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HIGH COUNTRY News

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From The EDITOR

Unexpected Blessings

My wife and I recently spent a couple of days away in Canmore, planning life and enjoying some rare time away for ourselves. As we had to wait for a table we decided to window shop (something my wife enjoys more than I do). A privately owned bookstore was open, and as my wife is a lover of good books, we thought we would browse. My eyes caught what I thought was a children's book entitled *The*

Boy, the Mole, the Fox and the Horse by Charlie Mackesy. It caught my attention as my two youngest sons love foxes and think we need one as a pet. Upon thumbing through the pages (many times through now) I have realized that yes, a good book for the kids, but also an excellent book for those who may need to reconcile the challenges of life.

2020 has been a year that for many, the challenges have seemed overwhelming. You may be wondering where the refund policy is hidden. Unfortunately the clock can't be turned back. There is a way forward, but we do need the courage to step into the unknown.

We are fortunate to live in smaller communities where we don't need to

weather the storms of life alone. We have neighbours, family, and friends that we can reach out to and find help during our time of need. Or, if we are observant, maybe we can notice and give some kindness away.

If you can, pick up this book from your locally owned bookstore, or if you can't do that, order it online.

Hopefully it will help you along your journey, and my unexpected fortune of finding a simple yet profound book can bless you, too.

From my family to yours,

Lowell Harder

For more from the Editor: highcountrynews.ca

Artist PROFILE

Anna Grist is the HCN design & layout artist, and enjoys dabbling in photography as a hobby. She is also a writer at serendipimoostracks.com and the graphic designer for Paper&String, an online care package publication. She and her husband and two children have lived in Bragg Creek for three years, after escaping the highways and suburbia of Southern Niagara in Ontario.



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It was encouraging to have Hon. Jason Kenny share his thoughts at a stampede BBQ hosted by MLA Miranda Rosin and many volunteers at the Springbank Heritage Club on Saturday, July 18th. The weather was terrific, with well over 100 guests enjoying the live music, food, and company. And yes, all with proper social distancing measures in place.



Obituary **Alec Dahrouge**

Alec passed away peacefully on his farm on Wednesday, July 1, 2020 near Bragg Creek, Alberta, with family and friends at his side. After eighty-eight years, Alec is continuing his journey. The fourth child of Amen and Carrie (Neimore) Dahrouge, Alec was born on March 26, 1932 in Coronach, SK. He was predeceased by his wife, June (Cruise) and son, Kevin Dahrouge. Alec is survived by his son, John Dahrouge (Sandy McLennan); grandchildren: Robert McLennan, Chantelle McLennan and Charlene

Dahrouge; great grandchildren: Hope and Paisley McLennan; and siblings: Anne (Bill) Sparks, Ed (Joyce) Dahrouge, Faye (Eddy) Donesley, Zee (Gus) Zaba, Lyla (Mike) Farris and Audrey (Marty) Marcia. A hard worker, Alec first came to Alberta when he was fifteen years old and built a vibrant post and pole business, producing as many as 800,000 telephone poles per year. He was also a gifted storyteller with a fabulous sense of humour and a beautiful heart. Alec loved his home in the Alberta foothills and was welcoming and generous to everyone. Alec will be dearly missed. A special "thank you" to Dr. Les Cunning and Alec's caregivers at Oilfields General Hospital.



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Alberta Needs Bold Vision Like Never Before

Alberta needs bold vision like never before. That is why our Government recently launched our Alberta Economic Recovery Plan.

Now that the worst of COVID-19 is seemingly behind us, it is critical that we take a confident and optimistic step forward into our future as a province. We have been through a lot lately, not just in the last 5 months but over the last five years. Our province was led at the whims of anti-resource development governments who legislated poor business policies and stood in the way of our prosperity. We sustained international coordinated attacks on our primary industry, and then, just as recovery seemed to be on the horizon, we were hit with the collapse of the entire global economy as a result of an unforeseen health pandemic. Alberta needs bold leadership now more than ever.

The plan we unveiled is just that: a bold and aggressive strategy to get Albertans back to work, to stimulate our economy, diversify into new and emerging sectors and capitalize on our province's best natural resource - our people.

This Economic Recovery plan accelerated the reduction in Alberta's business tax rate and immediately lowered it to the lowest in all of

Canada and 44 US States. This broad, sweeping tax reduction that transcends industry lines will ensure we are the single most competitive jurisdiction for private sector investment in most of North America, incentivizing businesses from every sector to move their headquarters to Alberta and hire Albertans. For businesses not yet profitable enough to benefit from this business tax reduction, our Economic Recovery Plan introduces a complement Innovation Employment Grant which will target small and pre-income companies to help them invest in Alberta-based R&D and grow their businesses right here in Alberta. In addition, our Economic Recovery Plan establishes Invest Alberta, a new investment promotion agency that will focus a dedicated effort on promoting Alberta as a business destination with low taxes, clear regulations, a young and talented workforce, and a high quality of living to companies currently located in other international markets and operating in high growth sectors such as tech, finance, aviation and aerospace logistics, agriculture and forestry.

Our Economic Recovery Plan also includes the largest ever infrastructure investment in Alberta's history at \$10 million. This investment will immediately create 32,000 Albertan jobs and advance the construction of critical, economy-growing road and bridge improvements, water and wastewater projects, and municipal upgrades.

According to the Munk School of Global Affairs and Public Policy who has been tracking post-COVID-19 progress of various jurisdictions all across North America, Alberta has already reopened more of our economy and society than every other province and territory in Canada, and most of the United States. Our government acknowledges that the best support we

can give families and small businesses at this time is the endorsement to resume work and restart operations, and our Alberta Economic Recovery Plan is in line with that philosophy.

Reigniting our economy is more important now than ever. With nearly 40 Bills passed in this Spring sitting of the Legislature, our government is proving that we are tirelessly and relentlessly committed to building a stronger, more prosperous and self-reliant future for Alberta - no matter how much work it takes.

The full economic recovery plan can be found at: www.alberta.ca/recovery-plan.aspx

MLA Miranda Rosin's
Constituency Offices

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Another month has flown by yet again. If anyone says “It’ll be snowing before you know it” one more time, I’ll take my 3-wood and let them feel the sting of the first frost on their butt. Ha.

All kidding aside, one would think that with the extra time for most folks based on the number of golfers I see at Wintergreen Golf Course (due to this pandemic or CERB), summer would feel like it was dragging along. Not so. Despite only recently being able to “see” folks in a safe social-distancing sense, most folks I chat with are picking up where they left off and trying to regain what’s been delayed or lost since Covid-19 hit. That’s a good sign of things to come if we all take the proper precautions and listen to the experts.

With regards to things that drag on. RV Council finally received a ruling from the provincial judge on the three sanctioned councillors. I’m sure as details unfold, so will the commentary. I’ve posted RVC’s media release for your information:

Council Reviewing Court Ruling on Sanctions

RVC Marketing & Communication Friday, July 17, 2020

Rocky View County Council is reviewing a 47-page Alberta Court of Queen’s Bench ruling on sanctions imposed on councillors Kevin Hanson, Crystal Kissel, and Samantha Wright.

On June 11, 2019, Council voted to sanction the three councillors under the Council Code of Conduct Bylaw for providing privileged County legal information to unauthorized parties, and for disrespectful and discourteous communications. Subsequently, the

County’s Chief Administrative Officer put a new procedure in place for the sanctioned councillors to seek and receive information from the CAO and staff. The sanctioned councillors challenged these actions in Court.

On the suggestion that the CAO’s process for communication with councillors was somehow harmful to the constituents of the County, the Court found no substantial evidence that the residents of the electoral divisions represented by the sanctioned councillors were materially impacted.

On the Council sanctions, the Court found there was a valid and rational basis for the complaints against councillors Hanson, Kissel, and Wright, and that Council had not acted in bad faith in applying sanctions.

The Court found a direct connection between the breaches of the Code of Conduct and the sanctions imposed, calling it a “rational path.” Specifically, the Court found that Council’s actions in removing the councillors from boards and committees was a rational sanction for breaching confidentiality, and the adjustment of pay to compensate for this reduced workload was similarly rational. The Court also found that restrictions on travel and attendance at conferences were rational sanctions in response to disrespectful communications.

The Court did not find actual bias on the part of the investigator hired by Council to look into the issues involved. Many of the sanctions have expired during the litigation time, but the judge set aside the sanctions, referencing concerns about a perception of bias.

Rocky View County Council is now reviewing the Court’s full decision before determining next steps.

What else?

Can I say traffic woes? Yes the weekly bouts of congestion continue to grate on everyone who has to make their way through that area. Or not. I have spoken to many community leaders, the news media, my colleagues at RVC, other government officials and especially residents from Bragg Creek and Redwood Meadows. A reminder to all that this dilemma is top of mind and we are all trying to find a solution collectively. 2025 can’t come quick enough so we need a temporary solution in the meantime. Stay tuned.

It’s nice to see that the flood mitigation continues to move forward. It’s taking shape and by the lack of “communications” that I have been receiving, folks around here are getting used to the idea of flood protection and a future community pathway along the river.

As this is August, Council is on a break from our various meetings but that doesn’t mean I’m not up for a chat or to help with any concerns residents have to share. So please continue to reach out to me and in the interim, take full advantage of any “un-wet” weather and soak up what remaining sun gets left behind.

Until September, keep washing your hands frequently and maintain good social distancing practice for the sake of everyone.

Fooooooooooooooooore.

– Cheers, Mark



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

The virus pandemic has impacted many financially, mentally, and health wise. It is our hope that everyone is coping and having faith that this, too,

will pass. Many thanks go out to those who are working at keeping us all safe.

The club was finally able to meet (practicing all precautions) on July 15th. Thanks to the great folks at Guarantee RV Centre for providing the meeting space. It was a lively meeting full of news and ideas and it was wonderful to see everyone. So nice to welcome a new member: Renee, who is a multi-crafter, musician and wood worker and was new to Springbank last November!

It was decided to postpone the annual Springbank Christmas Market for this year. The decision came after much discussion, and once the health scene has been stabilized, we plan to continue next year, in all fairness to vendors and customers. Please stay tuned for new developments as the summer passes.


Next meeting date is scheduled for August 5th. On the agenda is Show and Tell and an Etsy presentation - from the vendors' view and the buyers' view. This should be very interesting and helpful.

There is plenty of room for new members! There are several positions available for any members to fill on the executive for 2020. If you are an organizer or decorator or have some skills that can be utilized, please let us know. 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 that are to be determined.

Although the Annual Fall Sale in November has been cancelled, we will still meet and share ideas, creations and friendship. We are a small but enthusiastic group and welcome new members to come out and join us. This is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about membership email yjo999@gmail.com. Stay safe everyone! Follow us on [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket)

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*



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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



I hope this newsletter finds you all well. It has been a remarkable time for most of us since the beginning of March. Working from home, learning how shop online (I already knew how to do this well according to my husband!), wearing masks and sanitizing our hands and our homes more than likely they ever were before. Canada is in good shape and here's hoping that other countries, especially the USA, a place I know we all like to visit, soon starts to show signs of recovery.

June brought a return to the County office for meetings. While there is much to be said about the convenience of working from home, saving on commute times and gas – I think it is good to see people in person, albeit from six feet away! Council has plexiglass partitions in-between each seat on Council (as does staff) and seating is limited in the Council chambers in order to comply with AHS guidelines. All said, we are adjusting and I'm glad to be back. Work of course continued, and for those public hearings we got behind on in the first couple of months, we held three Council sessions in July to ensure we caught up.

Last month I told you about a large investment into new space in RVC. What I wasn't able to share, but is now public, is that Lowes Canada is building a major logistics centre near the County office which will contribute about \$800,000

in taxes annually to RVC. Our economic development team is hard at work ensuring that we are a top consideration for business as they open up new or relocate businesses. Deputy Schule and myself are part of an Economic Task Force that just began, along with business leaders, the Chamber of Commerce, and internal staff including our economic development team. We are brainstorming how we can support local business, everyone from small home-based businesses and small businesses to large industries – not only to attract new, but to keep what we have! A balanced community is important and it serves no one well when businesses fail. We just began this task force and already have come up with many ideas that we are now researching!

Springbank Recreation Update: I haven't received any official confirmation of the MSI funds (Municipal Sustainability Initiative) that we applied for a number of weeks ago, but I'm hopeful we'll hear soon. That will be approximately \$1M of funds to improve and add to our recreation in Springbank. Some much needed capital improvement to the Springbank Park for All Seasons, along with a small dog park in Commercial Court (hopefully open by the end of August). We still have another \$1M +/- of recreation funds allocated for Springbank and I've been working with the

Springbank Community Association, the Park for All Seasons, the trails and pathway folks, as well as our recreation department identifying potential projects – I'll keep you posted. As you can likely imagine, dollars for recreation aren't likely to increase any time soon.

We have more and more demand for funds, but with an anticipated lower assessment value for 2021, without a tax increase, we will have less dollars coming in. That is why it is extremely important to continue to add value to our community through improved amenities, such as recreation so that home prices won't drop as much – or at least sell quicker if you are in that position. As well, I continue to work to identify other ways we can find money for recreation, such as land disposal. If we sell lands, I have made motions for those proceeds to be tucked away for recreation. This way we can have a nest egg of funds should the County not have the available budget for a project.

This past month I made a motion to direct administration to find a way to bring high speed internet to communities, this motion was co-sponsored by Clr.

We're now serving takeout online

When it comes to authentic Rocky Mountain dining, we're adapting to the new normal. The Bav Tav is now happy to provide our unique Rocky Mountain inspired menu online featuring German and other fine European fare. To order takeout or to make a reservation and take in our decor visit bavtav.com.

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Gautreau. While this won't be a County system, it will be a way for a community to come together to fund the infrastructure required, through a local improvement tax which could supply fibre to gain high speed internet. This won't be a solution for everyone, but it will be a mechanism to make this happen. This motion was passed unanimously, and we'll have a process ready for September. I look forward to giving residents another choice.

Ultimately, we can wait for the feds or the Alberta Government to fund this (and there may be grants available) but in the meantime, I have heard you and these past few months have absolutely demonstrated the need for a solution. I'm hoping the Elon Musk low altitude satellites will be another option soon and eliminate the need for costly trenching of fibre!

Stay well, enjoy your summers. I hope that the world becomes a little safer for everyone and that we take care of each other!



Planning to leave your home for any length of time? Wondering who will take of your pets, plants or mail?

High Country HomeWatch aims to take the stress out of leaving your nest. Sam and Lauren's mission is to provide excellent, affordable, reliable and reassuring property inspection and concierge services. They strive to grow their business with honesty and integrity providing great customer service promoting loyalty and a desire for customer referrals.

What does 'Concierge Services' mean?

Need a ride to the airport and don't want to leave your vehicle in a lot? Do you like the idea of coming home to a home-cooked meal and a fridge stocked with essentials? Need your mail redirected? Need your plants watered and your lawn cut? Perhaps your vehicle detailed for your return? These are just a few of the services offered for an elevated level of care for High Country HomeWatch customers.



COVID doesn't stop these local business owners' show of support for the Cochrane & Area Humane Society.

Although the annual "Hair of the Dog" fundraiser event was cancelled, these business owners (Kendra Watt Realty, Global Pet Foods Cochrane, Erols Automotive, Royal Mechanical Services) came together and are still presenting a cheque to CAHS despite not being able to host the fundraiser! Such a wonderful show of community and support!

COVID has significantly impacted CAHS's ability to raise funds so any support that can be given during this time of restricted operating capacity would be greatly appreciated. Please contact the shelter at 403.932.2072, or email shelter@cochranehumane.ca for more information.

Who are Sam and Lauren?

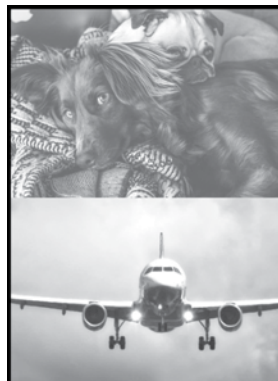
Both are passionate about rural country living and have a wealth of experience between them, including property management and business acumen. They pride themselves with over 30 years of animal husbandry and they radiate competency, trustworthiness and dependability. Lauren and Sam aim to take care of everything you consider home when you are away, cannot be there or simply are unable to because of sickness or injury. They want to provide peace of mind and a duty of care, while you relax, work or play. High Country HomeWatch can provide a level of protection while you travel. Sam and Lauren understand only too well there can be many reasons as to why you struggle to get away and your

home, plant or pet care should not be one of them.

In Summary:

High Country HomeWatch Services are designed to support seasonal residents with vacation homes, vacationers, week-enders, frequent travellers, people on the go and owners of commercial or vacant property. Please call today to learn more or visit their website below. They care because you care!

403-992-8963/403-690-8103
www.highcountryhomewatch.ca or
email: info@highcountryhomewatch.ca



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Economic Crisis Teaches Important Lessons

If any good can come from an economic downturn it is that people are forced to think more seriously about their financial success strategy. Many people affected by the economic damage wrought by the recent COVID-19 pandemic will change their financial habits by cutting back on spending, reducing debt and increasing their savings. For many other Canadians, life will likely continue as usual where the pursuit of an optimal lifestyle now over shadows concerns about future financial security.

It's not uncommon for successful people in their 30s and 40s to conduct their financial lives under the impression that they have a vast time horizon for achieving their retirement goals. Many people at this age have a difficult time envisioning retirement much less planning for it. So, it's not unusual to find a couple like James and Linda¹, ages 44 and 43 respectively, who have thus far lived a charmed life, suddenly faced with some fairly drastic decisions over their financial future.

Back to the Beginning

James, 44, and Linda, 43, developed a pattern of unfettered consumption, early on, once they were both securely settled in their well-paying jobs. James, now an executive with a fast growing technology company, and Linda, now with 15 years of tenure with a government agency, have always expected their pension plans and James' company stock to lift them to retirement security.

Even with the arrival of this recent global economic crisis, they are still forging ahead with a life of consumption, taking advantage of low interest rates to refinance a bigger mortgage and two big auto loans. Everything that adorns their well-appointed home is financed.

They have only made minimal contributions to their two children's

RESP thinking there will always be more time.

While they have managed to save some money, their non-registered assets of \$156,500 are dwarfed by their outstanding debt of \$493,200 which includes a mortgage that has been reset for another 25 years. They have \$31,200 in cash savings and the rest in a mutual fund. While they aren't insolvent, they are certainly on a path that can lead there unless some drastic changes are made.

The Path to Retirement Security

After their Financial Advisor let James and Linda down easy on their hopes for early retirement, it was suggested that they target the normal retirement age of 65. They simply don't have the personal resources to bridge the gap between an early retirement and the time at which they could begin to draw from the government pension and Old

Age Security at the full rate, which they will need.

From this point forward, their focus needs to shift to debt payoff. By focusing on paying down expensive debt, they could free more cash flow that could be applied to paying down other debt.

The combination of current lifestyle changes and accelerated debt payoff should enable James and Linda to sail into retirement with enough income from their government pensions, Old Age Security benefits, Linda's pension and James' RRSP fund to generate nearly 60% to 70% of their current income in today's dollars.

Questions about your money management strategies? Call me today to book an appointment to review your current investment portfolios and wealth accumulation strategies to take advantage of the changing economic and investment landscape!

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

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Box 231, Bragg Creek, AB T0L 0K0

1. Fictional characters were used in this article for illustrative purposes only.



Chamber Update

Greetings Bragg Creek!

This is what your Chamber is doing in Bragg Creek:

1. Letter to Rocky View County Council requesting improvements to the 4 way stop.
2. Weeding of flower beds and planting additional flowers at the Bragg Creek Community Centre.
3. Roving Visitor Ambassadors with Hendrix the goat greeting visitors to our community.

4. ZOOM presentation by Sandy Smith guiding participants through the digital era. More to come in the fall.

5. 12 Back to Bragg videos featuring businesses in Bragg Creek and area were donated to the Chamber by Ambedro Agency and Harder Brothers Production. View them on the Chamber's websites and Instagram accounts.

6. The Chamber has received permission from one of the mall owners to erect a mural on an outside wall. Request for proposals will be in an upcoming Facebook post.

7. Painting the perimeter of the 3 entrance signs into Bragg Creek. (Upcoming)

8. In partnership with Bragg Creek Community Association, Greater Bragg Creek Trails Association and Trans Canada Trails, the Chamber will be constructing a visitor sign on the Community Centre site.

9. CBC Radio interview related to the Back to Bragg Videos.

Like us on Facebook, Instagram and Twitter to stay up to date the Chamber news.

*Have an awesome summer,
From the Chamber Directors*



Bragg Creek Performing Arts

Bragg Creek Performing Arts Society 40th Anniversary Drive-in Concert!

Monday, Aug 10, 7pm • Tickets Available Online

Tickets are Complimentary, but BOOK NOW at Ticket Pro before event as availability is limited!

From humble beginnings back in 1980 at the original Bragg Creek Community Centre to large concerts in the "new" Bragg Creek Centre and intimate spotlight series, the Bragg Creek Performing Arts Society has kept Bragg Creekers entertained over the years with such varied acts as:

Spirit of the West | Arrogant Worms | The Bara MacNeils | Ron Sexsmith | Mat Anderson | Connie Kaldor | John Wort Hannam | Crystal Plamondon | Harry Manx | Garnet Rogers | Joel Plaskett | Oscar Lopez | Fred Penner | Tim Tamashiro | Basia Bulat | Barrage | Barachois | Eric Bibb | Aaron Pritchett and also profiled local artists like Sara Troy who have gone on to international success

Come on out for a fun night of local music and support our local artists! Drive in fun in your own car!

Great Entertainment Featuring: Murray Rodgers & Emmett Jerome | Oleana | Tumbleweeds | and more!

Some local shops may be open during the event for takeout orders for food and drink

If you would like to become involved either as a volunteer or a board member, we would encourage you to contact Clint Docken at cgd@docken.com

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We direct bill to most insurance companies (some conditions apply)

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HCRCWA Update

HIGH COUNTRY RURAL

CRIMEWATCH ASSOCIATION

How does a thief think? I combed the internet, including YouTube, on this topic and this is a compilation of information I found in articles/videos often from thieves themselves. Most of the sources dealt with urban thieves, but there are a lot of lessons for us rural folks too.

Thieves can have different motivations. A lot are drug addicts who are looking for anything they can turn into a dollar. Some are professionals who will case your place beforehand and leave no prints after. Some are crimes of opportunity such as leaving your garage/house door open when you are home but otherwise tied up mowing the back lawn or working on the property out of sight. They are in and gone before you return from your chores.

Do burglars plan a B&E? 12% of the time yes, 37% of the time depends upon the

situation (something valuable is left in plain sight), 40% of the time it's a spur of the moment thing. Make it hard to get into your place. If a thief can't get into your house in one minute, they are on to the next.

A thief only needs 5-12 minutes once inside your house. Once in, he's going straight to the master bedroom looking for cash or jewelry. He'll look in your nightstand, under the bed and in your closet. A friend of mine bought a small safe. I said, "Let me guess where it is?" "It's in your bedroom closet." He didn't reply, but I could tell he was thinking about somewhere else to hide it.

Next stop is the home office. Here's where he'll find credit cards (or credit card statements with credit numbers & limits, including cash), laptops, passports, bank account details. From there it's on to the bathroom to check the medicine cabinet where he's looking for Prescription medicines, narcotics – easy money. He'll be looking for stuff that's easy to carry. From there he starts thinking about getting out especially if he's got a nice haul.

One exception to this is if he knows you're away for an extended period of time. If you've been nice enough to post the glorious two weeks you're going to

have while in Cancun on Facebook or other social media, he knows he can take his time.

On rural farms and acreages, it's not just the house. There are the outbuildings: the barn, the shop, sheds, garages. It's a big tradeoff between personal ease of use of the buildings and susceptibility of to a break-in. You'll have to decide your risk tolerance and whether you want to

go to the trouble of locking everything up every night. A lot will depend upon the value of what's inside.

So what are the most effective deterrents to a thief. In their words:

1. Secure all entry points (gates, doors, windows).
 2. Leave a vehicle in the driveway if you're gone – "I avoid those places. I don't want to chance encountering someone".
 3. If you're gone for an extended time, put lights, radio, the TV on timers.
 4. Install motion sensor lights or have permanent outdoor lighting (remember we are in dark sky country so get the right ones).
 5. Install a surveillance system, preferably wireless. A thief is 2.7 times less likely to target a place with a security system.
 6. Don't keep your keys to everything by the front door. I was guilty of this one. I now hide all the keys someplace else when I'm gone. The last thing I need is for a thief to find the garage door opener and my truck keys so that he can really make a haul.
 7. Don't keep money in the freezer – thieves say a lot of people do. I know of someone who disguised a pack of money as a sausage package. Then there was a burglary somewhere where all the meat from the freezer was stolen so he had to come up with a non-freezer idea.
- Nothing is bulletproof, but these will help increase your odds of avoiding a theft. Thieves say often people make it all too easy for them. Get creative. Remember the thieves don't want to stick around for long, and they don't want to be seen.
- One thief said if he notices it's a neighbourhood watch area or he's aware of a person or two watching him, he'll leave that area alone. It's too risky. So keep an eye out for suspicious behaviour and join the High Country Rural Crime Watch Association if you haven't already. Remember the RCMP want you to report suspicious behaviour so please do so.

Dave Schroeder
HCRCWA Board Member



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Bragg Creek Centre

Happy August Creekers!

Summer is here and I for one am enjoying the soaring temperatures!

Thanks to the support of our Bragg Creek Ladies Auxiliary we are able to offer subsidies to those facing financial barriers.

UPCOMING EVENTS... Yes, I said upcoming events!!!

Comedy Night is returning to the Creek!

Join us for an evening of hilarity as 3 professional comedians turn the Bragg Creek Centre auditorium into a stand-up comedy club! August 15, 2020. Doors open: 7pm. Show starts: 8pm. Admission \$25 per person. *Cash bar with table service

Tickets are limited due to provincial gathering restrictions and can be purchased at www.eventbrite.com.

WE'RE HIRING!

The Centre has risen to the challenges of COVID-19. That's why we are now looking for a candidate to become our Day-time Custodian - so we can continue to support our staff and deliver the best possible service to our community. Visit our website at www.braggcreekca.com to view the full job posting. Submit a cover letter and your resume to info@braggcreekca.com.

A reminder that Bragg Creek residents have access to a number of services through the Town of Cochrane.

Cochrane & Area Resources and Essential Services (CARES)

For information on supports such as counselling, food resources, financial benefits, helplines and more check out our CARES app: cares.glideapp.io

Need to Speak to Someone? Call us, we can provide support or connect you with the resources you need! Mon-Fri 8:30am - 4:30pm.

Cochrane Family & Community Support Services (FCSS) 403-851-2250

We can help with: access to food, housing support, information on financial benefits, supportive counselling, parenting support, seniors support and mental wellness activities for all ages.

For after-hours support on evenings and weekends contact: Cochrane and Area Victim Services 1-877-557-1998

We have expanded services to support the community after-hours during this time. If you require information, support or need someone to talk to, trained volunteers can assist you.

Support Lines:

Cochrane Family and Community Support Service (FCSS): 403-851-2250

Cochrane & Area Victim Services After

Hours Support (evenings/weekends): 403-851-8055 1-877-557-1998

Distress Centre Crisis Support (24hr): 403-266-4357

Hope for Wellness Help Line Indigenous Crisis Support (24hr): 1-855-242-3310

Kids Help Phone (24hr): 1-800-668-6868

Access Mental Health - Alberta Health Services: 1-877-652-4700

Big Hill Haven - Domestic Violence Support: 403-796-6564

Boys and Girls Club of Cochrane and Area Youth Support - Ages 12-22: 403-618-3149

Turning Point Stoney Health Services: 403-881-2877

Stoney Tribal Security: 403-881-2791

RCMP Non-Emergency: 403-932-2211

Financial Support:

Canada Emergency Response Benefit (CERB) & EI Info: 1-833-966-2099

And as always, Bragg Creek & Area Community Support is available for emergency food and supplies, general support and information. If you or someone you know need a helping hand due to the economic impacts of COVID-19. Contact: braggcreekcommunitychurch@gmail.com, info@braggcreekca.com, or 403. 949.4277.

Take good care Creekers!

Christine Pollard

Program and Event Manager

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
Location: Snowbirds Chalet
19 Balsam Ave, Bragg Creek
Hours: 9.00am -4.00pm
Clinician: Jill Read-Johnson,
Certified Podologist
Cost: \$35.00/session
Appointment: Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



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Get Outside! The Benefits of Exercising Outdoors

by Tish Resta

ACE Certified Personal Trainer
Co-Owner, Bragg Creek Physiotherapy

www.braggcreekphysio.com

It feels like summer has finally arrived! Just in time too as it feels like we are collectively ready to be enjoying time outdoors. Outside is the ultimate gym, providing an abundance of ways for you to move your body. This is particularly important now as many fitness facilities remain closed or, where re-opening has occurred, many of us aren't feeling quite ready to head back into public spaces for our workouts. Plus, our summer season is short so why not be out in the great outdoors while we can.

I'm sure many of you have favourite activities that you partake in this time of year. Bragg Creek and the surrounding areas offer many recreational opportunities whether it be biking, hiking, trail running, climbing, walking, golf, paddling, you name it! There are so many benefits to being active outdoors which I will speak to in this article and I will also talk about considering taking some of your strength workouts outside.

Let's start with the advantages of being outdoors, we all have been told the importance of exercise but taking it

outside can provide much more than that. Here are some of the top benefits of working out alfresco! Firstly, it can be a natural anti-depressant. Exercise on its own produces feel good hormones and being outside can compound that effect as sunshine helps to increase serotonin which may reduce depression, anxiety and seasonal affective disorder. Proximity to nature has also been shown in some studies to have positive effects on a number of other health issues including obesity, hypertension and diabetes.

Nature can also be good for allowing your brain to rest and to process information. We often are looking at screens or getting information in other ways for a good chunk of our day. Downtime allows the brain to better remember and learn important data. Too much stimulation, such as exercising while on your cell phone, can prevent this learning and processing from happening. Often our best ideas can come when we are relaxed such as taking part in unstructured activities in a natural environment.

Other benefits to exercising outdoors include increased challenge for your body. For example, a treadmill provides a steady flat surface where you control the incline and pace. The constant change in terrain outdoors is more challenging for your body. In addition, it often feels more like play when you are outside rather than something you 'have to do'. It can also often be more social as many of your outdoor activities can be done with a buddy, even at a safe physical distance. Adherence to exercise is much greater

when it has a social/community element and it feels less like a chore. And don't forget, in many cases, it's free! Cost can be a barrier to activities in many cases but there are many things you can do outside at no cost.

You can still add a strength component to your fitness routine when you are outside, this doesn't have to happen in a gym. This can be as simple as taking some tubing or a set of dumbbells outside and doing a circuit routine on your lawn or deck. Many fitness studios are offering online fitness classes and there are also many Youtube videos that can provide inspiration. There are a number of bodyweight exercises that can be done either with no equipment or even just using a bench while walking or hiking (remember hand hygiene)! Here is a quick bodyweight workout that can be done using a bench:

Bodyweight squats or a more advanced split squats where one foot rests on the bench behind you while you lower into a squat keeping your knee from advancing too far over the toes. Calf raises can be done also using the back of the bench as a balancing point. Step ups onto the bench will work your legs and gluts. For upper body, pushups can be done from either the back (easier) or seat (harder) of bench. Tricep dips can be done off the seat of the bench remembering not to sag through the shoulders and keep bum close to the edge of the bench (easier is with knees bent, harder with straight legs). A plank can be done off the back of the bench (easier) or seat of the bench (harder). Try for 3 rounds of 12-15 reps of each exercise

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We are pleased to announce we are Open for Business to serve our Physiotherapy and Massage patients. Feel free to phone 403-949-4008 or email us at: info@braggcreekphysio.com to book your appointment.

The gym is re-open on a limited basis.



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24 Balsam Avenue, Bragg Creek

with the exception of plank which can be held for 30-45 seconds maintaining good form. This is just a simple idea of exercises that can be done with no equipment.

A few things to remember while being active outdoors. Wear a hat and good sunscreen if you are out in the heat of the day. Also, stay hydrated, and have adequate water with you. Tick protection is recommended in some areas as is bear spray. Good footwear is also important to provide adequate support and stability while you navigate more uneven terrain. Lastly don't forget the safety equipment that might be required for your particular activity, like a helmet.

Enjoy being active outdoors close to home this summer. Challenge yourself to try something new and remember to add some strength work to your routine. Not only are there many great outdoor options in Bragg Creek but we are lucky to have a variety of studios who have some fabulous in person and online offerings also. We are happy to be collaborating with The Heart to offer an online full body strength/cardio class Monday evenings at 7pm. Take your device outside and join in. Keep well and stay active!

STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the **TOP 3 THINGS** that make your plumbing repair more expensive than it needs to be.

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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Saturday August 15th 2020

COMEDY NIGHT *in the creek*

headliner
Dave Nystrom

opening act
Brittany Lyseng

hosted by
Dale Ward

Bragg Creek Centre
23 White Ave., Bragg Creek

Doors Open 7:00 pm
Show Starts 8:00 pm

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FRIENDS OF THE HEART INVITE YOU TO JOIN US

Yoga Within The Heart has been a source of community in Bragg Creek for many years, and we would like to give back during hard times. Any and all donations are greatly appreciated!

Local artists, massage therapists, sourdough bakers, landscapers, woodcutters and long-table dinner creators have all volunteered their work as auction items.

AUCTION PAGE:

GIVERGY.COM/YOGAWITHINTHEHEART

FACEBOOK: facebook.com/events/204578084264001/



My First Taste of Wine

I remember my first sip of alcohol. It was beer. My brothers had sneaked me into the local pub, under aged, of course. They ordered a beer in the stubby brown bottles of the day (remember the Labatt 50 and the O'keefe?). Anyway, the beer tasted awful.

Similarly, as a pre-teen, I observed my mother serving a couple of ounces of wine (a rare occurrence) to our large extended family on Christmas day. The white wine came in a gallon size glass jug. The odd sips stolen from grown-ups glasses convinced me that wine was equally as bad. Fast forward into my late teens, and early university years, things got better. Black Tower, Mateus, and, oh my gosh, Baby Duck, was all the rage (by the way, all this stuff still exists). Many of you will remember, I'm sure.

I did not know then that my experience was very much in keeping with what most Canadians were experiencing at that time. In the '70s and '80s, most of us were slowly discovering wines. We have come a long way since. Today, after a mere 40 years, we enjoy the fruits of our remarkable wine industry. Canada's progress over this period is equivalent to what other countries achieved over centuries. We progressed by leaps and bounds thanks to experts coming from European wine regions, today's technology, modern scientific knowledge and our excellent terroirs. Today, Canada is the best producer of ice wine globally, and Canadian wineries routinely win top awards for their wines in international wine competitions. This, despite the fact our industry only represents 0.3% of the world's total wine production. Considering these stats, one understands why our wines are not well known outside Canada. It is mostly all consumed at home.

Canadian wine consumers are fast becoming discerning as well. Visiting wine regions is fashionable, and we love

the large wine fairs. Wine bars are now trendy, and liquor stores are almost as common as corner stores. According to Stats Canada and the World Health Organization, the consumption of wine in Canada increases by a whopping 4% a year (give or take). In 2017 Canadians were drinking 25.6750ml bottle/capita, compared to 53.6ml bottle/capita in France (the heaviest consumers of wine in the world).

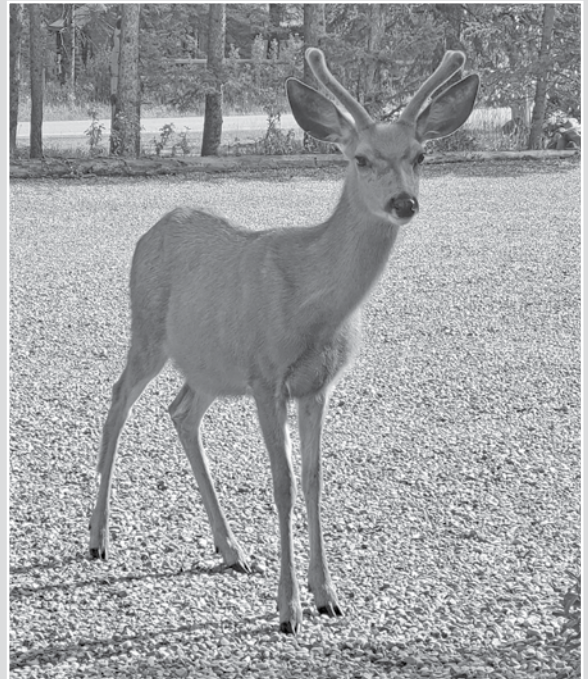
So, what do we like to drink these days? The short answer; big red wines from the "New World," which are wines from the Americas, Australia, New Zealand and South Africa. We also LOVE value wine - those wines that over-deliver at their price point. However, this, too, is evolving. At large parties, an increasing proportion of bottles brought by guests seem to sport labels from countries such as Italy, France and Spain. Most are red, but rosé is enjoying a revival of a sort while the whites are slowly making a name for themselves.

Long after my infamous first sips of alcohol, I stumbled over a couple of international sommelier programs; International Sommelier Guild and the Wine and Spirit Educational Trust. I am now a Sommelier and enjoy sharing my love of wine in private tastings. These tastings are typically organized by a host who invites a small group of friends or family. The setting is usually their dining or living room, or both. It is informal and unpretentious. The whole experience is about learning a few tips about wines while tasting, on average, six curated wines. My hope is to stretch one's comfort zone a bit, trying something new (a new grape or a new country). Overall, however, my role is to help the guests make some sense of the complexity of the wine worlds and ensure everyone is having a good time doing so. I especially love the "Ah-ha!" moments I inevitably witness in my tastings and the laughter generated by the discussions.

Wine is a journey. Learning about it starts with learning how to taste wine "mindfully" - meaning with purpose and intention, seeking to understand what your palate is telling you. As you learn to taste, you will begin to understand your preferences. Ultimately, this new-found knowledge will increase the pleasure you find savouring wines and make your shopping experience less daunting.

The buck stopped here.

Office administrator Lea Anderson at the Harder & Sons/HCN offices met this dapper gentleman trying to place a "Wanted: salt lick" ad earlier this month.



Tasting wines inevitably leads to learning to pair wine with food. A bad pairing can ruin the meal but, a good one will elevate it beyond expectation. And the good news; you do not need expensive wines or fancy food to create a gastronomic experience.

Case in point. The other night, I open this Ripasso (Italian) wine. I was pretty pleased with my find - great taste for the price (\$18). Then, what a surprise when I tried it with the cooked bacon that just happened to stare at me from the pan on the stove. Together, the wine and the bacon transformed into a match made in heaven. The fatty, salty, smoky/sweet bacon revealed the fresh sour cherry fruit layered in raisiny notes of this medium plus body wine. In turn, the silky tannins and wine's bright acidity cleansed the palate of the excess fat to ready the mouth for another piece of bacon and a sip of wine. I obliged. Yup! It was pretty darn good.

All this to say that if I did it, you can too. You can learn to taste wine like the "pros" and find your ways in this world - unless, of course, you are my husband. He is clearly the winner of my wine journey. Not only did I do the heavy lifting learning about wine, but I always (well often) come home with yet another wine to try and taste with our meals. How sweet is that? This probably explains why he gingerly volunteers to do the dishes every night. He knows best.

Bonne appétit!

Return To Schools Update

The suspension of in-person schooling in March has been hard for many students and their families. Kindergarten to Grade 12 education changed significantly as a result of COVID-19, and I know that students, parents, teachers and school boards did their best to adapt to these different ways of learning. However, we all know that many students who attend schools learn best in the classroom with their teachers and peers, and our goal is to get back to classroom learning as soon as possible.

This week, Alberta's government announced that students will be returning to classrooms in September. This is great news for many families in our community. The decision to re-open schools has been made with the safety of students, teachers, and other staff members being the highest priority. For in-person learning to proceed, health measures are being put in place for their safety. Each school will implement public health measures, including frequent

cleaning of surfaces, introducing hand sanitizers to school and classroom entrances, grouping students in cohorts, and adjusting schedules to allow for greater physical distancing.

To help prepare families, Alberta's government has developed a re-entry toolkit to help prepare parents and students for what to expect in the new school year. This toolkit includes videos for students explaining some of the health measures, a guide for parents, frequently asked questions, school posters, a self-screening questionnaire in multiple languages, and links to health guidelines. The resources in the school re-entry toolkit will help families discuss changes with their children.

The re-opening of our schools, and our entire economy, is a result of the hard work of Albertans to slow the spread of COVID-19. As students return to school, we are making sure that each of us has the tools to ensure that we can safely return to daily life.

*submitted by Mackenzie Blyth
Communications Officer*

*UCP Government Caucus of Alberta
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**BRAGG
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Notes

replete with pot-bellied stove, antique sideboards, lacy curtains and table covers, crafts and delicious chocolates created by both Judie and Jo-An. Many people from the past would come and visit, including the Barclay sisters who had built the hostel on the property years earlier."

by Judie Norman



Baptie Cabin

Although long familiar with Bragg Creek and surrounding area, it wasn't until 1947 that Alex and Doris Baptie purchased the Tom Fullerton homestead, known as The Last Break Ranch, situated on what is now the Wintergreen road. Some of the lure was probably to keep five kids occupied but the Bapties also had love for the traditional western lifestyle. Their riding entry in the annual Stampede Parade often took home top prize for the "Best Dressed."

"We Bapties travelled to the cabin every weekend and all the holidays through mud, snow, dust, and more mud. We loved being with the horses so Bragg Creek quickly became our second home. The youth hostel that came with our site (until the early 60s) was inaccessible unless we were there and so it was only open on weekends and when special arrangements were made. Through those cabin years, we collected many friends, experienced many adventures and made so many memories they would fill a book. Being in the first parade, dancing on Dad's feet at the Round Hall, and swimming the horses in the river... these ones were hard to beat."

In the late 1960s Alex and Doris subdivided their property and created five parcels, so their children and their families could move out to Bragg. In 1962 I became a full-time resident along with Alex and Doris, who resided in the original home until their passing. (Today, my brother Art Baptie and I both have homes on the original quarter section.)

In 1992, my sister-in-law Jo-An and I opened Last Break Ranch Teahouse. We kept the menu simple and manageable, with an emphasis on desserts such as pies, scones and a favorite, light gingerbread served with lemon sauce or whipped cream. In the Calgary Herald, food critic Kathy Richardier's review read: "It's really easy to locate and a real treat to find this old ranch house encloses a cozy little retreat,

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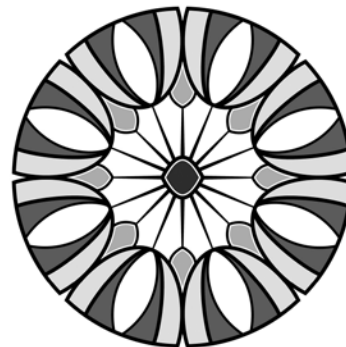


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Greater Bragg Creek Trails Association

Sharing the Great Trail in Bragg Creek

Bragg Creek has the distinction of being a stop along the "Great Trail" formerly known as the Trans Canada Trail. It stretches Coast to Coast to Coast for a total distance of 27,000 km. This massive community-based project under the banner of the Trans Canada Foundation relies on the efforts of local trail organizations such as the Greater Bragg Creek Trail Association (GBCTA) to become reality.

Over the past 10 years the GBCTA has planned, fundraised, and built the trail that links our community with the trail system in Kananaskis Country and beyond to the west. This could only have been accomplished through strategic collaboration with

all levels of government, community stakeholders and a dedicated group of volunteers and donors sharing the same vision. To date the GBCTA has spent \$4.1 million on trail construction and maintenance in Bragg Creek and Kananaskis Country and has logged in excess of 60,000 volunteer hours. The GBCTA appreciates the trust that Rocky View County (RVC) and the Alberta Government have placed on our organization by authorizing us to manage the Bragg Creek Trail System.

Along with building this legacy project comes responsibility. The GBCTA has a responsibility to the trail users, funders and to the trail builders who want to see this trail managed in a sustainable manner well into the future. Trail users also have a responsibility as trail stewards by complying with trail etiquette standards and obeying signage that is designed to improve safety and reduce trail damage.

You will notice new signage that has been posted along the RVC portion of the trail which indicates that this

portion of the Great Trail is designed for non-motorized multi-use. This includes walking, biking and horseback riding. We strive to keep the trail open year round but conditions may arise that require that the trail be closed for a period of time to allow for the trail surface to firm up. Weather and water are our biggest challenges out in West Bragg Creek so we ask that trail users abide by trail closure signage as we work on solutions to rapidly re-open the trail for all to enjoy. All efforts to reduce trail damage and expensive repair work are much appreciated. Please be courteous to all trail users and support us in our efforts to build a connected community. For information on trail etiquette please visit the community trails section of our website at braggcreektrails.org.

*Many thanks, Con Schiebel
(GBCTA President)*

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

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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



CMRB Public Consultation: This is your invitation to check up on us, learn about the Calgary Metropolitan Region Board (also known as CMRB) and to chime in on some of the Growth Plan work we have under way. Foothills County believes there is value to regional collaboration and have undertaken many joint-planning processes, including work with the CMRB. The benefits and challenges of growth extend beyond municipal boundaries, so the Board's role is to coordinate planning for regionally-significant growth, as mandated by Provincial Regulation. The CMRB Board, Committees, Admin and our own Municipal Admin Teams have been meeting frequently for reviews of the many studies in advance of reaching the goal of producing a Regional Growth and Servicing Plan early in 2021. With Public Consultation up next in the process, that's where you come in! We are bringing this work to you for your review and to have a say. We encourage residents to visit www.calgarymetroregion.ca before September 4th to learn more and share your views in the survey.

Announcing our New CAO: Mr. Ryan Payne has been appointed to the position of Chief Administrative Officer (CAO), effective July 1, 2020. Ryan will share responsibilities with Foothills County's Municipal Manager, Mr. Harry Riva Cambrin. Having worked with Foothills County for 14 years, Ryan has held the

position of Director of Community Services and also, since July 1, 2017, has served the County as Deputy Chief Administrative Officer. Foothills County has a history of utilizing shared or co-title positions as a method of succession planning within the organization. As the Chief Administrative Officer, Mr. Payne will be responsible for the Community Services and Corporate Services business units. Municipal Manager Harry Riva Cambrin will continue to manage Public Works and Planning. We confirm our confidence in Ryan's leadership and managerial skills as he brings both experience and aptitude to the benefit of our administrative team. We look forward to working with him in his new role!

Getting our office ready: In a staged approach, we will be opening up our office once new safety considerations are in place. At the end of July, more of our staff will begin working in the office building. Then, in August, residents will be able to make in-person service appointments. In the next stage, we hope to open up entry a bit further. All staff are working regular hours and will continue to provide services, whether remotely or from the office. Please continue to call or email first before attending the physical office location. We will keep you posted on our website and other social media. Main office phone number: 403.652.2341

Pathway coming to the Seaman Sports Park, near Millarville: This year, a new project is under way to enhance this recreation property, which is located off Highway 549 just north of the Millarville Race Track. The pathway will bring an important element to the sports park for mobility and aesthetics. A crushed asphalt surface will be used as the pathway surface. The County has had success with this in

other developments because it is resilient and cheaper than some other options that were considered, such as shale or crushed rundle rock. The estimated \$45,000 project is being covered by grants - \$22,500 from the Calgary Foundation and the balance from Crescent Point Energy. Funds have been secured by the Northwest Foothills Recreation Board, which has been working for months to acquire grants for the pathway. There will be no cost to the County, other than maintenance going forward.

Light Reading Suggestion: I would like to recommend a little gem that takes us on a trip to the "pioneer" past with some colourful, real-life characters on the landscape in the Priddis area of the early 1900's. *Letters from a Lady Rancher* shares the memorable events and incidents that open up a view to the challenges, encounters and excitement of the rugged rural life at the time, especially surprising and adventurous to the author, a newcomer young bride, Monica Hopkins (1884-1974). The homestead cabin featured in her letters was located near Coal Mine Road by Fish Creek in Foothills County, west of Highway 22. You'll read about attending the Millarville Races, community events, travelling to Priddis by horseback to collect the mail, winter chinooks, building the little St. James Chapel in Priddis, traveling to the mountains, ranching, survival, who lived in the area, a day's trip to Calgary on a special occasion and more... This book, first published by the Glenbow Museum in 1982, can still be sourced through the public library system.

Best Regards, Councillor Suzanne Oel

For Other News & Updates:

Please visit my website: suzanneoel.com
facebook.com/councillorSuzanneOel



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BUSINESS PROFILE: *KAT Automotive*

KAT Automotive is your locally owned and operated automotive repair shop servicing the Bragg Creek, Redwood Meadows, Foothills and Rocky View County areas. Having grown up in the Priddis, Millarville and Bragg areas, Kevin & Amber Den Hoed were very involved in community from early on with their families from Scouts, 4-H, church, Millarville Ag Society Fair & Races and many other community events. Both Kevin and Amber went on to volunteer in the Priddis/Foothills Volunteer Fire Department where Kevin was the Deputy Chief and Amber became an EMT/Captain and Training Officer. Together they would serve the communities for over 10 years with Kevin working in the area as a mechanic and Amber going on to serving the community working for E.M.S. Fast forward several years and now with their daughter Tara they wanted to be able to give back to their communities again, this time deciding how they could best serve their friends, family and neighbours they knew instantly how they could do it and “K”(Kevin) “A”(Amber) “T”(Tara): KAT Automotive was created. Initially the intent was to make some extra cash to help pay for Tara’s hockey career but they soon saw that there was a great need for the type of business they offered because there weren’t any automotive repair shops in the area. They wanted to raise Tara with a well established sense of community and to know the importance of community: which meant supporting small businesses in order to help keep the community feel, treating people right, listening to them and having conversations with them, and working towards a common goal. To them that’s having that “small town” feel, they also feel it’s important to make sure that the business is respectful of nature and they love when the doe and fawns walk past the garage bay doors on their way to feed. Kevin has worked in the industry for over 28 years, all of which was in the local area, gaining experience working at independent shops and at dealerships where he gained his certification as a Master Technician. For the last eight years he has been an instructor at S.A.I.T. teaching the final period (4th Year) in the Automotive Service Technician Apprenticeship Program. Working closely with AMVIC over the past 8 years, Kevin knows not just the required legality of, but also the consumer protection benefits

of, being licensed with AMVIC. This was something that KAT was adamant about in ensuring that the shop is AMVIC licensed, insured and all legal. There are strict guidelines and policies that have to be met in order to be licensed with AMVIC, these are in place to protect both the customer and the automotive shop. In fact, legally all automotive repair businesses in Alberta must be licensed by AMVIC and that includes anyone who performs any of the following inspections:

- motor/crankshaft/head gasket/manifold/piston/timing belt/valves
- brakes/caliper/shoe/cylinder/clutch
- struts/power steering/ball joints/shocks/sway bar
- transmission/driveshaft/axle/bearings
- air conditioning/heater/cooling system/radiator/water pumps/thermostat
- mufflers/cruise controls/alternators
- mechanical work performed on recreation vehicles

This AMVIC license helps to ensure that the manufacturer’s New Car Warranty and/or Parts Suppliers Warranty are honored.

Most “backyard”, “home”, mechanics or “curbsiders”, especially anyone who offers deals and “cash” jobs, do not have this license and therefore as a customer you have lost your protection and peace of mind and it can adversely affect your vehicle’s warranty and any parts supplier warranties.

When KAT Automotive started, they wanted to be the place that customers want to bring their vehicle to and who feel confident in sending friends and family as referrals. They hope customers choose to come to KAT Automotive not only because they strive to keep prices low, but more because they only have employees that are industry experienced, knowledgeable, with high standards, ethics & strict morals. KAT knows that sometimes vehicle repairs can be very expensive so they strive to make sure that they talk with our customers and try to prioritize repairs, starting with safety issues first, then on the basis of necessity so that it’s not so overwhelming. KAT provides estimates so customers can budget for the upcoming repairs. Whenever possible, Kevin tries to educate his customers so they

feel that they have a good understanding of the repairs completed or required.

When KAT started, they knew there was a need for the type of shop they wanted to run, it was just a matter of taking that first step. Now that they’ve been operating for just over a year they have built up a fantastic customer base, started a Fleet Discount Program, the 10% KAT Loyalty Referral program has been very active with 10% off Labor for all referrals, and even had their first Emergency Services Appreciation Discount event, which will be wrapping up on Aug 31, 2020.

KAT hopes to be your choice when it comes to your vehicle whether it’s servicing and routine maintenance or diagnosing problems and ultimately the actual repairs. They have the equipment and knowledge to do most every type of vehicular repair, what they don’t have, they have established good business relationships to outsource to. KAT Automotive can compete with any independent, franchised, and most dealership repair shops. Because they have been growing steadily, they are always upgrading and learning new equipment and techniques in order to assist their customers.

They specialize in diesel, gas and hybrid powered engine vehicle repairs and as their ads state, can do everything from driveability, transmission repairs, steering & suspension, electrical, tire sales and service, to brakes, and can even work on trailers.

Most recently at KAT we are branching out onto social media as we try to stay current and available to our customers. Please check out our website www.katautomotive.ca or our facebook page KAT Automotive, and we just launched on Instagram @kat.automotive.

Bottom Line at KAT Automotive: *We want our customers to feel like they have been treated right, that we have fixed their vehicle concerns, and that they feel they have gotten quality products and customer service at an affordable price. KAT Automotive looks forward to meeting more new customers as we expand our business to meet the community’s needs.*

KAT AUTOMOTIVE

Kevin Den Hoed R. S. E.
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The Priddis Community Hall is open with restrictions. The porta-potties can be used. The playground at the Hall is open with restrictions. Space is limited in the Priddis Community Hall parking lot so please respect social distancing. Please check our website for updates and current information – www.priddisalberta.com

Young Families: Young Families committee will be hosting kid-friendly activities in the near future. Check Facebook and the website for more details.

Priddis Early Learning Program - PELP: We are eagerly anticipating reopening in September 2020. As we are a licensed program, plans and policies will be based on the guidelines set forth by the Alberta Government. More details will be emailed to registered families in August. We still have space in our 3 year old class! This class runs 9-11 Tues/Thu. Please email pelppreschool@gmail.com if you would like to have your child join our program. Please check out the website or email for more information, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Priddis/Millarville Fair 2020: In our 113th year, the fair committee is pleased to announce they are offering a virtual fair this summer. The format is completely different than a physical fair, but the goal remains the same - a celebration of community connections and family fun for all ages. The fair runs from June 25th to August 30th. Many of the classes

have changed this year to allow for a more virtual-friendly competition. This year's virtual fair features more than 200 classes. Every week a different class will be showcased with different deadlines for each class. Competitors will be judged by submitting photos or videos on their entries. So check out the website and see what classes you would like to enter. It's not too late! Like other years, the ongoing success of the fair depends on volunteers like you. If you would like to participate, please contact Suzanne Sills at suzlousills@gmail.com, view the website: www.millarvilleracetrack.com/upcoming_events/fair/

Priddis Rink Reconstruction: An update regarding the Priddis Rink Phase 1:

The Priddis Panther Hockey Association actively completed most of the phase 1 re-fabrication of the facilities which included:

- Refurbished structural with blasted and rust prevention coatings for ice boarding
- Completed professional ice boards
- Rink gates
- Fencing
- Built players benches
- Penalty boxes and score keepers' boxes
- Shingled roofs
- Ice surface was tar sealed
- New rubber flooring installed
- 2x new hockey goals & 2 new netting = 4 nets
- A newer Zamboni was acquired from the generous donation of a Priddis Family

This summer, the completion of installing scoreboards and exterior capping of player benches will be completed. The new rink foundation will last for another 20 years with minimal maintenance.

They are working on a plan for heated change rooms and a Zamboni parking shed/building. We hope to obtain MD approval and act in the summer weeks prior to the anticipated start of Panther Outdoor Hockey 2020/2021.

Work continues to be ongoing with countless volunteers from the Panthers Association and greater Priddis community. If you have questions about OR are interested in participating in social distance Volunteer hours with us this summer OR through donations to the project, please contact David Thompson, 403.921.3640, thomps1284@gmail.com

Priddis Panther's Hockey Association Recycling Bins: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

Our new bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. The bottle recycling program is a fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

Booking the Hall: We are taking bookings for the Hall into this fall and next year. If we are unable to honour your contract due to the COVID-19, your deposit will be returned.

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

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

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

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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The Writers Group met *el fresco* at the home of Linda Givens in June. Refreshments were served and a lovely afternoon was had by all. The group will not meet until September.

The curb side pick up of books is going well. If you have any questions about this, please phone Lynda, our librarian, at 403-558-3927 and she will be happy to help you out.

Since racism is being talked about so much these days, here are some books worth reading on the subject. *The Skin We're In: A Year of Black Resistance and Power*, by Desmond Cole and *Policing Black Lives: State of Violence in Canada From Slavery to the Present* by Robyn Maynard. Reni Eddo Lodge's book

Why I'm No Longer Talking to White People About Race, is a book written to provide a new framework for how to see, acknowledge and counter racism. Lodge is the first Black woman to top the charts in the UK and is a journalist.

For the children in your family, *Positively Purple* by Linda Ragsdale is a good one. It's about a bear who gets sick and turns purple. He has a hard time accepting this, but with time he comes to accept the change through friendship and kindness. *The Boy Who Invented Popsicles* by Ann Renaud is a true story and should appeal to any child with a scientific bent.

A pleasant summer read is *Love Is Blind* by William Boyd. Boyd is an award winning Scottish novelist and playwright. The novel is set at the end of the 19th century. It is about a very talented piano tuner who is swept up into a life of luxury by one of his employers. He is called to tune pianos in many of the great cities in Europe: Paris, Vienna, Nice and in Russia. He falls passionately in love with a Russian soprano, but the affair is fraught with mystery.




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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. It's been a pretty nice summer so far, albeit with some wicked lightning and thunder that shook our homes and hit close in Bailey Ridge area, damaging roofs and trees. We've also had our share of gumball sized hail, shredding our hard worked for gardens. I'm really hoping that this year we will have our summer linger late into the fall. It would be a treat for all we have been through this past year.

It is **Heritage Day here in Alberta on August 3rd**. In 1905 Alberta received its provincial status, along with Saskatchewan, on September 1st. In 1974 Heritage Day was announced, meant to celebrate the cultural and historical heritage of the province. And in 1976 the birth of Servus Heritage Festival came together with no fewer than 11 ethnic communities. This became an annual 3 day festival on Edmonton's calendar. Now called the **Edmonton Heritage Festival**, this year due to COVID-19 it is online! Check it out August 1-3 at heritagefest.ca.

Lots to do in our beautiful Foothills as residents are staying close to home this summer. **Kananaskis has many trails for hiking, biking, and horseback riding**. Sandy McNabb has an equestrian campground, and one of the more popular trails is the Death Valley Trail. This trail provides sweeping westward views across meadows to mountains beyond the foothills. You will also see remnants of forest fires. The big fire of 1919 was among the worst in Sheep Valley history, and there was another one

in 1929. Seventy years ago, many of the forested foothills to the east were barely treed. The frequency of forest fires in the early days improved wildlife habitat by removing over mature trees and opening the way for new growth. Controlled burning and clearing have largely replaced the role of wildfire as a forest management tool. Also, fire detection and suppression has evolved from horses to helicopters. However, forest fires remain a desperate threat to our foothills and we must do everything we can to prevent them.

Oilfields Recycling Centre is open again on Thursdays, Fridays, and Saturdays from 9:30-6. Please sort your materials beforehand so as to spend as little time as possible inside the building. They are not accepting plastics at this time. Some ideas to reduce our plastics in the landfill are: cut out water, pop, and juice bottles, eat fresh fruit instead and drink tap water. Avoid frozen foods as they are all packaged in plastic, and try making your own shampoo, laundry soap, and cleaning supplies, vinegar and baking soda will clean a lot. Try making your own condiments, say no to the plastic straw, and try the Foothills Salvage Centre for used plastic items. Shop your local farmer's markets and bring your own cloth bags. And if you do nothing else, try to avoid buying plastics #3 (PVC), #6, (Polystyrene), and #7 (Polycarbonate). The #7 is "other" plastics, which can include biodegradable, a not so bad plastic, so take a little more time and check out what you are buying. These types of plastics are very toxic to the environment and also to the brain and nervous system. Try shopping one time less a month, and you will notice savings as well. And I hear that the **Riverbend Colony is selling fresh vegetables, preserves, and baked goods every Saturday** in both towns, so there's a good start. They will be in Black Diamond Town parking lot from 12-4, and in Turner Valley Pool parking lot from 7:30-11:30.

Now on to some fun news. The **113th annual Priddis and Millarville Fair is already online this year**. The popular Fair has been known for exhibiting farm animals, gardening, baking, arts, horse events, mutton busting, crops, woodworking, and much more. All this is now online and we will see who takes home the blue ribbons in their various categories. Go to millarvilleracetrack.com/fair and you will find online exhibits, how to become an exhibitor, judging, rules, auctions, and history of the fair. Really there is lots to see so please support our local exhibitors and enjoy reading about one of the oldest fairs around.

Also online is the **Leighton Art Centre's exhibit, Summer Salon**. The LAC is a uniquely Albertan historic site, and you can drop by (admission is by donation) or go online and feast your eyes on the works of art from many local artists. It is truly a beautiful exhibit with a taste for everyone. The exhibit runs until September 6th, and you can view it at leightoncentre.org.

The **Sheep Creek Arts Council is planning to hold some online and in-house art and quilting courses this fall**. Alberta Health guidelines will be in place regarding distancing and sanitation, and they will be asking people to wear a mask. There will be no registration night at the facility itself this year, however, you can register online or by mail. They hope to have a general meeting this September, so watch for that on their Facebook page. For a full list of courses and clubs available, please visit sheepcreekarts.ca.

It's good to know some of our traditions are still happening this year in the Foothills, and we thank those coordinators and volunteers for working with restrictions to make things happen. Not an easy task in these unsure times! **Foothills Country Hospice is holding their Rally 4 Hospice on September 12th**. New this year is a reduced entry fee, online auction, wrap-up party at High River Sunset Drive-In with dinner served to your car, live outdoor entertainment, and the featured movie at the Drive-In is Ford vs. Ferrari. The Foothills Country Hospice is a very special place and the staff and volunteers there are very special people. What a difficult job they have to make those in their last part of their lives, and their families, feel as comfortable as possible. To register or to find out more about this event, visit countryhospice.org.

The Foothills School Division will be opening schools again this fall, as long as the pandemic wanes. Students, parents, and caregivers, if you have not already done so, please check out the Foothills School Division 2020-21



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School Relaunch Handbook online at fsd.38.ab.ca. to find out what to expect this fall as the students prepare to go back to school.

The **Okotoks Healthy Family Resource Centre** has a program that may assist families with the cost of school supplies. Families must have children under 18 that are attending Foothills Schools and meet the income guidelines. Please do this as early as possible in August so the ball can start rolling. If people need support, they can contact the Resource Centre at 403-995-2626. Thanks to the sponsors that help make this valuable program run.

The **Diamond Valley Boys and Girls Club** is another valuable and special organization in our community. They provide before and after school care and summer programs for children, and are well known and respected. As of the time of writing, July 15, they have not yet made the decision to reopen in the fall, but are working on this challenging decision, so keep checking on them as well.

Being off my regular job for the past four months got my flower beds into full bloom as I had the time to work them properly. I'm excited to see the winners of the **Bloomin' Turner Valley contest** as the judging started July 24th. Categories include Best Conservation and Environment Garden, Best Non-Residential Display, Home Grown Favorite, and Creative Kids Gardening. Winners will be announced August 7th.

If you have any news on your not-for-profit organization, or any events or online news that you feel our readers would be interested in, please drop me a line at elaine.w@telus.net. **The deadline for this September issue is August 15.**

Have a safe and enjoyable August!
Elaine Wansleben

Want To Stay Cool This Summer? Check Out These Quick Tips

When summer days get hotter, air conditioning can be so awesome! It feels so good to escape the heat and cool down in the comfort of your home. At least it feels good and cool until the first skyrocketing energy bill comes in. Then things really heat up! How can you keep your house cool but also save money on the cost to cool it? We've checked with energy experts and HVAC technicians, and found seven tips to help you stay cool and save money on air conditioning.

1. Set your thermostat to a reasonably good temperature. Before setting your thermostat to 20C because that's room temperature, keep in mind that we tend to dress in lighter clothes during the summer. Try slowly raising the temperature in the range of 21C to 25C to see what's comfortable for your house. The Department of Energy specifies 25C as the ideal compromise—comfortably cool while still saving you money. Every degree you go up from 22C saves you 3-5% on your air conditioning energy costs.

2. Raise the temperature whenever you leave home. Whenever nobody will be home for two or more hours, you can save energy by raising the temperature by seven to ten degrees. The Department of Energy says doing this consistently will save you as much as 10 percent on cooling costs.

3. Save money at night. When you sleep, your core body temperature lowers. So you may be able to raise the temperature a bit at night, especially if you use lighter

sleepwear and lighter bed coverings.

4. Switch to a smart thermostat. You can program a smart thermostat to raise the temperature ten degrees during the day when everyone is at work and then lower it 30 minutes before the first person returns home. Some smart thermostats have even more advanced features to help you truly optimize the temperature setting to save you the most money.

5. Seal up the leaks. The older your home, the more likely cold air is seeping outside. Install new weatherstripping and caulk around doors and windows. We recommend getting a home energy audit from your utility provider to find all these leaks and to find the best things you can do to make your home more energy efficient.

6. Replace older air conditioning units with energy-efficient models. Just like newer furnaces, today's air conditioners really do work much more efficiently than older ones. If you fear you're paying too much to keep your house cool, it would be worth asking an HVAC expert about your options.

7. Call an HVAC technician to tune-up your air conditioning unit. Regular inspection and maintenance is vital to keeping your air conditioner working at its best. If you suspect that it's not cooling properly, a technician will be able to determine whether there's a problem other than it's a really hot summer.

Follow these tips and you'll save money while keeping your house reasonably cool this summer.

*By Carla Berezowski,
Alberta Indoor Comfort*

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Red Deer Lake United Church

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Along with other faith communities, we have decided to temporarily cancel church services and events until we are advised that it is safe to gather for our most vulnerable congregation members.

In the meantime, we are posting Virtual Church services online – on Facebook, YouTube and our website – for you to enjoy. Watch all of our virtual services here: reddeerlakeuc.com/sundayvideos.

Plan to tune in on Sunday mornings at 10:30am to watch one of our services. We have songs, prayers, liturgies and sermons, many of them focused on how we – as individuals, families and communities – can survive and thrive during a time of global uncertainty.

We also have pub nights, Bible studies, meditations, coffee gatherings and family activities online. You can see everything we have to offer on our website: reddeerlakeuc.com/virtual-church.

And if you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at (403) 256-3181 or office@reddeerlakeuc.com.

Thank you and be safe and well until we can meet again in person.



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It has been wonderful to be back at the library and have the doors open to you all! We are thrilled to have patrons back in picking up holds, perusing the stacks and using the library's technology. It will be awhile before we are back in full swing, though. We will not be running any programs or renting rooms for group meetings for the foreseeable future. Usually, this month's edition of the HCN would have our program guide for the fall in its centre pages. If all goes well, you will see this next month. With a lot of finger-crossing and crystal ball gazing we will try and figure out what September will be like. Stay tuned. In the meantime, if you can't get down to the library, and you are avoiding retail settings, you may want to indulge in some reading material that will surround you with books.

There is something appealing about books set in bookshops. If you do a google search on the topic, many 10-best, 20-best lists will pop up where a bookshop is the predominant setting. At the beginning of the COVID-19 shut down I had taken one such novel from our collection. It reminded me of many others I had read over the years and also of the many hours I have spent perusing the shelves of new and used bookstores

all over the world: the one that was located in my childhood neighbourhood (remember those?), on University campuses, near summer campgrounds, on the banks of the Seine; from small family owned independent shops to Chapters. With the arrival of online shopping and the big retailers, many of these smaller gems are disappearing. Perhaps that's why novels set within the walls of these treasure-filled places have come to mean so much. Here are a few to get you started:

Goodnight June – Sarah Jio

Goodnight Moon is an adored childhood classic, but its real origins are lost to history. In *Goodnight June*, Sarah Jio offers a suspenseful and heartfelt take on how the "great green room" might have come to be. June Andersen is professionally successful, but her personal life is marred by unhappiness. Unexpectedly, she is called to settle her great-aunt Ruby's estate and determine the fate of Bluebird Books, the children's bookstore Ruby founded in the 1940s. Amidst the store's papers, June stumbles upon letters between her great-aunt and the late Margaret Wise Brown—and steps into the pages of American literature.

The Bookshop of Yesterday – Amy Meyerson

A woman inherits a beloved bookstore and sets forth on a journey of self-discovery in this poignant debut about family, forgiveness and a love of reading. Miranda Brooks grew up in the stacks of her eccentric Uncle Billy's bookstore,

solving the inventive scavenger hunts he created just for her. But on Miranda's twelfth birthday, Billy has a mysterious falling-out with her mother and suddenly disappears from Miranda's life. She doesn't hear from him again until sixteen years later when she receives unexpected news: Billy has died and left her Prospero Books, which is teetering on bankruptcy—and one final scavenger hunt.

The Little Paris Bookshop – Nina George

Monsieur Perdu calls himself a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts and souls. The only person he can't seem to heal through literature is himself; he's still haunted by heartbreak after his great love disappeared. She left him with only a letter, which he has never opened.

84 Charing Cross Road – Helene Hanff (An oldie, but goodie)

This charming non-fiction classic, first published in 1970, brings together twenty years of correspondence between Helene Hanff, a freelance writer living in New York City, and a used-book dealer in London. Through the years, though never meeting and separated both geographically and culturally, they share a winsome, sentimental friendship based on their common love for books.

Hopefully, we will see you soon at the library where we can all share our common love for books.

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The Square Butte Community board continues to meet regularly. We keep abreast of COVID-19 regulations as prescribed by the County and the Province to ensure that any activities we plan are compliant with recommended practices. We have been able to sponsor two outdoor work bees this summer to do maintenance on our decks and complete some yard work. Thanks to the group who showed up in July to put the second coat of stain on the hall steps and deck.

Our Community Hall

The hall is such a local gem, surrounded by trees with a beautiful vista looking towards the mountains. The hall was moved onto its current site over 60 years ago and it was a well-used building before being donated to our community. Regrettably, age takes its toll. The hall has been having water leakage in the basement the last few years so Keith Walters has undertaken to identify the

problems. Some concrete testing has been done, so now we await the findings and what options are available for the solutions. We know that it is going to be a costly project but the hall is well worth saving. We will be fund raising the next few years to cover this capital cost.

Square Butte Ladies Group

The Ladies Group has decided to withdraw from the Millarville Market this year due to the COVID-19 risk, so we are taking orders for our famous pies and have added butter tarts to the list. We have been getting many accolades for our tasty baking, and some people wait for the availability of our products and stock their freezers. All proceeds go to support local charities. We also have a quilt raffle each year with tickets available for \$2 each. For further information, go to our facebook page, Square Butte Ladies Group. To order baking, please call 403.931.2098 or 817.219.3972, and arrangements for order pick up will be made.

Kenneth L. Leech

The community sends its sincere condolences to Diane McKay and Sasha Lewis who recently lost their father and grandfather 'Ken' at 98 years. Ken attended many community functions and was a member of the 500 Card Club, he will be sadly missed.

Priddis & Millarville Fair

In honour of 113 years of resilience, the Priddis & Millarville Fair will go on - but - it is a virtual fair this year. Thanks to the outstanding effort of many fair supporters, they are staging the first virtual fair in Alberta. There are competition classes for all age groups and interests and there will be an online auction to raise needed funds. Check it out at:

MillarvilleRacetrack.com/Fair
Facebook: Priddis Millarville Fair
Instagram: @thepmfair
Hashtag: #thevirtualfair

Brown-Lowery Provincial Park

For all those hiking enthusiasts, we have a hidden gem just east of Hwy. 762 on Plummers Road.

This day use park offers a 6.6 km. loop trail that is kid and dog friendly, year round.

The trail is quite diverse as it meanders through the trees and then breaks out on a hill top with a beautiful view of the mountains. The park was established as a result of a large donation of land from Brown & Lowery Inc. in 1992 and is maintained by local volunteers. Visit www.alltrails.com for more information.

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The Universe

by Andrea Kidd



When the night is too hot for sleeping, go outside and look up into the heavens as far as your eye can see. Is the moon a crescent or full? Can you find Orion's belt, the North Star or the Milky Way? On a clear night it is possible to see, with the naked eye, the Andromeda Galaxy, 24 quintillion kilometers away.

The Hubble Telescope is located 547 km from the Earth and has been sending us information for 30 years. Next year the James Webb Space Telescope will orbit the Earth 1.5 million km away and be 100 times more powerful than the Hubble Telescope.

At no other time in the history of humankind has it been possible to see as far as we can see now. Never before has it been possible to know what we know now. Computers are constantly

extrapolating what our brains can figure out. Technology has enabled our understanding to penetrate far from home into the vast regions of outer space.

What have we discovered with all this far-reaching equipment that supplements our own senses and faculties? We know that nothing out there has yet been discovered that compares with the throbbing, thriving vitality of life that gushes from the surface of our planet Earth.

Here, on our globe, babies giggle, dribble, waddle and become parents in their turn. Year after year fields of canola,

corn, carrots and pumpkins decorate our landscape and feed our bellies. Flowers flourish, insects pollinate, rodents burrow, deer graze, hippos wallow, flamingos fly and hummingbirds hover. Earth

teems with life: even viruses, only visible with a microscope, effortlessly multiply with seemingly unquenchable life.

Yes, maybe, perhaps, there is life out there, far away, somewhere beyond the universe we know. It could be. We cannot tell for sure.

However, this we do know: we are special. We own a treasure; we have been given a priceless gift. Life has been placed into our care and we are trusted. God has provided us with intelligence to discover truth, a heart to care, a will to put our ideas into action and strength to implement them.

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You can also still join us on Facebook Live or YouTube, details on our Facebook page and website



Join Bragg Creek Area Community Support

on Facebook if you are in NEED or able to HELP in various ways during this time of crisis.

Or contact Pastor Dave to donate to the **Bragg Creek Food Bank and Crisis Fund** or if you are in need of assistance

This time has put a lot of pressure on our relationships and mental health, **if you would like to talk with someone** please reach out at 403.671.3819 for support

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Mortgage Matters

By Candace Perko, Mortgage Broker

Mortgage Do's And Don'ts

Between the time you receive a mortgage approval and taking possession of your new home, keeping your finances in order is very, very important.

Your mortgage approval is based on many factors including your credit score, current debt ratios, income, and down payment/savings. Something that may seem inconsequential to you could have a major impact on your mortgage approval.

DO get fully approved upfront. The approval (or pre-approval) is issued after you have completed a full application, credit consent, and provided the verification documentation to the broker/lender, and will assure you of a more specific qualification amount and monthly payment.

DO avoid additional credit inquiries or applying for any new credit, which may affect your credit score.

DO continue your savings plan, particularly if your mortgage approval requires you to have additional monies at the time of closing.

DO pay all your bills on time. Just one late payment can negatively affect your credit score and consequently, your mortgage qualification.

DO keep your broker/lender informed of any major life changes including; marital status, change in household income (increase or decrease), etc.

DO pay off debt and keep paying it down. This will help with your debt-ratios (a large part of your mortgage approval). Your broker/lender will let you know if debt must be paid down for the approval. Not adding any new debt is important regardless.

DO keep all of your verification documents close at hand, as they may be re-verified or questioned prior to closing.

DON'T change jobs or become self-employed without first discussing it with your broker/ lender first. Your

approval is based on your current job history and income, making a change may affect your ability to qualify for your new home.

DON'T enter any deferred payment plans. This is a popular option when purchasing furniture. Even if the payments won't start until six months or one year down the road, they show on your credit report and affect your debt-ratio, your credit score, and possibly your approval.

DON'T finance or charge any new debt or co-sign on any loans. New debt — even as a co-signer — will affect your debt-ratio and credit score.

DON'T close any revolving credit accounts, even if they have a \$0 balance. This could negatively affect your credit score as it will change your percentage of available credit, credit history, mix of credit and account payment history.

DON'T acquire any NSF (Non-Sufficient Funds / overdraft) fees from your bank. Make sure the funds in your bank account cover everything; mortgage lenders look at these fees as an inability to manage money and a mortgage risk factor.

Get a local Point of View



Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.



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BE MORE
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Foundations for Success

by Duane Harder



For many the statement, “I want it yesterday!” describes our expectation of immediate production. When I was a child, the introduction of fast food meant the shift from the coal/wood stove to a propane stove.

As a young boy I read the incredible story of the building of the Hoover Dam. The Encyclopedia Britannica gave a detailed account describing the transformation of the ‘idea’ into the dam. There were several years of planning and preparation before the first concrete was poured. It took a solid foundation to secure the future of such a massive structure.

On the botanical side, bamboo growth is an incredible feat. While young bamboo sprouts grow only a few inches during the first three or four years, and the shoots above ground seem small and thin, beneath the ground a network of roots and offshoots is growing deeper and spreading further. By the fourth year, the plant is solidly grounded and ready to grow - and grow it does! The Chinese Moso Bamboo variety has been known to grow 47 inches in 24 hours!

The foundation of the Hoover Dam has kept it secure, safe and serviceable for almost 100 years. The solid grounding of the Chinese Moso Bamboo enables it to withstand hurricane force winds and stay standing.

Foundations (convictions) are an essential if we desire to finish life well. Without convictions, criticism or derisive comments can distract us and take us out of the game.

I would like to suggest some convictions that can add quality and stability to your life.

Resolve to be a person who keeps their word. A contract is a poor substitute for reliability. Do everything you say you will do within the agreed upon timeframe. My father used to say, “An excuse is the skin of the truth stretched over a lie.” Victims make excuses. Some

circumstance beyond their control is to blame. Reliable people stand behind their word regardless of the circumstance. If they are wrong, they admit it, find a way to resolve the wrong and move on.

Be a person who lives by a code of honour. Learn to separate between wrong choices and the intrinsic value of a person. A doctor referred a person whose medical problems seemed to have emotional roots. As it turned out, this person had stolen over \$30 thousand dollars’ worth of jewelry from the store where she worked. Did her wrong choice reduce the value of who she was? A man was assigned for counseling by the court. His violent anger resulted in the breaking of his wife’s jaw. Again, did his wrong choice reduce the value of who he was?

Even though those people deserved the full penalty of the law for their wrong doing, they are still persons of value and need to be treated with respect and honour.

The strong conviction of honour helps me see past the behavioral choices to the inherent value of the person.

Furthermore, the conviction of honour helps me guard my tongue. I will not be privy to the gossip network that shares damaging information about another person’s character. I have interrupted many conversations with the question: “Have you talked to the person relative to the information you are sharing about them?” If the answer is “no” then my next statement is usually, “Don’t talk to me until you have talked to them.” If they

say “yes,” my next question is: “Are you telling me because you want me to be part of the solution?” The next question is: “Would you be willing to follow the counsel that I give?”

At the heart of the conviction of honour is the strong belief that I do not have the right to cast a negative reflection on anyone’s reputation.

Be a person who respects the profit of another man’s labour. Envy, jealousy and greed jaundice the soul and distort our perception of reality. There are two things that stimulate the growth of this cancer: 1.) The lie that what you possess will give me greater power and prestige; and 2.) The lie that you do not have the right to possess what I cannot enjoy. Contentment releases creativity and enhances our enjoyment of life. Gratitude releases my grasp on things and enables me to find ways of sharing with those in need. It is good to remember that a salary of \$25,000 per year puts you among the top 85% of the world’s population.

My life is built on the conviction that the Creator of the universe is a personal being who desires a personal relationship with me. It is this conviction that unfolds the value of human life, inspires me to be man of my word, instills honour for every living person, and enables me to respect the profit of another man’s labour.

In closing may I ask the question: “Who or what sets the convictions of your life?”



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Out of the Rut *Chapter 119*



These days of mine. I love 'em. I find myself immersed in moments of pure contentment. It's quite a novel feeling. My journeys these days are inner observations of a changing landscape or external mini-ventures that bring me into contact (distant!) with new or long-lost friends and an ever-changing vista of the world around.

Back in my home, amid the trees and deep grasses, I sit still. Sometimes, unstill, I burst onto the deck to surprise Daily, my daily whitetail visitor, who bounds back into the undergrowth to stand and check what's happening, then having ascertained it's only me, and she's without the kids today, she nips back through the garden & pops out over the back fence to disappear into the trees that carpet what used to be a pasture and is rapidly becoming new forest.

I walk down the road, eschewing the overcrowded parking lot of my boundary park, just walking down the hill into the valley brings peace and joy. There is a paint foal at the bottom of the slope, where the land expands outward in a glorious sweep of green and gold backlit by the blue of the sky. I listen to the shriek of a red-tailed hawk hunting and whinny at the horses in the field by the road. Their heads bounce up instantly so they can stare at me in confusion. I don't fit the outline they are expecting and we stand and watch each other. As I continue, they walk with me. Lupins are out - there are entire hillsides blessed with the ethereal purple haze of lupins, bluebells and harebells. Clusters of paintbrush display a lush array of yellow-orange-red hues. The gold of the dandelions has given way to the rich shimmer of deep yellow buttercups, and a myriad of tiny flower scatter themselves around the woodlands.

I walk to the top of Whiskey Hill to admire the view and the wildflowers that grow here in profusion. I meet a neighbour on the way down - for the first time despite we've both been here nearly 30 years. We cheer each other on.

As the world turns and chaos morphs into its latest impression of order, I watch the various interpretations of "six feet". I know of death and disease and prolonged hardship. On this continent I hear people who have everything at their fingertips

complain because they have been asked to wear a mask to protect others. For her birthday this year, my mother launched an appeal to donate to Survival International. I've supported this organization for over 30 years, they do amazing work, possibly some of the most important for the future of the planet. It's bad enough, the horribly divisive situation for many of our friends and family south of our border... but go a little further, to Brazil, and your heart may break. Take a moment to see what the terrible actions of that country's leader is doing to the indigenous people of that land. These are the wisdom-keepers, the earth-guardians, the people who live with our earth and understand its medicine.

It is all of our responsibilities to be graceful in our lives, to respect the health and rights of others to health and peace.

Do what you can to be mindful and focused in your outdoor adventures. It's been a long time now and people are fatigued, but we can do this. It is not beyond the reach of each and every one of us to bring more mindfulness into our daily behaviour. That mindfulness saves lives, possibly your own included.

Please be kind, keep others in mind. Wear a mask when you go into enclosed public spaces.

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ADHD Jobs & Careers

by Roché Herbst, M. A. R. Psych.



What Can I Study At College And Work In As A Career With ADHD?

Over the years, many people have reached out to me because they were having challenges with their jobs or career choices. The fact is ADHD does not categorize who or what you can be. It does not have to limit your choice. When you find your path by aligning your values, personality and potential capability, then you can work in any career you want. The key to doing this successfully is to know yourself, to be realistic, and to manage your ADHD.

What Types Of Jobs Do People With ADHD Do Well?

Much depends on your ADHD and/or any co-existing conditions you may have i.e. anxiety, depression, perfectionism, giftedness, learning disorder, etc. Well, consider those things that challenge you in a way that does not overwhelm or underwhelm you.

What About The Work Environment?

Enjoying what you do is one thing. It is equally important that the work environment is a good fit for you. Some people want freedom and autonomy, some appreciate well-defined structure, others want something creatively challenging and complex, may enjoy teamwork or simply "never the same day twice". Do you feel valued, supported and have the freedom to ask for accommodations in your workplace where needed?

What Are Some Compatible Jobs?

ADHD strengths may be used more than others, for example when:

- Thinking on your feet, switching quickly between tasks – Teachers, Daycare workers.

- Dealing with people variety and topics with quick assignment turnarounds, short attention span, low boredom tolerance, hard deadlines may be a challenge - Journalist, Editor, Public Relations.

- Creative, short-term focusing on the task at hand, jumping from task to task quickly, taking immediate steps to create a finished product - Food industry worker, Chef, Beautician, Hair stylist.

- Flexible hours, autonomy - Entrepreneurs, Business owners, Realty.

- Crises management, split-second decision making, hands-on thinking, adrenaline-pumping excitement can help focus the mind - EMT, Medical, Police, Fire, Search and Rescue.

- Working with others or independently to solve problems, create or troubleshoot codes or programs, harnessing that

hyperfocus on small details - Mechanics, Technicians, Scientists, Programmers.

- Fast-paced artistic environment of creative chaos - Choreographer, Comedian, Stage manager, Musician, Producer.

Where Do I Begin?

In everything there is a chance to learn, to grow, to learn and to be your best self.

- What are my strengths - this is not the time to be modest!
- What activities capture my attention and keep me engaged?
- What types of activities don't I like and why not?
- What energizes me?
- What are my values?

Sources: Quinn, P. (Ed.) ADDitude: Jobs for ADHD minds. Monthly subscription magazine. Wilkowske, D.R. (2007), The Chronic Job Hopper, iUniverse Inc: New York.

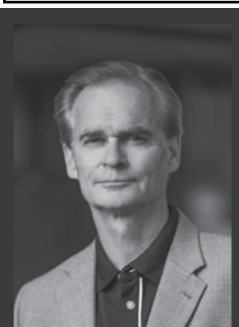
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Should You Install Your Own Dishwasher? Read This First...

If you've never installed a dishwasher before it might seem like a pretty simple task... Attach a couple hoses and slide it into place. It's never that simple. Never.

Replacing a dishwasher is easier than a new installation, but, unless the new dishwasher is exactly the same size as the old one, adjustments are going to have to be made. It's great when the drain hose and water supply hose match the threading and size of the new dishwasher, but that doesn't always happen. Will you know what to do? The electrical wires can generally be moved over—electrical? Yes, installing a dishwasher requires you to hook up water and electricity—you better have a voltmeter handy.

If you're doing a new installation of a dishwasher, you'll need some serious handyman skills because the area under your counter will have to be properly roughed out and prepped to house the new dishwasher. Plumbing and wiring will have to be run to this area.

Instead of telling you how to do it, we want to give you three reasons why you should contact your home services company to install your new dishwasher.

1. To be sure your dishwasher is working properly

Many homeowners, even DIYers, do not have the experience or know-how to perform a leak-free installation of a dishwasher. If the water supply or drain connections are not properly threaded and sealed, your dishwasher might still seem to be working fine. It might just cause a slow, hidden leak for some time before turning into a much bigger problem. In other cases your dishwasher may be under-performing because the unit detects a problem with the water pressure. The best way to be sure your dishwasher is working the way it was designed to work is to have it installed by your home services company.

2. You want your dishwasher to look great in your kitchen

Installing a dishwasher requires a lot of maneuvering and sometimes cabinet adjustments if you want a perfect fit. You're spending a lot of money on this new

appliance and we're sure you want it to look great in your kitchen. Experienced installers from your home services company will know what needs to be done to install it quickly and efficiently, and they'll clean up any mess after they're finished, leaving your kitchen looking its best.

3. Avoid insurance problems

Any water damage or electrical problems that result from an improper installation of a dishwasher are likely to cost you big time. And it's unlikely that your house insurance will cover the cost of the damage or replace the dishwasher. Your insurance provider will argue negligence on your part for failing to properly install the dishwasher or hire a professional to do so.

Summary

You can find articles on the Internet like "How to Replace a Dishwasher in 4 Easy Steps," but most installations are not that simple. We recommend getting it done right by having experienced professionals at your home services company install your new dishwasher.

By Carla Berezowski,
Alberta Indoor Comfort

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A New Dawn Of Travel: Planning Your Next Trip!

Why You Should Consider A Travel Expert: Part Two

Last month we mentioned seeing an increase in travel inquiries and in fact we've had a slew of bookings come in for travels later next year. Wherever you're thinking of traveling to in future, we'd love to help you make the best decisions to ensure not only the trip of a lifetime, but safe travels, too!

In part one of our article we explored 4 benefits of using a travel expert and this week we'll see what other benefits a professional can add to your travel experiences.

Your peace of mind comes with the territory

We don't particularly like to think that things can go pear shaped on vacation, but the reality is that they can. Ensure your travel specialists services will be available throughout your trip and upon your return home too. Cancelled flights, unforeseen pandemics, medical emergencies? You should expect expert advice on travel insurance and have access to an on-the-ground support network. You're in unfamiliar territory and your safety and peace of mind needs to be informed by current local conditions and in trustworthy local hands.

An insurance expert – in my opinion anyone that sells travel should ALWAYS offer insurance and ensure you are adequately covered. Ensure your agent explains the benefits of insurance to you, the different policies available and all the confusing jargon that comes with it. Part of a great travel service is not only creating a life-changing trip for you, but also ensuring that you, your family and your financial investment, is protected against any unexpected eventualities.

You've got options!

What you value needs to come in a package that suits your style of travel.

Perhaps you'd enjoy the comradery of a select group of friends or family, prefer traveling alone or would feel most comfortable on a private escorted trip. Whatever the case, a travel specialist will have the tools and options to tailor your trip to your style of travel.

You get serious value for money

Contrary to what you might expect, a specialist can save you money on several fronts. Consider the fact that you will only be spending money on the experiences that are of value to you, not simply because they are a part of a preset itinerary. By personally designing your itinerary, they also have access to savings options not available elsewhere. Personal knowledge of and relationships with specialist guides in a multitude of fields from geology to history and wildlife photography open up a wealth of unique options that ensures that your money is actually spent on what is most meaningful to you.

Go ahead, ask for personal referrals

Rather than depending on a stranger's web review whose values and criteria are quite possibly a world's away from your own, a good travel specialist will be able to put you in personal contact with others who have experienced the thrill of their unique dreams being brought to reality. Go ahead and put them to the test!

In short, there are so many reasons to use a travel expert to create your dream trip – or even your mini vacation package to the beach. The most important question to ask yourself is "What have I got to lose, what can go wrong if I decide to 'wing it' on my own?" The COVID-19 pandemic has taught us a lot this year. If you don't have your ducks in a row, a crisis can sink your ship. Is it worth it?

If you need help with travel insurance or may be interested in an African safari, please feel free to contact us at info@ExplorationsAfrica.com

Warm regards, Antoinette
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Illustration by Anna Grist

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HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

TKMS GROUP, tkmsgroup.ca 877.651.0398

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MAVERICK LAW 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca 403.554.8535

MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca 403.256.4925

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ABSOLUTE PEST CONTROL 403.238.7400

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A-EAGLE SEPTIC, eagle-7@telus.net 403.650.9436

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