreciate your donations as they are also a good fund raiser.

Sylvia Binkley - sliv@telus.net

Spring Checkup

De-Winterizing Special $175

It's that time of year. Let's get your RV or Trailer's system ready for you to enjoy the season.

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. What a lovely spring it's been so far. It's been so nice to sit outside and listen to the birds singing and feel the sun on your face. Speaking of birds, It's National Wildlife Week in April. In order to protect bird habitat during construction on the West End Sewage Lagoon in Black Diamond, a portion of the off -leash dog area will be closed. I have seen owls nesting in the grove of trees there, and having that part closed will be a lot better for the birds that nest there. There will be fencing and signage in place to let users know what part will be closed from March and throughout the summer.

The road to Bluerock is closed from the middle of October until the middle of May. This is to provide wildlife better access to food without vehicles driving by. National parks help protect uniquely Canadian landscapes along with ecosystems that wildlife depend on for their survival.

National Wildlife Week started in 1947 when the Canadian government proclaimed the week of April 10 as National Wildlife Week. April 10 was the birthday of the late Jack Miner, a Canadian conservationist. He was also known as Wild Goose Jack and was one of the first to determine migratory paths of North American birds and is credited with helping to save the Canada Goose from extinction. The Canadian Wildlife Federations encourages all Canadians to learn about wildlife and the environment they call home. Visit the Canadian Wildlife Federation at cwf.fcf.org to learn more about the wildlife in our beautiful Foothills.

Sheep River Library offers a fun program for 2-6 year -olds in April called Busy Bugs. Join them as they explore the busy world of bugs. The program runs Thursdays April 4, 11, 18, and 25 at 9:30 or 11:00. To register, go to sheepriverlibrary.ca or drop by our beautiful library at 129 Main Street in Turner Valley.

It's Volunteer Appreciation Month in April and Diamond Valley FCSS is pleased to present the annual Volunteer Appreciation Event on April 18 at the Sheep River Library. Our towns depend on volunteers for many events and programs. The event runs from 5-7 pm and invites volunteers from any and all local organizations or projects. There will be a light snack, socializing, and door prizes. To find out more, go to the town's website.

The battle of Vimy Ridge was fought April 9-14 in 1917. This is where Canadian Corps finally took the Ridge after significant attempts from the British and French during World War I. However, it was not done without severe cost of 10,602 casualties of whom 3598 were killed. It is important for us to remember those who fought for our freedoms in this recognition of Canada as an elite military force. Why not consider membership to our local Legion branch #78 in Turner Valley. It is such a nice place to have a meal, play some pool or darts, or attend one of their special events. You don't have to be a member to go to the Legion, but for next to nothing you could become a member and make our Legion a stronger one.

Beneath the Arch Concert Series is pleased to announce their annual bursary for students in the performing arts field. This bursary is for students in grades 4-12 who are residents of Diamond Valley, Millarville, Priddis, Longview, and surrounding areas, and home -schooling students are welcome to apply also. Applications are accepted prior to April 30, to apply and to find out more, go to beneath the arch.ca. The Arch's next show is April 27 with Leaf Rapids. They are a Winnepeg folk band, story -telling Americana with intoxicating vocals. The show starts at 7:00 and is held at the Flare and Derrick in Turner Valley.

RPAC is the Rotary Performing Arts Centre in Okotoks and they have some great shows coming up also. The Carolines perform on April 5 and are a 6 -piece band led by three singers. They put a new twist on old classic country songs and their harmony is amazing. April 18 marks Suzie Vinnick at RPAC, she is from Saskatoon and is a wonderful roots and blues singer-songwriter. Shows start at 7:00, for tickets and more info, go to okotoks.ca.

Please drop me a line if you would like to see your not-for-profit organization or event in May's issue at elaine.w@telus.net, before the 15th of April.

Take care everyone!
Elaine Wansleeben

BENEATH THE ARCH CONCERT SERIES

LEAF RAPIDS

SATURDAY, April 27, 2024

Concert at 7:30 pm ~ Doors Open: 7:00 pm

Adult: $25 / $30 at the door
Child (6-12) $10 /Kids under 6yrs - Free

Flare & Derrick Community Hall, Diamond Valley

Buy Your Tickets Online @ beneaththearch.ca

Transaction Fee For Online Tickets or in person from

Bluerock Gallery, Sheep River Library
Tickets for All Concerts Now on Sale

INFO & TICKETS: beneaththearch.ca

DEWINTON COMMUNITY ASSOCIATION

The DCA Board regrets to announce that, after careful consideration, the De Winton Community Preschool (DCP) will be closing its doors following the completion of the current school year.

While the DCP has proudly offered a safe, nurturing and supportive environment for developing children within the community, from a business and operational perspective our preschool, for several reasons, has struggled to remain sustainable.

Preschool has become a complex business due to increasing government licensing, regulatory and administrative procedures and processes. This has become unmanageable for a very small group of volunteers.

Over the next year, the DCA plans to devote significant resources to reviewing a variety of options.

Please direct any questions or concerns to dwca@platinum.ca

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COUNCILLOR UPDATE
Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Fish Creek Watershed Association (FCWA) Event: On Saturday, April 13th, 2024, we are invited to attend the FCWA Public Information Meeting at the Priddis Community Hall, from 1:00 pm – 3:30 pm. We will learn about the "fish", in Fish and Priddis Creeks, from retired senior fisheries biologist, Jim Stelfox, who will discuss threats to a sustainable fishery in our watershed. Also, FCWA will share the importance of beavers in the watershed from Cows & Fish Riparian Specialist, Pam Kuipers, who will discuss the benefits of beavers for the riparian health and resiliency of our local creeks, especially in drought years.

FCWA Accomplishments: With a community-driven stewardship focus on the upper Fish Creek Watershed, FCWA has produced a State of the Watershed Report, an Integrated Watershed Management Plan, and a Priddis Creek Stream Flow study. FCWA has participated in water well monitoring, informed landowners about Cows & Fish riparian assessments of local property, organized a workshop about off-stream watering systems, installed creek-identifying road signs, introduced iNaturalist citizen science, and more. You can find out about FCWA and their event, here: https://www.fcwa.ca

High Country Rural Crime Watch – meeting recap: The 2024 HCRCWA AGM was held on March 12. After a business meeting, RCMP guests, Staff Sgt. Racette and Sgt. Forsyth, from the Turner Valley (soon-to-be Diamond Valley) RCMP Detachment provided an update on their local policing service, received questions from residents, and invited discussion on policing priorities.

Fraud & Scams: Next up, same HCRCWA meeting, we learned from Crime Reduction Liaison Zaman that the number one on top of the long list is romance scams. Approximately $35 Millon has been lost to thousands of Canadian victims of various fraud/scams over the recent year. With each new technology there follows a new coinciding way to manipulate. We heard about "phishing" email scams, "smishing" text scams, crypto currency scams, and "dolphin attacks", which are high frequency signals used to interfere with or gain control of digital assistants and smart tech devices. QR code scams are on the rise, where these codes are directing the unsuspecting person to a site that may take their personal information and use it for ill-intent. Wrapping up our meeting, RCMP then provided suggestions to stay ahead of criminals by employing safety measures, healthy suspicion, authentications, backing up computer files, removing family photos and information off Facebook/social media, and reporting fraud/scams and failed attempts to local police and www.antifraudcenter.ca This presentation and discussions really impressed upon us the need for our ongoing vigilance and sharing with others to help in prevention.

Obituary Scams: Beware! Please read the following short summary of a recent article by the Alberta Provincial Rural Crime Watch Association, "Obituaries: A Way to Say Goodbye or Commit Fraud?". In remembering our loved ones, we share their lives through obituaries, which have evolved from local newspapers to digital platforms. This has exposed our personal information to a world-wide scale of criminals, who exploit what we share. Facts, such as names and relationships of the deceased and birthdates, are shamelessly formed into a scam used to target grieving families or friends. Scammers may contact individuals, through various means, claiming to have a connection to the deceased and fabricating urgent situations that require financial assistance, even acting as fake charities or creditors. Criminals can also use the deceased person's information to commit identity fraud, including opening credit cards, renting vehicles or residences, or opening telephone accounts. When writing an obituary, exercise caution and avoid providing unnecessary personal details. Do not include the deceased's day and month of birth, employment history, or home address. Consider not listing the relatives. It's important to exercise caution and verify any unexpected requests or communications, especially during vulnerable times such as mourning a loss. Executors should take extra precaution to inform credit agencies, financial institutions and monitor all accounts until they are closed. Read the full article, here: https://www.ruralcrimewatch.ab.ca/news/articles/obituary-scams-fraud

Drought Awareness: The Alberta Government is taking action and preparing, in case conditions warrant an emergency measures response. The County is participating in collaborative discussions and strategizing access to local water supplies should assistance to residents be needed. Find drought management info, here: https://brbc.ab.ca/drought & https://www.alberta.ca/drought

Volunteers Needed: Congrats to all Community Associations and their volunteers for making the many local events happen. Please consider joining with the teams in our community to make a difference and to add your valuable perspective and a helping hand. Currently, we are looking for volunteers for the Treasurer of the Priddis-Red Deer Lake Recreation Board, and a Division 4 Representative to the Northwest Foothills Recreation Board. If you would like to know more about these positions and how to apply, please contact me.

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

With Best Regards, Suzanne

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COUNCILLOR UPDATE
Foothills County

Barb Castell - Division 3

The birds are singing and Spring is here!!!

Road Bans
Foothills County Council approved the Spring Road Bans on County roads as of March 13.

To view the current list and map of the 2024 Spring Road Bans, go to the Foothills County website: www.foothillscountyab.ca/alerts/2024-spring-road-bans

Highway 2 and 338 Avenue Interchange
Highwood MLA RJ Sigurdson has announced that Budget 2024 will provide planning and engineering funding in support of a future interchange over Highway 2 at 338 Avenue in Foothills County.

For many years this has been a safety issue for residents of Foothills County and travellers along this section of Highway 2.

Foothills Regional Airport (formerly High River Regional Airport)
The airport ownership has been completed and the changeover has been made to Foothills County. A new board has been appointed and are excited to get to work. For more information go to: www.foothillsregionalairport.ca

Millarville Recreation Board
The Millarville Recreation Board is now accepting applications for funding for non-profit organizations for 2024. Each year the board receives a grant from Foothills County and disperses funds to successful applicants.

In previous years, funding has been provided to local associations, including Millarville Community Library, Millarville Community School, MRAS events, and various 4-H groups.

If you would like to apply for a grant, please email your request to chemguy1@mac.com. Include your group's proposed 2024 budget and a 2023 financial statement. The deadline for applications is April 30, 2024.

Leighton Art Centre
Good news! Leighton Art Centre reopens to the public on April 6, 2024! For more information go to: leightoncentre.org

Nonsuch
Morgan Melenka
April 6 - June 2, 2024

This exhibition employs commercially printed materials - mesh banners and Formica - to discuss the logic of North American built environments, history and imagined histories.

Exhibition reception:
April 13, 2024, 1-4 PM, everyone welcome

Leighton Art Centre - Art & Nature Workshops

April 6
Art for Change, with Andrea Merredew

April 13
Creating Cyanotypes, with Arlene Weste

April 20
Earth Day workshops, with the Diamond Valley Sustainable Living Centre:

- An Earth Day Experience: Blending Science & Art
- Exploring Sustainability: What it Means for Albertans!
- Make Your Own Water-Based Paints!

For more information on all these workshops, go to: leightoncentre.org/events/workshops

The Kids Only Shoppe
Here is a chance to donate items the elves could use for making gifts. Some items they need right now are:

- Frames in good repair up to 8 x 10 (glass included)
- Calendar pictures
- Decorative cards

Items can be dropped off at the Millarville Racing and Agricultural Society office.

If you have not heard about The Kids Only Shoppe, and want to learn more, go to: www.millarvilleracetrack.com/christmas-market

Scroll down to "KOS NEWSLETTER" for the latest information.

Gardening is on my mind. My grow lights are on, and my flowers and veggies are growing like weeds.

They may already be in the greenhouse by the time you read this. Happy planting!

Barb Castell

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DUANE HARDER

Boring, Boring, Boring

There is an ad for home maintenance services on Global News at 6 that encourages homeowners to turn the boring home-care jobs over to a professional company. The implication of the ad is, "Get rid of the boring so you can do what is interesting." Boredom, boring, bored – Words that strip life of meaning and dull our sense of purpose. Come on a journey with me as I explore the phenomena of boredom.

First let's try to define the word. Merriam Webster dictionary describes boredom as "the state of being weary and restless through lack of interest." I would like to suggest that boredom comes when the capacity within me is not released into the circumstance around me. In other words, there is a disconnect between "what turns my crank", my skills, or my dream and the reality of my life.

There are therapists who suggest that those who constantly struggle with boredom may be trying to mask emotional pain and thus they are unaware to their true wants and needs. It has been thought they may be under-stimulated or trying to navigate their way through procrastination and anxiety.

The above may be true. Personally, I have found two other villains at the root of boredom — pride and entitlement.

Pride — This is basically a high view of myself and a low view of those around me. This lofty view of myself causes me to look with disdain on those tasks which are beneath my dignity. "Cleaning toilets, changing diapers, putting out garbage, washing windows, mowing the lawn, et al, is a job for those of lower ability than mine. It is a misuse of my time to engage in such menial, mindless tasks."

Entitlement — "I deserve to be promoted. I should be given a position that will allow my brilliance to shine. Anyone can polish shoes but only a few have the skill set that I possess. If the owner really knew my potential, he wouldn't ask me to perform such menial tasks." Entitlement is about me, my potential and what makes me look good.

On the positive side, **boredom has the capacity to spark creative ideas and launch new projects**. If you have the potential you say you have and you apply 100 percent of that skill to the task at hand, there is the possibility that creative ideas will emerge. My mother had a doctor's appointment. Before leaving she pointed to four **LARGE** sacks of unshelled peas. She said, "You can work on shelling those peas while I am gone." As I worked on the laborious task of getting the peas out of the pea pods, my eyes lighted on the wringer wash machine that was in the corner of the porch. An idea emerged. What if I split open one end of the pea pod, loosened the pressure on the wringers, and then fed the peas through the wringers, would the job go faster. The idea worked marvelously and to my mom's amazement, all the peas were shelled by the time she got home. I must add that she was not impressed with the fact that I had used her machine without her permission. I did assure her that bleach had removed the green stain from the rollers.

Boredom has the capacity of leading us to new ideas and creativity. It can fuel the search for new goals and new adventures.

Our Creator reminds us that the person who wants to be greatest must become the servant. The true servant puts everything he has into fulfilling the task at hand. He discovers the goals of the person he is serving and why those goals are important. He discovers how his part fits into the whole picture of the owner's world. His pursuit of knowledge with understanding gives him wisdom. Wisdom is the ability to put the right piece in the right place at the right time for the right purpose. That makes the worker an asset to the owner. That is the kind of men that owners like to promote.

Eradicate boredom from your vocabulary. Turn the menial into a path of success and I will meet you at the top.

Duane Harder

ADHD AND EXERCISE

DOES EXERCISE HELP ADHD?
You bet. Exercise and ADHD connect in many ways. It is one of the most recommended non-pharmacological treatments (health permitting). It can be used as a supplementary or complimentary treatment option. Think of exercise as medication. It is believed that approximately 20-30 minutes of exercise every other day can act like a little bit of Prozac and a little bit of Ritalin. Much like medication, it increases the amount of neurotransmitters and the positive effects are temporary. This means that consistent exercise is important to do.

HOW DOES IT WORK?
First of all, physical activity is self-prescribed, inexpensive and an accessible treatment supplement. Secondly, it activates positive changes in the brain to release important chemicals. These 'messenger' chemicals are responsible for working memory, emotional regulation and cognitive flexibility. Exercise increases brain-derived neurotrophic factor (BDNF) molecules to improve the communication between brain cells, releases dopamine, norepinephrine, serotonin (the 'concentration' neurochemicals), endorphins (the 'feel good' hormone) and decreases the amount of cortisol (the 'stress' hormone) in the brain. Complex activities like gymnastics offer an outlet for pent-up energy, while yoga can increase concentration and mind-body awareness. All physical activities work together to increase executive functioning, prime you for learning, regulate your mood and boost motivation.

WHAT ARE THE BENEFITS?
Manages co-existing depression - the endorphins that are released during physical activity help with mood regulation. Less co-existing anxiety - a drop in cortisol levels can reduce stress, worry and rumination. Helps to manage anger - especially cardiovascular exercise in combating feelings of hostility. Better sleep - exercise can be relaxing when it is spread throughout the day to balance your energy levels, allowing you to feel more tired at night. Improves memory - increased blood flow to the brain through arteries and veins that are less stiffened. Potentially preventing or delaying the onset of other brain diseases.

BUT, MY ADHD GETS IN THE WAY!
With poor time management, you need to find activities that are less time consuming and a good routine. If difficulty with following complex instructions leaves you frustrated, then choose something that is easy and fun to do. For those who find Yoga too boring, Pilates can be a refreshing change. Looking for less sensory overload and distraction, then hit the bike trails. Strength training with a buddy provides variety, novelty and an accountability to pitch up (on time). Any team sport combines exercise with the opportunity to socialize and to stay motivated. Dancing stimulates the mind and body whether it is formal or just for fun. Walking for half an hour three times per week will also do the trick.

THE BOTTOM LINE
ADHD is a common medical condition that relies on the correct amount of neurochemical uptake through neurotransmitters with great neuroplasticity. Regular physical activity affects different areas of brain health i.e. memory, mood, focus, attention and learning. A variety of exercises are good for your waistline and firm up your brain power. Remember that the more your body exercises, the better your overall brain functions in the long run.

Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.

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ASK CARA - AN EVERYDAY ADVICE COLUMN

Cara Chalmers

Dear Cara,

I have been living in a rural community west of Calgary for about 7 years. Not long after my family and I left the city and moved to our acreage I hired a lovely cleaning lady to help me with the upkeep of our home. My husband and I both work and this cleaner specialized in working for families on rural properties.

She cleaned for us regularly every two weeks up until 2020 when the pandemic hit. At that point we mutually paused the cleanings as both my family and the cleaner were adhering to social distancing and other pandemic policies that were in place at the time. This was not an issue for me as our household seemed too busy with kids out of school and working from home for us to stay on top of keeping our home tidy.

I did stay in touch with the cleaner during this pause in the cleaning schedule and we continued in friendly manner with check ins and whatnot to assess when would be a good time to resume the earlier working relationship.

It was during this time that she reached out to me to ask if she could store some of her belongings in one of the sheds that are located on our acreage property. She identified to me that she was in the process of moving and needed a temporary place to store some of her boxes. I agreed to this and was clear that she was welcome to use one of our sheds (we were not using it ourselves) but that I could not guarantee the safety and security of her stored items given the nature of where we live ie: the potential for rural crime and/or damage from pests etc. The cleaner agreed that this would be fine and she was able to move her belongings into our shed not long after the initial conversation. I did not ask for any details or reasons about why she needed the no-cost storage space as I did not feel it was my place to pry into her personal life.

Cara, months went by and it became clear to me that I was not going to require a regular cleaner any longer due to changes in my own work situation that had transpired. I was home much more often and had reduced my working hours which led to a reduction in income. I was happy to take over the household cleaning myself. The cleaner understood these changes and she and I agreed that she could continue to store her belongings on my property regardless.

About a year ago I reached out to the cleaner to check in with her to see how she was doing and to gently remind her that her belongings were still in my shed, should she have plans to relocate them. I didn't hear back from her. Even after many attempts to contact her via phone, text and on multiple email addresses, I have not heard a word from her in two years. I have even tried searching for her on social media, with no success.

My question is this: given that I have been wholly unable to contact this person and that she has not reached out to me in over two years, what is my continued responsibility in storing her boxes of belongings? We did not agree on a timeline for her use of said storage space. Do I continue to hang on to her personal items despite the lack of contact and can you think of any other ways for me to try and get in touch with her that I haven't already considered?

Sincerely, Storage Stalemate

Dear Stalemate,
I continue to be amazed at the pandemic-adjacent conundrums that continue to linger, even 4 years after the onset of this massive event.

It sounds very much to me that this was and continues to be an informal arrangement. Meaning that no contracts for services were signed and you did not

BARRISTER & SOLICITOR, NOTARY PUBLIC

Linda A. Anderson

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enter into any kind of commercial or legally binding agreement with this person. You have been doing her a favour and a generous one at that.

Regarding the question of what your responsibilities are, the answer is that you don't have any responsibilities at this point. However, if you can continue to store these belongings, then I would suggest that you continue to do so with full knowledge that you are not responsible for any damage or property theft that may occur. On the other hand, if you require the storage space for your own needs then you are under no obligation to continue to house these boxes.

You have described a sincere and thorough attempt to contact this person, unfortunately to no avail. In addition to what you have already undertaken, my only suggestion would be to place an ad in a local classified (either in print or online) so long as you know the area that she was last residing in.

Reach out to this person one more time in the same ways that you have tried previously. Do this before making any decisions about removing her boxes from your property. Document the attempts that you have made to contact her, anything digital (text/email) will be easy enough to record. This will give you a paper-trail of honest due diligence should the need arise.

Anything could have happened to or in the life of this cleaning lady that may have caused her to go dark in her communication with you about your arrangement. There is a good chance that you may never regain contact with her and may never know what happened in this regard. You have held up your end of the bargain in good faith and must now proceed in a way that works foremost for you and your needs.

Cara Chalmers, is a local writer, therapist and registered social worker living in Springbank, Alberta. Need some advice? Questions for Cara can be emailed to: cara@askcara.ca

BIG COUNTRY SENIOR SPORTS SOCIETY - ALBERTA 55 PLUS

The Alberta 55 Plus Provincial Ice Curling championships were held in Cochrane February 22-25. Forty teams from all over Alberta came to Cochrane to compete in age groups from 55+ all the way to 75+. (We had 2 curlers aged 85).

Foothills County is part of Zone 2 and had four teams competing; from the Oilfields Curling Club in Diamond Valley, the Men's 55+ team from High River of Dean Schielke, Kevin Muir, Lloyd Copithorne (Cochrane), and Tim Paziuk captured the Bronze medal. In Open 75+, a Silver medal went to Louis Peterson, Okotoks, Rose Dayment, Longview, Jim Nicolson, Diamond Valley and Barb Larson, Foothills. Also competing from the Oilfields Club in the 65+ Women's category was the team of Cathie Dallas, Tammy Conacher, Linda Nelson and Cheryl Fredell. Our final Foothills entry, in 55+ Women, skipped by Okotoks' Glenys Bakker, with Adele Williamson & Lynn Hartsburg from Springbank, and Heather Craig from Cochrane.

Rocky View County, fielded 6 teams, players from Bearspaw-Cochrane-Springbank-Elbow Valley-Bragg Creek.

Cochrane's Gary Hawkes (with Phil Smith & Jim Anderson from Cochrane, Bob Jennings from Bearspaw) won Gold in Mens 65+. Silver medals were earned by Team Mike Buxton, Cochrane in Mens 55+, and Team Doug Campbell, Mens 70+. Bronzes were earned in Womens 55+ by Springbank's Bev Buckley team, in Mixed 55+ by Cochrane's Dan Ferguson team, and in 65+ Mixed by Cochrane's Team Shaun McGrath. Team Marnie Shipley, Cochrane, finished 5th in 55+W. Canmore's, Team Richard Davis, won Silver in 65+ Mixed.

Winning teams in each category qualify to go to the Canada 55 Plus Games in Quebec City in August, 2024.

The final Provincial Championship being hosted by Big Country Senior Sports Society (Administrator, Zone 2), is Badminton. AB 55 plus Provincials will be held in Okotoks on March 28th at the Edison Badminton Centre.

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Thomas
by Andrea Kidd

"What was that?" whispered James. Everyone froze. Thomas slid the bolt quietly, opened the door just a crack, and peeped out into the street. "It's all right," he told the others, quietly locking the door again. "Only a few workers going home. No soldiers."

The group of friends let out their breath and resumed eating their broiled fish and bread. Then one of them said, "They think we did it. They think we stole his body from Joseph's tomb."

"It must have been one of us," commented one. He scanned the room.

"It wasn't me!" retorted Peter.

"You can be impetuous sometimes," suggested another.

"I swear I had nothing to do with it!" protested Peter. Then, his head sank onto his chest; he left the table and sat by himself.

"Leave him alone," said Thomas, "of course Peter didn't do it…but someone must have."

"He did say we would see Him again," said John.

"He came from God," said Nathanael, sadly, "remember how clear it was three nights ago at the supper?" Some heads nodded and Peter swiped away some tears.

"Mary said she saw Jesus," said John. She's convinced He's risen from death."

"Yeah, but she can get emotional, being a woman," said Thomas, "I expect her imagination got away on her."

"Don't tell anyone I said so," whispered James, "but Marcus, you know the centurion? He told me, in confidence, that the Chief Priests believed the soldiers' report. Those guards got a huge sum of money to keep quiet. They had to say some of us came in the night and stole Jesus' body while they were sleeping."

"What! They had to say they were sleeping?" asked Andrew, "as if that's likely! You know what the penalty is for sleeping on guard duty!"

Outside they heard neighbours leading their animals into stables and securing their poultry for the night. Suddenly, they all turned as they heard a crash. It was Peter. He had kicked at a stool and it lay where it had landed against the far wall. "That wretched rooster!" he growled. "I could wring its neck!"

"I've had enough!" growled Thomas. He unlocked the door, shut it behind him and walked out into the night.

A day or two later Thomas met his friends again. They ran to him, all talking at once, saying, "Thomas! Jesus came! He stood among us! After you left, He was in that upper room with us. He gave us such peace!" Their eyes shone with joy,

Annoyed, Thomas exclaimed, "I don't believe it. You imagined you saw a ghost or something."

"That's what I thought," said James, "but then He asked for some fish and He ate it. Ghosts don't eat anything, Thomas. We were all watching. He had bones and flesh, and we could touch Him!"

"I won't believe it unless I have definite proof," said Thomas flatly. "I have to see this for myself and put my hand in the gash in his side before I can believe such a thing!"

A few days later, the disciples gathered again in the same house. They locked the doors securely, still nervous about accusations of stealing Jesus' body. This time, Thomas was with them.

"Peace be with you!" they heard. Each one turned. Jesus stood among them once again. They smiled in recognition and greeted Him saying, "And with you, Lord!"

Thomas gaped, his face crimson. Jesus stretched out his hands to Thomas, palms up. Thomas shuddered seeing the disfigurement of torn flesh and exposed bones, but Jesus encouraged him, saying, "Put your finger here." Then Jesus lifted his robe. All eyes were drawn to the gaping hole in Jesus' side. "Reach out your hand, Thomas," said Jesus. "Put it here, into my side."

Slowly, falteringly, Thomas obeyed. Hope surged through his being. Jesus was alive. Jesus was present. Jesus was beyond the present, beyond death and beyond life. Solid matter and ethereal Spirit were brought together in the one person of Jesus Christ.

Thomas dropped down onto his knees at Jesus' feet. "My Lord and my God!" he exclaimed. The other ten breathed their agreement. Relief and joy swept through their hearts and minds

After interacting with Jesus several times after that, Jesus' words at their last supper together finally made sense to them. They were one with each other, with all who believed and with all who would believe in the years, decades and centuries to come.

"We cannot keep silent about this!" said Thomas. "We must tell what we know. The truth must be told."

"We must write about Him, too" added John. "Write what we have seen and know; how we have touched Him and lived with Him."

See Luke 24:36 - 43 and John 20:19 - 28

FREEDOM 8848 AND THE EVEREST FREEDOM CHALLENGE 2024

Looking for a new journey to embark on this year? Registration for the Everest Freedom Challenge closes May 1st. Read more to see if you want to get in while you can.

Freedom 8848 is a volunteer organization dedicated to supporting those on the front lines who fight against sex trafficking.

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

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 here in the Canadian Rockies. August 14–28, 2024 will be our 5th Everest Freedom Challenge, and we invite you to join us.

We firmly believe that everyone can do something with what they have. The Everest Freedom Challenge is an opportunity for regular people to make a difference in the fight against sex trafficking. We offer participants the option to hike elevations in three tiers (1, 2 or 3 mountains a day!) 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.

Motivated by our Christian faith, the event certainly has a Christian feel, but of course we welcome everyone, regardless of faith background.

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 strong 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.

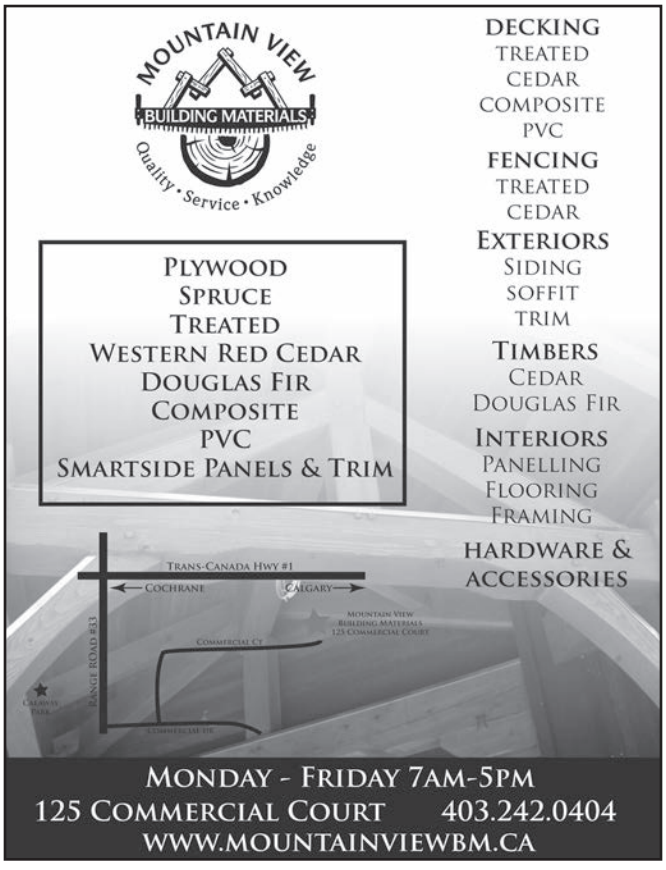
Do you have what it takes? Join us in moving mountains for justice. Go to freedom8848.ca to learn more and register.

About our Partners:

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

Restoration: HER Victory 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 and we have special guest contributors Makwa Dodem from Ally Canada. Fundraising this year will be go to support IJM and HER Victory



MORTGAGE MATTERS
by Candace Perko

Alberta Budget 2024: Housing Outlook and Priorities Update

The Alberta government unveiled its 2024 Budget which emphasized investments in housing, strengthening healthcare and education, building prosperous communities, and fostering job creation in the province.

Budget Recap: Housing & Restructuring Land Title Fees

Budget 2024's Capital Plan prioritizes investments in affordable housing and social assistance for Albertans facing the greatest need. Key projects and programs include:

- $405 million for the Affordable Housing Partnership Program, to support the goal to create13,000 affordable housing units.
- $130 million for the Seniors Lodge Modernization Program.
- $91 million for the Affordable Housing Strategy, to fund the maintenance of government-owned social housing buildings.
- $75 million for the Indigenous Housing Capital Program to construct, purchase, or redevelop housing for Indigenous peoples in need.
- Alberta's current land title fees include base charges of $50, alongside variable rates of $2.00 per $5,000 of property value and $1.50 per $5,000 of mortgage value for property transfers and mortgage registrations, last revised in 2019. Alberta plans to replace the variable charges with a new Land Titles Registration Levy set at $5.00 per $5,000 of value for property transfers and mortgage registrations.
  - For example: For a $450,000 home purchase with a 10% down payment, this translates to a levy of $955, a $553.50 increase from existing fees.
  - The Budget states Albertans will continue to pay the lowest charges among comparable provinces. Legislation for these changes is expected in spring 2024 and additional revenue is estimated at $45 million for 2024-25 and $91 million in 2025-26.

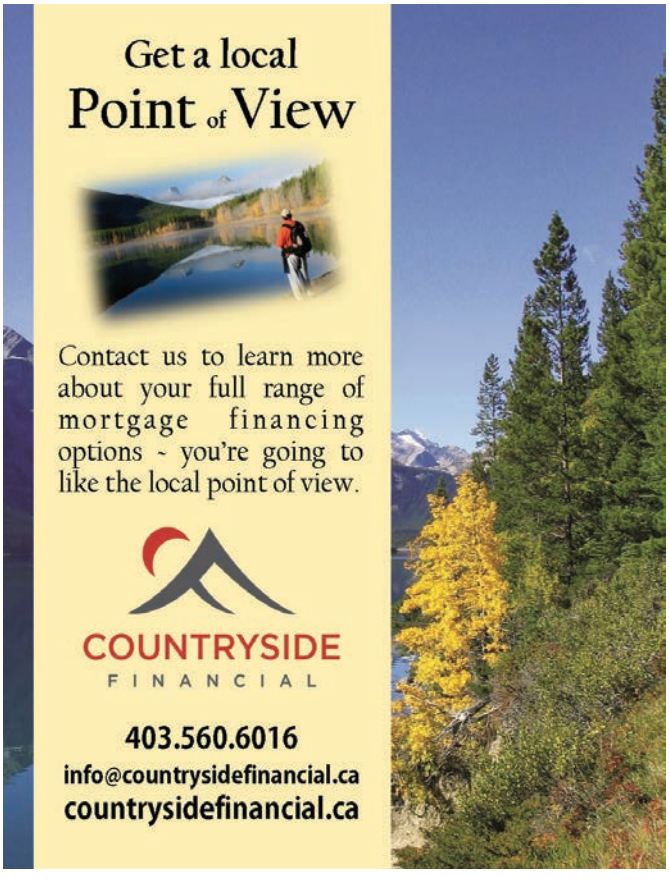
The Budget also highlighted a notable increase in housing starts for single-family dwellings, particularly in Calgary, where they surged by over 40 percent year-over-year in the fourth quarter of 2023. Despite ongoing labor constraints within the construction sector, the pace of homebuilding is anticipated to sustain remarkable strength.

Lastly, the Budget illustrates how Albertans are grappling with mounting financial pressures as delinquency rates for non-mortgage products have surged. While numerous homeowners with mortgages have experienced an uptick in their payments, especially those on variable-rate mortgages with variable payments, the majority have yet to confront higher mortgage payments.

Read the 2024 Alberta Budget here: https://open.alberta.ca/publications/budget-2024

Mortgage Professionals Canada

Candace Perko, Mortgage Broker



OUT OF THE RUT
Chapter 164

And here we are, the month of fools. Ha.

It's been a long, wild ride and although we may feel at times that it's a never-ending trial, I have to say that even at 84 years, it seems too soon.

Many of you will know that I had the privilege of caring for my good friend Phil as his dementia closed in and prevented him from living independently as he had his entire life. It was a real burden in the first few months, wading through what had become a complex mess of unmet obligations, debts and confused finances and other arrangements. Many of his treasured possessions were lost to the wind as it took the authorities considerable time to locate me and ask if I was willing to take on the responsibility of his Attorney and carer. I was in a pretty rough state at that time, my health was at an all-time low and the additional stress was not an instant blessing.

However. I persisted. As those who know me well will know, I can be a striking example of the stereotypical tenacious British Bulldog at times. I wasn't going to give up on my friend without a fight. I feel the end approaching for myself and wonder how it will feel should I be in a similar position.

Four years later. I am so grateful that I had this opportunity, time and space to spend with my friend, to be his support and entertainment in an otherwise largely grim existence. Over the past couple of years I tried to visit at least twice a week, often more, bringing small treats and tokens, some of which were brutally dismissed by the voice of dementia, but most were eagerly accepted. He was so loving and happy to see me, never failing to recognise who I was despite struggling to connect the dots with others or remember outside the current moment. We had so many hilarious conversations harking back to comedy and song we share from decades past, from England and his homeland of Australia. He never stopped talking about Oz, despite the fact he left in his early twenties.

Over the years Phil travelled the world, alone always. He had many adventures; hanging out with Ella Fitzgerald, seeing idols Louis Armstrong and Frank Sinatra live, being hip(pie) at Woodstock, strutting his stuff with the band and a Singapore Sling in Singapore's famous Long Bar, cuddling tigers in Thailand, turtles in Oz, sailing in Belize and not least, hiking the Inca Trail to culminate in a visit to the magical ancient city of Machu Picchu... at the grand age of 72 or thereabouts. He threw a hissy fit at our reunion lunch: He carried a painting all the way from his house to the restaurant we met in, so proud of his epic journey... sharing photos and stories... but somehow the precursor of Dementia made him take massive offense to a supportive comment and he stormed out in disgust.

This past week saw me ensconced in the Rockyview at his bedside, initially for a 30-hour stretch while I held his hand, and his heart in mine, keeping him company, soothing his soul as he went through delirium and fever, undignified times and udoubted pain, before we finally got him to a state of calm and comfort. Finally connected with another good friend of his who was able to relieve me for a few of the nights, I grabbed a few hours' sleep at a friend's house nearby. However, I spent every possible waking minute with Phil, playing music that he loved in endless rotation. Seeing the magic of his beloved music penetrate even the drug-induced lethargy and the wild delirium of dementia and imminent death was a balm for my soul. He rallied for a day, sharing smiles, hugs and kisses, speaking a few words of love to me that ring in my heart and will stay with me I hope until the day I find my way across the ether to the biggest, riotous party in which he now dances and sings.

I hope all our passings are as peaceful and magical as I believe we were able to finally make it for Phil.

Phillip Zelman Woolf. July 1939 – March 2024. Unforgettable.

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GET RIPPED by Jari Love

Feeling Stuck in Your Fitness Journey
Are you feeling stuck in your fitness journey, hitting a roadblock that seems insurmountable? You're not alone. Plateaus are a common challenge for anyone striving to improve their health and fitness. Whether you're trying to lose weight, gain strength, or increase endurance, hitting a plateau can be frustrating and demotivating. But fear not, because there are strategies to help you break through these barriers and continue making progress towards your goals.

Variety is the Spice of Fitness:
One of the keys to overcoming plateaus is introducing variety into your workouts. Our bodies are incredibly adaptable, and they thrive on new challenges. If you've been doing the same exercises or following the same routine for weeks or months on end, your progress may stagnate. Shake things up by trying different exercises, workout modalities, or fitness classes. Cross-training not only prevents boredom but also targets different muscle groups and movement patterns, helping to stimulate growth and improve overall fitness.

Embrace Progressive Overload:
Progressive overload is another crucial principle for breaking through plateaus. This concept involves gradually increasing the intensity, volume, or difficulty of your workouts over time to continually challenge your body and stimulate adaptation. Whether you're lifting weights, running, or practicing yoga, aim to progressively increase the resistance, duration, or intensity of your exercises. This could mean adding more weight to your lifts, running at a faster pace, or holding yoga poses for longer periods. By consistently pushing your limits, you'll force your body to adapt and grow stronger.

Fuel Your Body for Success:
Proper nutrition plays a vital role in breaking through fitness plateaus. You can't expect to see significant progress if you're not fueling your body with the nutrients it needs to perform optimally. Focus on consuming a balanced diet rich in lean proteins, complex carbohydrates, healthy fats, and plenty of fruits and vegetables. Fuel your workouts with pre- and post-exercise nutrition to optimize performance and recovery. Hydration is also key, so be sure to drink plenty of water throughout the day to stay hydrated and support your body's functions.

Rest and Recovery:
Many people overlook the importance of rest and recovery. However, adequate rest is essential for allowing your body to repair and rebuild stronger after intense workouts. Overtraining can lead to fatigue, injury, and decreased performance, ultimately hindering your progress. Make sure to prioritize rest days in your training schedule and listen to your body's cues. Incorporate active recovery activities such as yoga, walking, or foam rolling to promote circulation, reduce muscle soreness, and enhance recovery. Quality sleep is also crucial for overall health and fitness, so aim for 7-9 hours of restful sleep per night to support your body's recovery processes.

Mindset Matters:
Don't underestimate the power of mindset in overcoming fitness plateaus. It's easy to become discouraged when progress seems slow or non-existent, but maintaining a positive attitude is essential for success. Instead of focusing solely on the end result, celebrate the small victories along the way. Set realistic goals, track your progress, and celebrate your achievements, no matter how small they may seem. Remember that setbacks are a natural part of the journey, and they provide valuable opportunities for learning and growth. Stay focused, and keep pushing forward, knowing that breakthroughs are around the corner.

Breaking through fitness plateaus requires a multifaceted approach that encompasses variety, progressive overload, proper nutrition, rest, and a positive mindset. Incorporating these strategies into your fitness routine, you can overcome obstacles, push past limitations, and continue making progress towards your goals. Don't let plateaus derail your journey – embrace the challenge, stay committed, and watch as your efforts pay off in the form of newfound strength, endurance, and vitality. You've got this!

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.

SPRING INSPIRATION

Springtime. Sunshine. Mountain air. You inhale deeply. Your lungs fill to capacity. You feel fully alive.

Something more than exchanging atmospheric gases happens in these breaths. All the meanings of inspire seem present at once. Hawaiians know the breath as sacred and connected to the divine. Taoists, Yogis, and Eastern health practitioners use breathing to build energy, regulate mood and emotions, and achieve mental acuity.

Western medicine has begun to embrace breathing as a means of decreasing stress, influencing hormone levels, and subtly shifting our over-used fight or flight responses.

A good breath can do all that. As our breathing improves, nearly everything about us improves proportionally. When breathing is difficult, it can induce panic and struggle. Being air-hungry from injury or disease is a frightened, limited existence.

Breathing touches every aspect of our being - chemically, mechanically, emotionally, and spiritually. It is integral to our pH levels, core stability, posture, and movement. It's foundational to our health and often underestimated to ts importance and interconnectedness with our other systems.

Most people are not aware that their lungs can get stuck to the inside of their chest wall and that the liver can restrict motion of their diaphragm. These restrictions of course affect breathing, but also affect the movement of necks, shoulders, backs, and hips. The field of visceral manipulation was created to treat these kinds of restrictions.

Most of us have some degree of lung restrictions. It's that common. Think you're sensitive and in tune with your body? Try a little test of perceiving movement. Put your hands on the sides of your lower rib cage. As you breathe in, your lower rib cage should expand laterally. The right side and the left side should do the same thing at the same time.

How'd you do? Feel anything? Did one side move differently than the other? Maybe you barely felt movement at all. If you didn't feel any lateral expansion, there may not have been any. A stuck lung could be the source of that restriction.

Fractured collar bones and ribs, seatbelt injuries, contact sports, falls, and thoracic surgeries can all create adhesions and scar tissue that affect the lungs. Bleeding anywhere inside your thoracic cavity is particularly efficient at creating such adhesions. Smoking, asbestos, and silica particles will create similar restrictions within the lungs themselves.

Because the anatomy is protected within the rib cage it's difficult for health practitioners to feel movements of the tissues and organs. Imaging technology like MRI's and CT scans aren't helpful either because these restrictions are found by detecting abnormal movement and not through the stillness of pictures. This leaves many people under-diagnosed.

Most breathing problems are mechanical in nature (things are stuck), but unfortunately often treated medically with chemicals (pharmaceuticals). It's my opinion that chemical solutions don't always work for mechanical problems.

Good hands-on techniques have been developed to evaluate and treat restrictions in breathing anatomy. We have found that many asthma cases could be markedly reduced or eliminated and in fact, many shoulder, neck, hip, and back problems could be improved or prevented by correcting breathing restrictions. You'll need to find a practitioner trained in visceral manipulation to help you explore this.

Singers rejoice - you can finally tune your instrument and increase the ease and range in which you sing.

As awareness increases of breathing disorders and how they impact our health, there are a growing number of practitioners qualified to work effectively on breathing anatomy within Alberta. Knowing this is like a breath of fresh air. I hope you enjoy the inspirations of spring.

Jeff Harvie - Physiotherapist
Bluewaterphysio.ca

BUFFALO BEANS
by Laura Griffin

One of the delights of taking a walk in Spring is noticing all the new buds bursting out of their winter slumbers and flowers just starting to bloom; a daily walk is sure to keep you marvelling as to which neighbour might be putting out its floral displays next. I only have to walk off the porch to find a favourite of mine the Buffalo Bean or Golden Bean. To avoid confusion, we should mention its proper scientific name Thermopsis rhomifolia, which translates roughly to a flower that resembles a lupin with diamond shaped leaves.

This little neighbour appeared in my garden the first spring I moved into the country before the thought of turning the soil had "sprung" to my mind. I recognized it immediately from the medicinal plant walks we ran with kids at work. The bright yellow flowers could be used as a source of yellow dye and the curled pealike seed pods must not be eaten due to the poisonous alkaloids inside. But the part I most enjoyed telling the students was the reliable yellow bloom would tell the Blackfoot people that the buffalo bulls were ready to be hunted. I would ask the kids to imagine being so in tune to the landscape around you that the blooming of certain flowers would provide them with messages about their daily routines. I love to imagine when a buffalo bull might happen by one day when I'm admiring my neighbour, but for now I heed its message of "hey its time to get to your garden."

The yellow petals of the Buffalo Bean also remind me of how wonderfully in tune nature is to its own needs. I recently was trying to learn a bunch of flowers in a new park. I thought I would take an easy route and simply learn the names of the flowers as they appeared on the landscape chronologically in the Spring. I was flipping back and forth in the plant books from white to yellow flowers and then back weekly. Around the seventh yellow flower, I finally found a biologist friend and asked why are there so many yellow and white flowers in Spring, where are all the other blooming colours? They informed me that in early spring the pollinators who are first to emerge are the flies, not the flashy butterflies and bees, and flies don't see in colour. Yellow and white petals are used by early blooming flowers because they reflect light very well which is a nice contrast with the greens and browns that flies just see as dark colours. How marvellously simple.

I don't know why the Buffalo Beans showed up in my garden. But I take the time to thank them each Spring for reminding me to heed the messages of the land, to get ready to hunt down my connection to the earth, reflect back the light I receive and to welcome all who come with a helping hand (not just the flashy ones). To search for Buffalo Beans, head out to grassy meadow areas and sandy open spots; their eye-catching golden beauty will guide you in.

Photo by Jackie Sills Can you spot the crab spider on this Buffalo Bean?

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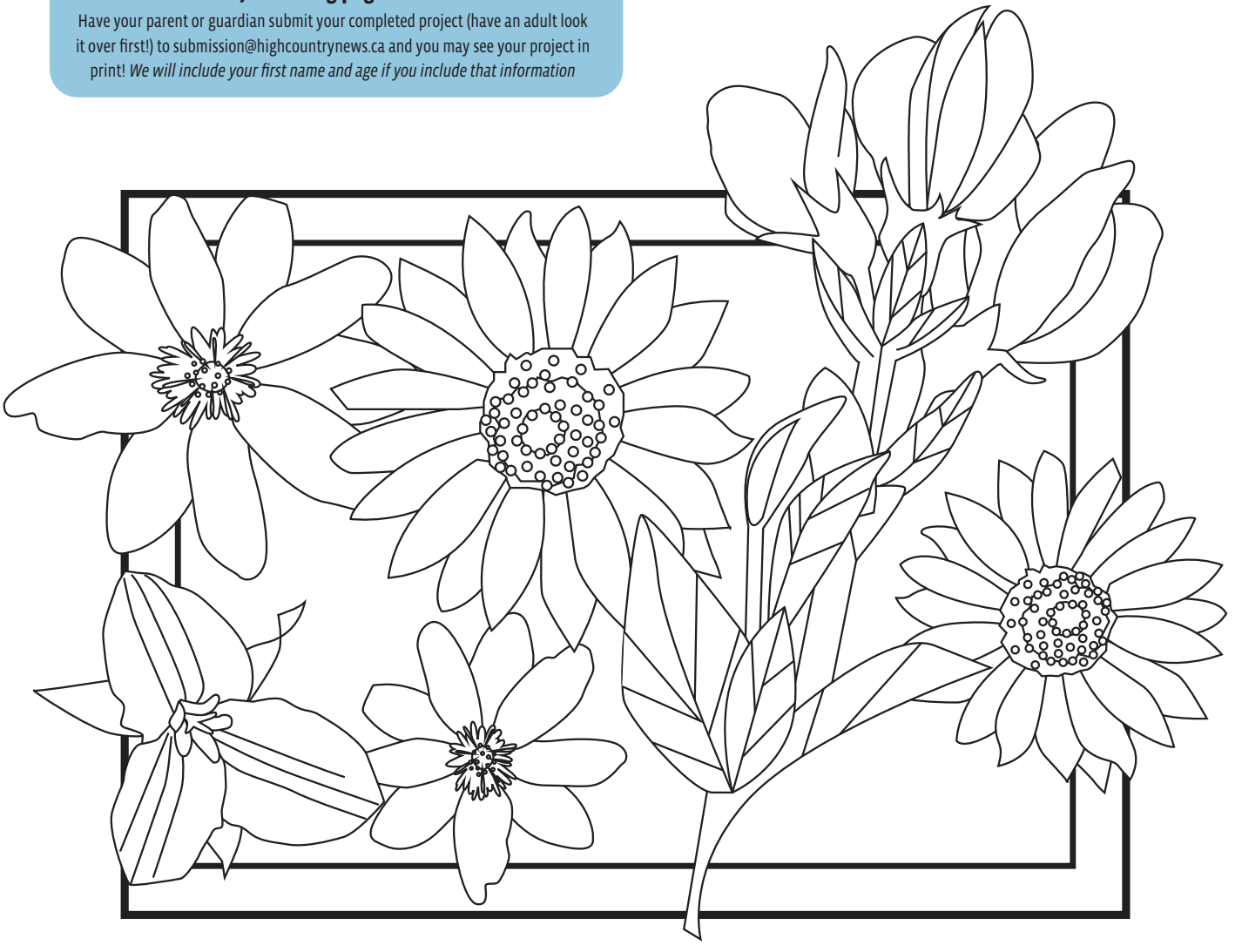
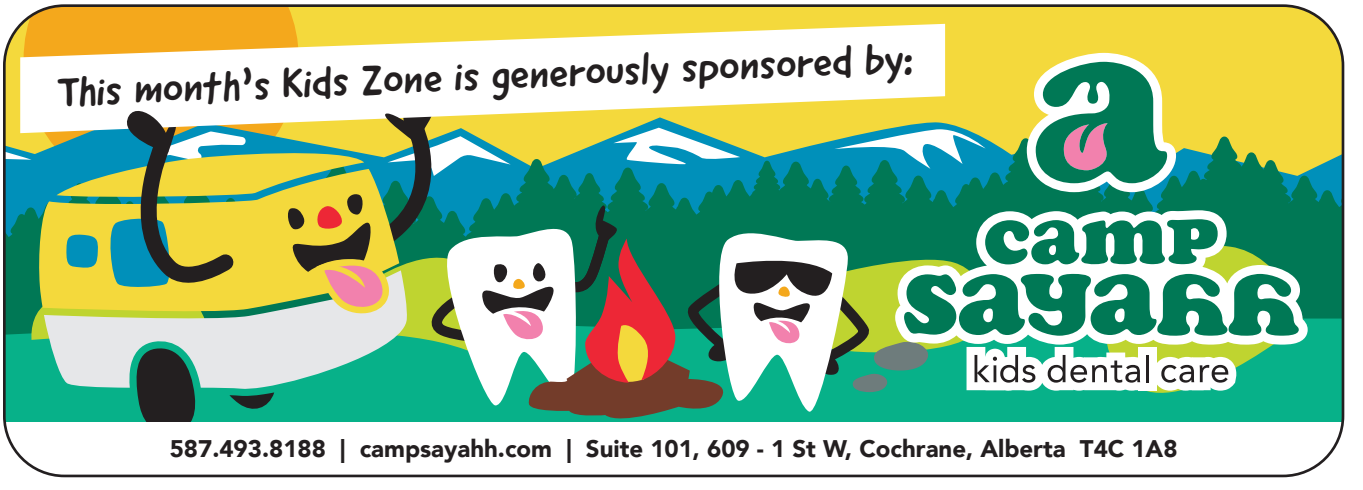
April showers bring May Flowers

Colour some of the blooms of spring, including the bright yellow buffalo bean





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YOUR OWN MUSICAL JOURNEY
by Robin Herbert

As we welcome this shift into the spring season, I think of Easter oratorios such as J.S. Bach's St. Mathew's Passion, or Handel's Messiah. These are masterpieces without a doubt! The incredible work ethic involved in their creation should be enjoyed and admired as such, but not at the expense of the natural practice of making music for ourselves.

The masters such as Bach, Beethoven and Mozart lived in a time of incredible musical evolution, making it a competitive time to be a musician! Composers in the 16th and 17th centuries literally sacrificed their lives to the craft of composing music. They were hunched over candlelit pianos dreaming of notes, patterns, rhythms and harmonies. They were notating it all with a quill and ink for hours every day, in turn losing their sight, hearing and overall health. Thankfully, the world will be eternally grateful to enjoy music at this level of expertise.

Bach's incredible harmonies were so intricate and difficult to perform, his fellow musicians and choir members were sometimes very frustrated. Frustrated enough for a physical fight between Bach and a Bassoonist in the market square! To add insult to injury, the local press also insisted Bach compose simpler music for everyone to be able to perform and enjoy.

Not long after Bach passed away, and with the Baroque period ending, Beethoven and Mozart became a part of the Classical period in which they composed pieces with intense and beautiful melodies. However, these are still incredible masterpieces which are difficult to recreate in the family home without hours of daily practice.

Unless a family had time and money to dedicate their learning to this type of music, the simple and fun 'family music hour' slowly started to disappear in Europe and beyond. Music performance was unfortunately reserved for those who could practice every day, for hours at a time. Before these incredible masters came along, everyone performed and enjoyed simple and fun melodies in their homes. Musicality has always been a natural and innate part of being human.

Whether its simple melodies or intricate harmonies, music is a wonderful skill that can be practiced anywhere from 5 minutes to 5 hours a day. From singing in the car, tapping out rhythms on our laps, playing fun melodies on the piano or joining the school band, the emotional, spiritual, academic and physical benefits are enormous and last a lifetime.

There have been generations of young people turned off from music lessons due to past elitist attitudes and stigma. However, just as many have been inspired by the incredible change in their lives, once music made an impact. Thankfully, I see so many young parents and students who are excited about music lessons today. They know with just 5-10 minutes of practice a day, music will take hold and become a joyful and fulfilling part of their lives.

Playing an instrument is a skill not unlike hockey, painting or yoga. People generally don't compare themselves to Rembrandt or Michelangelo when they attend an art class, nor do we compare ourselves to Gretzky or Sidney Crosby when we attend a skating lesson. Thankfully, our resident BCCA Yogi Master Lily doesn't judge us when we have no idea if our third eye is higher than our sternums!

Just remember to enjoy your own musical journey without comparing yourself to Bach, Beethoven or Mozart. They had their own journey, now this is yours.

Listening Recommendations:
Lay down, close your eyes and let your brain soak it up! It will make every part of your body feel joy and relaxation.

- W.A. Mozart's Piano Sonata no. 16 in C Major K545 Andante
- Beethoven's Pathetique Sonata 2nd movement

Or… Get in your car, drive down the highway and turn it up loud! Your brain will love you for it, and I can ensure an emotional high from the multiple harmonies setting your brain on fire!

- J.S. Bach's Brandenburg Concerto no. 2 – 1st movement
- J.S. Bach's Invention 13 in A minor

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