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HIGH COUNTRY News

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From The EDITOR

It's hard to believe that we are starting August and school will be starting in a month! I trust you have had some time to enjoy the many local attractions, festivals, and events our local communities have to offer.

I read an interesting article the other day on the intentionality of rest. One needs to mark or set this time aside. This is easier said than done – at least for me. I encourage you to do this. Whether it is a couple of hours, days, weeks, find time in your calendar and create a moment of rest with your family, friends, or just you.

To steal a quote from the new Christopher Robin trailer my kids want to see,

"People say nothing is impossible - but I do nothing every day..."

Sometimes we need to relearn the art of doing nothing.

Internal News

Community Events Calendar

We now have an online calendar where you can post your community events. This is a free service, so I trust that this will be of use to your local organization.

You can see the calendar at highcountrynews.ca/events/

Online and Print Classifieds

Just a reminder that your classified listing will also be placed on the web. You can post your article for sale, or business

service through our website at highcountrynews.ca/classifieds/
Enjoy the rest of your summer – we are!

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca

Artist PROFILE

Born and raised in Regina, Saskatchewan, making art was a large part of Deanna's life as long as she can remember. She graduated in 1994 with distinction from the Alberta College of Art & Design (ACAD), in Calgary, where she majored in printmaking. In 2002, she achieved her Bachelor of Fine Arts from ACAD. Deanna's work has been included in exhibitions and collections in Canada, Australia and New Zealand.



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Letters To The EDITOR

The Government likes to perpetuate the myth that a few landowners are holding up SR1. A nice soundbite, but the truth is that the Springbank community has a lot to lose through negative health, social and environmental consequences. Meanwhile, RVC taxpayers will see our tax base reduced when up to 7000 acres of valuable land is permanently sterilized to benefit Calgary. This is a wealth transfer from RVC to Calgary and taxpayers should be asking: where is our compensation for financial damages?

For half a billion dollars, taxpayers should expect better. Half a billion

dollars for Calgary to win and its western neighbors to lose. Half a billion to not address upstream flood mitigation, drought and fire. Half a billion to not get a water storage reservoir. Half a billion dollars and no compensation to local communities for the economic, health and social costs of this project. Half a billion for not one redeeming outcome for anyone but Calgary.

The true costs of SR1 will be felt for generations in our western communities. For half a billion dollars, the Government of Alberta should be able to find some money for consultations with those of us who are most affected.

Karin Hunter

President, Springbank Community Association

Dorothy Anne Martin,

long time resident of the Bragg Creek area, passed away peacefully in hospital July 3rd, 2018. Predeceased by her husband Harry Nicolas Martin, and her brother Arthur Cornish, she leaves behind her two children Daniel Martin (Vivian) and Elizabeth (Liz) Martin, three grandchildren: Chad (Stephanie), Jamie (Dave), Teigan, four great grandchildren, her sister Joan Andre (John), Nephews: Jac Andre, Charles Andre, nieces: Bianca Message (Bill), Yvette Andre, Kathy Marven (John), grand niece Taleana, and grand nephews Kent and Dante.

She will be sadly missed by all who knew her. There will be an informal **Celebration of Life Tea** at the Seniors Centre in Bragg Creek on August 4th from 1 to 4 pm. We hope you will join us to share stories from over the years. Dorothy will be sadly missed by all who knew her.

Letters To The EDITOR

Mountain Woods Health Services Board Announcement

Your Mountain Woods Health Services Board was established in 2010 to bring primary care medical services to the Bragg Creek and RWM communities. With the hard work of volunteer Board members and the generous support of community members and our Calgary Primary Care Network (CRPCN) Partner, this goal was accomplished in record time and our Care In the Creek Medical Centre became a reality. It opened in October of 2012 and Drs Sara Wiesenberg and Les Cunning have provided excellent medical care to our community members from its inception. They were joined by Dr. Annelies Noordman in November of 2016 and our community members continue to receive excellent primary health care. Deep gratitude to our physicians and their staff on behalf of our Board and community members.

In 2017 it became apparent that the role of the MWSH Board has been fulfilled. The CITC Medical Centre is operational and there is no further need for our Board to exist. Hence, we plan to 'bow out with grace' and leave the advocacy of the clinic to our CRPCN partner and its Executive Director, Stephanie Crichton.

I would be remiss to not acknowledge our long term, dedicated Board Members, Karen Nordgaard and Alan Breakey who have been Board members since the Board was established. Deep gratitude to them for their constant service. And many thanks to all volunteers and Board members who have served over our six-year tenure.

Lastly, on behalf of our Board members, past and present, I congratulate Dr. Wiesenberg on her move to the Hygieia Medical Clinic in Calgary and thank her for her longstanding service at CITC. Best wishes for continued success, Dr. Sara.

Warm regards,

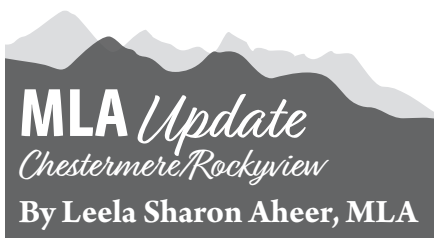
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Hello High Country Readers! I hope you had an incredible Stampede. I am yahooed out, but to tell you the truth, I love our western hospitality. I was in the Young Canadians as a child, so the Stampede is in my blood. Here's to another great year, great weather, wonderful people, gatherings, barbeques, and fantastic live music.

I would like to chat about our pipelines or lack thereof (I'm sure you are surprised!). As you know, Canada produces less than 2% of global emissions. That is an interesting number for many reasons. It is interesting because our emissions are low not just due to our relatively small population but because we care about the environment. Our standards and our regulations and our incredibly responsible resource stewardship are the pillars as to why we produce lower emissions. We are constantly as an industry looking to do better, produce cleaner, and are at the forefront of clean coal and other sub surface technology. Imagine if we incentivized and rewarded great innovation and behavior instead of penalizing everyday Albertans with carbon taxes? At this point in our world coal is the number one fossil fuel for electricity generation, not to mention making steel, and concrete. Alberta and Canada have huge coal resources. New methods of high efficiency combustion, new and improved gasification, and the ability to remove particulates are

all part of what the process needs to look like, and Japan is at the forefront of these amazing technologies. Canada certainly could be. The concept of HELE plants (high-quality, low emissions plants: these plants have the potential to reduce emissions by 40%), 45 of which are being built in Japan are how the industry is moving forward. Energy security for countries other than Canada is a priority and coal is by far the cheapest alternative. We could be selling not just our coal, but our "clean coal" technology. Countries like Japan import more than 90% of their energy sources. Oh, and just for your information, guess where Japan gets its LNG? Not from Canada, but from Australia. We are completely losing at getting our products to tide water and into the international markets. The market for Liquified Natural Gas (LNG) is growing rapidly in China, Japan and other South East Asian countries. If environmental activists and our governments truly care about the environment, why would they try to stop our ability to get this product to the global market? They are actually contributing to pollution. Products that we should be proud of and marketing as the only resource that has our level of regulations and environmental requirements for extraction and production. Our governments would rather listen to David Suzuki, and seek "social license" instead of looking at the social disaster this will cause our province and country as we lose billions that go towards building this beautiful country and taking care of our most precious asset, our people.

Here are some numbers for you. We lose \$43 million per day to our American neighbours due to the price discount we face because of our lack of access to world markets. What about the changes

in the regulatory process which many experts say will mean no more major pipelines will ever be built? As we talk about this, energy investors are running away from us to the United States. Do you blame them? Activists are allowed to create "death by delay" for pipeline projects which means our products are going to continue to go by train and truck. What a great environmental process, when pipelines are the better, cleaner, cheaper and most importantly safer way of transporting our products. But in reality, the argument is no longer about "social license" and what it takes to get a pipeline built. These groups want an end to our livelihood, and an end to resource extraction and development. The keep it in the ground movement is growing, and we have to be more than cheerleaders! We need to keep building momentum, do positive marketing, and fight back against governments that would handcuff their own prosperity and the wellbeing of their own citizens for their ideology. We are a proud, resilient and savvy province, and our governments need to recognize that and stand up for that here, in Canada, and globally.

As always, we love to hear from you.



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MLA Update

Banff/Cochrane

By Cam Westhead, MLA

Dear Constituents,

I'd like to update you this month on the four-way stop intersection in Bragg Creek, as well as report on the province's economy for the 2017-18 fiscal year.

Bragg Creek Four-Way Stop Intersection:

I know how important the four-way stop intersection is to the community of Bragg Creek, as well as the entire region. As a resident of Bragg Creek, I see firsthand how congested it can become, and recognize this is frustrating for motorists who often rethink of stopping at businesses after waiting so long.

I have been advocating for this project since the 2015 election, including several meetings with Minister of Transportation Brian Mason and his officials. His department is working with Rocky View County to see what opportunities may be available to advance this project in a timelier manner, pending available funding.

To date, the planning work has been completed and scoping of the proposed roundabouts is underway. Once scoping is completed, the next step is for an engineering consultant to be retained, which will occur as soon as funding and provincial priorities allow. I will continue to advocate for this important project as it moves through these stages and is considered for funding.

Provincial Economy:

Alberta's economy continued to grow over the last year as jobs returned to the province and government steadily brought down the deficit.

Leading the country, the Alberta economy grew by 4.9% in 2017-18 following one of the deepest and longest recessions to hit the province in a generation. At the same time, the provincial deficit fell by \$2.5 billion from Budget 2017.

More and more Albertans are finding good jobs in an increasingly diverse economy, as Alberta added 90,000 full-time jobs last year. The number of employed people in Alberta reached 2.3 million in December, marking a full recovery of jobs lost during the recession.

As this recovery was building momentum in 2017-18, government focused on making life better for Albertans. This included making life more affordable, through initiatives like reducing school fees, establishing \$25-a-day Early Learning and Child Care Centres and extending the post-secondary tuition freeze through 2018-19.

Another priority was creating good jobs and diversifying the economy, which government did by delivering on the second year of a two-year jobs package, as well as providing job creators with the Capital Investment and Alberta Investor tax credits to support small- and medium-sized businesses. In addition, the implementation of the Petrochemicals Diversification program capitalized on the growing global demand for related higher-value products and is working to promote greater energy processing in Alberta.

By making life better for Albertans in 2017-18, and supporting the economy while it recovered, government has set the foundation for continued progress on balancing the budget. Government is committed to eliminating waste and controlling spending, and finding efficiencies on the path to balancing the budget by 2023-24.

Sincerely,
Cam Westhead
MLA for Banff-Cochrane

CAM WESTHEAD Banff-Cochrane MLA

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Understanding Market Volatility: Part 1

This year began with some market turbulence resulting in a sudden stock market correction (i.e. drop). You would have thought the world was ending with all the hand-wringing and hysteria stirred up by media reports at the time.

Since 1928 there have been over 200 market drops greater than 5% with the average being 12%. At its recent low in February of 2018, the S&P 500 was down by 11.8%. **In other words, this was simply a 'plain vanilla' (i.e. NORMAL) correction.** Admittedly, the pace of the slide was faster than what is normally experienced during these types of corrective episodes.

This year's correction happened in an obscure area of the market. Large market players and traders where using options and derivative strategies. These techniques are often highly leveraged bets using borrowed money. They bet on the direction or possible outcome of certain events happening. When they get it wrong, as they did in late January, there is a rush to hurriedly unwind those often highly leveraged¹ positions. The result was an **impact on the overall market for a short while.** The correction did not in any way reflect the reality of a strong global economy and companies who went on to report strong year-over-year earnings (profit) growth over the next couple of months.

More importantly, for a couple of years now, the media has been focusing on volatility as if it's something vital that the investing public needs to be concerned about.

Since volatility has always been a part of investing in equity investments, most Financial Advisors scratched their heads about why it was suddenly such a big deal. Volatility (or uncertainty) is the price you pay to achieve growth in your money over longer periods of time (five years plus). This has always been the case and will likely continue to be the case well into the future. Many times, Advisors will point to tools such as an Andex Chart to illustrate this point with the chart. Andex Charts show the historical action of many

stock markets. In the Andex Chart all historical lines generally tilt upwards to the right (i.e. increase in value), over time, as a sign of economic progress. These lines are not smooth line but have many squiggles on their upward march.

What happened in January was **immaterial to investors who buy quality investments** where corporate profits rise over time. This is the definition of investing we use to measure investment performance and growth over time. Not what the market is doing day to day, especially when it is influenced by day traders, hedge funds and other market players.

The market action was a bit of a shock to many investors because it was in stark contrast to the benign state of the general markets in the US and Canada in 2017 when there were no daily market moves (up or down)

of 3% or more. This was the inverse of other periods where 3% market moves on the S&P are rather routine and normal.

In the decade from 2000-2009 we saw close to 100 days of 3% or more daily moves. The period from 2010-2016 and 1990-1999 saw about 20 such moves. While the period of 2011 to early 2018 saw zero daily moves of 3% or more. So, **investors were spoiled in 2017** and lulled into a false sense of security when it comes to markets bouncing around.

In next month's article we will look at what role volatility plays in your financial planning and strategies.

Contact my office today to begin the process of getting comfortable with and in control of your financial situation and to review your investments to ensure they meet your needs.

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

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¹Leveraging carries its own risks and is not for everyone. Talk to your financial advisor to advice on properly managing those risks.

MLA Candidate Hits the Campaign Trail

Miranda Rosin is hoping to be a name voters remember. She's thrown her name in the hat as an MLA candidate for the new Banff-Kananaskis constituency, representing Springbank, Elbow Valley, Redwood Meadows, Bragg Creek, Millarville and Priddis, among other areas. Rosin wants to be the candidate elected this fall as a part of the United Conservative Party, which she calls "the party of the everyday Albertan," and says she's excited to be a fresh choice for voters.

"This is the right time, and the right place. I knew I really wanted to be a part of it all – to be a part of change," she says.

Rosin hails from Saskatchewan, and has a degree in International Business. She has worked for Coca-Cola, and in politics as a Chair of Communications.

Rosin's platform promises advocacy for small businesses, the environment and tourism. She also wants to repeal the carbon tax, which she thinks will encourage investment and job creation in Alberta. As to the next step for her party, Rosin says "right now people are excited to be conservative – we are reinvigorated!"

Faith McLean, HCN Staff
faith@highcountrynews.ca



MLA Candidate Miranda Rosin at a recent campaign event in Redwood Meadows. Photo Courtesy: Casey Marshall

Springbank LADIES TIME OUT

Ladies Time Out in Springbank invites new and returning members in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Classes are held on Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd. and 17th Ave SW. We are a not-for-profit club supporting our community.

Registration for the Fall 2018 session will be held Monday, September 10th from 9am to 11am at Eden Brook Reception Centre on a first come, first served basis. Upcoming activities and classes for the fall include: cooking, painting, stoneware glazing, Christmas wreaths, exercise, Reiki, book club, and much more as well as a drop-in weekly coffee/chat group.

Please visit www.springbanklto.com for a complete list and calendar of our 2018 fall classes, events and activities. You can follow us on Facebook at www.facebook.com/springbanklto or on Instagram @springbanklto to view photos of our past activities and to learn more about upcoming events. Why not try something new this fall? Inquiries can be sent to springbanklto@gmail.com. We look forward to seeing you this fall!

Contributed by
Brian & Susan Copithorne

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Springbank Creative Arts Club Update

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

Summer is here! How nice to see everything so green and lush, the haying is started and soon the big round bales will be dotting the fields, a sign of autumn to come, but till then we are loving the sunshine and warm temperatures.

Preparations are almost complete for the Springbank Christmas Market Nov 3rd and 4th held at the Springbank High School Gym. Get some awesome products and support local artists, artisans and crafters at the same time! Limited space is available for unique and special items. Email requests for applications and a sample of pictures featuring your handmade items to yjo999@gmail.com. Only handcrafted products will be accepted. *Note: traditional categories have been filled.*

Next scheduled social evening is Aug. 10, 7:00 -11:00 pm: Stoneware Mug Painting at the Long Grass Studio and Sept 13, 7:00 pm at Harmony Discovery Centre. Are you new to Springbank? We welcome new members to join us, this is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 3rd & 4th, 2018 or membership email yjo999@gmail.com. Have a great summer everyone! Follow us on [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket).

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*

Calgary's Popular Treasure Sale Market Finds A New Home In Springbank

Treasure Sale market was rudely uprooted from last year's home, but has now been transplanted into the Wild Wild West Event Centre alongside Calaway Park, (Saturdays 10am-4pm, free entry).

Browsing families can once again find fun and farmers' produce, like BC fruit and crisp Alberta vegetables, alongside honey, free-range eggs, handmade arts & crafts, clothing & accessories, jewelry and home/garden decor, vintage chic and even flea/yard sale items.

Organizer Jonathan Musgrave said "It was a struggle to find a new home at short notice for our eclectic mix of talented and unique vendors, but this new venue is perfect; with its stunning mountain views, tame ponies in the paddock, on-site catering, and our location just over the road from Calaway Amusement Park - families can make a real day of it!"

With Food Trucks, face-painting and temporary tattoos, plus a kids' play zone, it's a great way to browse for chic treasures and keep even the kids amused. Jonathan smiles... "It's Unique Every Week!"



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U.S. President Donald Trump's latest salvo of tweets and emerging protectionist policies are causing a stir among his trading partners and allies here in Canada.

Tariffs make us wonder how Trump understands our deep friendship, one that is mutually beneficial to both countries, and is important for the stability of many global economies.

President Harry Truman gave a good explanation for healthy Canadian-American relationships, when, in 1947, he spoke to Parliament, saying, "Canadian-American relations for many years did not develop spontaneously. The example of accord provided by our two countries did not come about merely through the happy circumstance of geography. It is compounded of one part proximity and nine parts good will and common sense."

But our nine parts good will and common sense with our neighbours is evaporating under the cloud of protectionism, and not just between Canada and Trump, but much more uncomfortably closer to home.

B.C. Premier John Horgan and his NDP have demonstrated an increasingly myopic view of co-operation, exchange, development and trade. Horgan's self-righteous protectionism is damaging. He wants fuel, but no pipelines. He welcomes tankers along his coast, as long as they don't carry Alberta's resources out to market. It is having a tightening effect on their friends here in Alberta.

Depending on your view, you might not blame Trump for looking for better trade deals. Yet, as former prime minister Stephen Harper said in a recent interview, "I don't understand the obsession with trade relations with Canada ... this seems to me this is the wrong target."

Protectionist policies between neighbours with as rich a history of peace and co-operation as the United States and Canada is the wrong direction. In-house protectionism between provinces, is even more unthinkable. But protectionist policies that cloud the relationships between local municipalities are downright absurd.

Under the watch of the Calgary Metropolitan Regional Board, common sense is being squeezed out of long-standing relationships. Rocky View and Foothills County, Chestermere and Okotoks and other communities may be smaller, but they feel every move and jostle of this NDP-created bureaucratic and policy machine.

When Calgary city hall annexes land, builds roads, or waves around billions of taxpayer dollars and investment, no neighbour can avoid feeling the impact. And they do.

Leaders of smaller communities know the power of this new layer of regional bureaucracy to squelch, veto and tie up development, but not before taking up opportunities for itself. Calgary's protectionism often comes packaged in the form of this regional planning committee that stands in the way of development in neighbouring municipalities.

It is blatant control of one jurisdiction over another, and all to ensure Calgary gets the best deal in the end. It's municipal protectionism packaged and sold as a regional master plan. Worst of all, it's bad for consumers everywhere, including Calgary, because it limits choice and competition.

Consider that elected officials in one municipality have functional governance, control and veto power over the happenings in another

neighbouring municipality. Albertans should raise a few eyebrows at the very thought of it.

If a group in Rocky View County, under the authority and approval of their council, decide to build an amenity or business, Calgary bureaucrats, unelected by Rocky View citizens, can nix the whole project.

Imagine if it was the other way around and Rocky View County had control over projects in Calgary. We would have none of it.

This is not the entrepreneurial foundation upon which this province was built. Alberta and the Calgary region did not become a world-class place to set up business and raise families because of more government oversight thwarting growth and investment.

We thrive when we trust our trading partners and friends. The Calgary Metropolitan Regional Board and its strong-arm protectionism is having an eroding effect and it is about time we rebuilt our region on a firm foundation of good will and common sense

*Bruce McAllister
Executive Director, Rocky View 2020*



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Don't Injure Your Summer

Here are a few tips to keep you safely enjoying the activities you love during summer. We see an increase of overuse injuries at this time of year from excited adventurers who jump out on the trails to bike, hike, run, golf, or start digging in the garden. Rain or shine, it is just a treat to be rid of some snow – so I know you are eager to get out there and enjoy our short reprieve! Whatever your activity of choice, staying hydrated, flexible, warmed up and well conditioned is paramount. Here are a few common activities we tend to see overuse injuries from and some helpful tips to keep in mind...

You may think GARDENING couldn't possibly be "exercise". However, your body is bending, twisting, reaching and doing motions you likely haven't done in a year! Shoulder tendonitis, knee issues and lower back strains are common problems seen with the rigors of gardening. Save your back and the environment with these helpful tips:

- Warm up with a light walk around the garden to limber up and reduce the chance of a muscle strain
- Back bends – place your hands on your hips with your feet shoulder width apart and gently bend backwards at the waist. Hold 2-3 seconds, repeat 5x. If standing is uncomfortable, this can be done laying on your stomach and propped up on your elbows. This gentle back extension will warm up your lumbar discs. This is also a good one to do after gardening or yard work to avoid stiffness.
- Chest stretch – place hands at shoulder height on either side of a doorframe, your feet staggered. Gently lean through

the doorframe feeling a comfortable stretch across your chest.

- While digging – lean forward with a straight spine, bend at the hips and knees and avoid twisting your back to throw the dirt. Stand up, move your body and turn the shovel to rid of the dirt.
- While lifting – use a wide stance and bend at the hips and knees, keeping your spine straight. Keep objects close to your body to avoid reaching and straining your shoulders and back.
- Use a bench or table for smaller projects and knee pads or a cushion when kneeling.

When it comes to GOLFING – stretching and warming up will have you hitting stronger with less effort. Key areas to stretch are torso rotation, shoulder circles, hamstrings and a lunge stretch for the calves and hip flexors. Oblique abdominal sit ups and the side plank will give your back more power and stability in the downswing and follow through. Standing on one foot (try closing your eyes) will challenge your balance and joint awareness and benefit your golf swing.

While HIKING out on the trails, protect your knees and avoid slips and falls by using walking poles. Assisting your balance and keeping you standing taller will save your lower back and take stress off your knees. Stay well hydrated and keep a bag of GORP on hand to keep you fueled. Stretching your calves, hamstrings and hip flexors after your hike will help avoid that delayed muscle soreness you typically get on Monday!

If you like to RUN and are having knee issues – focus on your behind! One of the most common causes of knee problems is weak gluteal muscles. These

muscles control hip rotation, stabilize the pelvis and have fibrous connections down to the knee (the iliotibial band). Hip and lower back problems can also stem from muscle imbalances between the gluteals and surrounding muscles.

- Stretch your piriformis – in sitting, cross an ankle over the opposite knee, sit with a straight spine and lean forward at the waist. You should feel a stretch in your butt on the same side as your bent leg.
- Side leg lifts – lay on your side with your lower leg bent and your upper leg straight. Keeping your spine and pelvis still (laying along a wall helps with this) raise your upper leg about 12". Ensure your leg stays straight along your body and avoid lifting it forwards, toes can be pointed slightly downward. Repeat 3 sets of 10 reps.
- Lunges are a good 'sport specific exercise' that help lengthen your stride and improve your running pace. Ensure good knee alignment over the mid foot, keep the torso tall and hips level. Try walking lunges forward and backwards to challenge your balance and coordination.

These are just a few tips to get you ready for a great summer. If you are still dealing with any lingering issues from the winter, come on in and we'd love to help you get on track for the summer. The physiotherapists at Bragg Creek Physiotherapy also provide personalized fitness programs to help you meet your goals. Don't delay, our summer is short and we want you out there enjoying every minute of it!

Jennifer Gordon (BSc.PT, AFCL, BA Kin)
Physiotherapist, Bragg Creek
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Redwood Meadows Celebrates Canada Day

The rain held off for this year's Canada Day in Redwood Meadows, as hundreds gathered to celebrate. All sorts of activities attracted the crowds – face painting, a bouncy house, ice cream, coffee, First Nations dancers, a bike parade, and a fire fighter demonstration, among them.

"It's events like these that make you love being a part of Redwood Meadows. When our community comes together to celebrate our country and where we live, it just brings us all a little closer," says resident Michelle Thompson. She serves as the Redwood Meadows Community Association Secretary, and helped put on the event. "So many volunteers turn up to help out, and a special recognition should go to our RMCA President, Renate van der Zande, for organizing this event," she adds.

The RMCA was created soon after the neighbourhood was built, and it's been putting on a Canada Day celebration ever since, as an outreach to the community.

Faith McLean, HCN Staff
faith@highcountrynews.ca



Young cyclists gather for the kick-off of Redwood Meadows' Canada Day Celebration - the bike parade. Photo Courtesy: Rob Evans



Indigenous dancers wow the crowds on Canada Day in Redwood Meadows.
Photo Courtesy: Michelle Thompson

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An Update on FireSmart Activities in the Bragg Creek Area

THANKS TO ALL who attended the July 11 Rocky View County (RVC) Emergency Management Open House. RVC Fire Chief Smith and his team provided an overview of the plans and processes that are in place to deal with emergencies including wildfires, floods, and other perils. It provided a forum for your FireSmart Committee to discuss plans for advancing FireSmart initiatives in our Community, and to obtain feedback on the issues of concern to Bragg Creekers. A number of residents took the opportunity to sign up for free FireSmart assessments of their properties. And we are pleased to advise that several residents have come forward to volunteer to assist your Committee - we are going to need lots of help to make Bragg Creek FireSmart!

DID YOU KNOW that the behind the scenes response of RVC Emergency Response to the Champion Lake/McLean Creek fire (May 2018) included: activation of the Regional Emergency Response Plan and Emergency Coordination Center; embedding Reps from Alberta Wildfire, Alberta Emergency Management

Agency, Tsuut'ina Nation, RCMP in their Command Center; use of the Safe & Sound and Alberta Emergency Response System for messaging; prepositioning of firefighting resources; considering potential evacuation routes and timing; notification of supporting agencies (Red Cross); and enacting the Livestock Emergency Response Plan. Multiple departments and people were involved in this operation for RVC. This fire was limited to a relatively small area (no structures were affected) and it turned out to be a strong test of emergency procedures and training - with a number of positive learnings from this fire. There is an emergency checklist available for wildfires that can be found at <https://www.firesmartcanada.ca/resources-library/firesmart-last-minute-wildfire-checklist-protect-your-home-and-property-fro>

\$40,000 FRIAA GRANT SECURED for FireSmart activities in the Bragg Creek area. Budgeted items include a "Chipper Day", preparation of a "Demonstration Forest" to illustrate FireSmart practices, additional fire hazard signage to be placed through the Community, and FireSmart education sessions.

FALL "CHIPPER DAY" PLANNING UNDERWAY to hold a one day event to demonstrate the safe usage of a wood chipper to manage wood waste from FireSmarting your property. Stay tuned for more details.

FREE FIRESMART PROPERTY ASSESSMENTS are available for all RVC residents. To schedule an assessment, go to www.rockyview.ca/CountyServices/FireEmergency/FireSmart.aspx and select "Book a FireSmart Inspection". The property assessment will assist you with suggestions on how to improve the survivability of your property to a forest fire through developing a FireSmart plan. This site also has links to the Alberta Wildfire website for FireSmart information.

IF YOU NEED MORE INFO please contact your FireSmart Committee members - Mark Betts, Jorge De Freitas, Peter Dwan, George Hegmann, Roche Herbst, Michele Longo, Gary Nikiforuk, Dave Rupert, Warren Saunders, or Rick Sukovieff.

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STARS Looks To The Future With Release of Long-Term Fleet Plan

STARS air ambulance is unveiling its fleet renewal plan that will result in a streamlined, unified stable of life-saving helicopters.

"As part of STARS' commitment to continually enhance our emergency medical care services, we need to update and standardize our aircraft fleet, and this is the first step," said Andrea Robertson, president and chief executive officer of STARS.

"The new fleet is an investment in our future, helping us continue to provide critical care services for our children, grandchildren and beyond."

STARS recently conducted independent reviews of the long-term sustainability of its current aircraft types: the legacy BK117 and the AW139. The assessments indicated the necessity of a new, single-model fleet of helicopters.

"The bulk of our current fleet, the long-serving BK117, has been phased out of production, and these aircraft are becoming more costly to maintain," said Robertson. "A unified fleet is considered best practice in terms of safety, fleet management, dispatch flexibility and cost effectiveness."

An extensive review resulted in the selection of the Airbus H145 aircraft as the best option for STARS' new fleet. It is a technologically advanced model with an updated version of the medical interior found in STARS' existing aircraft.

The organization's first new helicopter is expected to be delivered in 2019 and will be based in Calgary. The remainder of the new fleet is anticipated to be

implemented across STARS' six bases over the next five years.

In Alberta, STARS needs five new helicopters to operate its three bases. Each medically equipped aircraft costs approximately \$13 million.

As a non-profit, charitable organization, STARS will embark on a campaign to seek support from the community and our government partners to help purchase the new fleet. The current helicopters will also be sold after the new fleet is in place to help offset the cost of the new aircraft.

"While we await the arrival of our new helicopters, our existing fleet will continue to serve our patients reliably and safely," said Robertson. "You can count on us to be there for the next patient who needs us."

For more information, contact:

Mark Oddan, STARS Communications
fleet@stars.ca | 1-844-853-5338

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For photos, b-roll and a video message by STARS president and CEO, Andrea

Robertson, visit bit.ly/STARSfleet

About STARS: Simply put, STARS fights for life. Since we embarked on our first mission in 1985, we've been driven by the goal of providing people the vital care they need when they need it the most. Whether it's offering hands-on training to rural medical providers or providing rapid, emergency medical transportation for the critically ill and injured, we operate 24/7 from bases in Calgary, Edmonton, Grande Prairie, Regina, Saskatoon and Winnipeg, anticipating and acting when people need our help.







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Bragg Creek JFW Family Legacy

25 short years ago, Sylvia Gibson, her husband Randy and their four children embarked on an adventure when they moved to Bragg Creek from the city. They revived a Junior Forest Warden club in Bragg Creek that had folded in the 70s and they chose Bald Eagles as their name, primarily because of Randy's fascination for the power and majesty of all birds of prey.

There began their JFW family legacy. Sylvia became very active at all levels of the organization, serving as President of the Provincial Association for several years. Randy was always there helping in the background to make the JFW family adventure happen for the Home club.

The Southern Alberta Birds of Prey Centre in Coaldale, Alberta became a favorite project of his and he often spoke of organizing a JFW weekend trip there to assist the not for profit group in some meaningful way.

The Gibsons remained active with JFW on a local level even long after all four kids left home. Talk continued of an educational trip to the sanctuary for some education about the Bald Eagles and other birds of prey and what they do to protect such wildlife.

When Randy passed away of multiple myeloma in September of 2015, his plan was not forgotten. Significant donations were made to Bragg Creek Junior Forest Wardens in his name, at his own request in lieu of flowers. Sylvia's wish was that we use some of those visit the Southern Alberta Birds of Prey Centre in Randy's honour.

On Saturday May 12, more than 20 JFW families, comprised of more than 60 adults and children, travelled to Coaldale to take part in some volunteer work to assist the efforts of the sanctuary. The Wardens and their parents to constructed some complex but highly effective Mallard Duck Nest Rolls to allow the ducks to lay and protect their eggs from predators.

As well, they built and placed a large number of bluebird boxes giving bluebirds with their taking electric blue plumage safe places to nest their young. The extra birdhouses were decorated and will be sold in the gift shop at the sanctuary to raise additional funds. Because of the generous donations made by so many, the club was able to donate both their time and all of the supplies required.

One group member said "Randy was dedicated to the Bald Eagles in more ways than one. He would be very proud to see us out here working for his favorite cause."

Bragg Creek Bald Eagles JFW begins its 26th season this fall. Interested in joining the family adventure? See our booth at the BCCA Fall Family Programs night being held on September 12 at Redwood House. Or call Brett at 587.897.1731 for more information.

Submitted by Jacquie Hromyk

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Hello Community!

Was anyone else surprised to see August already? The beautiful Bragg summers sure seem to fly by, so we hope you have been able to soak up some adventurous and fun moments! One of those fun, community moments just passed a couple weeks ago: Bragg Creek Days! We wanted to take the time in this month's article to thank everyone involved with pulling together this quirky and friendly Bragg Creek tradition.

First off, we would like to thank our incredible community for stepping up to volunteer for this event! Did you know a volunteer committee of local folks stepped up to plan and organize everything from the parade to the market (even building midway games!)?! Thank you to Christine Pollard for heading this committee made up of Peggy and Dave Rupert,

Carrie Hucal, Rose Dallyn, Jamie Newsom, Laura Matthews, Sherri Olsen, Renate Van Der Zande and Shaye Radford. Also, thank you to the 75+ people who volunteered on Friday and Saturday to make the event happen, including over 20 of our community's younger folks who will some day run this event! We couldn't have done it without each and every one of you, so thank you for making a difference in your community! Thank you also to the local artists who entertained us with their talents throughout the event: The Waltzing Matildas, Lightfoot, Walker & Newsom, Springbank Dancers, JR Kaquitts Band, Murray Rodgers & Jennifer Evans, Emmet Jerome, and Rob Moss!

Thank you to all of the generous local businesses and organizations who sponsored and contributed to this event including: Admaki, Aesthetic & Wellness Spa, Alluring Elements, Art Country Canada, ATB Financial, Bragg Creek Insurance, Bragg Creek Chamber of Commerce, Bragg Creek Ladies Auxiliary, Bragg Creek Oil & Vinegar Market, Calgary Stampede, Care in the

Creek, Cowtown Beef Shack, Creekside Plumbing, Gypsy Marie's, Hair Studio Bragg Creek, Harder & Sons, High Country News, Justin Clarke, Junior Forest Wardens Little Schoolhouse, Powderhorn Saloon, Rani's Rasoi, Redwood Meadows Community Association, Redwood Meadows Emergency Services, Rockies Tavern & Grill, Roast Coffee & Tea Co., RJK Development, Spirits West, Sugar Shake Bakery and Sylvie Lappa Massage!

Thank you to our event partners, Ride for Sight, who hosted their successful event on Sunday.

Thank you to the Bragg Creek Community Centre staff who went above and beyond to ensure the Bragg Creek Days Committee had everything they needed to be successful from getting permits, to leading set up, to being available all weekend for any support that was needed!

So, in short, thanks Bragg Creek for being so awesome and for supporting this fun, engaging, creek event that we all love being able to enjoy!!

Sincerely,
BCCA Board of Directors



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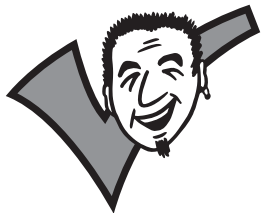
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Updates from Division One

It's already August!

Now that the Bragg Creek Days Parade and festivities have come and gone, it's time to continue on with summer. This was my first foray into participating as a "distinguished guest" as opposed to being a representative of business or working the crowds as a volunteer. It was fun having the Deputy Mayor of Redwood Meadows, Scott Ackerman and our MLA, Cameron Westhead as passengers (after all, it was the Rocky View County '56 Chevy we rode in) throwing candy and trinkets to the many smiling faces. A huge congrats to Dave Rupert and Christine Pollock and all the volunteers who made this event so successful.

FireSmart is in gear.

Sadly, due to a family matter, I was not able to attend the recent community meeting held at the Bragg Creek Community Centre hosted by RVC and the FireSmart Committee. From the great turnout, residents took the time out of their summer to look into this matter. I encourage everyone in Division One to partake in educating yourself in emergency preparedness involving wildfires. Remember, we came close not only a month ago. For more information please contact your FireSmart Committee members: Mark Betts, Jorge De Freitas, Peter Dwan, George Hegmann, Roche Herbst, Michele Longo, Gary Nikiforuk, Dave Rupert, Warren Saunders or Rick Sukovieff. Also read the update from the committee in this issue. Thanks to the committee volunteers and to RVC.

The latest on the egress road.

After the FireSmart meeting, a topic that came up during the event was regarding where the "talks" stood addressing the egress road. Since my last communication with our Intergovernmental Affairs Manager, not much has changed. RVC continues to negotiate the cost required to build this infrastructure. But I want to state that the process to build this "emergency only" route is still moving forward. Our last Council and Administration worked tirelessly for years to make this possible and it's vital that we get it built. That's not to say the conversation stops with just this solution. The more escape routes, the better.

Speaking of escapes...

We were fortunate, once again, that Mother Nature spared us a flood. RVC continues to move full steam ahead with implementing the berms even though we are part of the conversation in the SR1 vs MC1 debate. Keep your ears and eyes on the news.

And finally...

I want to thank my creative/campaign team's work on my election bid and to residents for your understanding as some were upset by it. We were just awarded an International Gold Summit Award for our election campaign creative.

I look forward to catching up with family, life (aka golf), and business as councillors get the month of August off. Enjoy the sun and travel safe. See you in September. - Cheers, Mark

COUNCILLOR MARK KAMACHI

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Area Seniors Head to Competition

Senior athletes from the Foothills Region are gearing up for this year's Canada 55 Plus Games. They'll head to New Brunswick this month to compete in everything from swimming to snooker.

Overall, Alberta is sending 366 athletes this year, with 28 of those being from Big Country Seniors Sports Society, or Zone 2 of Alberta 55 Plus. That area

includes Bragg Creek, and Millarville. Clint Docken, representing Bragg Creek, is scheduled to compete in cycling, and Millarville's Jack Whittle will compete in track and field.

At a past competition, Bragg Creek's Colin Gilbert came home with a medal. The Provincial 55 Plus Games will be held in Edmonton in September.

Faith McLean, HCN Staff
faith@highcountrynews.ca



Athletes prepare to compete in the sport of lawn bowling as a part of the Canada 55 Plus Games. Photo Courtesy: Douglas Campbell

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Trail Race Draws Runners to Kananaskis

150 people hit the trails for this year's Powderface 42 in Kananaskis – a race that's been going on for more than a decade, drawing runners from all over the country. Participants had perfect weather, but muddy wet conditions this time around.

Altra Running Shoes helped sponsor the race, and representative Brayden Hiltz says it's a good one to support. "It's a single track race, which is lots of fun," he says. "It's also a unique race because of the amazing Powderface views."

Katie Cox was the women's Powderface marathon winner, with a time of 5:37:29. Dave Stevens won the men's division, setting a new course record at 3:55:44.

Powderface 42 is just one of the races put on by Calgary-based 5 Peaks Adventures. Their August race is located at Chickakoo Lake Recreation Area near Edmonton.

Hanging out at the finish line. Photo courtesy Graham Thompson

Faith McLean, HCN Staff
faith@highcountrynews.ca



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An Open Letter From Dr. Sara To Her Patients

Starting in August of this year I will be moving my practice to the Hygieia Clinic at 726-10 Discovery Ridge Hill SW Calgary (www.calgaryfamilymd.com), 403-457-9117.

This move in no way reflects the outstanding work this community, Mountain Woods Health Services Board and the staff at the clinic have achieved in establishing a clinic such as Care in the Creek. Unfortunately, it is the result of irreconcilable differences within the clinic that I feel compelled to care for my patients elsewhere.

I sincerely hope you will join me at the Hygieia Clinic. If not, the Foothills Family Medical Centre in Black Diamond is accepting new patients plus many clinics in Cochrane and your files can be easily transferred at your request.

It has been a pleasure to know you and help you and I hope to see you in my new location.

Warmest regards,

Dr. Sara Wiesenber

NOTE: The Snowbirds Seniors Fellowship offers free rides to Calgary medical appointments to community members 50+. Drivers will pick you up, wait until your appointment is over and then bring you back to your home. If this service is of interest to you, please contact Roger Latham at 403-949-4147.

Foot Care In The Creek!

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To The Care In The Creek Community...

Dr. Sara will be leaving Care in the Creek Medical Centre on August 1, 2018 to pursue her medical career in Calgary and we will assist her in the timely transfer of all medical information. We wish her the very best and extend our thanks to her for her community care work over the past six years.

Dr. Noordman and Dr. Cuning will continue to provide care in the community and we are altering our clinic hours to increase community access. We are actively recruiting to guarantee long term accessibility and continued growth of the clinic.

Thank you for your understanding and continued support of Care in the Creek Medical Centre! If you have any questions please do not hesitate to contact the team at Care in the Creek. We look forward to continuing to care for all your health and wellness in this, your medical home.

With best wishes,

*Dr Les Cuning, Dr Annelies Noordman
and the Team: Julie, Nancy and Desiree*



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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

These are quiet times in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. Rural crime is on the rise. Last January 28 around midnight, two men kicked through the front door of the home of a public-works manager on a first nation when she was asleep on her couch with her dog. They did not see her but went straight to her bedroom. There, they realized they were in the wrong house. She unwisely confronted them, and the men left, stealing her cell phone, a bear spray, and a flashlight. She was lucky that is all they did.

We all know about what happened last February when Eddie Maurice fired a warning shot at persons attempting to steal a truck on his property. He also was lucky not to have been convicted for his actions.

In March around 2:30 a.m., three men savagely beat a 79-year old retired forest ranger on his rural property near Rocky Mountain House. Averted by a motion-detector, he left his bed, went outside and saw two men, in hoods and scarves, trying to steal his truck. One of the men hit him in the face. He went down, and the other man started kicking him. Then one of the men drove off in Mr. Ross's quad while the other two men drove off in a sedan. A month earlier, apparently the same men had tried and failed to steal his truck. Persons also had broken into his wife's truck twice, resulting in \$800 damage done each time. The R.C.M.P. were able to retrieve the quad, but the victim had to pay \$168 to release the

vehicle from storage.

The R.C.M.P. in Pincher Creek note that between May 4 and June 20 there have been at least **six rural break-ins** where property was stolen.

In June 2018, the actions of a landowner, suspicious about a strange van parked near his property, prevented a major attempted break-in near Calgary. He phoned the police, who apprehended two Calgarians and one Edmontonian who now face a combined 282 charges. The police note that each of the accused is facing ninety-four charges for **forty separate cases** of break-and-enters across all of southern Alberta. To read more about the arrests, Google "300 charges Airdrie".

Commenting on the event, the R.C.M.P. said "It was a very simple call about a suspicious vehicle [that led to these arrests]. We're always encouraging rural residents to look out for each other.

Join a rural crime watch or any type of group that is helping to monitor suspicious vehicles and suspicious activity."

If you want to join the High Country Rural Crime Watch Association, phone us at 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: www.hcrwa.ca. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch. **Admission is free and dues and obligations are nil.** You will then receive regular notices of criminal activity in

our area. The information we publish regularly in this column is but a small fraction of the news circulated more frequently to our membership about crime in this area.

How can we best defend ourselves? The law states that we can defend our property and ourselves, as long as our response is "reasonable." With many variables in play, determining what is "reasonable" is tricky. We can potentially create more harm for ourselves than what we intend to stop. Most of us are not experienced in dealing with a potentially violent situation. The police are better than we at confronting dangerous, violent criminals. Rather than risk getting killed ourselves if we confront persons who have no respect for the law or for human life, the best things we can do are (a) have an escape plan whereby we can get out of our homes quickly and safely, and (b) notify the R.C.M.P. about what is happening. Almost anything a criminal can take from us can be replaced, but the lives of our loved ones and ourselves cannot be replaced. While confident, experienced residents may choose to defend their homes, for most of us, the risk is too great. As an old saying goes, "The life you save may be your own."

My last column discussed Federal laws concerning trespassing. Alberta laws also cover the subject and reading them is empowering. The more knowledge we have of the law, the more confident we can become, making us less appealing to criminal elements. We do not need to read countless pages. If you Google "Trespass Premises Act" the relevant document has just four pages. "Petty Trespass Act" has only three pages.

So that's the news from the High Country where all the grown-ups will live forever, and all the children are smarter than all their friends.

*John Robin ('J.R.') Allen
Membership Coordinator, H.C.R.C.W.A.*



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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Greetings! Sharing my update about your Property Assessment and Taxes...

Foothills County: 22,766 people call this beautiful rural municipality "home", according to 2016 census results. Our County features the foothills and prairie of sunny, southern Alberta, covering an area of approximately 3,600 square kilometres. We are next-door to the City of Calgary and 13 other municipal neighbours, and we've been around in our current form since 1954 (64 years). Our records show approximately 15,300 taxable rolls here; that is, separate-titled properties to which property taxes are applied.

How are property taxes calculated? Each year during budget process, Council approves an amount of revenue required to operate the municipality. The 2018 operating and capital budgets total \$73.48M: \$40.29M for municipal operations, \$10.39M for capital projects, \$1.03M for debt repayment, \$20.78M for schools and \$0.99M for seniors housing. Once the Province sets the school requisition request, which we must collect for them, we then calculate what is needed to pay for schools, seniors housing, plus our municipal expenses in our operating and capital budgets. The income expected from utilities, grants, licence fees, permits, etc., is subtracted and the remainder represents the amount to be raised in property taxes. This amount is divided

by the total value of all the assessable property in the municipality to arrive at the overall tax rates. Council may set different tax rates for these four classes: residential, farmland, non-residential (land &/or improvements with commercial/industrial use) and machinery & equipment, subject to the maximum farmland and M&E values calculated by the Province. Foothills County does not levy a business tax. Sometimes more than one tax rate applies to parts of the same property, as the activities, buildings and land-use may determine. The majority of assessment in Foothills is "residential". Your assessment is based on characteristics of your property, improvements and market value trends related to the first 3 acres of your land, farmland rates on the balance land, and the status of your parcel improvements as of December 31, 2017. In 2017, market values had an overall increase of less than 0.5%. To determine taxes, your property assessment is multiplied by the mill rate. 2018 mill rates increased a small amount: 0.5% for residential, farm and non-residential properties, with the M&E mill rate increasing more, at 5.96%.

What do property taxes pay for? This year, 44% of your residential property tax bill pays for schools and seniors housing. The remaining 56% pays for Foothills County operations/services and capital expenses (directly or shared with other municipalities) to

support the residents of our large rural area and our nine hamlets: Aldersyde, Blackie, Cayley, De Winton, Hartell, Millarville, Naptha, Priddis and Priddis Greens (includes Hawk's Landing). Services include: general administration, seven councillors, public works department, road construction and sustainable maintenance of over 2,000 kms of road (snow removal, grading, gravel, bridge repair, culverts, equipment, vehicles, oil, dust control product, responses to Mother Nature's surprises), fire protection (includes equipment), emergency 911 call answer service and fire dispatch, emergency management, protective services - bylaw enforcement, agricultural services (maintenance, mowing ditches, brushing, weed control, educational workshops), recreation and parks, planning and development administration, building permits with safety codes officers, assessment department, tax department, corporate services, mapping department, regional landfill and Frank Lake effluent pumping system management, two garbage transfer stations, family and community support services, cemeteries, libraries, community clean up, Stars ambulance, inter-municipal planning, administration of provincial funding, water operation services for bulk-fill stations and water monitoring (paid by users), water



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and wastewater services to some hamlets with full cost-recovery, shared admin building and two workshops, informative website, Western Wheel subscription (providing minutes, upcoming hearing and development notices), plus numerous committees and boards in the support of our communities (councillors each sit on 14-20 of these), etc.

As we grow and face an increase in demand for services, we must plan for the future in order to be equitable throughout our municipality, take our residents' views into consideration, mitigate impacts and consider regional efficiencies. Your input has been included in our Municipal Development Plan, Growth Management Strategy, Inter-Municipal Development Plans, and recently on several new topics, through consultation. We continue to collaborate with different levels of government and our neighbours to achieve resolutions to problems, including the rural crime issue and being at the table to plan together with the mandated Calgary Metropolitan Region Board. Your Council and Staff are especially conscious of your desire to keep taxes from increasing and keep levels of service adequate. We're planning for and encouraging industrial/commercial development in our Hwy 2A Industrial Corridor, looking for industrial assessment to offset and reduce taxes on residential assessment, if possible.

Friendly reminder: Property taxes are due September 30, 2018.

*For Other News & Updates:
Please visit my website: suzanneoel.com
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With Best Regards, Suzanne*

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Priddis Stampede Breakfast - July 8th:

Yahoo! The Annual Priddis Stampede Breakfast on July 8th was a huge success again this year. Everything was ready to go at 8:00 am as our volunteer Firemen cooks and volunteer executive chef served up 455 delicious breakfasts. The band started playing and the coffee was hot! Again, this year we had a bouncy castle for the kids and horse-drawn wagon rides from the designated parking area on Priddis Valley Road. Ted and Julie Hoffman from Millarville won the 50/50 draw: \$255.50. The winner of the Brunch for Two raffle, donated by Priddis Greens Golf & Country Club, was Jamie Lywood of Priddis. Priddis Volunteer Fire team manned their fire trucks and displays. Range Recycling, a new local business, had their truck on display. Information tables were set up by volunteers for the Multi-Purpose Building with a few raffles to raise awareness and donations. Some prizes were not claimed at the Breakfast so check the website, www.priddisalberta.com for the winning numbers. The M.D. had a table on the Dark Sky Country. Thanks to all our donators this year: Chaulk Real Estate, Priddis Greens Golf & Country Club, Azuridge, Priddis Store and M.D. of Foothills. The Board would like to thank all volunteers who stepped up for this event. Lots of fun was had by all and we already have some returning next year!

Yogis R Warriors of Hope: This event on June 23rd at Priddis Greens Golf Course was a great success despite the rain, which forced everyone indoors! We had 100 yogis participate and surpassed our goal of \$10,000 for Wings of Hope Breast Cancer Foundation. Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer

patients are unable to work during their treatments. Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries. We appreciated your support in helping us raise awareness in the community. Best Regards, Lori Colwell, Warriors of Hope-Chair.

Priddis & Millarville Fair: Mark your calendar for the 111th Annual Priddis & Millarville Fair, August 18th and 19th. It is at the Millarville Racetrack. Admission is \$5.00 a person, children 8 and under are free. Besides all the neat exhibits to see, there will be a petting zoo, wagon rides, Kid's World, and the Millarville Farmers' Market. Don't wait. Start planning your entries. Many volunteers are needed so contact Suzanne Sills at 403.931.3411 for a great experience for our joint communities.

Multi-Purpose Building: The addition of this facility to the Hamlet will bring growth and secure a future for Priddis and the business community. Priddis will be able to offer more recreational opportunities and make a stronger family connection with community members.

Fundraising: The Fundraiser held on June 1st at the hall was a huge success. Thanks to all sponsors, volunteers, donors, and attendees, we were able to raise \$28,000. for the project!!!

Please save the date, Friday, September 14th, for the Fundraiser Golf Tournament at Wintergreen Golf and Country Club. Direct sign-up: www.eventbrite.ca/e/tee-up-fore-the-kids-golf-tournament-tickets-6865707593?aff=ebdssbdestsearch

Single Player is \$160.00 and Foursome is \$600.00. Regular Registration for a Single Player is \$180.00 and Foursome is \$650.00. The event is an 18 hole Scramble including Cart, Banquet with Dinner, Silent Auction and Prizes, Pro Clinic with PGA Tour Canada Winner, Win \$25,000. or New Car Prize at Hole in One Challenge! 10:30 Registration, 11:00 Pro Clinic, 12:00 Shotgun. Questions about the project or our upcoming fundraiser, please email priddismpbldg@gmail.com

Check the website, www.priddisalberta.com for more details on these events and project updates.

Priddis Library: Hours at the Priddis Library in the old-school house are on Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's books and a play area. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine and Carol for volunteering their time to keep the Library operational for the community.

Priddis Tennis Courts: Tennis anyone? Most players are taking the summer off, so the plan is to resume in September. Anyone interested in lessons in September please email prddistennis@gmail.com and indicate whether you are interested in singles and/or doubles, social and/or competitive games, and your level of play. Everyone is welcome! Interested in playing pickleball, contact Charles Ruigrok at charlesruigrok@gmail.com or by phone at 403.931.1619 for further information on equipment access and planned orientation sessions. Please remember that a PCA membership is required to use these courts.

Priddis Early Learning Program (PELP): Registration for the program at the Priddis Hall for next year is ongoing. If you are interested in enrolling your 3 or 4 year old in the Priddis Early Learning Program for 2018/2019 please email PELPpreschool@gmail.com. The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. The Director is Kate Berkan. She can be reached at 403.808.3988, email: kj.berkan@icloud.com.

Parent & Tot Coffee Morning: We are looking for someone to take over the local Priddis Parent and Tot Coffee mornings when they start up again in September. It is a very easy volunteer position for someone looking to get involved in the community:

- Work with Jane's Cafe to find a mutually agreeable Day and Time;
- Advertise the event through Facebook; and
- Attend the meet ups and bring along the activity bucket for the kids

If you, or someone you know may be interested, please email pcayoungfamilies@gmail.com

Priddis Panthers Pond Hockey: Registration is on September 11th from 6:00 – 8:00 pm at the Priddis Hall. This is a fun, non-competitive pond hockey for boys and girls with all levels of experience, ages 5-17. For more information contact priddishockey@gmail.com or look on Facebook for Priddis Panthers Hockey.

2018 Casino: The casino is Thursday, September 20th and Friday, September 21st at Century Casino, Calgary. This event is our main fundraiser and is crucial to running the Priddis Community Association. Still looking for a few more volunteers to fill some evening shift positions and spare personnel to fill in if required. If you can help us out, please contact Carmen and Wayne Heinen at 403.931.3875.

Booking the Hall: To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing and updates.

Staying Connected: Did you know that along with The Priddis Community Association's webpage we have a few Local Facebook pages to keep the community connected? These are great resources for seeing what is going on in the community, asking questions, finding out about local businesses and so much more. Be sure to check out the following Facebook groups:

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Some opportunities on the PCA Board are still available. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

Have a great summer!

Ed Osborne, PCA President



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ASCCA Leadership Camps

The Ann & Sandy Cross Conservation Area (ASCCA) Leadership Camps teach important lessons for both wilderness safety and life. Youth are given the opportunity to use problem-solving and leadership skills in a fun and educational environment. Each camp offers a unique experience full of different activities, lessons, and games. Depending on their age campers can learn how to safely build a fire, make a bear hang, learn about plants and animals native to the area as well as build memories and make new friends.

Leadership Camps are a terrific way to get kids outside and active over the summer and are always fun. Exposing

youth to the beauty of nature and the diversity of the plants and animals around us as well as teaching leadership skills that can be used in all aspects of life. In previous camps the opportunity to put those skills into play has arisen in almost fortuitous ways giving campers the chance to exhibit and develop those lessons. For example, in the past there have been bear encounters, rainstorms, as well as other run ins with wildlife and unexpected weather; campers learn to react calmly and appropriately and are encouraged to find creative responses to all circumstances.

The attributes of a good leader are taught through realistic scenarios that encourage campers to think outside the box as well as have fun. Campers who attend leadership camp return year after year to enjoy the outdoors and continue to expand their leadership abilities.

by Tristen Mysyk

Participant and volunteer at Leadership Camps since 2013



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We believe this is what Jesus is all about.

Upcoming Events and Programs:

Qigong Drop In

Mondays at 9:30am

Location: Upper Room

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness! More info, Darlene Abraham dhabraham@shaw.ca.

Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and

explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

Joyful Voices

Tuesday, August 7 at 10am

Location: Chapel

Join us on the first Tuesday of the month for a time of hymn sing, praise, and reflection in the chapel to be followed by refreshments and friendship.

Playtime

Thursday, Saturday, August 18 at 10:30am

Location: Lower Hall

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup of coffee or tea and chat. We have a small bouncy castle and some ride-on toys for the children available. Coffee, beverages, and goodies will be available for you and juice and kid-friendly snacks will be provided for your Little Ones. It is a great way to have a laidback conversation while the kids burn off that extra energy!

Craft Day

Sat, August 18 from 10am – 4pm

Location: Midlands Link

Please join us for some fun and fellowship while working on your todo projects. Set up a table, come and go as you like. Coffee and tea provided. Potluck meals. Everyone welcome.

Triple F

Saturday, August 25 at 12pm

Location: Midlands Link

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come for -- food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new).

For more info about our programs/events please call the church office or visit our website.

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September 2nd • 9:15am

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September 9th • 9:15am

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TURNER VALLEY Times

Hello, Turner Valley. I hope everyone is having a nice summer so far. There is lots to do in our beautiful backyard. Drop me a line if you have any not for profit events happening, we love to hear from our local groups and individuals.

I first want to give a huge shout out to the High Country SPCA. They recently helped a friend of mine with a pet that needed help. Basically they saved this little dog's life and enabled her to live the rest of her life with the medical care they gave her. They are a not-for-profit society that looks at each case individually and helps when they can. Please, if you are an animal lover, consider your donation dollars going towards their organization, which is run by hard working volunteers. For more information, visit their Facebook Page at High Country SPCA or call 404.933.4397. Thank you, High Country SPCA!

Country Store Diner is hosting their second annual Old Fashioned Street Dance on Saturday, August 25th. This is a community fundraiser and a customer appreciation event. This year they are teaming up with local 1st Oilfields Scouts and hope to help raise funds for a group trip later this year. Scouts are planning a Kids Carnival from 10-2 in the parking lot behind the post office in Turner Valley. There will be bounce houses, a magician and a nature expert, pie eating contest, and possibly a bike parade, and more. Following these activities they will roll out the stage on Edgar Avenue from Main Street and in a block, with a beer gardens and food. The music runs from 3-11, and bands scheduled are local Chase Bosch, Prairies Edge, Old School Jam Band, and a Ray Charles tribute band. Last year over 300 people attended, and this year they hope to attract at least 500. For more information, call 403.933.2331.

The 111th annual Priddis and Millarville

Fair is coming up on August 18th and 19th. This year's theme is Country Trails and Barnyard Tales. There is so much going on at the Fair, such as raffles, kids world, antique truck and tractor show, heavy horse pull, youth talent completion, and competitions for sheep, poultry, oxen, rabbits, horses and cattle, flowers, produce, baking, arts and crafts, entertainment, the Market, and so much more. For more information, visit millarvilleracetrack.com or call 403.933.3411. The event will be held at the Millarville Racetrack from 9-4 each day. Volunteers are needed as well, I've been told they have a lot of fun, so give the Racetrack a call if you would like to be a part of this year's event.

The Turner Valley Oilfields Society invites you to explore and enjoy our area history and heritage at the Turner Valley Gas Plant. In 1914 the first producing well, Dingman #1, came into production. Turner Valley boasts a remarkable history as the first major oilfield in Alberta, but at one time was the largest oil producer in the British Empire. The Gas Plant is hosting tours again this year, on Saturdays, Sundays, and statutory holidays, with tours departing at 11:00, 12:30, 2:00, and 3:00. For more information, visit turnervalleygasplant.org or turnervalleyoilfieldsociety.ca.

Sheep River Library offers Family Movie Nights this summer. They show family movies on Thursday nights at 7:00. The scheduled movies are as follows: August 2nd - Sherlock Gnomes, August 9th, Early Man, August 16th, Mary and the Witch's Flower, and August 23rd, Wonder. For more information, drop by the Library on Main Street Turner Valley or give them a call at 403.933.3278.

Turner Valley has a commemorative Tree and Bench Program and they invite the public to pay tribute to a person or occasion by purchasing a park bench or tree with a dedication plaque. This is symbolic to recognize the life

of a loved one or celebrate an event in our community. For more information, go to turnervalley.ca and click on facilities and parks. In there you will find a map of eligible locations, a tree guide with species and care information, and application forms for a bench, tree, or picnic table in our community.

Summer means hiking for many of us here in the Foothills and we have so much to choose from in the way of hiking, biking, and equestrian trails. The Kananaskis is huge country, with trails in all the Parks such as Peter Lougheed, Kananaskis Valley, and Elbow Valley. For a list of trails, visit Kananaskis-Country.ca.

And if you are a river rat, the Sheep River, the Highwood, the Elbow, the Bow, the Old Man, are all great rivers in our area. Practice safety when around the river. Slippery rocks can cause falls and feet can become trapped. Rivers in the Foothills can contain debris like logs and overhanging trees. Swimmers and rafters can easily get caught in these hazards and the current can cause them to become trapped. It is important to scout the river and assess dangers. Go with a buddy, wear a life jacket, closely supervise children, and don't drink. Check the forecast, and never dive into shallow water or if you are unsure of hazards underneath. Have fun but be safe. And a little thing I always like to remind people, don't bring glass bottles to the river! There's nothing like getting broken glass in your kid's or dog's feet.

If you have any events happening August 27th - September 3rd that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is August 15th.

*Have a safe and happy August,
Elaine Wansleben*



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The Yogis R Warriors of Hope event was a great success despite the rain, which forced us indoors! We had 100 yogis participate and we surpassed our goal of \$10,000 for Wings of Hope Breast Cancer Foundation. Thanks so much for the support we received from High Country News and the Priddis Post in advertising our event. We so appreciated your support in helping us raise awareness in the community.



Warriors of Hope
Thank you for attending
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Longview Library

The library welcomes Longview resident, Lisa Penner, to our staff. You will find Lisa, with her warm welcoming smile, on the desk when Lynda is unable to be in.

The grade 5/6 class from the Longview School visited the Library in May. They were interviewing businesses about their history in Longview. Ivor McCorquindale and Janet Blackmore helped with this project.

On August 7, Giant Yahtzee for games in the park. Watch the board for times.

Two new books for children in are: *Click Cluck Quack Back to School* by

Doreen Cronin, and *Sweetest Kulu* by Celina Kalluk

For adults, the library has an excellent collection of gardening books. As the noted Roman philosopher said, "If you have a garden and a library, you have all you need" So, come in and check them out.

The Board would like to thank everyone for their extreme generosity and support of our fundraiser. We are still accepting donations. We would like to say, yet again, that if it were not for these funds, we simply could not keep our door open. So, again, thank you.

On June 23, the library board got up at 3:30 a.m. to feed the racers of the K-100, an international relay race starting in Longview and running through the Kananaskis. There are 75 teams of 10 racers each. We provide coffee, tea, juices, bagels and homemade jams. The race is

sponsored by Subaru and other smaller businesses. The breakfast is a wonderful fundraiser for the library and has been for more than 20 years. The race is an economic boost to our galleries, restaurants and hotels. The weather was soggy and miserable, but everyone had happy, welcoming and warm smiles.

In May, the library board and their families were out doing a highway clean-up, again as a fundraiser for the library. These ladies are tireless workers for the community and should be commended.

A fun read is *Bono*, by Helen Brown, an award winning Australian journalist. It is an enchanting story of a rescue cat living in New York City. But the book is much more than about a cat. It is beautifully written and is full of wit, wisdom and grace. The author donates a portion of her earnings from the book to the Bideawee Animal Shelter in New York City. "*Bideawee*" is Scottish for "to stay a little".

Another suggestion is: *Come From Away* by Genevieve Graham, the author of *Tides of Honour* and *Promises to Keep*. The author is passionate about Canadian history, and this book is inspired by the Battle of the Gulf of St. Lawrence between 1942-1944. German u-boats penetrated the eastern coast of Canada and came within 300 kilometres of Quebec City. The book is historical fiction at its best. Graham lives in Halifax, Nova Scotia.

Happy Reading!
Sylvia Binkley
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BLACK DIAMOND Digest

Hello, Black Diamond. I attended the Diamond Valley Music Festival on the Canada Day weekend and was again amazed at the local talent we have right here in the Foothills. Some of my favourites were Taken by Sanity, Chase Bosch, Marcus Trummer Band, Apache Moon, and of course the Kobi's, and Robbie Kroeger is always a delight. The weather was a bit windy and cool on the Saturday, so there didn't seem to be a lot of vendors this year. Spread the word for next year, this is a gem of a Festival!

Another of my go-to festivals is Longstock, which is coming up for its 11th year on August 18th and 19th. Two days of incredible bands along with awe inspiring art, vendors, crafts, goodies, beer gardens, and more. Part of the gate donation will go towards a local charity, as organizers have done every year. I have never missed a Longstock, it is the "little festival that could" and did grow into a much anticipated weekend of fun and music. For more information, visit longstock.org or follow on Facebook. The Festival is held in Longview, watch for signs or just follow the sound of music!

So lots going on in our area this summer. The Westwood in Black Diamond will be hosting a Fermentation Festival, which is craft beer. They will also be holding the Makers and Growers Market the same time, on August 25th from 9-4. There will be live music as well from local musicians. To confirm a table or for more information, the number is 403.933.3002. The Westwood is located at 115 Government Road.

Car enthusiasts, join the Foothills Country Hospice for an adventure through the Foothills. Collector and specialty car owners are invited to take part in a series of challenges and compete in the first ever Rally 4 Hospice. The Rally will be followed by their annual Gala, this year's theme is 10 Years of Caring. Rally winners will be crowned at the Gala, together with an elegant strolling dinner, entertainment, and a live auction. All in support of the Hospice. Tickets and more information can be found online at countryhospice.org or

by calling 403.995.4673. The Rally and Gala will be held on August 11th at Spruce Meadows.

High Country Lodge in Black Diamond is in need of volunteers to help their residents in the watering and maintaining of their flower pots. Volunteers must fill out a short application and have a criminal record check in place. Ideally they'd like to see their residents have assistance 3-4 times a week. This could be shared with a friend. If you have a green thumb and enjoy volunteering, this is the one for you. For more information, call Michelle at 403.933.4028.

Alberta Open Farm Days is coming up the weekend of August 18th and 19th. Over 120 farms will open their gates for you and your family to come and visit. You will learn how food comes from the farm to your table with hands on activities such as vegetable harvesting, milking workshops, cheesemaking, beekeeping, and combine rides. Bring some cash and a shopping bag to stock up on fresh produce and other goodies. Last year over 20,000 people took part in the Open Farm Days. General farm admission is free, for a list of participating farms, visit albertafarmdays.com.

There is a Youth Farm Safety Booklet now available through Alberta Agriculture and Forestry. The booklet comes with a task chart with clearly defined descriptions of hazards and safety gear required for certain farm chores. Every child learns at their own pace so this booklet helps to determine whether your child is ready for a certain chore, and what level of supervision is needed. You can get your free copy by visiting farm.safety@gto.ab.ca.

"Lord, bless my horse and me today. Keep us safe on the trail I pray; may no hillside be too steep, no water crossing be too deep. And if on wooded trails we go, please, may no branches hang too low." A Trailrider's Prayer by poet

Margo Imes. The Bar U Ranch will be hosting their annual Trail Ride on August 4th. Bring your own horse or take a ride in the Percheron drawn wagon. And on August 19th they host their annual Old Time Ranch Rodeo. For more details or to book a spot in the Trail Ride, call 403.395.3330 or visit parkscanada.gc.ca/baru. The Bar U is located about 15 minutes south of Longview on the Cowboy Trail and is a historic working ranch.

Campgrounds are in full swing this summer. Remember to take nothing but a picture and leave nothing but a footprint when out enjoying our beautiful Kananaskis. And your campfire is not out until you can touch it. Stir, pour water, stir again, and pour more water on it, then test it by touching it. I've seen many a campfire start up again in the morning as the coals are hot all night. Keep a grate on it overnight in case the wind picks up. Fire safety is all our responsibility.

If you have any events happening August 27th – September 3rd that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is August 15th.

That's it for this month!
Elaine Wansleben

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Summertime at the Library

Poetry at the Library

The Poetry by the Fireside group which meets at the library on the last Thursday of the month, had another successful year with many wonderful poems being written and shared. It is by far one of my favourite programs to attend. Our inspiration comes from photos sent out by Doris. It is amazing to see the different ways these photos kick the imagination into gear. The same photo can produce a humorous rhyming story, a thought provoking reflection or a trip down memory lane, in free verse, acrostic or rhymed metre. All our original work is archived each month in a binder, along with the photos, on the new book shelf, so you can come in any time and read what has been put into verse. If you are interested in poetry either reading the work of others or writing your own, please come along on the last Thursday of the month at 10:30 am. The following are some of the poems shared this year.

Oasis

Trekking Sandhill dunes
 Boots ankle deep in aeolian quartz
 Long distance vistas
 Undulating grassy surface
 Dry, hot winds
 Suck sweat from brow
 Crystalline salt decorates hat band
 Skin becoming leathered
 Cinnabar bluestem skeletons
 Shelter grasshopper sparrow nests
 Cover for ornate box turtles
 Trekking toward egg-laying sites
 Prickly-pear cacti
 Refuge for scurrying prairie skinks
 Soapweed yucca racemes
 A western meadow lark's
 performance stage
 A distant derrick
 Wheel spinning, spinning
 Drawing fossil water from the Ogallala
 Into the blistering Sandhill's
 summer

Tired feet

Press onward
 Buoyed by the prospect
 Of a quenched thirst
 A delighted tingle
 Courses over parched lips
 And quivering throat
 A life affirming shudder
 - Larry Kapustka

A Windmill

sadly abandoned
 like the old sunken tool shed
 in the field beyond
 a small windmill stands
 metal legs extended, wired for stability
 many blades gone from the wheel
 energy expended
 wind no longer a friend
 in front fence posts lean south
 once battered by strong north winds
 that created power
 turned the mill wheel
 pumped the water
 the windmill
 once a valuable tool
 can't smile without teeth
 a carpet of dandelions at its base
 the only promise of a bright tomorrow.

- Della L. Dickie

Green

The winter is too long in ending and I miss you.
 Most of the others stay around but you always go,
 Not on some southbound journey to sunnier climes
 You disappear
 Burrowed deep, hiding, unlike
 Blue, stretched across the canvas of the sky
 Tinted pink and orange at dawn and dusk
 Yellow beams on cloudless days
 From a golden sun with its own box of highlighters
 But you are not there
 You have abandoned us to dreary brown
 And insipid white
 We yearn for your return as
 You are life and hope
 You are the bright vibrant green of spring.

- Jan Burney

Headwinds (An acrostic)

Heavy and low in the water, with
 Every stroke we strain toward camp.
 A little headwind and with un-
 Daunted courage we dig in and paddle.
 Wowee! Twelve miles in the current
 In just four hours. Now for drinks,
 tapas, grilled salmon and
 Nice dry socks. Lewis and Clark and
 the Corps of
 Discovery pulled 17 miles a day, every
 day, upstream, rain or shine.
 Syrah in hand, I'm glad I'm a tourist,
 not an explorer.

- Doris Daley



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A Place of Heart: Historic Homes Tour of High River

Have you ever been curious about what's behind the door of that interesting old house? Now's your chance. Come and peer into the past with a tour of historic homes in the Town of High River.

Hosted by the Museum of the Highwood, the 10th Historic Home Tour is a fun way to learn about the history of High River and the people who settled the area. The tour takes place Saturday, Sept. 15, 10am - 5pm.

Celebration of our 10th tour includes a rare opportunity to visit Maggie's Diner, of Heartland fame. The television set for Maggie's Diner is a log annex that was added onto the century old Bradley building which was the town's first harness and leather shop.

Volunteer Leslie Lambert says "Visitors come from all over southern Alberta to visit the homes on display. We will also have vintage cars from the local River City Classics Car Club on display in front of homes.

"The Historic Homes Tour is a fantastic way to make history come alive as the



story of High River is shared through the homes and the people who have lived here," said Lambert.

"Our heritage homes include vintage, historic, and unique homes that are all part of High River's story."

Lambert adds over the years she has seen a lot of homes and it would be hard to pick a her favourite, but it is worth noting she ended up buying her home after seeing it on the tour.

"I live in the W.O Mitchell House, which spoke to me and had everything I was looking for in a home, and the bonus was its history."

A fun bit of history about the W.O. Mitchell house: The land was purchased with some of W.O.'s first royalty cheques from *Who Has Seen the Wind*. The house was moved onto the property from Turner Valley in the late '40's. The story goes that Bill and his brothers dug the hole for the foundation and dug it a little too deep. Within a short time, the hole filled up with water so they grabbed their fishing rods and

sat around the impromptu fishing hole. Another beautiful old home, the Todd house, was built in 1903 with cash and property won in an all-night blackjack game. Ironically, William Todd, who won the game was staked \$50 to ante in by the man who lost the property and money that ultimately became the Todd house.

Some of the beautiful old homes were "town homes" built by ranchers, so they could live in them and send their kids to school or for their retirement years.

The former owners of one lovely old home, insisted that there were two spirits in the home when they first moved in, a mother and a daughter in one of the upstairs bedrooms. The owners bombarded them with beautiful music hoping that it would convince them that there was beauty in the outside world. Apparently it worked.

Come and spend a day visiting historic homes in High River. Enjoy lunch at a historic church or one of our diners in town. Don't want to drive? Hop on and off our convenient shuttle bus.

Find us on Facebook and watch for upcoming announcements which will reveal the homes for the tour.

For tickets or more information, visit museumofthehighwood.com. Museum of the Highwood, 406 1 St. SW, High River. T: 403.652.7156

The Historic Homes Tour 2018 takes place every two years and is the fundraiser for the Museum of the Highwood. Many Faces, Many Stories.

Submitted by Leslie Lambert



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The Kidney Foundation of Canada is proud to host its 9th annual Kidney March from Friday, September 7 to Sunday, September 9, 2018. 400 Marchers and Crew will make the unforgettable 3 day, 100K walk from Kananaskis Country to Calgary.

This breathtaking adventure begins at the Millarville Race Track, passes through K-Country and Bragg Creek, and ends at Canada Olympic Park in Calgary. Marchers are drawn together because their lives have been impacted by kidney disease - patients, loved ones, doctors, nurses and scientists. Kidney March is the only event of its kind on Earth.

1 in 10 Canadians has kidney disease, and each day 15 people learn their kidneys have failed. Kidney Marchers have raised more than \$6 million in support of lifesaving research, patient programs, kidney kids camp, and organ donation. Feel free to cheer on our Marchers in their 100 kilometre journey! They will be on the road between 8 am and 5 pm.


Visit KIDNEYMARCH.CA to be inspired.

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Fire Prevention Tips

The annual fire watch in Canada's forested lands is upon us. Fort McMurray is still rebuilding two years after its devastating wildfires. In the meantime, Friday July 7 marks the one-year anniversary of the B.C. wildfires – that day a two-hectare wildfire began west of 100 Mile House B.C. kicking off BC's record-breaking season. This year, there are 170 fires burning across B.C., 10 times more than the same time last year. Meanwhile, south of the border, wildfires are ripping through California, Colorado, New Mexico and other Western states and emptying out entire neighbourhoods.

Canada has a history of wildfires going back centuries including the Great Fire of 1852 which destroyed half of Montreal's housing and left 10,000 people homeless, and the Great Miramichi Fire that devastated forests and communities throughout New Brunswick in 1825 (ranking it among the three largest forest fires ever recorded in North America).

More recently, FirstOnSite Restoration has been on the frontlines of some of the country's largest forest fires, including last years B.C. wildfires and the 2011 Slave Lake, Alberta wildfire, in which one-third of the town was destroyed. It was also one of the earliest responders on scene after the 2016 Fort McMurray wildfires, the largest wildfire evacuation

in Alberta's history and the costliest disaster in Canadian history.

Fires are a natural part of the forest ecosystems in Canada. The burning recycles nutrients and improves the habitat for animals. It is also good for trees in the long run. It clears the forest floor of debris allowing existing trees to grow stronger and healthier. However, fires can also be devastating to those located near a wildfire-prone zone. Perennially, they pose a significant risk to communities and business located close to forests. Based on lessons learned over the past decade, here are FirstOnSite Restoration's 10 ways that residents and business owners can protect their property from a wildfire:

- **Create a 10-metre defensible space around your property**
- **Make your roof fire-resistant and clear away gutter debris**
- **Keep embers out**
- **Remove close-by coniferous trees**
- **Prune your trees**
- **Keep your lawn mowed**
- **Create a "bug-out" bag and an action/evacuation plan.**
- **Find a "fire-resistant zone" near your home**
- **Work with your neighbours**
- **Ensure you have adequate insurance coverage**

Source: FirstOnSite Restoration,
www.firstonsite.ca



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Every day, thousands of Antidepressants are consumed. The World Health Organization estimates that approximately 5% of the world's population suffers from depression. The causes and treatment of depression are varied. Antidepressants certainly are the mainstay for the majority of clinically depressed people.

However, according to recent research there may be another way for people to step out from underneath the dark cloud of depression. Helping others, such as visiting shut-ins, volunteering at a food bank, or donating your time for community service, causes your brain to produce more dopamine -the feel good neurotransmitter, which causes what is called the "helper high."

The Journal of the American Medical Association (JAMA) reported that high school students who volunteered their time in helping younger students, had a drop in blood cholesterol in just two months. The Journal of Psychology and Aging printed that adults over fifty who volunteered more than 200 hours per year, were forty percent less likely to be hypertensive than non-volunteers after the four year study.

Even chronic pain sufferers who helped people that were suffering with the same affliction, were reported in the Pain

Management Nursing Magazine to have less pain and discomfort as a result of their efforts to help others.

A team of sociologists who tracked 2000 people over a five year period, found that those who described themselves as very happy, were volunteering at least 5.8 hours a month.

There is an old saying that states, "Give and it shall be given to you." Our tendency is to focus on our need: "Who is going to look after me?" I am convinced from personal experience and from being a catalyst in helping thousands of others, that there is a personal God who is committed to our need at a deeper level than we can imagine. Our walls of self-protection, self-fulfillment and self-determination hinder us from seeing the good that He desires to bring.

Some thoughts to stimulate our journey as a helper

"Helping one person might not change the whole world, but it could change the world for one person."

Robert Ingersoll reminded us that "we rise by lifting others."

"To make a difference in someone's life you don't have to be brilliant, rich, beautiful or perfect. You just have to care." Mandy Hale

Others are just as needy as you

We tend to think, "I'm the only person who feels this way." Remember, the person who appears to have it all together may be falling apart on the inside. I was working with two psychiatrists in a sexual abuse case. The court assigned the father to me and the abused daughter to the office of two psychiatrists. After a meeting where we discussed the case, one of the psychiatrists asked if I could meet with him for coffee sometime. Two

weeks later I phoned his office to follow up on his request. The receptionist said, "Didn't you know, he committed suicide last week." He appeared to have it together but inside was falling apart.

Allow your need to alert you to the need of others

A young fellow was raised in the midst of poverty. In spite of his circumstances he worked hard to earn enough to buy a coveted basketball hoop. With considerable creativity and hard work, he built a backboard and found a way to have it installed at regulation height. He invited his friends to join him after school to "shoot baskets." As he approached his home, one of his friends pointed to his house and said, "Who in earth lives in that trashed out place?" He resolved that he would never again be put in that place of shame. The drive to overcome his past lead to a failed marriage, broken relationships and deep inner turmoil. In climbing out of his pit he was able to see that a strong work ethic, frugality and wise stewardship were qualities that his home circumstance had built into him. Furthermore, these qualities were actually the foundation for his success in his career. In the end he could see that his need was the means of alerting him to the need of others.

There are multitudes of stories that I could relate where people have allowed their pain to become a lens through which they identify the needs of others. We all have the choice, we can either allow our hurt to trap us in the cave of victimhood or we can rise above that hurt and see the need of the one who did the hurting.

I like this quote by an unknown person, "When you dig another out of their troubles you find a place to bury your own." That's the grave diggers secret!

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Psycho-Educational Assessments

by Roché Herbst, M. A. R. Psych.



WHAT DOES IT MEAN FOR CHILDREN AND ADOLESCENTS?

If your child is performing below grade level expectations, or if their grades are sustained only through high levels of effort and support, or if they are having reading/writing/spelling/math problems or struggling with attention and focus or if they don't seem to be performing to their potential, then a psychoeducational assessment can be of significant benefit. A comprehensive learning assessment evaluates important areas of your child's background, medical history, cognitive, academic and social development and clarifies their learning strengths and areas of need.

WHAT IS INVOLVED?

The assessment includes an interview, a review of academic reports and/or prior learning assessments, computerized measures, standardized testing, and measures of executive, neurological and behavioral functioning. A formal report is provided during a review session to interpret the assessment results with recommendations on strategies to support your child's future success. Parents may share this report with the school to help teachers understand the child's needs based on learning in the classroom. The aim is to direct purposeful teaching and intervention efforts i.e. an Individual Program Plan (IPP), access to extra support and services, adjustments to curriculum, academic accommodations i.e. extra time, assistive technology, where needed.

WHAT ABOUT POST-SECONDARY STUDENTS AND ADULTS?

Many motivated college and university students encounter difficulties related to learning or emotional well-being that may hinder their potential in their post-secondary programs. An assessment is a valuable investment to determine if the difficulties you experience are the result of an underlying condition i.e. a learning disorder, ADHD or a mental health condition. The aim is to understand your learning strengths and needs and/or mental health issues to develop a comprehensive plan to help move you forward. This plan consists of tailored recommendations i.e. accommodations to ensure accessibility, and strategies based on your strengths and areas of need. In this way, an assessment can have a positive and life changing impact by reducing barriers to your success and help you achieve your goals.

HOW MUCH DOES IT COST?

The assessment process helps gather the necessary information to fully understand and access funding for special needs both within the school system and out. Depending on your

insurance plan and extended health care benefits packages, as well as some government sponsored agencies, including Children's services, Alberta Human Services and Access Mental Health. Private psychologists may offer sliding scales and discounted rates.

WHAT DO I GET OUT?

The most important outcome is that you walk away with a better understanding of the difficulties identified and what that means in going forward. Depending on the reason for assessment in the first place, outcomes may include a formal report, verbal feedback, a referral letter i.e. physician, for study or workplace accommodations, application to Mensa, etc.

MYTH vs. FACT

Myth: ADHD is over-diagnosed and over-treated.

Fact: Despite the serious consequences, studies show that ADHD remains under-diagnosed and under-treated. Less than half of those with ADHD receive appropriate treatment.

Sources: *The Myths and Facts*, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho

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Saving Money To Buy Your First Home

If you've decided to purchase a new home, congratulations! A little preparation goes a long way when making what is likely the largest purchase & financial transaction in your life thus far.

1. Resolve credit issues before applying for a mortgage

Your mortgage rate is partially determined by your consumer credit score, so fix what you can before you apply. Even little things like late payments or errors on your record (it happens, often!) can jack up your mortgage payments.

2. Budget wisely and save for a down payment... even if it means waiting a little longer to buy

It's hard to be patient, but a decent down payment means more reasonable payments, saving you thousands over the duration of the mortgage.

3. Use a mortgage professional for a full suite of mortgage options

Don't assume the offer made to you by your bank is set in stone or the only available option. Contact a mortgage professional to assist you in all aspects of the mortgage process. There are many options with lenders, rates and products.

4. Don't take listing prices at face value

Found something you like? Research house values in the neighbourhood to be sure you're dealing with a fair price. Your real estate agent can help, but you can also search for nearby listings or attend open houses in the area.

5. Use your RRSPs

In Canada, first-time homebuyers can take advantage of a federal government program called the Home Buyers Plan (HBP) which allows you to take up to \$25,000 from your RRSP's, tax free.

6. Don't be scared to low-ball your offer

New buyers can be timid when it's time to buy, but unless you know you're headed for a bidding war (which is rare), low offers can be countered. So, give it a shot!

7. Make your offer contingent on closing dates

It's easy to overlook small details like closing dates in the rush of making an offer. Many mortgage promos which offer the lowest interest rates are based on "quick" closes classified as < 45 or < 30 days to possession date. And don't risk the cost of paying for temporary accommodation and putting items in storage if you run into last minute changes.

8. Get a list of fixtures and fittings included in the sale

Check the details to avoid opening the door to your new home and finding it stripped of lighting fixtures, cables and appliances. Also, pay attention to what you're paying the seller for: the seller may list the price they paid for an appliance, but from how long ago? Would it be more cost effective for you to exclude it from the offer and buy a new one?

9. Review your closing statement carefully

With all the details that go into buying a home, it's not unusual to find mistakes in the fine print. Be sure you check the math prior to closing, so you don't overpay based on a simple clerical error.

10. Opt for bi-weekly mortgage payments

Paying monthly means you make 12 payments per year. But if you pay half that amount every two weeks, you'll make 26 payments per year, which means you're paying down your mortgage much faster.

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Through A Dog's Eyes

WHY DOES MY DOG DO THAT?

Part Two

Last time I talked a little bit about the *Autonomic Nervous System* with the *Sympathetic Nervous System* responding when there is stress or fear, ramping up the body for *fight* or *flight*. When the crisis is averted, the *Para Sympathetic Nervous System* takes over to calm everything down, relax, rest, and repair.

It's important to note that the *Para Sympathetic Nervous System* does not 'switch off' the *Sympathetic Nervous System* response. As hard as Martin Freeman (as Watson) tries to 'switch-off' Benedict Cumberbatch (as the overzealous, to put it mildly, Sherlock), he doesn't have a hope for meaningful communication until Sherlock finds a way to cool down his fired up brain and body.

I also briefly touched on the hormones that flood the body accompanying stress and fear, and how too much, too often, can have a detrimental effect on physical and psychological health.

The point of all of this is to help us understand why our dogs are 'misbehaving' and to help us understand that those behaviours are not necessarily under conscious control by the dog, or any animal for that matter - including us.

Generally speaking, we can define stress as any situation in life that tends to disturb the equilibrium between a living organism and its environment.

We are all hardwired to react to stress in ways meant to protect us against threats from predators and other aggressors. Although we rarely run across something that wants to kill and eat us nowadays, all animal brains still have these ancient systems as survival mechanisms.

From a behavioural point of view, what's going on inside a dog is just as important to understand as what's going on from the outside.

This time, let's have a quick peek into the brain.

Primary speculation from an animal's perspective is that the environment is either safe, neutral, or unsafe. There are

not a lot of grey areas for animals, and survival is the first bullet point on every single day of their doggy daytimers.

When an animal encounters a perceived threat, the signals come in through one or more of the senses (e.g. eyes, ears, touch) and that information is sent to the *thalamus*, which is like the gatekeeper and relay station in the brain. One pathway from the *thalamus* is to the *amygdala*, which is best known for its role in fear and threat detection and its functions in emotion and behaviour.

The amygdala is traditionally considered part of the *limbic system* which is a group of structures linked to the processing of emotions and memories, and it sends signals to areas of the brain like the *hypothalamus*, which is crucial in the maintenance of homeostasis, as well as reproductive functions, fight-or-flight reactions, feeding, and sleep. All essential for health and survival.

It's important to understand that information about fearful stimuli can reach the *amygdala* before we are anywhere near consciously aware of a possible threat. Sensory information about fearful stimuli is sent along this pathway *before it's processed by the cortex* (the cognitive part). *This allows for the initiation of a fear reaction before we have time to think about it.* For example, if you are walking through the grass and a snake darts out at you, you don't want to spend time considering the pros and cons of the danger the snake might pose to you. Instead, you want your body to experience immediate fear and jump backwards without having to initiate this action consciously. The direct pathway from the *thalamus* to the *amygdala* allows this to happen. Recent evidence also

indicates that the amygdala is active during the processing of positive stimuli, and it may be involved with assigning positive or negative values to stimuli and with the

consolidation of memories that have a strong positive or negative emotional component.

All of this is useful if we're in real danger, but not so great if fear systems are out of whack and the dog becomes overly reactive. Our dogs share this unnatural and busy world we live in, and like us, can have disproportionate responses to what may seem like something to be afraid of or that might be a threat. They can also suffer from anxiety disorders and even *Post Traumatic Stress Disorder (PTSD)*.

Many things need to be considered when we're trying to convince our 'misbehaving' or reactive dogs that the world is a safe place to hang out in and that they don't need to worry about stuff. This is why *proper* early socialisation is so very, very important for dogs, especially if they are intended as family pets.

Understanding even a small amount of information about how the brain and nervous systems are trotting along 24/7/365, doing things that are nowhere near under conscious control, it seems sensible to let go of the rhetoric that our dogs are trying to be the leader of the pack or are planning a hostile takeover of our homes when they don't do what we ask of them. We do not need to dominate, punish, or hurt them to keep them in line with our rules. The punishments and painful tools used only create more uncertainty and fear, and it becomes a vicious cycle. They are not 'misbehaving', they are just doing what dogs do, and they need guidance, not punishments, to learn how to behave in our very un-dog-like societies.

Lorraine Brown, ISCP.Dip.Canine.Prac
Canine Behaviour Practitioner

References: neuroscientificallychallenged.com



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What's Up?

by Andrea Kidd

Swoosh! A low-flying swallow circled above my head. I ducked. For one second it hovered up in the far corner under the shelter where I stood and opened its beak. One lucky chick made a quick grab. The

of mosquitoes breeding in the vast marshland beyond the Visitor Centre. How could I not delight in the sight? Five tiny faces lifted in certain hope, waiting for a tasty ball of regurgitated insects. Five feathery heads, each no bigger than a quarter, quickly turning as one to follow the flight of their mother or father swooping low to give to their offspring. I've often thought the world would be better without mosquitoes, but the swallows would heartily disagree.

My soul lifted from pressing concerns and dark thoughts. I, too, must look up, up, up because God so willingly, eagerly and constantly gives to His people from an inexhaustible supply.

The chick who would bury his little head into the dried mud of his nest would miss the

prized gift supplied from above. He would shrivel and die.

As the young swallows have an appetite for insects, so my soul has an appetite for the good and perfect gifts God untiringly showers upon his people. How many of these offerings of His have I denied my soul because I was not ready to receive? Or, because I stubbornly clung to the lie that there were no good gifts, and, if there were any, they were not for me?

Some good things come regularly. They are ordinary: the fresh, sweet squirt of juice from an orange, a warm hug and good honest communication with an understanding friend, a crimson sunset. Some good things come with a swoosh from above. Like the lucky chick who made a quick grab, I am ready!

Sketch by Russ Rodman



parent bird soared out from under the shelter at the Creston Valley Wildlife Management Area.

I looked up, up, into that far corner, under the eaves of the wooden roof. I had been startled by all the activity and I wanted to see what was happening. I saw a neat row of little round balls of fluff. Five baby swallows, some with beaks wide open, eagerly waited for a parent's return. They, too, were looking up, maybe on tiptoe, downy chests lifted high in anticipation. They were never surprised by the flutter of wings. From dawn till dusk they watched for good gifts from above because barn swallows so willingly, eagerly and constantly feed their young from an inexhaustible supply



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Before his Fantuzzihip lands in Canada, he will have been leaping about the exotic world of Lithuania and Amsterdam. Last summer we were in Vilnius, Lithuania presenting a TED Talk – Fantuzzi singing and talking about being a "Love Warrior"; hard bloody work, but incredibly rewarding. We had 800 people jumping around a stadium and then following him like the Pied Piper into the street to hug and dance with people outside, bringing tears, laughter and celebration. People were coming up to me exclaiming "I never believed I'd see anything like this here. This is amazing, it's just what we need!" Fantuzzi's been carrying the weapons of love, compassion and music for decades, spreading his simple message around the world in schools, stadiums, yoga studios, houses, all kinds of venues big and small and most especially, around campfires and gatherings in nature whenever and wherever he can.

Every year at the end of July he can be found brightening the already bright and beautiful Landjuweel festival just outside Amsterdam. This is an extraordinary event I've been to a few times. Usually there's not much sleep – lying on a mattress in a great tent with the earth plunging and vibrating from the ear-bending reverberations of great music all through the night... I have been known to rouse myself from attempted sleep & just go dance instead.

The festival is held in Ruigoord, a tiny village that used to be in the middle of the Dutch

countryside, now it's mostly surrounded by industrial buildings creating a vibrant oasis of green amid grey. Over 40 years ago, having been abandoned (mostly or entirely, I'm not sure), a bunch of eclectic Dutch artists and rebels decided to take over the village and create a harmonious art-based society that persists to this day. Over the course of many decades, they have fought (gently) to preserve their village space, the beautiful green central gathering area, the red brick church that is now not only a place of worship, but of celebration through music and art, becoming one of the central stages for gatherings and festivals. Artists continue to work in Ruigoord creating extraordinary works in every medium imaginable, there are great carvings and constructions everywhere, dramatically decorated interiors and mystical creations. One beautiful man, a blonde god-like creature, hosts in his gloriously decorated house, 'soirees' of acoustic music, theater and creativity. Rudolph, the instigator, leader, host of all this, is now in his early 80s and still going strong. Last time I was at Landjuweel I was entranced by the sight of Rudolph sharing the dance floor with us at about 3am, fascinated to see his moves & wondering how fantastic he must have looked 50 years ago. Hard to believe these people have been creating with such intense energy and joie de vivre for so many decades.

Meanwhile, as ever, I'm wandering the trails of Bragg Creek and beyond. Yesterday walking by the river, astounded by stunning vistas each time the hollow-sounding clay trail meandered north to kiss the river bank before winding back among trees, lucent harebells, brilliant vetch, gold sunkisses and more, I sink into stories of explorers and indigenous peoples, feeling my heart swell at the sight of afternoon sun splashing from the river's ripples, illuminating my imagination.

At the Stampede show-ground we managed to spend five hours wandering about the art exhibition, chatting to fascinating artists from Calgary, Whistler and Idaho among others. Such a range of excellence, fascinating techniques and effects, gloriously lyrical interpretations of life and light on canvas, wood, stone

and metal. I was amused to overhear one tourist complain to the artist whose deeply evocative statues I was admiring. The man with camera and bags draped around his shoulders was bemoaning the fact that the exhibition consisted entirely of glorified "cowboy images", all "happy, happy, nothing that touches you here" pointing to his heart, "no poverty or hardship". As the polite artist murmured a non-committal agreement I stifled a snort, gazing past a delicately crafted emaciated figurine of an African child, and standing surrounded by poignant sculptures of men and women in anything but celebratory western states. I had a chat with said artist as soon as the other man had left, enjoying the irony of individual perspective. The one item that man had pointed to in this artist's display that met with his approval, the artist then confessed to me had been brought along as a token of humor to which he normally doesn't attach his name, but sells in cheap tourist shops under a pseudonym. How interesting humans are!

I hope your summer is treating you well, you are spending much time outdoors enjoying everything, and the mosquitoes aren't biting too much! Tea Tree oil is a fantastic antidote to bites & easily carried about in those tiny little bottles.

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Cloverdale heavy duty stock saddle, 16", \$600. Outback Australian saddle, seldom used, 15", \$375. 403-247-8860, 587-580-9277

Hitachi 10" compound mitre saw w. laser marker, single bevel \$100, 2 TOA passive speakers 24 watts 33Hx14W gently used \$100, LPL enlargement easel 22x18 \$40. Please call (403) 949-4168.

FREE : one used Maytag electric cooktop, black, good working condition, w. user's guide. (403) 949-4168.

BEAUTIFUL TEAK-ROOT FURNITURE. 2 end-tables, a coffee table and chair; asking only a total of \$500. 403-498-6057, everal.nelson@gmail.com

ITEMS WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Turner Valley. Call, email or text, Al awionzek6@sasktel.net, 306.641.4447

ITEMS WANTED

8-10 horses/ponies req. asap Opening Gaits Therapeutic program. Loan. Must be quiet, gentle, no shoes. Contact Lesley openinggaitsociety@gmail.com

ANIMAL CORNER

ATTENTION HORSE OWNERS

If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

Lost Cat: Springbank. Contact Hayley at hayleymarie@outlook.com or 204.898.1441. Help us find our beautiful cat Charlie! She was last seen on Artists View Drive on June 16th, 2018. Shes very small, all black with white paws and a white chest. She has white markings on her nose, and was wearing a white collar. 204-898-1441. We miss her very much!

BABY/HOUSE/PET SITTING

House/Pet/Plant sitter available. Please contact Aimee at 403.949.7741 or text 403.618.7744 for rates and availability.

Looking for a responsible fun babysitter to spend time with your children? Contact Mackaela - macarchambault@gmail.com, 403.949.8422, Bragg Creek. Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure our time together is fun and active!

EMPLOYMENT OPPORTUNITIES

4:13 Therapeutic Riding is looking for more volunteers! Duties include leading horses and assisting participants of all abilities. Horse experience is an asset but all you will need is a willingness to learn and help others! Visit www.413therapeuticriding.com for more info. 403-805-4633, volunteer.fourthirteenththerapy@gmail.com

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FAST FACTS

ALL ABOUT WATER WELLS – PART 1 of 2



COST TO DRILL A WELL

- On average, \$38 to \$50 per foot for traditional cased well of as 2013.
- Don't forget to add the cost of the submersible pump, wire and pipe from house to well and down well to within 10ft of bottom.
- Trenching costs averages \$85 to \$120 per hour for a backhoe to dig an 8ft trench an average distance of 40 ft per hour.

HOW TO FIND WATER – 4 Easy Steps

1. **Geological and Ground Water surveys** of your area available from <http://www.ags.gov.ab.ca/groundwater/>
2. **Speak to a Hydrogeologist** for an interpretation and scientific viewpoint as to whether there might be ground water in your area and at what depth on <http://www.ags.gov.ab.ca/publications/pubs.aspx?tkey=hydrogeology>
3. **Locate All completed Wells in your area** for an overall picture of on depth and flowrates on neighboring wells. All water wells should be registered with the AB Govt and the well drillers log tells you depth, flowrate etc. Have your legal land description ready and go to <http://groundwater.alberta.ca/WaterWells/>
4. **Water Witching** is a non-scientific ancient method of locating water. This method can be used with much success, surprisingly, although you must seek out a well-known successful Dowser in your area for best results. **For you Sceptics Out there**, have two different Witchers dowse your property and see if they choose the same locations. **Dowsing for a Spot** where underground energy streams converge is a likely place to find water. **There are some Natural Indicators** at surface where the streams may be intersecting. Large ant hills tend to be located on energy stream intersections and if you have a particularly large one, it's probably a good place to drill or dowse for water (kind of a drillers secret, hush hush!). Talk to a few local Drillers who know your area well.



REVITALIZING OLDER WELLS

- **The most common causes of decreased well yield** is Loss of porosity. One big cause is Mineral encrustation i.e. calcium carbonate and iron deposits in liner perforations. Another frequent problem is bacteria biofilm that can clog up your well if not chlorinated regularly. High demand on a well can pull in Sediments from aquifer layer and very quickly decrease a wells yield. A Well should not be pumped higher than its recommended flow rate.
- **To unplug a well**, Hydro-fracturing can be used to open up the aquifer layer and clear out any encrustation located on the perforated liner. A Packer is inserted in to the well (like a cork in a bottle with a straw through it) water is then fed through the packer and driven through the perforations in to the cracks and crevices anywhere from 1000 to 5000 psi. By varying the pressure an oscillating action then cleans out and enlarges the openings encouraging more flow of water.
- **Drilling deeper may be possible** or a simpler fix when wells drop below 5gpm is to install water storage tanks in basement utility room. A minimum of 250 gallons should be an adequate amount of storage capacity for most families. The most versatile tanks we find measure 24 inches wide by 24 inches deep and 5 ft high holding 115 gallons each. Add as many tanks as you require in series to attain desired storage capacity. **Added benefits of Storage Tanks** are better water pressure and volume in house due to high flow submersible pump in holding tank. **Exposing Water to Atmospheric pressure and oxygen** in a non-pressurized environment allows water to precipitate certain dissolved minerals such as iron and manganese resulting in water that is easier to treat. **Dissolved Gases such as Hydrogen Sulfide** (rotten egg smell) can be dissipated and vented to outside atmosphere if tanks are sealed, vented and aerated properly. **Low Flowing Wells** usually produce more sediment which is allowed to settle to the bottom of the first tank in series reducing clogging of pipes, pump and treatment equipment downstream. **Tanks should be cleaned out** and sanitized yearly. **Pumping The Well** below or within its recommended flowrate will increase its longevity.
- **Stay tuned for more FAST FACTS in next months' Issue.**



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