

HIGH COUNTRY *News*

*Serving the
Communities of*

Black Diamond • Bragg Creek • Eden Valley • Elbow Valley • Jumping Pound • Longview
Millarville • Priddis • Red Deer Lake • Redwood Meadows • Springbank • Turner Valley



Sheltered Meadow

by Lorene Shyba

*Ice snow pelts the elk, adds to their disguise
Strong one breaks a path through the crust
Toward the sheltered meadow.
Weak one loses heart in the drifts
The herd draws back to protect
Pack the trail. Nudge him on.
Shred of warmth as sun breaks through.*

*Young bear in her cave
A den made bright by a beam of sun
One who sleeps cannot know the smells in the wind
Cannot embrace the scent of the thaw.
Rolls into the world.
Succumbs to the glare.
Alive and alert, needing to eat.
All else fades away as she drinks in the scent
of the meadow. Green shoots await.*

*Bluebirds end their long journey
Spirited home.
Crack in the pine tree
Perfect place to nest.*

*The herd waves along the valley floor.
Thin, needy as are all that arrive.
Foraging bear scuffs and chews
amidst the dandelions.*

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Aaron Cull, BSc

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HIGH COUNTRY News

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Thursday, August 15!

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From The EDITOR

The foothills are comprised of many small communities, whether they are as small as the street you live on, or the hamlet or town your address is assigned to. This past weekend, as I was handing out "#GetToBragg" stickers during the rather soggy Bragg Creek Days parade, I asked the crowd this question, "Who wants to Bragg about Bragg"? Virtually everyone wanted the sticker. There was a sense of pride and belonging that people both young and old wanted to connect themselves to.

Events such as Bragg Creek Days, or items of concern (such as SR1) help draw us together as community. These events and movements all started with an idea that resonated with a handful of people, who had the courage to take action and do something.

Our bodies are hardwired for community. We weren't made to live in isolation.

I encourage you to participate in your community, help and participate with the events, speak to the concerns, and find

ways in which you can give to make your community a better place to be.

As you read this month's High Country News, know and understand its content is almost 100% local to the foothills west of Calgary. Thank you to the advertisers and writers who invest their time and resource into making this paper such a well-read magazine.

From my family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca



The cover image "Yearling Grizzly" is by Redwood Meadows photographer John Heerema from the upcoming book *Vistas of the West: Poems and Visuals of Nature*. This stunning shot of a young grizzly was taken when John was on a ski tour at Parker's Ridge, along the Icefields Parkway. The young bear, fresh out of deep winter sleep, had come down to the tree line to munch on early spring growth. The photo accompanies Lorene Shyba's poem "Sheltered Meadow" in *Vistas of the West*, a book that celebrates the beauty and spirit of the Rocky Mountains, Western foothills, prairie landscapes, and the natural inhabitants of these beautiful environments.

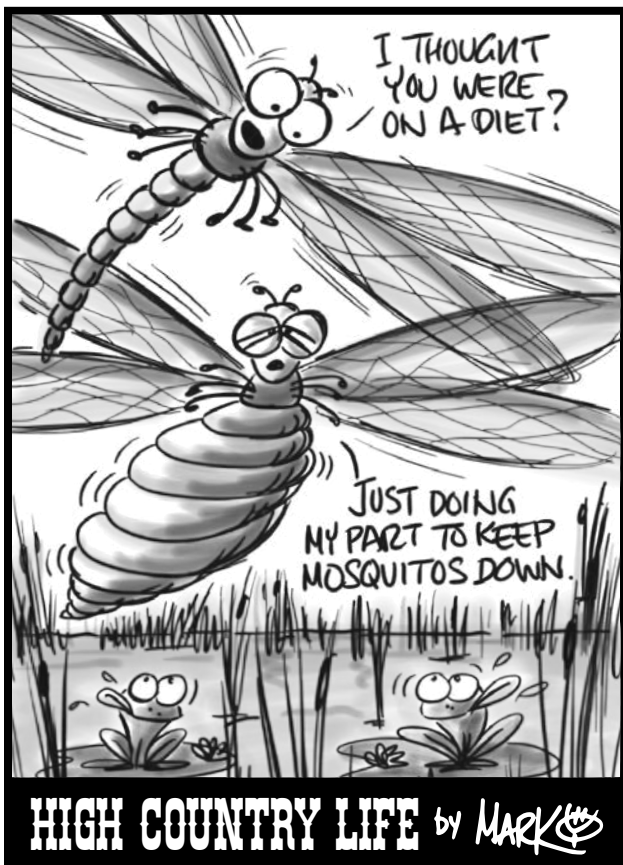
Letters To The EDITOR

We are pleased to announce that we have raised \$14,000 for Wings of Hope at the 2nd annual Yogis R Warriors of Hope Fundraiser at Priddis Greens.

On behalf of the entire Warriors of Hope committee, thank you all for your support and for partnering with us this year. We are so pleased with how the event turned out and couldn't have done it without such wonderful Sponsors, Friends, Raffle and Silent auction donors! We have had so many positive comments about the entire event! We know that the funds we raised will be so helpful for the clients of Wings of Hope as they move through their cancer treatment journey.

Thank you for being part of an inspiring morning. We hope that you will partner with us again next year! Check out our website for photos of the event. They should be up in a couple days... www.warriorsofhope.ca

Lori Colwell
Chair-Warriors of Hope



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SR1 Update from the Springbank Community Association

Greg Clark's recent defense of the proposed Springbank Reservoir Project (SR1) is five years out of date. Yes, the project is stuck, but the blame doesn't reside with the opposition.

We believe SR1 is an example of our regulatory system being strong, not weak. Just 15 minutes upstream of the Glenmore Reservoir, SR1 is an unprecedented approach to flood management in Canada. It follows that regulators have a huge job to do to. To date, they have asked all the right questions - whether it can function safely and properly under high debris and sediment conditions, if its environmental impacts - to fish, wildlife, air, water, soil and vegetation - are tenable, and what the Treaty implications are for impacted First Nations. The reality is that Alberta Transportation submitted an Environmental Impact Assessment so deficient that over 700 follow-up questions were asked, requiring another year of study and 8000 additional pages of submissions. If we are looking for blame, look to the Alberta Government for an incomplete submission to the federal regulator.

Let's catch Mr. Clark up on the facts.

Fact: SR1 complexity has only increased - gates, channels, outlets, berms, spillways and a new debris deflector all needing to work together in a high-stress, time-sensitive manner.

Fact: SR1 now costs significantly more than the alternative at McLean Creek.

Fact: SR1 needs at least four times more land than McLean Creek.

Fact: Several high-pressure pipelines will need to be moved, buried and armoured.

Fact: Air quality guidelines will be exceeded as the reservoir drains.

Fact: Repetitive destruction to fish, wetlands and their inhabitants, dens, nests and elk habitat will occur each time the reservoir is used, along with irreversible impacts to the land resulting from up to 4 metres of silt.

Is this what we signed up for?

The reality is that SR1 and McLean Creek provide the same flood protection to Calgary. The ancillary benefits of McLean Creek, a permanent reservoir, are so much more. These benefits were, and continue to be ignored: McLean Creek protects Bragg Creek, Tsuu T'ina and Redwood Meadows from flood; it will help with fire suppression, drought management and water security; it can become an improved and sustainable recreation destination. With SR1, the recreation areas on the Elbow River upstream of Bragg Creek are still vulnerable to flood: Paddy's Flats and Elbow Falls recreation area were destroyed in 2013.

SR1 was chosen over McLean Creek, not for technical reasons, but because the Government relied on a set of value-based judgements: that SR1 would be faster because it wouldn't need the same level of regulatory scrutiny as McLean Creek; that acquisition of private lands wouldn't impact the timeline; that recreation areas were more important than farms, businesses and homes; that forest was more important than native grasslands, that First Nations were more likely to resist McLean Creek; that both projects were equal from a climate change perspective. Every one of those assumptions has been proven wrong.

Mr. Clark is correct that a whole range of legal challenges are yet to come. SR1 is a bad project chosen in a flawed process. Let's take stock of where we are at. Tsuu T'ina Nation, Rocky View County, Bragg Creek Community Association, Bragg Creek Chamber of Commerce and Springbank Community Association are all opposed along with 97 percent of all submissions to the federal regulator. Further, Kamp Kiwanis, 100 years of serving Alberta's kids, will be cut in half by this project.

So yes, our western communities are using this regulatory pause to speak out - as Albertans - to say we need a

more thorough look at McLean Creek, a project that will leave a positive legacy for future generations with less cost. The Tsuu T'ina believe we need to manage this earth forward for seven generations.

A form letter can be found on springbankcommunity.com and emailed to us at info@springbankcommunity.com, if you would like join us in the letter writing campaign ending this September 2019 at the Springbank Fall Fair.

McLean Creek. Protect All, Harm None.

*Karin Hunter
President,*

Springbank Community Association



Yesterday I saw some work starting at the Highway 1 and Highway 22 interchange and went to the Alberta website to find the project. Two "leaves" of the cloverleaf are being removed with traffic control signals placed on highway 22 North and South of highway 1. Were Rockyview County and the town of Cochrane consulted during the planning stages? Contrary to the summary and rationale provided for this project, you are going to see more congestion if this is implemented. You can find out more about these plans via the following link from Alberta Transportation. www.transportation.alberta.ca/Content/docType233/Production/122_Interchange-DE%20Summary.pdf

If you share my concerns please contact your local MLA.

*Brian Hodgkins
Bragg Creek AB*

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Rocky View County Reaches \$500,000 Donation Level and Earns Logo on Helicopter

STARS Air Ambulance is pleased to announce Rocky View County is the first municipality in all of central and southern Alberta to reach logo status in STARS history.

Rocky View County has been supporting STARS since 1991. In 2016, they joined the STARS Municipal Initiative Program – contributing \$38,000 per year. In 2017, Rocky View County increased its commitment to (\$2 per capita) per year joining the majority of municipalities across Alberta in a united effort to help STARS maintain sustainability for today and for the future. Now, Rocky View County has reached over \$500,000 in cumulative giving, earning a logo on the STARS helicopter.

“Thank you Rocky View County for your generous support since 1991,” said Wendy Beauchesne, executive vice-president, STARS Foundation. “Your funding is essential to keeping STARS in the sky, and your commitment ensures we can continue to put the right tools in the hands of the best talent. This doesn’t just save time in responding to critically ill and injured patients, it saves lives. We are incredibly grateful to the Rocky View County council members for your leadership and dedication that ensures the sustainability of STARS emergency services for your residents.”

The STARS Municipal Initiative is an ally funding program that includes rural and urban municipalities across the province that recognize and value STARS as an emergency protective services option. Their life-saving partnership with STARS ensures the highest level of critical care services will continue to be available to Albertans.

“As a rural community, seconds count and STARS is there for us,” said Reeve Greg Boehlke. “In 2018, STARS landed in our region multiple times to provide care for patients in our community. The nature of partnership is clear – helping to safeguard lives.”

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. Learn more at stars.ca

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Summer activities in Division 1 and RVC.

From top left, clockwise:

(1) A well attended SRI Information Session at BCCA (2) Flood mitigation work is set to start in August/ September (3) Jumping Pound Hall Stampede Breakfast membership drive (4) Canada Day Bike Parade in Redwood Meadows with MP John Barlow and Mayor Paul Sawler (5) Councillor McKylor and I serving up breakfast at the First Annual RVC Pancake Breakfast & Open House (6) Unveiling of RVC logo on STARS helicopter (7) Revisions to existing Municipal Reserve signs to highlight environment sensitivity (8) Bragg Creek Days festivities featuring Ian Tyson (9) RVC and Red Cross booth at Bragg Creek Days (10) BMO Stampede Farm Family Awards (11) 100 Year Gala for the Kiwanis Club of Calgary



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."

We hope everyone is having a great summer – whether you are taking

road trips, camping, gardening, biking, hiking, relaxing in the back yard, or visiting with family and friends, enjoy it all. Visit a local farmers market – the selection is often more than vegetables! Hand crafted unique items abound. Stop and talk with the vendor, they can explain the process and the care that it takes to create their items.

There is space available at the Nov 2 & 3rd sale for unique items. Contact the writer for more information.

The club continues to expand the membership! Maybe you have some

skills that can be utilized, or would like an opportunity to showcase your work at the sale, please let us know and we will send the guidelines. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice at janice3lambert@gmail.com for any new business to be introduced at meetings.

Club meetings are suspended until September, but there will be several make and take social evenings, dates are to be determined. These are a great way to spend a few hours with the group, learn a new technique, and to take a home a creation.

The club is enthusiastic and diverse, and encourages new members to come and be a part of this community organization. This is an opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest projects (show and tell) to share with the group. For more information about the annual sale Nov 2 & 3th, 2019 or membership, email yjo999@gmail.com. Follow us on Facebook for sale updates. [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket)

Submitted by Yvonne Bamlett

COCHRANE & WESTERN ROCKY VIEW



Helping Hands

FOOD DRIVE



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(Toilet paper, cereal, peanut butter, canned goods - tuna - salmon - soup - fruit, cleaning supplies, coffee & tea, fruit cups, granola bars, oatmeal and rice)

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(Donations may also be dropped off in the bins at Save On Foods, Safeway, Mark's No Frills & Sunset Ridge Pharmacy in Cochrane)

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Springbank Friday Morning Mixed Curling 9:30 - 11:30am

We'll be starting up again in October and are looking to expand our numbers to make full use of the ice available to us. Anyone is welcome regardless of curling skills. You can register as an individual or come with your own team. We need players for weekly play. We also often need spares, so if you are unable to make a weekly commitment but would like to curl once in awhile, please consider registering as a spare.

We have two rounds of play: October to December and January to March so you can register for either or both rounds.

Please contact Tim Presber for more information or to register at tpresber@shaw.ca or 403.827.2755.

Watch out for our information and registration table at the Springbank Fall Fair on Saturday September 7.

Springbank Heritage Club

We are a non profit organization operated by volunteers. Our beautiful facility is at 244168 Range Road 33, 403.242.9350, springbankhc@telus.net

Regularly scheduled activities:

- Choral Group, Tuesdays, 10 - 12. No singing skill level required, just enthusiasm. Contact Joan 403.851.3818.
- Games, Tuesdays, 1 - 3pm. Crib, bridge, canasta, pool, shuffleboard, and carpet bowling.
- Jam Sessions, Fridays 1pm. For instrumentalists and vocalists. Contact Roy Burke 403.242.9091.
- Potluck Dinners, 4th Wed. each month.

We are always looking for and welcome new members. If the regularly scheduled activities aren't for you, then maybe you would enjoy participating

in our varied special events programs. As always the club extends a grateful note of appreciation to the Springbank Lions club for providing both bus and drivers for off site special events. In the past year these have included tours of the new Calgary Central Library, the Devonian Botanical Gardens, the Cayley Hutterite Colony, and a lunch presentation at ROARR, the Robinson Outreach At RiverCross Ranch. At the club facility we have had several Hand and Foot Canasta Tournaments, an educational owl presentation by the CWRs, the Calgary Wildlife Rehabilitation Society, complete with live owl Ophilia, and in May our hugely successful 10th Anniversary Celebration Traditional Strawberry Tea.

Our upcoming special events for the remainder of 2019 include a September Fall Color Tour, an October YYC tour, a November

educational hawk presentation by the CWRs, and in December our annual Christmas Dinner. In addition, from Oct 2019 - March 2020 we are welcome to participate in the Friday morning curling, 9:30-11:30 am at the Springbank Curling Club. Contact Tim Presber 403.827.2755 or tpresber@shaw.ca.

A big thank you to Ian, Jim, Val, Peter, Gerry and Bill who set up the computerized electronic billboard at our gateway.

The club facilities are available for rental. Please contact Val Finch 403.288.1288

Watch out for our information table at the Springbank Fall Fair.

Submitted by Shirley Tajcnar

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 2019 session will be held Monday, September 9th at Eden Brook Reception Centre. Doors open at 9am and class registration is on a first come, first served basis. Come early to not be disappointed! Activities and classes for the fall include: cooking, acrylic painting, cookie and cake decorating, Halloween wreaths, exercise, pedicures, book club, and much more as well as a drop-in weekly coffee/chat group.

Our website, www.springbanklto.com, will soon be updated with a complete list and calendar of our 2019 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!

LADIES TIME OUT IN
SPRINGBANK

FALL 2019
REGISTRATION

September 9th @ 9am

Eden Brook
Reception Centre

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

Around the Division.... I get calls/emails for things (and am always glad to help) where it is almost always faster (and with a better response) to go directly to the County, whether these are road questions, enforcement matters, or questions on process. The service standard is generally around 24 hours, as these requests are tracked in our ticketing system and routed to the

correct person almost immediately. I can answer general questions based on my knowledge, or if I've heard anything happening in our area, though.

I don't have ready access to staff, and quite frankly, as I learn more and more about what our role as a Councillor is, I don't require this type of access. I always think that in order for me to move an issue forward, I have to interrupt a senior leader, who then has to interrupt a Manager, who then has to interrupt the person who can actually respond. Most issues are not of an urgent nature so this process is not very cost effective nor do I have any visibility of what work I'm actually interrupting. Councillors are governors and policy makers. We don't plow the roads, measure potholes, or take pictures at the side of the road to determine if there is an enforcement issue. We have skilled, qualified (and much better equipped) people for this who quite frankly do a much better job at operations than I do.

So how do you get your concern looked at?

- Start here: www.rockyview.ca/Government/ContactUs.aspx
- Submit an online form or call our 24 hours/day number
- Send an email

If you've done that, and haven't heard from anyone in a day or two, please let me know. I can absolutely try to find out why things are taking longer than expected. So far, I haven't heard back from anyone saying a response has taken too long, so I do hope that is your experience too.

Recreation: I presented a notice of motion in June to have Council review all of our Fee Simple land holdings to determine where we may monetize the value of those lands and dedicate those funds to recreation capital in Rocky View County.


Fee Simple land is land that the County owns outright (ie not Municipal Reserve where there is a shared contract with the School Board).

There may be lands that we'd absolutely want to keep for the County's future use, or for other purposes, but we do have lands (especially in neighboring municipalities) that the County may not have a long-term use for.

We have had underfunded or inconsistent funding in many areas of our County for many years. We do provide operational funding, for example (ie Springbank Park for All Seasons \$400,000/annually, which is not insignificant), but we haven't invested in improving or expanding. Even contemplating support for Capital improvements is difficult until you know how you can fund. While the County is in great shape financially and mostly certainly we could look at borrowing funds for expansion – I'm sure residents would prefer a self-funding model rather than borrowing.

The notice of motion is not a direction to sell anything yet, it is just an inventory of lands, approximate value, determination of what is needed and what isn't, and then Council would vote on whether or not lands could be sold, and Council would also need to decide if net proceeds should be earmarked for Recreation. Lots of moving parts here.

Ultimately, the County needs a reliable funding source for recreation. Recreational groups need to know from year to year they have funding. Operations is one piece, and capital improvements/expansion are another.



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I continue to work on this and I hope Council will support, at the very least, a solid review of our fee simple lands with a view to invest any net proceeds back into our recreation.

Approved Development Permits:

- Application for renewal for the keeping of livestock at densities no greater than two (2) animal units per 1.60 hectares (3.95 acres), specifically from 1 to 2 animal units (horses) 243154 RANGE ROAD 31A
- Application for Offices (existing building), tenancy for a real estate company, (8 & 9, 110 COMMERCIAL DRIVE),
- Application for a dwelling, single detached (existing), relaxation of the minimum side yard setback requirement, (43 LYNX LANE)
- Application for a dwelling, single detached (existing), construction of an addition within a riparian protection area (84 EAGLE BUTTE RANCH)
- Application for Personal Service Business, construction of an indoor private sports facility, 250031 MOUNTAIN VIEW TRAIL

Kim McKylor

Rural Crime Watch: Guest Submission

Vacation time! Whether we plan a stay-cation or an away-cation, we start from our home. Here are some tips to increase our peace and security.

- Use social media to report after the vacation. An announcement of a time to be away may be information to a criminal about an opportunity to check out. Intruders believe when people are away that there is enough time to break, enter, and grab before an alarm brings a response.
- Being 'noticeably at home' reduces the risk of intrusion. Next best is the perception of someone at home. Usual cues to an intruder might be movement, yard maintenance and several lights on variable timers.
- Minimize personal items as you travel. A lost address book or chequebook gives thieves an immediate lead to your address and identity theft. Minimize personal information on your Smartphone in case it is lost. Lock personal records securely in your home and have photo

cache of these items with someone else. Carry the phone numbers (without account ID) needed to call if your wallet is stolen or misplaced.

- A mail build-up signals absence. Stop the mail or have a neighbour pick it up for you. Ask a neighbour to check for parcels and for unexpected visitors to your home. Be part of neighbour pacts to look out for each other.
 - Park your vehicles in the garage. Remove any valuables and lock the vehicle as well.
 - Use a smart doorbell that takes video and is interactive through the internet. These work 24/7 with your cell phone.
- Enjoy the time, space, and freedom of rural living. Some cautions help with our peace and quiet.

For information on Rural Crime Watch, check out Cochrane Foothills Protective Association, cfparcw.ca.

Our security is greatly enhanced when we work together as good rural neighbours.


*Writer this issue - Jim Willson
(Reprint of part of a RCW member newsletter)*

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Putting You In The Picture

It is that time of year again when news broadcasters turn our thoughts to the ways the World and the Investment Markets could run into trouble. There are special reports stating that markets are at record levels, interest rates are rising, Trump, Trump and more Trump, trade deals, China, the end of globalization, inflation is rising, inflation is a non-factor...well you get the drift. You can pick any number of reasons to be nervousness but the reality for most people is these macro-economic factors have little bearing on your personal situation, at the moment. Let us put you back in the center of the financial picture of your life. The first objective of any financial strategy is to focus on building assets. Most Canadians have work to do in this regard. If you do not have a large savings and investment portfolio (let's use \$500,000 as a starting point for the definition of large) then the movements of the markets are not really going to make a difference, short term, to your personal financial plan.

If for example, you are 50 years old with an RRSP of \$50,000 and income of \$50,000 (which is close to the median income for working Canadians), then having your RRSP increase by 10% or drop by 10% is not going to be the main factor in the quality of your retirement income and lifestyle in some 15 or so years in the future.

What makes a difference is the amount you are saving every year towards your retirement and financial independence goals. The challenge, of course, is that many Canadians are not saving much money these days, according to published media reports on consumer behaviour.

If you have a larger liquid investment base, say \$1 million plus, then capital preservation strategies become a greater priority. And, of course, if you are currently retired, then cash flows and asset protection (including growing your assets to offset rising inflation and taxes) is a greater focus.

One major factor, that most people overlook, is the affect of rising inflation. The government's CPI index (which leaves out volatile items such as food, fuel, transportation, etc.) is called Core CPI. This is rising in the 1.2% to 1.5% annual range. Unfortunately, the actual year over year price increase that we all experience is increasing by double digit rates, i.e. greater than 10%.

But, given that you know that difficult market environments, such as a recession, are a normal part of the landscape of life, then it is important that you have a thought-out strategy in advance of such an event with your advisor. Then, when there are a few surprises, you can perhaps take advantage of any turmoil to profit from the economic recovery, as is usually the case.

For those just starting out in life, in your 20's and 30's the goal is to buy assets, ideally monthly, or on a regular

basis. Using Dollar Cost Averaging will smooth out any economic events and allow you to build your investment savings with confidence as you learn to navigate life's hiccups.

For those in their 40's to 50's the goal is to keep building your assets and diversify your investments to avoid any weakness in any one sector, country or asset class, from materially impacting your savings.

For those in their 60's, 70's and beyond, the goal continues to be growth but with a greater focus on capital preservation and income generation as well as Estate Planning.

This is a brief overview of how to put yourself back into the financial picture of your life. Try to avoid getting overly swayed or fearful by media coverage and other commentary about issues that are largely outside of your control and which likely will not have an immediate and direct impact on your situation.

Call us today for a review of your capital accumulation strategy and preservation positioning and for our latest ideas on how to best navigate the financial landscape.

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5 Tips to Avoid the Dangers of Affinity Fraud

Many Albertans don't realize this, but one in four Albertans are approached with fraudulent investment opportunities through friends and family – people we trust. According to the Alberta Securities Commission (ASC), this type of scam is called affinity fraud and almost always involves either a fake investment or one where the scammer lies about the critical details, such as the risk of losing money or where the money is going. With affinity fraud, scam artists often target organized groups such as community clubs, religious organizations, immigrant communities, seniors' homes and online chat forums.

While sometimes members of these groups are fully aware of their intent to deceive, other times they are unknowingly involved. And often, you may not realize that what you are putting your money into is considered a 'security'. Fraudulent investments take on many forms – from shares to promissory notes, units, trades, or some other creative monetary term. No matter what it is called, securities laws apply whenever you are giving someone money with the expectation of a return or payment. It is critical, therefore, that you know how to protect yourself from investment fraud no matter the source.

This type of fraud is identifiable and avoidable. By following this checklist, you could help to save yourself or a loved one time, money and heartache:

- Never rely solely on referrals from friends and family members. If they have failed to do their research and invested in a scam, they may unknowingly lead you down the same path.
- If it sounds too good to be true, it is. Don't be drawn in by promises of spectacular returns and low risk; these are classic warning signs of fraud.

- Don't be pressured into making a decision. Take your time to understand the business and the risks involved. Scam artists will pressure you into making a quick decision. They are doing so to exploit your fear of missing out on a "valuable" and "time-sensitive opportunity" — and to limit the amount of research you conduct.

- Be wary of investments offering little information. If you are being offered an investment and the promoter "doesn't have time" to provide details or you are told to keep the opportunity confidential, this could be a warning sign.

- Check the salesperson's background. Anyone offering securities in Alberta

generally must be registered with the ASC. The ASC can also tell you if the salesperson has ever been subject to enforcement action.

Many people who fall victim to affinity fraud fail to report it because they feel ashamed, embarrassed or want to protect their friend or loved one. This enables other people to fall victim to the same scam and makes prevention difficult. If you suspect you or someone you know has been approached with a potentially fraudulent investment scheme, you can find help and more information about the red flags of investment fraud at checkfirst.ca or contact the ASC at 1-877-355-4488.

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Redwood Celebrates Canada Day

Another year, another great Canada Day celebration for Redwood Meadows. Hundreds turned out for the day-long event that includes games, food, a bike parade, Indigenous dancers, and fireworks. Redwood Meadows Community Association President Renate van der Zande says, "In this time of reconciliation, events like Canada Day are a perfect opportunity to connect our communities all over Canada. Our event was a stunning success from the weather to the participation to the outpouring of gratitude – we couldn't ask for anything more."

Even though Redwood Meadows Emergency Services had four callouts, they still showed up to lead the annual bike parade, as well as facilitate the

always-popular lawn water slide. Also helping out in the event - MLA Banff-Kananaskis Miranda Rosin, Foothills MP John Barlow, and Rocky View County Division 1 Councillor Mark Kamachi.

"The Tsuu T'ina dancers and elders also helped our celebration by sharing their culture and tradition," says van der Zande. "This year, we raised our own teepee to commence the Canada Day celebration and to share in our community's deep heritage."

Next up for the Redwood Meadows Community Association – an end-of-summer celebration, including an outdoor movie on August 24th.



Faith McLean, HCN Staff
faith@highcountrynews.ca



Kids enjoy the lawn water slide with RMES. Photo credit: Michelle Thompson



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GBC FireSmart Committee

Chipper Days are Back! See You at the Hamlet Water Plant from 10:00am to 4:00pm on August 10 & 11 (Sat/Sun)

Bring your green waste (tree limbs/trimmings and small trees - no lumber or rotten logs please) and we'll have it unloaded from your vehicle, chipped and recycled - for free. The Hamlet water plant is located at the far north end of Burnside Drive - look for the FireSmart feather flags.

Marcus Weckesser, District Chief with Rocky View County Fire Services notes that "Every FireSmart measure, no matter how small, can change the outcome of a fire."

A great starting point ahead of Chipper Days is a FireSmart home assessment. This free, confidential service takes about 30 minutes for Rocky View County Fire Services or Redwood Meadows Emergency Services to perform. Over 80 Bragg Creekers in the past year have taken advantage of this service - here are a few comments from property owners:

"Assessment was invaluable, I never understood what the real risks and impacts were, now I have some idea. We will be implementing some of their feedback for sure."

"I'm thankful for the FireSmart assessment, and think it was well organized and an awesome tool that everyone should take advantage of. The Captain did a short but thorough walk through of my property and house exterior. He mentioned several action items - many I was aware of and a few I never thought of."

"It was very, very good. The two fire fighters were very professional and helpful with their suggestions. While it is with some luck that we have done some things right, there are a few things I can do to make it better here."

According to Marcus, "Fire has always been a part of the landscape. When there is a regular cycle of fire, it's less intense. Having a community in a forested area interrupts that cycle and leads to fuel accumulating."

If we are to adapt to living with wildfire, we need FireSmart. FireSmart starts at home with mitigations that reduce the ignitability of structures and the fire intensity of surrounding vegetation.

It's not possible to predict how a fire will behave - there are just too many variables. You can't predict where the embers will be blown and what they'll ignite.

"Every house that is FireSmart slows down the spread of wildfire in a neighbourhood," says Marcus. "If people

work together and create a FireSmart neighbourhood, fire is more likely to go through the perimeters of the area and not devastate the community."

Join your neighbours who have undertaken this first step to develop a FireSmart action plan for their property - you can book an assessment online at the Rocky View County website (search "FireSmart" on the website). Check out our Facebook page ("Greater Bragg Creek FireSmart Committee") or contact the FireSmart Committee if you have any questions. There are a number of companies in the Bragg Creek area that can help you out with FireSmarting your property.

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Align Yourself: Lower Leg Injuries

by Jennifer Gordon

BSc.PT, AFCL, BA Kin

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

As all you outdoor enthusiasts in the Foothills embark on summer trail running, hiking, biking and sunny dog walks, we see an increase in hip and knee issues. These injuries may be traumatic in nature, a trip and fall, landing on a hip or twisting your knee. However, more often than not, we find they are related to common muscle imbalances in the hip and lower leg.

One aspect we always assess is the alignment of the lower leg during movement, such as a squat. A single leg squat is especially indicative of alignment problems in the lower leg. This movement requires the pelvis and lumbar spine to stay neutral as the hip, knee and ankle all flex in sequence.

If there is poor coordination and alignment along these joints, we aim to figure out where it may be coming from. Weak core muscles, such as the transverse abdominus – the deepest abdominal layer, and the iliopsoas – a spine stabilizer, can contribute by not being efficient in stabilizing the spine during motion. The gluteal muscles may contribute by not being efficient at stabilizing the pelvis as the hip is flexing. If the gluteal muscles are weak, the pelvis will slightly drop on one side and cause the knee to fall inwards

(which is caused by the hip adduction). The hip is not able to maintain its neutral position. This motion of the knee falling inwards can put stress on the soft tissues surrounding the kneecap. Iliotibial Band Syndrome (IT Band), Patellofemoral Pain Syndrome, and tendonopathies are common problems that develop. This mal-alignment at the knee can also stress the ligaments and meniscus structures, putting you more at risk of ligament tears (MCL, ACL), meniscal derangements and bursitis issues (Baker's Cyst for example).

Locally at the knee, the inner quadriceps muscle may be underdeveloped. A previous injury, postural habits, or general de-conditioning may cause this. The Vastus Medialis Oblique (VMO) is important in the last 30 degrees of knee extension (think going down stairs, gradual downhill hiking). The VMO largely contributes to the proper tracking of the patella (kneecap) and coordinated motion throughout knee extension.

Further down the leg, the ankle and foot may contribute to hip and knee problems as well. An excessively pronated foot, when the inner arch of the foot is flattened, may contribute to the knee falling inwards during a squat. As the body weight is shifted more onto the big toe and inner aspect of the foot, the knee is drawn towards the big toe and the whole lower leg rotates inwards. A previous ankle sprain may also contribute to this issue as the ankle joint may be stiff and prevent the knee from flexing directly over the ankle. Plantar fasciitis, achilles tendonopathies and Morton's Neuroma nerve impingements may develop.

Some remedies used for these common problems are taping procedures to encourage proprioception (joint and muscle awareness) and relieve tension

on stressed tissues, Active Release Techniques/soft tissue stretching for tight and overused muscles, Electrical Muscle Stimulation to help engage de-conditioned muscles, Intramuscular Stimulation to relieve tight muscle bands, and exercise prescription. Specific exercises tailored to your unique posture are the most helpful in prevention and healing. This is what will make the difference in reshaping your movement patterns and teaching your body proper mechanics. Here are a couple of great exercises that help target some of these common issues.

Wall Sit: Assume a sitting position with your back up against a wall, hips and knees bent to 90 degrees, and your torso straight. Place a soccer size ball between your knees, ensuring that your legs are parallel with knees over the ankles and aligned over the mid forefoot. Squeeze the ball with your knees and hold for 5 seconds. Relax, but don't remove the ball yet. Repeat with 10 squeezes, held for 5 seconds each.

Windshield Wipers: Sit in a chair with an elastic theraband looped around both ankles. Keeping your knees together and bent at 90 degrees, pull your right foot away from the left (your left leg is the anchor and stays still until you switch sides). As if your lower leg is a windshield wiper – it moves back and forth. This motion is actually coming from the posterior hip muscles and the thigh should remain relaxed. Repeat 2 sets of 20 reps on each side.

It is worth having a full body assessment if you are experiencing any of the common injuries mentioned above. We can tailor a specific exercise program suitable for you and the activities you enjoy.

The crew at Bragg Creek Physiotherapy wish you all a great summer!

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Watch For Walkers During The 10th Annual Kidney March From September 6 To 8

The Kidney Foundation is hosting its 10th annual Kidney March from September 6 through September 8, 2019. Kidney March registrations and fundraising are at a record high with over 600 Marchers and Crew embarking on the 100 KM trail from Kananaskis to Calgary, and a goal to raise over \$1 million. The journey will begin at Millarville Race Track on

Friday, September 6 and ends at Canada Olympic Park on Sunday, September 8.

This transformational weekend is designed to raise awareness and funds for kidney disease prevention, life-saving research, patient programs and organ donation initiatives. 1 in 10 Canadians have kidney disease, and the

number of Canadians living with end-stage kidney disease has grown 36% since 2007. Each day 15 Canadians learn their kidneys have failed. Thanks to the determination of dedicated Kidney Marchers and Crew, Kidney March has raised over \$7 million to help reduce these numbers.



Kidney March is made up of everyday individuals doing the extraordinary. Family, friends, patients, doctors, nurses walk side-by-side to fight kidney disease and support organ donation. The heroic event is more than a fundraiser but

also a community for those affected by the disease.

Kidney Marchers will be walking through the communities of Millarville, Turner Valley, Bragg Creek, Redwood Meadows and Springbank from Sept. 6 to Sept. 8. Please be cautious of participants on the roads, look out for the Kidney March signs and feel free to cheer them on!

Thank you for helping to keep the Kidney March community safe. For more information, to donate or become involved, please visit KidneyMarch.ca or call 1.866.9KMARCH.



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Bragg Creek Centre

Greetings Bragg Creek!

It's August, summer is in full swing and with that comes a plethora of tourists, who along with our friends and family are excited to share in the beauty of our lovely Hamlet. We have to remind ourselves to be patient when we can't get the prime parking spot, or when it takes longer to get our usual order. Like it or not, the influx of people do keep the Hamlet going. Plus, we can smile to ourselves that we get this loveliness all year long!

As we wrap up Bragg Creek Days, we want to extend a massive thank-you to all of you who attended and our volunteers and entertainers that made the day amazing! We will post a list of acknowledgments on our website.

The Bragg Creek Community Association completed another fiscal year at the end of June. The Board is working to create a strong sustainable operational plan for The Centre as we move forward to better serve you, our community. As such you will start to see positive changes in order to keep your Centre running! If you would like to be part of the BCCA Board, nomination packages will be available soon on our website. Please save the date for our AGM - October 30th, 2019.

The Board is in the final stages of completing an extensive HR manual that will clarify expectations for the BCCA staff and create efficiencies in

the workday. In addition, the Board has started to develop a new strategic plan for the Association.

The BCCA Staff has switched gears from Bragg Days to Fall Programming! We will be bringing back your favorites and are always looking for new ideas. Feel free to reach out to our Program and Event Manager if you have ideas of what you would like to see offered!

This season there will be some changes to our drop-in programs that will benefit both you and The Centre. You will now have the opportunity to register for a season or the entire year. Drop-in opportunities will still be available, but registering in advance will benefit your pocket book! Stay tuned for details on our website, Facebook Page, and Member e-Newsletter - email outreach@braggcreekca.com to subscribe.

Our annual Community Open House will be held at Redwood House on Saturday, September 7th. This is a one-stop shop to sign up for programs, learn about community organizations, and familiarize yourself with local businesses. More details to come.

We want to thank all our partners for helping us through this year. There are too many to mention, but we need to give a quick shout-out to the following:

- Rocky View County: Provides funding for our Operational expenses along with information support for facility and governance needs.
- Bragg Creek Community Church: not just as a lease-holder, but as a group that ALWAYS has our back when we need last minute help or resources.

• Mac-A-Doodles Day Care: Another lease-holder that goes above and beyond to help with programming like Rumble & Roar.

• High Country News: continual advertising support for programming and events

• Bragg Creek Ladies Auxiliary: for all they do from donating kitchen equipment to providing yummy food for our community events!

• Paul Hilton and Brent Clarke: for maintaining, operating, and inventorying all our sound and lighting equipment!

• Stella George: for facing snow, hail, wind and sun to change the sign at the roundabout all year!

The Community Centre still has some August weekend dates available. If you are looking to host a family reunion, birthday party, or anniversary celebration, please contact program@braggcreekca.com.

To find a list of community events or to promote your event for free, please remember High Country News offers an online event calendar. Check it out at: www.highcountrynews.ca!

Remember, in an effort to be an environmentally responsible facility we encourage you to bring a reusable water bottle or coffee cup to our programs and events. We will no longer sell bottled water or supply single use cups.

Sincerely,
BCCA Board & Staff

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TRAIL TALK!

The Latest from the Greater Bragg Creek Trails Association

Trail Etiquette – How Wet Is Too Wet?

The hardworking trails volunteers would like to thank those trail users who opted to stay off the trails during the recent June/July monsoon rains. This has really helped limit damage to vulnerable trails which are now starting to dry out and firm up again. We ask that if you are leaving ruts or holes in the trail, then the trails are too soft to use. This same principle applies for all trail users - bikes, horses etc.

For updated trail conditions please visit braggcreektrails.org/report. You will also find updated trail information at the main trailhead kiosk by the trail centre. Also, look for the orange vested Bragg Creek Chamber of Commerce information specialists occasionally seen cruising the parking lot by E-bike for trail updates.

The Great Trail At Bragg Creek

The Trans-Canada Trail was officially renamed The Great Trail in 2016 and connects Canadians with a linked network of over 24,000 kilometres of trail. The Bragg Creek segment of the Great Trail represents an interesting

transition from the prairies to the mountains.

Starting from the Hamlet of Bragg Creek, The Great Trail is a wide multi-user pathway that parallels the West Bragg Creek Road (Township Road 232) and then about 2 kilometres south on Range Road 54. The final link, a new pedestrian bridge over Bragg Creek, will be installed this fall.

The Great Trail enters Kananaskis Country from Range Road 54 via the Iron Creek Trail. A short single-track section connects to wide year-round trail that is groomed in the winter for cross country skiing and fat-biking. After 1.9 kilometres, travelers have the option of a single-track all-season ridge-top (Iron Creek trail and Boundary Ridge) or a wide valley bottom (Iron Springs and east Sundog cross country ski trails) version of the Great Trail.

From West Bragg Creek, travellers again have the choice of higher single-track route or a lower elevation wide trail. The high route follows Braggin Rights, the first 2.9 km of Merlin View trail, then continues on the new Kestrel

trail for 5 kilometres to Tom Snow trail. The final few kilometres of Kestrel trail is being finished by the GBCTA volunteers over this summer.

The valley route takes Mountain Road for 1.6 km and 0.7 km of Moose Connector and 2.4 km of Moose Loop to Tom Snow trail. This section is popular with equestrians in the summer and is groomed for cross country skiing in the winter. A new all-season single-track version of Moose Loop is currently being built by volunteer crews from the GBCTA at the rate of a few hundred metres per week. Just click on the Volunteer link on the GBCTA website, if you want to be part of this project.

The Great Trail THEN continues north and west along Tom Snow trail, leaving the Bragg Creek headwaters and continuing on towards Canmore, Banff and the British Columbia border at Elk Pass. So, if you ever wanted to experience a portion of Canada's Great Trail, you have plenty of opportunities right here in Bragg Creek.

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org



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- Can help reduce risk of foot infection and pathology

HCRCWA Update

John Robin ('J.R.') Allen,
Membership Coordinator, HCRCWA

HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION



It's been a quiet month in the High Country, our Utopia out here on the edge of the prairie somewhere west of Calgary. Last month I suggested that crime in this area, while not absent, is substantially and statistically lower than in the previous decade and lower than in other regions of Canada. We live in a paradise and rely on our rural values of integrity, reliability and helping neighbours. A quick internet search on crime statistics in July revealed no reports of breaking and entering offenses here. Rural Crime Watch is working! There were some

incidents about motorcycles—one of which involved a woman driving 224 km/h in a 90 km/h zone—but nothing more nefarious.

We live in a spectacularly beautiful area of Canada that is enjoyed by cyclists, runners, nature photographers, and sightseers from everywhere. We have unique summertime events such as the weekly Millarville Farmers Market. We have year-round family fun at the Granary Road Active Learning Park and Market. This past Saturday, July 13, saw the fifty-seventh annual Christ Church Flower Festival in Millarville. The church and grounds were adorned with flowers from parishioners and loved ones. Tea and scones were served.

Something else that we often take for granted until someone else points it out: for three weeks last month, my wife and I enjoyed the company of a spry, 93-year old relative from Indiana. We travelled throughout Alberta, and she continually remarked on how our roads are in so much better shape than those in the U.S., where the infrastructure is crumbling.

As rural dwellers, we balance our appreciation of space, quiet and privacy for the need to work together to deter crime. That is the focus of this August column.

It is vacation time, which means we must be cognizant of how to keep our homes safe while we are away. Here are a few tips:

Make it appear as if you were home:

- ✓ Put lights on timers
- ✓ Ask someone to pick up your mail, packages, and newspapers
- ✓ Make sure valuables (laptops, chequebooks, money, etc.) are not visible through windows
- ✓ Lock your vehicle (and never keep valuables in plain sight)

Never use social media to announce you are away. Share your vacation after you return.

Such small efforts, coupled with vigilance and reporting suspicious activities, deter crime.

We are stronger when we work together. Let us not forget the three elements of the **ORR Mantra**.

O is for Observe:

Since thieves must drive to rural areas, be sure to report any of the following:

- A vehicle parked on roadway or entrances to fields — especially with no apparent purpose.
- Unknown or unexpected vehicles, trailers or individuals on private properties or in abandoned yards

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- A vehicle driving slowly in the area and not entering any residence, especially when observed in separate locations
- Vehicles parked in areas that are hard to see
- License plates that appear deliberately obscured
- Abandoned vehicles
- Vehicles that hurry off upon being observed

R is for Record:

Record as much information as possible. Pictures and descriptions of people and vehicles (make, model, colour, and license number) are valuable. Also important is the location where a situation occurred, by GPS coordinates if you can get them. Keep a simple written record of details for follow-up.

The second R is for Report:

Call **911** or **403.933.4262**. Immediately report any suspicious activity to the RCMP. Even if you are in doubt, report it. Leave it to the experts to decide if action is needed.

Being a member of a Rural Crime Watch Association is an excellent way to stay informed. If you are not already a member of a Rural Crime Watch Association, you should join

one. Thanks to the work of a few volunteers and a grant from Legacy Oil, membership in the HCRCWA brings these advantages:

- 1. It is free.**
- 2. Members have no obligations.**
- 3. Members 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.
- 4. New members who live in our area get a free High Country Rural Crime Watch Association sign.**

5. We often have free tutorial presentations on how best to protect your property.

To join, phone us at 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: www.hcrcwa.ca. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch. So that's the news from the High Country where all the grown-ups are young, and all the children are wiser than their parents.

John Robin ('J.R.') Allen
jrapriddis@gmail.com



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ARE YOU NEGLECTING YOUR WATER SYSTEM?



Standard Water System Maintenance Schedule:

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

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Sheep River Library Fall 2019 Programs



Mind and Body

Qi Gong

This moving meditation can help to balance and harness your Qi (also spelled chi), or "life energy". The activity takes you through a set of slow, gentle movements while you focus on visualization and your breathing. This simple practice brings more peace, joy, and balance to your life as it dissolves pain, worries, depression, anxiety and fears. While all this is happening, you are healing your physical body, your mind and emotions, and connecting spiritually. No cost but donations will be accepted for a designated charity. Instructor: Edna Howdle
Mondays, Starting September 9 3:00

Diamond Valley Fit Club

Join us for a 30-45 minute workout. All levels of fitness are welcome! No equipment required. A yoga mat is optional. Facilitator: Rachel Kates
Wednesdays 7:00

Inductive Bible Study

We will be studying the gospel of John Part 1, using the inductive method.

Instructor: Jan Burney \$10 for course materials
Wednesdays, Starting September 18 10:00-12:00

Library e-Resources

Learn what digital resources are at your fingertips with your library card: books, newspapers, magazines, movies, music and many more.
Thursday, September 26 7:00

Women's Bible Study: No Other Gods

This 16- week study alternates a video by Kelly Minter with class group discussion week by week. Start and end times are perfect for those who have children in pre-school. For more information on the study or childcare provisions call Deborah McInnes 403-630-8681.

Tuesdays, starting October 15 9:30

Astronomy Nights with Les

Throughout the year, on evenings when something of note is happening in our skies, the library telescope will be set up in Millenium Park. Check the website for dates.

Facilitator: Les Antoniuk

Sourdough Bread Class

Discover the process of making sourdough from the beginning until it goes in the oven. There will be opportunities so see and experience sourdough at various stages of what is usually a 12 to 14 hour process. At the end we will taste some fresh-baked bread. Sourdough starter will be provided.

2 Tuesdays November 19 & 26 7:00

Digital Photography Scanner

These two classes will teach you how to put your photos and slides into a digital format that will protect their features and save you space. The first class will be instructional followed by a thorough practice session that prepares you to come and use the equipment on your own.

Thursdays September 19 & 26 7:00



Marketing Classes

Join Ryan Lindsay for three two-hour workshops on Marketing.

1) Marketing 101:

The basics of marketing covering all media and how to look for opportunities that fit you, your brand or your audience.

Tuesday, September 24 7:00

2) Search & Social

What is it? How to do it? Tips & tricks and more. How search works and how to build a campaign. How to set up social channels.

Tuesday, October 1 7:00

3) Advanced Social

This workshop will look at content as well as an introduction to ad formats, targeting and other options.

Tuesday, October 8 7:00



CRA Tax Talks

Join CRA Outreach Officer Nicole Frandsen for any or all of the following sessions on tax credits and benefits: Seniors, Disability Tax Credit, Benefits and Credits for All, Newcomers, Scams, Digital Services for Individuals.

See website for specific times of each session.

Tuesday, September 24



Sheep River Library Fall 2019 Programs

Computer Courses

Tech Talk

Just getting started with technology? A great introductory class on the use of popular, current technology! This fun, relaxed group looks at building everyday technology skills. We supply laptops but feel free to bring your own as well as tablets and smart phones.

Thursdays October 3- November 21 6:00-8:00



Tech Talk Café

Build your technology knowledge! Offered in a casual drop-in environment where participants bring their own laptops or tablets. A facilitator is on hand to offer assistance on topics such as Windows 8, Social Media, Internet Security/browsing, Skype and managing photos and files.

Thursdays, November 28- December 12 6:00-8:00

For the above programs registration begins

Monday, August 26 online at www.litforlife.com

or phone Literacy for Life at (403) 652-5090.

E-Reader Support

Need help downloading e-books onto your e-reader? Call 403-933-3278 and make a one on one appointment with Gita on Friday afternoons.

Career Development with McBride Career Group

Career Planning On-Line

Identify suitable careers that match your interests and skills, learn how to utilize the online Career Cruising assessment tool, explore different career options and find resources to education, training and financing options.

Wednesday, October 2 1:30 – 4:00

Personality Types in the Workplace

Learn more about yourself and those you work with.

Tuesday, November 19 5:30-8:30

One on One Consultation

A McBride consultant will be at the library most Wednesdays to meet with you one on one. Call **403-601-2660** to make an appointment.

Children's Programs



Rhythm and Rhyme

(parent/caregiver with babies up to 12 mths)

Meet new people in a relaxed space while you learn songs, rhymes, and activities that fit the age of your child. You will learn strategies to engage your child as they move through different stages.

Wednesdays, September 25- November 27 11:30

Movers and Shakers

(parent/caregiver with babies 12 to 24 mths)

Children and parents enjoy time together learning language through songs, rhymes and early learning activities. Join us for some wiggling, giggling and jiggling!

Wednesdays, September 25- November 27 10:30

Toddler Time

(parent/caregiver with children 24 to 36 mths)

Spend quality time with your toddler learning language through songs, activities, rhymes and stories.

Wednesdays, September 25- November 27 9:30

Natured Kids

(parent/caregiver with children 3-5 yrs)

Experience nature as a learning tool! Essential skills will be introduced to families through games, songs and activities out in nature.

Wednesdays, September 25- November 27 12:45

For the above programs registration begins

Monday, August 26 online at www.litforlife.com

or phone Literacy for Life at (403) 652-5090.

PD Days

Recently released (mostly animated) movies will be screened at 10:30 on PD Days.

Titles of movies will be available at the library and on our Facebook page one week before. Attendees can win a copy of the movie shown.

Parent Coffee & Chat

All parents are welcome to come and chat over coffee, get parenting information and meet other parents. Supervised play is offered for children. Facilitated by Parent Link Centre.

2nd & 4th Thursdays

10:00-11:30

Starts September 12



Sheep River Library Fall 2019 Programs

Clubs & Groups

The Diamond Valley Book Club

Members choose books two months in advance and selections will be posted at the library.

Tuesday Starting September 10 1:15

The Austentatious Book Club

This group meets once a month to discuss classic novels. For a list of titles please ask at the library.

Second Fridays starting September 13 10:30

Poetry by the Fireside

This group meets on the last Thursday of the month at 10:30 to read the works of poets both dead and alive and also share their own work. A monthly writing project is assigned.

Facilitator: Doris Daley

Conversational French

Parlez Francais to your heart's content and improve your bilingual abilities!

First Thursday of the month at 3:15

Community Drumming Circle

Release some stress and unleash your creativity. Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together. Participants must register at the library. Suitable for ages 6+. Fee: Donation

First Fridays Starts September 6 7:00

Dogtooth Mountain Film Group

Come and see independent films from around the world that are not usually screened outside of film festivals. See the website for titles

Second Mondays \$2.00

7:00

Diamond Valley Songwriters

Whether you are a beginner, a dabbler or an old hat at writing songs, there is an open door for you with this group. Bring your instrument. For additional information please call Al at 403-651-9016

Facilitator: Al "Doc" Mehl

Second Wednesdays 7:30



Genealogy Group

Have you wanted to research your family tree? Have you hit a brick wall in your research? Learn proven techniques to get you started or help get past road blocks and share your journey with others.

Facilitator: Sheila Bjerreskov

Second Wednesdays 7:00

The Wild at Heart...

Sheep River Ramblers



We organize walking, hiking and snowshoeing groups for all ability and mobility levels. Borrow walking poles, snowshoes, microspikes, pedometers and Kananaskis Explorer Packs. To

learn about any Rambler event please call the library to add your name to the Rambler e-mail list. (Must have a Sheep River Library membership to join).

Conservation Talks & Walks

Talks

TASK (Take A Stand for the Kananaskis) presents three talks by scientists and recreationists to understand more about our own backyard.

- 1) The Living forest – Forest Fire and BioDiversity
- 2) Our Forests, our Watershed - Flood Risk & Water Security
- 3) Managing Forests Differently – Community Forest Management in B.C.

Tuesdays, Sept 24, Oct 1 & 15 7:00

Walks

Two walks will be offered on Saturdays for four-five hours of rambling in the Foothills. This event will include frequent stops for discussion pointing out various features of our forests and watershed.

Bring a lunch. Limit of 20 to 25 people.

Saturdays, Sept 28 & Oct 5

10:00

Caribou Talk

Join biologist Bob Stewart as he shares his expertise on woodland Caribou and the challenges they face.

Thursday September 5 6:00





Sheep River Library Fall 2019 Programs

The Creative Side

Q & S Club (Quilting & Sewing)



This club is open to any quilter or sewer of any ability. Participants can work on either their own projects or an assigned quilting or sewing project. Instruction and guidance will be provided by experts.

Thursdays, starting September 19 7:00-9:00

Fibre Fiends

If you like to knit, embroider, sew, crochet, quilt or any other creative endeavour you are welcome to hang out and pursue your passion with like-minded individuals. Experts will be on hand to assist. Those who wish to stay longer are welcome to work at the large table.

Tuesdays, Starting Sept 10 10:00-12:00

REGISTER NOW

To register or to get more information about any of these courses please contact the library by whichever means works best for you:

- Phone: 403-933-3278
- Mail: Bag 10, Turner Valley, AB T0L 2A0
- Email: abdsrclibrary@marigold.ab.ca
- In person: 129 Main Street NE, Turner Valley
- www.sheepriverlibrary.ca
- Facebook: Sheep River Library

Our hours are:

- Monday, Friday and Saturday 10am-5pm
- Tuesday -Thursday 10am-8pm

Out Loud 2019:

Stronger. Brighter. Deeper

- **Andy Nelson**



Saturday, October 5 7:00

An energetic and high-spirited cowboy poet and humorist from Pinedale Wyoming, Andy offers history, heritage and hilarity of the cowboy culture through traditional poetry and storytelling.

- **The Wardens**

Saturday, October 26 7:00

Superb musicianship, haunting harmonies and gripping tales from three men who spent their lives in the most rugged of all places - the wilderness of Canada's Mountain national parks.

- **Jennifer Buchanan**

Friday, October 25 7:00

This author and musical therapist has been transforming lives, one note at a time for 30 years. She is a leader in bridging music and medicine. Jennifer has recently published her book, *Wellness Incorporated*.

- **I wanna write a....**

Join one of local experts and learn the tips and tricks for writing any or all of the following:

A Song 9:30 am (Al "Doc" Mehl)

A Poem 12:00 pm (Doris Daley)

A Story 2:30 pm (Bill Bunn)

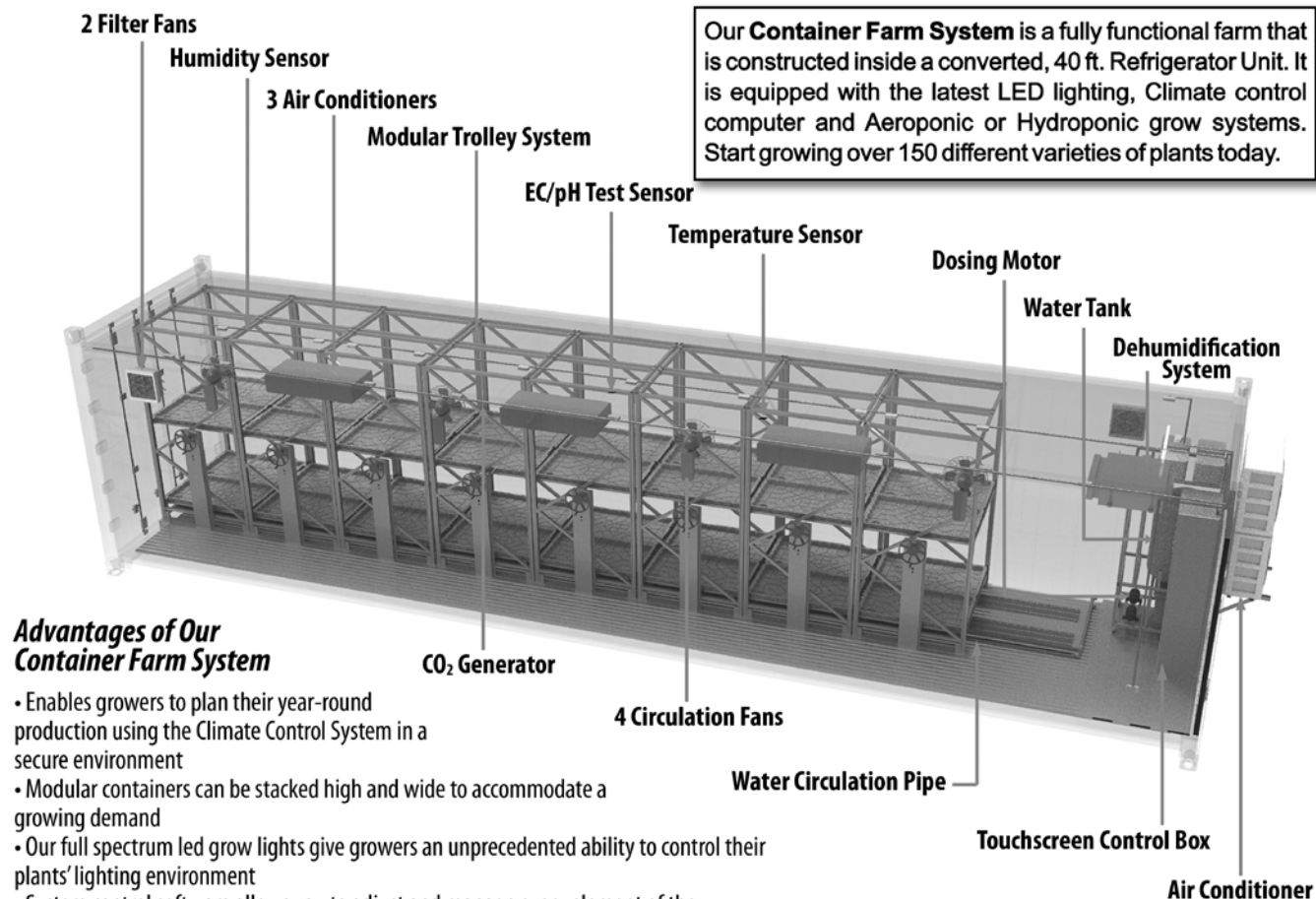
Saturday, October 19

- **Taleblazers:**

Six Alberta authors/illustrators/musicians for elementary students are coming to the library to inspire our Kindergarten to Grade 6 students.

For more details pick up an Out Loud Brochure or check our website.

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Examples of Container Farm Produce Yields

- Basil yields average 5,200lbs per year (Wholesale \$50,000 Retail \$99,000)
- Lettuce yields average 40,000 heads per year (Wholesale \$72,000; Retail \$120,000)*
- Spinach yields are 50lbs week or 18,250 lbs per year (Wholesale \$18,250 Retail \$32,850)
- Strawberry yields 7000 lbs per year per container (Wholesale \$28,000 Retail \$42,000)

Examples of Cannabis Yields/Micro Grower Opportunities

- 4 - 6 container farms equal one Micro Cultivation / Micro Processing / Nursery facility
- 1 Clone / Seedling Container, 1 Vegetation Container, 2 Flowering Containers can yield over 450 kg of dried cannabis per year (Wholesale \$2,250,000; Retail \$4,500,000)
- 6 container farms can be customized to facilitate the 600kg maximum Micro Processing yield

*Alberta.ca - Alberta Direct Market Average Fruit and Vegetable Prices 2017/18 Growing Season





Councillor's UPDATE

M.D. of Foothills County

Suzanne Oel, Councillor, Division 4

Highway 762 Speeding: Residents who live along Highway 762 experience a lot of speeding motorists and cyclist safety challenges, as many people visit the area in the nice weather months. Foothills County and RCMP officers are making this area a priority for enforcement and are patrolling the road. Please be sure to call in your complaint when something is happening, so that our RCMP members can get there to provide support right away. Call the RCMP 24/7 Complaints Line: 403.933.4262. Call: 911 if there is a dangerous situation. Or, call Turner

Valley RCMP Office during office hours: 403.933.7227. Your assistance in reporting will help get action to the area.

Electronic Speed Signs a Reminder: Foothills Protective Services arranges for our electronic-message speed sign to rotate through our communities. In summer, of course, we're all outdoors hoping to enjoy our surroundings and there's lots of competition for use of our roads. Just a friendly reminder, to us all, to follow the speed limit and drive safely.

Priddis Stampede Breakfast: On July 7, 2019, our community came together at the Priddis Community Centre and served approximately 700 people an excellent breakfast. With the proceeds, PCA will be able to offset expenses and support community projects. Thank you to everyone who volunteered and attended! Also, thanks to our new MLA Miranda Rosin for attending!

Highway 762 Fixed Wireless Internet update: As many of you may recall, we have discussed this over the years and invited a number of service providers to consider bringing improved wireless internet service to our west country area. That resulted in a federal grant application to enhance the connection to the Millarville-Kew area, which is considered an underserved area. This project is now proceeding and will

bring a setup of infrastructure to get the signal to the west along the Highway 549 corridor. Then the next aspiration is to bring the signal north along Highway 762, hopefully into Division 4. I am in communication with Rigstar Industrial Telecom, the service provider, and will let you know when we have a further update. Their proposed timeline to move the next phase of service forward to the north is mid-point in 2020.

Calgary Metropolitan Region Board (CMRB) Update: As mentioned, Foothills County is one of 10 members of the CMRB, which is tasked with developing a long-term plan for managed, sustainable growth in the Calgary region. On July 17, 2019, the Board met to review and choose the successful proponent, who will now work with the Board, committees and staff to develop the CMRB Growth and Servicing Plans, as well as a Regional Evaluation Framework, which will determine which types of plans will need to go to the Board for approval. At the Intermunicipal Serving Committee meeting on July 4, 2019, the working group reviewed its "Logical Extension of Water and Wastewater Servicing" study, now under way. Following this, a status report came in on the study of "Natural and Managed Capacity of Water Supply"



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in the Calgary Metropolitan Region. Then, for information and discussion, a presentation was made about planning in response to disaster risk and drought, in particular, and the meeting finished with a report from the Transit Subcommittee. As you can see, these investigations under way will bring in current and relevant information to inform the development of the plans. Information, agendas, minutes, draft plans, etc., can be found on the CMRB's website: www.calgarymetroregion.ca

Roof-Mounted Sprinkler System: Even though we have received our fair share of rain this summer, we are busy meeting with residents about wildfire preparations. We are still at risk due to our local forest not having burned for over 100 years and the length of time it takes to make alterations to our properties to better protect homes and buildings with firebreaks, etc. At a number of recent FireSmart presentations by our Foothills Fire Department, this sprinkler system has been demonstrated as a potential action for the protection of property. I am sharing the website link with you because residents have been interested in obtaining more details about this product. Many homes lost to wildfire burn from the roof down, started from windblown embers. Spot fires often occur many miles from the fire itself, even if the fire is contained. One of the smartest ways to help protect your home, during an event, is to keep the roof and surrounding area wet. This easily deployed Gutter Mount Sprinkler System can be turned on and left on during an evacuation. You can see more info about this system at: www.waspswildfire.com/products/gutter-mount-sprinkler-system.

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



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With school out for the summer, be mindful of the speed limit of 40 km along the Priddis Valley Road as children are walking and biking to the playground at the Hall. Motorcyclists and bikers are out as well so be aware of them along Hwy 22X. For everyone's safety, cyclists need to be travelling single file along all roadways throughout the County.

Priddis Millarville Fair: This is the 112th year. Mark your calendar for Aug 17th & 18th, from 9–4:00 each day. Cost is \$5 per person per day, children 8 and under are free. Lots to see and things to do with items made, baked, or grown in Alberta. Learn about Alberta's agricultural history, touch the animals, and watch horse riding events. Lots of contests to experience: pie eating, watermelon eating, rooster crowing or youth talent. View the antique tractors, cars and trucks. Support local farmers and crafters, while browsing the judged entries. Anyone can enter as an exhibitor. Check out the 2019 Priddis & Millarville Fair Book for the full range of fair activities. A copy can be picked up at the Priddis Store or Priddis View & Brew. Go to: fair@millarvilleracetrack.com

Priddis Early Learning Program (PELP): Over the summer, the 2nd session of Summer Camp is August 19-22nd at the Priddis Hall. If you are interested in signing up your 4-6 year old, contact: lindsaykflynn@gmail.com PELP's fundraiser, Mabel's Labels is ongoing. Great labels for kids' things, e.g. jackets, t-shirts, pants, hats and shoes. We appreciate all your orders as 20% of sales through the link come back to our community preschool.

The regular 3 and 4-year old programs are full, with a waitlist for 2019-2020. Contact pelpschool@gmail.com for more information on this local program.

Priddis Stampede Breakfast: The annual Priddis Stampede Breakfast was another huge success this year. It was a busy morning as attendance numbers were up, with 690 breakfasts served. The Priddis Volunteer Fire Fighters

fired up the grill while Azuridge Resort sent Chef Yoshi and his assistant to keep things running smoothly in the kitchen. The DJ played country tunes and the kids had fun on the bouncy castle, having their face painted and exploring the local Priddis Fire Department fire trucks. The 50/50 draw winner was David Price from Redwood Meadows. Sharon Huddel from Calgary won the free Bruch for 2 at Priddis Greens.

Donations were gratefully appreciated from Azuridge Resort, Chaulk Team of Royal LePage, Priddis Greens Golf Course, Priddis Store and Priddis View & Brew. Meota Gas had a display table set up as did the Multi-Purpose Building Committee. Suzanne Oel, Foothills Councillor was in attendance and Miranda Rosin, MLA for the United Conservative Party. A huge thank you goes out to all our volunteers. Without you, this community event would not be possible.

"Warriors of Hope" - Yoga Cancer Fundraiser at Priddis Greens: We are pleased to announce that \$14,000 was raised for Wings of Hope at the 2nd annual Yogis R Warriors of Hope Fundraiser at Priddis Greens on June 22nd. On behalf of the entire Warriors of Hope committee, thank you all for your support and for partnering with us this year. We are so pleased with how the event turned out and couldn't have done it without such wonderful Sponsors, Friends, Raffle and Silent auction donors! We have had so many

positive comments about the entire event! We know that the funds we raised will be so helpful for the clients of Wings of Hope as they move through their cancer treatment journey. Thank you for being part of this inspiring event. We hope that you will partner with us again next year! Check out our website for photos of the event. www.warriorsofhope.ca

Parent & Tot Playgroup: The drop-in playgroup meets the first Friday of each month at the Hall. The group will not meet in July or August for the summer break but start up again in September. No fee is charged to attend. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddisalberta.com.

Priddis Hall Rental Rates: The hall rental rate structure and policies have recently been updated. The goal was to simplify rates and policies to make rentals more flexible and accommodating. Visit the Priddis Community Association Hall Rentals webpage for more information or to reserve the hall for your upcoming events. We still have plenty of 2019 dates available during the summer and fall to accommodate weddings, birthdays, picnics, meetings, fitness classes and much more. www.priddisalberta.com/book-hall

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Priddis Multi-Purpose Building: The Priddis Community Association and Multipurpose Building Committee is pleased to report on the progress of the Multipurpose Complex Project.

As residents of Priddis will have noticed the MPB Committee, in close partnership with the Priddis Panthers Hockey Association, have begun the process of the old rink rebuild. The project was divided into two phases. The hockey rink had become unsafe for users and challenging to maintain. Phase 1 will focus on rebuilding the rink with a major thanks to the Priddis Panthers friends and families who raised approximately \$90,000 to help specifically with restoration of the hockey rink. Phase 2 will focus on building a new complex to provide the community with a variety of useful and necessary spaces. Over the course of the winter the MPB Committee took part in a variety of fundraising opportunities. With the help of Jane and Cory Morgan, owners of several businesses in the Hamlet, Priddis Panthers hosted a year end wind-up party followed by the Waters Edge Pub Annual St. Paddy's Day party at the Priddis Hall. These events pulled in over \$9,000.

In addition to the St. Paddy's Day fundraiser, the MPB Committee had Priddis Panthers families devote over 500 man hours to selling 50/50 tickets at various Hitmen and Flames games this season. The last game of the season versus the Oilers, the Priddis Panthers 50/50 ticket sales set an all-time Flames record for the highest 50/50 ticket sales in Flames history of \$465k. We have some amazing sales-parents! A thank you goes out to Richard Gurney, one of our Panther Parents and Flames employee, who helped the Panthers secure these opportunities with the Flames Foundation. To date, the tear down of the rink, player benches and general clean up has been completed. The next step will be the preparation of the rink steel support frame, rebuilding the penalty boxes and score keeper booth in the original location and building the new players benches on the north side of the rink. The new boards will then be added. These new boards are thicker than the old ones and do not need any plywood backing. This will ensure a much longer life cycle for the new rink and will ensure that many

generations of Priddis families will be able to safely enjoy the ice throughout the winter months. The Phase 1 rink rebuild should be completed by the end of August 2019 and will be ready for the 2019/20 hockey season.

The MPB Committee is still considering an ATCO trailer to be used as a temporary change room until completion of Phase 2, the Multipurpose Complex. This would allow the Priddis Panthers teams to host home games and would provide a warm place for families to get changed and warm up while making use of the new and improved rink.

The MPB Committee has been steadily working on procuring grants, additional fundraising and both private and corporate donations to help with financing of Phase 2. We look forward to continuing to work toward completion of this project and providing our community with the facilities we need for our ever growing and active community! We thank the Priddis community at large for their support of this project. If you would like to donate, contact Dave Thompson @ 403-921-3640 or email priddishockey@gmail.com

Booking the Hall: To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website 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. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com



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Make RDLUC Your Pit Stop

Did you know that we welcome cyclists and hikers to leave their vehicles in our parking lot free of charge? Lots of folks use our parking lot to car pool for various reasons. Check it out. You are also welcome to come in for water or to use our washrooms during office hours – a nice pit stop on the way into Calgary and before you head into all that construction on Stoney Trail! Take a moment to recharge in our beautiful Memorial Garden on the west side of the church. We are located on Highway 22X, five minutes west of Spruce Meadows.

Upcoming Events and Programs:

Summer Express Sunday Service 10am – 11am

We recognize that for a lot of us, summer means mountains, camping, and relaxing weekends in the backyard. We want to do what we can to keep church a part of your summer routine. Every summer we switch things up to help you get the most out of summer while still growing in your faith and spirituality.

All summer, we'll gather together on Sundays at 10am to connect with God, each other, and ourselves. We promise to have you out of here by 11 so you can go enjoy everything summer has to offer!

Camp Caravan

August 19 - 23, 2019

Offered by St. Andrew's Regional Ministries

Looking for a great summer camp for the kids? Camp Caravan is a summer day-camp experience for children in preschool to Grade 6. It is filled with epic Bible-learning experiences children will see, hear, touch, and even taste! Through small group activities,

sharing stories of feeling God's power at work, and team-building games, everyone will be kept on the move, as we find creative ways to discover God's mighty power and love. Register at www.andychurch.org/CampCaravan.

On the Edge Concert Series 2019-2020

The line-up for our next concert series has been announced and you won't want to miss it! Watch for Shannon Gaye & The Kristian Alexandrov Trio on October 18, The Western Swing Project Band on January 19, Scott Ainslie on March 6 and John Reischman and the Jaybirds on May 1. Season tickets are now on sale at reddeerlakeuc.com/tickets – only \$80 per person for all four concerts.

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

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*September 15th • 9:15am
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Square Butte Community

Square Butte Community Association was incorporated in 1966. It is comprised of dedicated volunteers who are welcoming of new membership and new ideas, which are key to maintaining an inclusive and vibrant community.

Our organization represents people from working ranches, owner operated businesses, and community services. We have both young families and established residents who have pioneered this area. The Community Association tries to provide useful workshops and events for ranchers, small town dwellers, and acreage owners alike. The community hall is a gathering place for meetings, dances, celebrations, weddings, children's entertainment, appreciation nights, and much more.

FireSmart a Success: How fortunate for those individuals who were able to attend the FireSmart Information session on June 22nd. There were giveaways, door prizes, demonstrations, and representatives from the MD of Foothills and the Provincial

Government. A noon lunch was served to all. We could make this informative and critical workshop a yearly event.

Some Calendar Changes: Our 4H Beef BBQ and auction fund raising event is being rescheduled for Saturday, September 21st. The Beef BBQ will have lots of yummy side dishes so if your diet is meat free, you won't go hungry, thanks to the cooks. Our gratitude also goes out to the many individuals and companies for the excellent selection of donated items we've received for the live and silent auction. We are amazed at the generosity of people and the support for our community. Please join us on September 21st to view and bid on the many items we have for your enjoyment and amusement and to mingle with friends and neighbors, even a stranger or two, as you out bid one another for favorite treasures. Viewing of auction items begins at 6pm with a cash bar open at that time.

Save the Date: Sun, Sept 8th is the Community Breakfast and 2020 Membership drive. No fee for breakfast, donations are appreciated. Last year this event was an enormous success. Entertainment was provided by community musicians and the breakfast selection was outstanding. We accept new and renewed membership fees for the coming year at this event. Membership is \$20 per family

and \$10 for individuals. There are many benefits to membership. Some events in the calendar are member only events and all other events have a special member pricing for tickets.

Sunday, September 15th is our Family Games and Pot Luck event. The Square Butte Ladies Group hosts this highly anticipated event. It has become a highlight of the season for many families. Adults and kids compete in games and races with a few water balloons and potato sacks thrown in for good measure. It is a full day of fun and games and friendly competition with the added bonus of lots of good food.

This is not a members only event. All Are Welcome.

Saturday, October 5th. Break out the lederhosen and celebrate Oktoberfest at the Square Butte Hall. There will be: German Food – Yah; Dancing – Yah; Beer – Oh Yah. Watch this space for more information on this event.

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TURNER VALLEY & BLACK DIAMOND *News*

Hello, Diamond Valley. Well it's been a lovely summer so far. We have had some fiendish storms with wind and hail and rain, but so far my vegetable garden has survived the onslaught. I attended our Diamond Valley Music Festival, with great music and kids activities, and I especially enjoyed the dog show. However, a fierce gale blew through around dinnertime which had the vendors scrambling to keep their tents from blowing away. Stellar fireworks finished off the night.

The **Dr. Lander Memorial Pool in Turner Valley** invites you to jump in! The Pool is open until early September, weather permitting. They offer lessons; a swim club; family, public, and lane swims; aqua fit; and a concession. Rates are very reasonable, and the towns offer financial support for those who qualify, for more info on that, email monique@turnervalley.ca. For more info on Pool schedules, drop by or give them a call at 403.933.7483.

The **Sheep River valley has a rich history** as well as breathtaking views. Alexander "Sandy" McNabb was a noted horse trainer when he arrived in Turner Valley during the 1913-15 oil boom and began working for the Royalite Oil Company. This native of Scotland also loved fishing and spent many of his days off riding the rutted road west from Turner Valley to his favourite fishing hole on the Sheep River near here. Oldtimers still recall his tireless efforts to distribute food to Royalite's unemployed during the hungry 30s. In recognition of his work as a founding member of the Turner Valley Fish and Game Club, the Association designated Sandy's old fishing spot as "Sandy McNabb's Camp". The recreation tradition continues today at the campgrounds and on the trails of Sandy McNabb Recreation Area.

Based on archeological evidence, prehistoric hunters travelled through the Sheep Valley over 7000 years ago. Indians named the valley's river "Eetookiap" – Sheep Creek. European explorers understood why when they discovered the plentiful bighorn sheep in its uplands. Elk and deer also fed on the lush mountain pasture, but these weren't the valley's only treasures. Settlers from the foothills saw limitless cattle range, and timber and coal were plentiful as well.

The **Sheep River Valley has numerous walking, biking, and horseback riding trails to explore.** These trails vary in distance from half a kilometre to 45 kilometres. The Valley is managed as a Recreation Facility Site within Alberta's network of recreation and protected areas. This ensures that its provincially significant natural, cultural, and historical resources are protected. The Valley is part of the Central Rocky Mountain Ecosystem. The wildlife you see here move throughout this large ecosystem, so to help protect the animals and the health of the ecosystem, please minimize your impact on the environment when experiencing our Kananaskis.

If you would love to experience the trails on horseback, there are many to choose from. I did it years ago and there's nothing like sitting on your horse high above the terrain, and the view does not have a single road, power pole, or dwelling in sight. Absolutely stunning views. Sandy McNabb has an equestrian campground which includes a water system, hitching rails, horse corrals, and a loading ramp. From there you could ride to the Death Valley Trail with vistas of forest, meadows, rocky landscapes, and remnants of forest fires. For more info, visit kananaskis.ca.

The annual **Friends of the Bar U Trail Ride is scheduled for August 3.** Bring your own horse or take a ride on the Percheron drawn horse wagon. And make sure you mark your calendar for their Old Time Ranch Rodeo. Teams of working cowboys compete for buckles and bragging rights in broke horse racing, wild cow milking, and team sorting as well as branding and doctoring. It is really a lot of fun to watch, and that will be held on August 18. For more information about these events and this historic working ranch just south of Longview, visit parkscanada.gc.ca/baru.

Back in Longview, the annual **Longstock Music Festival** will be held the weekend of August 17 and 18. It features live bands all the day long, vendors, food and drink, a playground, and camping. This is one of my favourite events of the year, and for sure I will be listening to everyone's favourite band, the Travelling Mabels, on the Sunday. The Saturday night headliner is Lori Kole. Sponsors and volunteers are

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always greatly appreciated at this little festival that could, and did, become big. The Festival will be held at Smith-Fuller Centennial Park in Longview, just watch for signs, and for more info, check them out on Facebook or at longstockmusicfestival.com.

Another big music festival coming up is the annual **Southern Alberta Music Festival in support of STARS Air Ambulance**. The festival will feature a variety of country, blues, folk, and good old rock and roll. Features include a pancake breakfast, vendors, beer gardens, and concessions. The Festival runs August 9 from 7-11pm and again on August 10 from 10am until midnight, and is held at Aspen Crossing, which is near Mossleigh. For tickets or more info, visit aspencrossing.com.

The Foothills Country Hospice is hosting their annual **Rally 4 Hospice** followed by their **11th annual Gala**, all in support of the Hospice. Collector and specialty car owners are invited to take part in a series of challenges in the Rally. At the Gala, guests will enjoy an enchanting evening of dinner, entertainment, and a live auction. To register, buy tickets, or find out more, please go to countryhospice.org or call 403.995.4673.

Let's go to the Fair! The **112th annual Priddis and Millarville Fair** will be held the weekend of August 18 and 19, from 9-4 each day. Founded in 1907, this Fair is one of the last great traditional old-time Agricultural Fairs in Canada. Today the Fair is a wondrous extravaganza with a Kid's World, petting zoo, small horses, hayrides, roping competitions and ribbons awarded in junior events ranging from 4-H,

photography, and baking. There is also a Parade and the famous Farmer's Market to enjoy as well. Come out and enjoy or be a participant by entering your crafts, baking, grains and animals for a winning ribbon. For more info, call 403.931.3411 or visit millarvilleracetrack.com.

Ladies of the Foothills, save the date of August 12 and dig out your best elf tights, reindeer antlers or tacky Christmas sweaters for Christmas in August. This is the **12th annual Foothills Ladies Compassionate Cup Golf Tournament** at the Turner Valley Golf Course. They have raised over \$260K for local charities in the Foothills. For more information or to register, contact them at foothillsladiescompassioncup@gmail.com.

Even though the Calgary Stampede is long gone, there are an abundance of Rodeos nearby, which are just as entertaining as the Big One. Here is a list of **August Rodeos**: Pincher Creek, August 15-18 (pinchercreekrodeo.com), Didsbury, August 16-17 (didsburyagsociety.org), Bar U, August 18 (see par. 7), Okotoks Pro, August 23-24 (okotoksprorodeo.com), and Cochrane, August 31-September 1 (fcarodeo.com). Yeehaw!

Back in town, the **Sheep Creek Arts Council has their brochure out in the middle of August listing all of their fall classes and clubs**. You can pick up the brochure at the Library or around town or visit sheepcreekarts.ca. Classes fill up so check them out early. Their registration night will be held on September 11. They are located on Sunset Boulevard in Turner Valley.

The Field of Dreams Baseball Diamonds are well under way between our two towns. This is run through the Boys and Girls Club of Diamond Valley and the town of Black Diamond has given them the land to build their Field of Dreams. They received a grant from Jaycare Foundation, from the Toronto Bluejays, and are hoping to throw the first ball in the middle of August. This Field of Dreams provides free play for kids and youth leagues in our area for 10 years! They encourage adult leagues to sign up to provide revenue for the Field and to have a great diamond to play ball in. There will be bleachers and accessible washrooms as well. Best of luck and take me out to the ball game!

If you have any events happening in September 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 15.

*Hope you're having a wonderful summer,
Elaine Wansleben*

The Town of Turner Valley will be hosting its annual **Community Registration Night** for community and youth groups in the Turner Valley/Black Diamond and Foothills County area on Tuesday, September 10, 2019 from 6:00 p.m. to 8:00 p.m. at the Flare 'n Derrick Community Hall, Main Street, Turner Valley.

Tables will be available at no cost to any non-profit organization wishing to set up a registration desk. Tables can be booked by contacting Hazel Martin by email at hazelm@turnervalley.ca or by phone at 403.933.4944.

This event has been well attended, it provides parents and participants with a convenient one-stop registration location for most of the programs occurring in the area. Examples of groups which have attended in past years are the Turner Valley Gymnastics, Diamond Valley Citizens on Patrol, HoKah Nah Girl Guides, 1st Oilfields Cubs/Beavers/Scouts, Foothills Figure Skating, High Country Minor Hockey, Oilfields Sport Association, Dynamic Karate Club and the Valley Neighbours Gardening Club.



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The TD Summer Reading Program is in full swing and there is still more room for more participants. Drop in to see Lynda or call 403.558.3927. This year's theme is Our Natural World, and runs from July 2nd to August 23rd.

New to the library is a physical literary kit, containing a 6ft. parachute, bean bags, wiffle bags and a rubber shark. This is wonderful for birthday parties or just an afternoon of fun! It may be checked out from the library.

Available from June 24 to August 16 is The Teen Summer Library Experience (TSLE). It is an online summer-long program for teens. Any one between the ages of 8-17 is welcome to participate. TSLE is a variety of bi-weekly challenges that allow teenagers to earn points for a grand prize and to enter a weekly book draw. Sign up at the library for this.

We are most fortunate to have a very special children's book donated to our library by Laura Hayward of Turner Valley. It is called *Rope, Sleep, Repeat* by Becky Wigemyr. This is Becky's second book. Her first book, *Cowboy Cody* won an award. It is just in time for the summer reading program and will be much appreciated

For adults in the community, watch for the Program called Conscious Aging, coming in the fall. Its purpose is *Cultivating Wisdom, Connecting with Others and Celebrating Life*.

A good summer read is *The Room on Rue Amelia*, by Kristen Harmel. For those of you who liked Kristen Hannah's *The Nightingale*, you'll find this book just as enthralling. It is the story of an American woman, a British RAF pilot, and a young Jewish teenager that takes place in Nazi occupied Paris during the Second World War. The book is dedicated to the French Resistance and a group comprised mostly of women and girls.

Have a happy Summer
Sylvia Binkley

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Last month I recommended four female authors I had recently discovered which resulted in several holds being placed. I also promised then that this month I would highlight authors that might appeal to the menfolk. I should add a disclaimer here. Books are for everyone and we see plenty of crossover here at the library, so I am not endorsing a division of the collection along gender lines. Even so, some titles have more appeal to certain demographics than others. So, gentlemen (OK, and ladies), have your library cards at the ready to check out books by the following authors.

Bill Bryson is an American non-fiction author of several humorous travel and academic books. His first, *Notes from a Small Island*, chronicles the 20 years he lived in Britain. In *A Sunburned Country*, which contains his observations about Australia is well worth the read. *A Walk in the Woods*, which describes his attempt to

walk the Appalachian trail with a buddy, was made into the 2015 starring Robert Redford and Nick Nolte. I listened to the audiobook version of *A Short History of Nearly Everything*, which made a road trip to Winnipeg a lot more interesting. Other forays into the academic world include topics such as Shakespeare, the English language and gardens.

Another nonfiction writer worthy of note is Canadian Adam Shoalts. We were lucky enough to have Adam visit the library in 2015 as part of our Out Loud Series. Adam is a modern-day true-blue explorer, often referred to as the Canadian Indiana Jones. In 2013, he was elected a Fellow of the Royal Canadian Geographical Society for his extraordinary contributions to geography. In 2017 he completed the 4,000 kilometres solo journey across Canada's Arctic which was in the planning stages when he came to speak. He is a geographer and historian and he holds a Ph.D from McMaster University. *Alone Against the North* is his story of an expedition into the unknown. Yes, there are parts of Canada that no one has ever been to. He recounts many hair-raising incidents, including his face off with a 1,000-pound polar bear. I won't ruin the account for you, but obviously he survives to write about it later. Since we last saw Adam he

has published two more titles, *A History of Canada in Ten Maps*, and *Beyond the Trees* which tells of that Arctic trek and will be available in October.

If fiction is more to your liking, you cannot go wrong with the Craig Johnson *Longmire* series which was made into a six season TV show. These novels are the perfect combination of western and mystery as they follow the fictional sheriff, Walt Longmire, as he solves crime in Absaroka County, Wyoming.

Hopefully, that'll be enough to fill your summer with interesting reads until September arrives, bringing with it the start of our fall programs. For a full list of what's on offer, look no further than the centre pages of this issue of the High Country News. You can also find them at www.sheepriverlibrary.ca or pick up a brochure at the library. Many old favourite programs return but we have many new ones as well, such as the Marketing Series; the CRA talks focusing on all the many tax benefits available; Astronomy nights with Les Antoniuk; and the Conservation Talks and Walks. Our Out Loud line-up for October is also listed but I will expand on those talented individuals next time.



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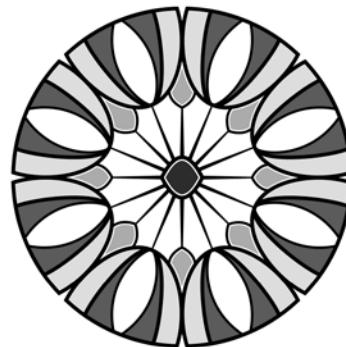
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Furnace & Duct Cleaning FAQs Answered: Part 2

• What are the Methods of Furnace and Duct cleaning?

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HOT BRUSH™ - Brushing High Compressed Air Method: This upgraded furnace and duct cleaning method is strongly recommended for homes with pets and people suffering from allergies or Asthma. This type of cleaning is an absolute must for all homes with any recent renovations and post-construction debris. The brush (with its firm bristles for good scrubbing action) will scrub the walls of each and every individual register ductwork and will blast all the debris and any attached/stuck particles (such as toys or other items that don't belong there) with its powerful built-in air

jets. As above, heavy duty suction hose is brought in and hooked up to the main plenum by the furnace area, whereby all of the house contaminants and pollutants are safely extracted and delivered into our furnace truck parked outside. Furnace cleaning includes pulling out motor and blower assembly, cleaning of burners and heat exchangers, checking the condition of any belts, and ensuring proper operation.

• What is Power Disinfectant Application?

We strongly believe in the amazing botanical powers of BENEFACT® - one and only botanical disinfectant in North America that kills over 99.99% of bacteria, mould, fungal spores and eliminates various unpleasant odours (cat pee, dead mice or dead birds, etc.). Its patented technology is derived from plants and is known to be safe to use around kids, elderly, pets and allergy sensitive people. About 89% of our customers are disinfecting their homes with this product once we complete our furnace and duct cleaning services in their home. We usually apply a single application (one per furnace) to disinfect all interconnected non-porous surfaces of the ductwork by power spraying it from the furnace level and letting it run through the entire system.

• What is Furnace Chimney cleaning?

Furnace chimney cleaning is required for efficient and proper operation of your furnace. It is also a safety issue if any unsuspected blockage of the chimney occurs, restricting the carbon monoxide to vent out completely, which may cause dangerous gases to

leak inside your home. Often dead birds fall into the furnace chimney and cause partial blockage.

• What is Dryer Vent cleaning?

Needless to say that plugged dryer vents is one of the main causes of household fires. Ensure your home safety by having your dryer vent professionally cleaned with high compressed air. A cleaned and unobstructed dryer vent greatly improves the safety and efficiency of your dryer operation, which prevents the dryer from overheating and reduced its drying time.

• What is Fireplace cleaning?

Gas fireplaces require regular cleaning maintenance that consists of a safety inspection of the pilot light assembly for efficient and continued operation. All of the ugly white/foggy build-up is safely removed from all of the glass surfaces, and any dust or dirt inside your fireplace is eliminated, and then the clean glass is safely replaced back on.

Wood burning fireplace cleaning is also required for safety reasons. A cleaned fireplace chimney ensures proper and safe ventilation/elimination of combustion gases (carbon monoxide) outside of the home.

• What is Central Vac System cleaning?

To keep your central vacuum system operating efficiently throughout the house, it requires some regular cleaning to prevent any suction blockages. Vacuum system built-in air pipe walls collect dust and dirt and can become the main source of bacteria and germs in your house. We also ensure safe and maximum dust-free removal procedures of any dust collected in the main canister.

• What are Carbon Monoxide Detectors?

Often called, the "Silent Killer", dangerous carbon monoxide (CO) gas poisoning tragedies can and must be prevented with properly operating a Carbon Monoxide Detector (CO Detector) that detects the presence of CO gas in the house and alerts any occupants.

Wishing everyone a safe and happy summer!

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How Is Your Mind Health? Sometimes, I Just Have To Laugh

I am sure everyone already knows that "Laughter is the best medicine." But do you actually live your life with that in mind?

Today is just a fun reminder.

When you laugh, your body actually releases endorphins that make you "feel good." This, in turn, helps to increase your pain threshold and relaxes you for close to an hour. The reduction in stress reduces the production of stress hormones and increases immune fighting antibodies.

That's not all. The point is there is science around how good laughter is for your mind and body.

I want you to think about the last time that you laughed till you almost cried. Or almost peed your pants, as is the case for me. Whatever it is for you. I bet just sitting there thinking about it makes you smile.

I always have this when I am hanging out with my sisters. We can just be silly. It is usually just about life but they have this way of being that makes it OK to laugh about life and you can just let go. We can laugh so hard you can't even talk.

It feels so good.

I am known for my big smile and very loud laugh. I LOVE laughing. I love looking for ways to make the tough times funny.

Think about your days. What you are doing? Who you are hanging out with? Do you laugh? Do you try and make others laugh? Are you looking for the funny in the world? You can find it if you look for it.

Your challenge for three days: note three times each day that you are laughing. Recognize how good it feels to play around and be funny. To make others laugh. And if it has been a while and you feel like laughing is a bit of a reach, no problem. Start with things that make you smile and work up to things that make you laugh.

Tell me about it.

Whether it is dancing in the grocery store aisle to embarrass your kids (my kids actually did this to me), singing loudly in the car with your family (I used to yell at my kids to sing louder), playing tricks with your pets, or playing outside in the rain, take note of how it makes you feel.

This is for the young and old.

Life can be serious and tough, so take a break.

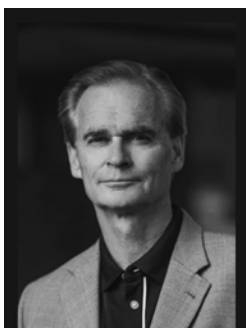
Laugh often. Laugh loud. Laugh hard.

It just feels better.

Angela Wigand, CPA

CEO & Life Coach

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Foreword by Doris Daley / Presenting 33 Poets, 29 Artists
Edited and Curated by Lawrence Kapekha, Susan Kristjansson, Lenore Sgher



Doris Daley
Foreword writer
Vistas of the West



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Thur., August 29, 6:30 – 8:30 p.m. Readings/Signings.
Book Pre-launch Rollout, Framed on Fifth, Calgary.

Wed., Sept. 4, 7 – 9 p.m. Grand Launch. Readings/Signings
Shelf Life Books, Calgary.

Sunday, Sept. 8, 2 – 4 p.m. Reading/Signings
Sheep River Library, Turner Valley.

Sunday, Sept. 14, 2 – 4 p.m. Readings/Signings
Audreys Books, Edmonton.

Thur., Oct. 17, 6:30 – 8:30 p.m. Readings/Exhibition
Whyte Museum, Banff.

Sunday, Nov. 10, 1 – 3 p.m. Readings/Exhibition
Bluerock Gallery, Black Diamond.

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Who Is He?

by Andrea Kidd



When I first heard John, I was curious. His words were not chosen to flatter, please or cajole. They were blunt. They seemed to come, not from John himself, but from elsewhere. They cut straight to my heart with honesty and truth. Sometimes it was like a dagger that stabbed; at other times as comforting as snuggling down to rest in soft lamb's wool. I couldn't get enough of his teaching. He spoke of things before time; he spoke of things to come. He said the Messiah is here already. I'm so confused about this Messiah! Who is he? What difference will he make? I know he is very good and much talked about. But who exactly is he? I think he will lead us to our Father God.

Hot, dry and thirsty, many of us sat in the shade of a broom tree to hear these words.

"Repent, for the kingdom of heaven is near,"¹ John would say.

Repent! Yes! I knew God passed a code of ethics down to us through the stone tablets Moses brought down from Mount Sinai. That writing is pure, good truth, guidance for decent living. I know I've missed that mark! My secret thoughts, my words, my actions are sometimes good, sometimes bad. I used to think I was always right, and the other person was always wrong. I see some things from the Father's point of view now.

So, I followed John into the desert; he found water and baptized me. Imagine that! I'm an Israelite! Baptism is for converting Gentiles, not for Israelites! Yet I knew I needed to be baptized. I was changed.

Then John said we should stop following him and listen to Jesus instead.

Jesus' words have drawn me closer to the Father. I would give my life for this Jesus. He's shown me what it is to truly live. I am with him right now, in a room with his other followers, my friends, celebrating the Passover Feast. He's telling us not to worry; but he also says he's going away to the Father. There's lots of room where our Father lives and he's going there to get a place ready for us, too. We will all be together there with our Father.

I am amazed at these words. How is this possible?

Now Thomas is asking how we get there since we don't know the way. Good question! Jesus talks of dying. What nonsense! We can't follow him if he's dead! And he is human, so how can he take us to the Father? I just don't understand. I suppose we'll have to find our own way to the Father. Okay, if we have to go on alone, so be it. I trust Jesus. But we need to know a bit more. How can we see where to go if we can't see the Father? I'll ask Jesus to show us!

"Lord, show us the Father and that will be enough for us,"² I say.

Jesus turns toward me; he looks straight into my eyes. "Don't you know me, Philip?" he asks.

I don't know what to say. All I did was ask Jesus to show us the Father, and now he's accusing me of not knowing who he is! Of course I know who Jesus is. Haven't

we been together for three years now, traveling, eating and discussing many things? What a nonsensical question!

"Don't you know me, Philip, even after I have been among you such a long time?"³ says Jesus.

My face burns with humiliation. His words sting. Haven't I been loyal to Jesus? Haven't I always respected Him and been in awe at his words, his teaching and his healings?

Now he asks me, "How can you say, show us the Father, Philip?"⁴

I turn away; I don't know how to answer.

"Anyone who has seen me has seen the Father,"⁵ he says, "I am in the Father and the Father is in me."⁶ It's the Father living in me who says these words, heals diseases and controls nature."

Tears are stinging my eyes and I can't take in what he is saying. I edge away from him.

"I and the Father are one,"⁷ Philip. We are the same. Don't you understand?"

I feel a hand on my shoulder and look up. It is our friend, John, Zebedee's son. He has tears, too, but his eyes shine in wonder as Jesus's words sink into his soul.

"I'm glad you asked that question, Philip," says John to me. "Jesus has made himself plain to us. He is our Father God. Only the one who creates nature can control nature. This is no human prophet speaking with us. This is Father God, the Creator of the universe, explaining what we already know deep in our souls but our minds have been unable to grasp.

¹Matthew 3:2 (NIV)

²John 14:8 (NIV)

^{3,4,5}John 14:9a (NIV)

⁶John 14:10 (NIV)

⁷John 10:30 (NIV)



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Ways To Love Your Job: Part 3

Give yourself mini-challenges

This is a great tool for keeping yourself engaged. Don't just work to someone else's benchmarks. Work towards your own. Don't just work to someone's deadline — set your own and challenge yourself to hit it.

This works in both the macro and the micro. Anything from "I want to finish this project a day early" to "How many leads can I get through in the next twenty minutes?" goes.

Not only does this keep your brain engaged, but it also challenges you to consistently try to beat your own times and get better, the same way a sprinter tries to beat their own time on the track. It's a fun and effective tool for self-improvement.

Treat the hard parts as a test of character

People are measured not by their performance when things are easy, but by their performance when things are hard. The hard stuff shows us what we're made of. They make us stronger.

People are fascinated by tests of character. It's been explored in culture for centuries, from Homer to Hemingway (for whom it was a favorite theme). Hemingway wrote consistently about people pushing themselves to their limits and testing their character. That's what Old Man and the Sea is about — a man testing himself against the elements. That's why he was fascinated by the bullfights.

Treat your work in the same spirit. What are you made of? Do you have what it takes to push through the hard parts? Do you have the grit to stick to something even when you want to quit? Do you have the discipline to make the deadline? Persevering and emerging victorious makes you stronger. The more difficult the situation, the more meaningful the test.

Don't look outside

The grass is always greener on the other side, and looking at it is one of the fastest ways to breed dissatisfaction. It's also a false promise. When you get to the other side of the fence, you'll realize that the grass was just as green where you were before, and your new pasture is equally undesirable, if not more so.

Don't look at that grass. Develop tunnel vision — focus utterly and completely on what's right in front of you. There's nothing besides what it is you're doing. There are no other pastures. Your only task is mastering the one you're in. There were others in the past, and there will be others in the future, and there may even be a concrete goal you're working towards — perhaps you want to be building towards getting a position at another company, or a different position with your own employer. That's fine and healthy. But don't look laterally.

When you're in a job that isn't your dream job, it's very easy to speculate about other possibilities. You don't love your day-to-day work, and you aren't married to the vision. So you look outside. You're doing sales at a tech company, but one of your eyes is turned on doing sales at an education company — same type of position, same basic skills being gained and same benefits, but from the outside, it looks so much better.

Don't even entertain the idea

Be obsessive about mastering what you're doing now. As long as you're deriving value from the experience and it's making you better, and as long

as no one is asking you to do anything dangerous or unethical, stick it out. It's one of the most basic facts of the working world — to do something else, you must first master what you're doing now.

People will notice that dedication. You'll open countless doors by just putting your nose to the grindstone and doing your work. People want that on their teams. If you're focused, you won't have to chase new opportunities down — people will come to you.

This post was originally published by Praxis, a one-year startup apprenticeship program and career accelerator for young people who want more than college. We combine a 6-month bootcamp with a 6-month apprenticeship where we place you at a high-growth startup working alongside entrepreneurs while also completing our rigorous education experience, which includes one-on-one coaching, self-guided projects, skills training, and more.

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Perceived ADHD Advantages

by Roché Herbst, M. A. R. Psych.



Is There Any Benefit To Having ADHD?

ADHD is not always a walk in the park. There is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

A Different Perspective

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

Undeniable Power Of ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are aware of the positive aspects of ADHD

can nurture and hone their unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

The Hidden Positives

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

- **Grit** - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. "We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears" (Linda Roggli, ADHD Coach).
- **Ingenuity, creativity** - no, not just for starving artists and broke writers. Some of the most successful people in the world value the importance of thinking outside-the-box.
- **Spontaneity, a love for new experiences** - okay, sure...sometimes a little forethought goes a long way, but you

are a quick starter, jump right in and do not get stuck in analysis paralysis.

- **Laser focus** - getting in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.
- **Constant surprises** - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

ADHD Quotes

"I was trying to daydream but my mind kept wandering" - Steven Wright

"To invent, you need a good imagination and a pile of junk" - Thomas Edison

"I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting . . . remarkably at the same time" - Frank Coppola

"The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) ADDitude: Inside the ADHD mind. Monthly subscription magazine.

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Mortgage Matters

By Candace Perko, Mortgage Broker

Need a Down Payment? Try a Flex Down Mortgage

It is getting more challenging for home buyers to come up with the down payment needed for their new home, especially in areas where prices are high. The minimum down payment is 5% (OAC); however, could be higher depending on your situation.

Some lenders offer a flex down payment program to help borrowers with a strong credit history. This option lets buyers get a mortgage without saving for the down payment themselves.

Here are a few ways you can access those funds:

- **Secured line of credit.** Use your existing home equity line of credit or apply for a new line of credit.

- **Unsecured line of credit.** Use your existing line of credit or apply for a new line of credit.

- **Credit cards.** Use your credit card to access funds or apply for a new credit card.

- **Personal loan.** Apply for a personal loan from your everyday bank to get the down payment funds.

- **RRSP loan.** You can borrow from your RRSP's (but if you're a first time homebuyer, you may be eligible for the HBP program, contact me for details on this).

- **Gift from a family member.** As long as this is a gift (and not a loan), and you have a letter indicating that you don't have to pay this money back, then you can use it for your down payment.

What you need to know:

- Not every lender offers the flex down payment option.

- A borrowed down payment is a factor into your qualifying ratio. This is a debt payment, which means you must still meet the correct debt-to-income ratio.

- You'll need an excellent credit score.

- Your mortgage default insurance (CMHC) premium may be higher.

- OAC, all standard underwriting guidelines apply.

The flex down program helps make it possible for you to start building equity in your own home without having to save for years.



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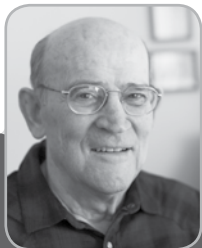
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Balancing Act

by Duane Harder



“Be present in all things and thankful for all things.” - Maya Angelou

A few years ago, when we were still living in the Okanagan, I rented a car in Calgary. I was given a special perk – a Mustang convertible. Our grandsons would have been envious. I got out on the #2 and before I reached the speed limit, the car was vibrating. I’m not a mechanic but I knew this was not a special massage feature. The previous driver had knocked the wheels out of balance. I turned around, drove back to the airport and returned my special perk.

I don’t know about you, but I have had many times when life seemed out of balance. The demands for our time far out-weigh the available time. The children clamor for our time; the wife holds up multiple to do lists; the boss increases the stack on my “urgent” file; there is a plea for help from several non-profit organizations; and to top it off, my running shoes think I have forgotten how to tie my laces.

Every voice intensifies the ambivalence of my type “A” personality. What I should be doing, and what I could do, are light years apart. In fact, as you read

this article you probably have thoughts of what you should be doing instead of reading this paper!

How can I find a work-life balance? How can I synchronize and integrate my “to do” list so that I don’t have the feeling that the wheels are coming off my car? PLEASE HELP ME WITH MY BALANCING ACT!

Gladly! GET OFF THE TIGHTROPE! Kill the myth that all of life can be brought into perfect balance. It is an unrealistic, overrated, exaggerated Superman myth. The fact is, life cannot be balanced. In fact, the attempt to balance life usually creates a greater imbalance.

My formative years were lived in a farming community just north of Calgary. It was there that I learned a critical life lesson: life is seasonal. Within the four seasons there are periods of intense labor and times of rest. Seeding, harvest, weed control, machinery maintenance and general maintenance can all place heavy demands on the farming family. Those demands are seasonal and are an accepted part of farming.

Everyone’s life has seasons: times when the demands of a career take priority; when family and home are at the top of list; when engagement in a special event eclipses other demands. You will never bring all the events of your personal and professional life into perfect balance.

So how do we keep the car from falling apart when it seems to be vibrating out of control? Let me suggest a few habits that have been helpful to me.

1. Be intentional with your time. Everyone has the same number of

hours in the day. How you allocate those hours is critical. I made it a priority to connect with my wife and family every day (with some exceptions), regardless of where I was in the world. According to Air Canada records, I travelled over 2 million miles in airplanes. That represents a lot of hours that can be used productively. I had a plan for each flight that allowed me to maximize my time. Commute time can be spent listening to inspirational, motivational talks. My wife reminded me that stop lights and delays in traffic can be used to review life priorities, reflect on the needs of those I’ll be with or re-focus my life.

2. Be present where you are. Are you with your family? Be present with them. Give 100% of yourself to them. God gives us this counsel: “Whatever your hand finds to do, do it with all your might.” Engage yourself wholeheartedly in what you are doing. Or as one man said, “Do it like your life depends on it.” Wherever you are Physically, mentally, emotionally, spiritually or relationally, give it all you’ve got.

3. Replace your bucket list with realistic life goals. Bucket lists are usually tainted with elements of fantasy. Life goals have strategies and steps of action. They may be implanted in the mind of dreams, but they are birthed in the womb of planning.

The balanced life is the one that wholeheartedly embraces the task at hand. The energy released keeps the flywheel turning in perfect balance. Before you know it, you’ll be walking across Niagara Falls on a tightrope.



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Out of the Rut *Chapter 107*



I wonder intermittently, who you are and what in all the multiverse you think if you are brave enough to wade through this column. My monkey mind spots a butterfly and next seconds we're off to marvel at another of nature's magnificences. I like to think that you wander along with me and we can exchange the odd look of awe and point out things that make us smile.

In recent days every time I look up the sky is performing the most astounding works of artistic interpretation for us. I have had occasion to drive in and out of Calgary several times and each time we head back out west, the clouds are funneling up from the mountains, exploding north and south in a great V-shape. A looming nebulous mass high above us droops pendulous dark curves tinged ominous green, suggestive of intense downpour and potential hail.

So far no hail. We are thankful. So much glory in the crisp white edges of bubbling nimbus columns rising endlessly higher. Such magnetic fascination in the accented contrast of pure white cloud against a dark grey distant formation, the roiling edges that curve with silvery glimmers, the feathery lace of cirrostratus high, high above us. My neck aches from looking up so much.

Then there is the endless sweep of green we are blessed with this summer. So much

rain falling, it's bound to cause problems on one end and blessings on the other. We can see the beautiful thrust of growth that this hydration brings to the land. Late they may be, but the wild flowers, the Harebells, Brown-Eyed Susans, Vetch, Roses, Blue-eyed Grasses, Western Wood Lilies, and so many more are happily dotting the landscape and brightening each view. Enjoy these lovelies and leave them where they stand.

Calgary Stampede Art Exhibition – yep, we went Stampeding! Each year, it's a delight to cruise through the grounds with my parents on Seniors' Day. We float through the entry gates unhindered and make our way to the first of the arenas. There we enjoy the entertaining and impressive demonstration of a bunch of ultra-focused stock dogs attempting – with the aid of their occasionally useful human companions – to herd three recalcitrant sheep around a course and into a small pen.

Having exhausted our bottoms' capacity for sitting on very hard seats, we migrate deeper into the heart of the Stampede grounds in search of the Art Exhibition. This great room consumes the rest of our day as we glide from one display to another, comparing likes and dislikes, peering into the creases and crevices of certain constructs to determine the mechanics of construction. I sat with a fabric artist for a moment and watched as she showed others how to construct small animals from formless lumps of felt. Talking with the artists is often

fun, some are more approachable than others and, as with the work on display, some appeal to us more than others. There are such huge ranges of talent, ideas, techniques and media, it's inspiring.

I caught sight or hearing of one guy talking to an artist and my inner senses went into some sort of mild dance saying "we know that man". I turned and looked back, then gently inserted myself into the conversation with an apology and turning to the man in question, rested my hand on his arm, enquiring, "what is your name?" There was a split second where I could see the internal dialogue who the hell is this crazy woman? Then the recognition penny dropped – he gave me his name and I immediately breathed again, relieved I was right. We used to work together, haven't seen each other in probably over 15 years. How funny it is to meet up with people like this.

Back in the swirling river of people moving throughout the grounds, we found ourselves spat out onto the hot tarmac of the sidewalk beyond the gates, passing a couple of enthusiastic buskers before the train tracks, we made our way west once more to greet the rising clouds.

*With gratitude and love, Kat Dancer
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