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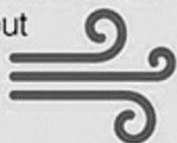
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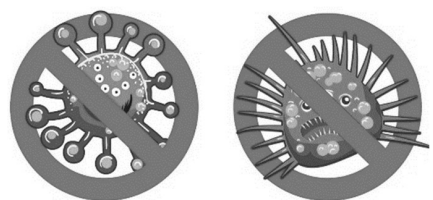
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On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised ? Also, according to the Centres for Disease Control and Prevention hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.



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IN THIS ISSUE...

Communities:

	Page
Springbank.....	5
Bragg Creek/Redwood Meadows.....	11
Priddis/Millarville/Red Deer Lake.....	22
Black Diamond/Longview/Turner Valley.....	32
Square Butte Community Update.....	36

Articles:

From the Editor.....	4
HCN Article <i>Masha Scheele</i>	5
Councillor's Update <i>Mark Kamachi</i>	7
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	8
High Country Rural Crime Watch <i>Dave Schroeder</i>	9
Bragg Creek Community Association.....	11
Councillor's Update <i>Kim McKylor</i>	12
MLA Update <i>Miranda Rosin</i>	13
Bragg Creek Trails.....	14
Councillor's Update <i>Kevin Hanson</i>	15
Concussions, what's the big deal? <i>Bragg Creek Physiotherapy</i>	16
Artist Profile <i>Masha Scheele</i>	17
A Taste of the High Country <i>Renée Delorme</i>	20
Councillor's Update <i>Suzanne Oel</i>	30

Lifestyle:

Alberta 55 Plus.....	35
"I need" <i>Duane Harder</i>	38
Gentle with Nanny <i>Andrea Kidd</i>	40
Mortgage Matters <i>Candace Perko</i>	41
Out of the Rut <i>Kat Dancer</i>	42
ADHD and Eating Disorders <i>Roché Herbst</i>	44
Kids Zone.....	45
Classifieds.....	46
Business Directory.....	Back Cover
High Country News Cover.....	Susan Kristoferson

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FROM THE EDITOR

I trust your summer is going well. For me this summer has been one of weddings (two of my children, and one of my key employees), as well as moving my parents to Cochrane. Life never has a dull moment. As we cautiously open up to life on the other side of COVID, we have been enjoying the ability to gather and enjoy face to face fellowship. We trust that you will notice the various program announcements and activities advertised in the paper this month and enjoy some time with family and friends.

On a sad note, recently the local communities of Springbank, Redwood Meadows, and Bragg Creek have all been impacted by the tragic loss of 2 of our young people and the serious injury of two others. Although I don't know the families personally, one doesn't have to go too far to find someone who did. As a community, I trust that we will find ways to stand with these families and those impacted by this tragic loss. Someone passed on to me a "go fund me" link to help cover some of the funeral costs. If you would like to help, please consider giving in this way.

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Artist PROFILE

Everything that Susan Kristoferson creates is based on the relationship of parts. Specializing in unique hand dyed and painted papers, Susan creates complex collage "paintings" and unique paper objects such as origami ornaments, blank books, notecards and jewelry.

Her work can be found in Alberta at Bluerock Gallery in Black Diamond, Collectors' Gallery in Calgary, Willock and Sax Gallery in Banff, and at the two Alberta Craft Council Galleries which are in Calgary and Edmonton. In 2020 sixty-one of her unique hand decorated papers were acquired by the Legacy Paper Collection of the Watson Library at the Metropolitan Art Museum in New York City.

She has lived in England, Denmark, in several places in the US, and now happily lives in the southern Alberta Foothills with an inspirational view of the foothills and Rockies from her hilltop home and studio.

<http://kristoferson-studio.ca/>



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Masha Scheele, HCN Staff



SR1 project anticipated to take off next spring following NRCB approval

The Springbank Off-Stream Reservoir Project (SR1) was officially approved by the Natural Resources Conservation Board (NRCB) on June 22.

The independent, quasi-judicial board of the Government of Alberta concluded that the Project is in the public interest and will provide much-needed flood protection to the City of Calgary.

Despite many arguments against the project from groups upstream of the project, the NRCB found that its positive social and economic effects outweigh the negative.

Construction of the dam and reservoir should take three years to complete, the province said, and is anticipated to begin next spring.

Property owners of the land needed for the project have until the end of July to reach an agreement with the province. Alberta Transportation Minister Rajan Sawhney said the province could begin expropriating the land if agreements are not reached.

This is not ideal for landowner rights, commented Karin Hunter of the SR1 Concerned Landowners Group (SCLG) who opposed the project.

"Even though the alternative at McLean Creek would have been a far more effective flood mitigation tool, unfortunately that information wasn't really made public until this year. It's just such a lost opportunity to get something that could have been better at flood mitigation for all communities along the Elbow River, but also provided a reservoir for fire suppression, drought mitigation, for recreation. SR1 does none of those things," Hunter said.

She added that the McLean Creek project could have provided a legacy asset for the future.

During the 11-day virtual hearing in March and April, SCLG stated they felt Alberta Transportation muted opposition to the SR1, that project selection was inadequate, and that SR1 was not the best project to offer flood mitigation to the area.

SCLG felt Rocky View County and Tsuut'ina First Nation would have continued to oppose SR1 if not for Alberta Transportation's financial deals with those parties.

They also had concerns about the lack of consultation with those affected during the project selection process and that the decision was already made prior to a report comparing alternative projects.

Hunter explained that the SR1 project was announced a year after the flood in 2013, and that the same consideration was not given to the McLean Creek project.

"All we ever asked was just to stop for a moment, take another look with what you know now and confirm that this is still the best one or if McLean Creek would have been better," she said.

In response to concerns that SR1 does not provide flood protection to Bragg Creek and Redwood Meadows, Alberta Transportation said both communities are undergoing flood mitigation projects, with the installation of berms. These berms are separate from SR1.

"We have higher berms, a couple metres higher, however those couple metres are all made of dirt and we know what happened to the dirt

berms last time in 2013. The river wins," said Dr. Karen Massey, from the SCLG.

Besides flood mitigation, Massey brought up the inevitable drought mitigation and the fact that SR1 doesn't store any water. Hunter noted that the SR1 is a billion dollar investment in water infrastructure that doesn't store any.

"Calgary won't have enough water by 2036, we need a dam upstream to provide a holding capacity for water for the times the rivers are running low," Massey said.

With approval from both the NRCB and the Impact Assessment Agency of Canada, the next steps for the project are to gain approval under the Alberta Dam Safety and from Fisheries and Oceans Canada.

Hunter noted that the project also still requires water act approval from Alberta Environment and Parks (AEP).

Some of the conditions under the NRCB approval include establishing a Joint Land Use Advisory Committee consisting of Indigenous members and the local community and providing Indigenous groups access to the project development area prior to construction to harvest traditional use plants and conduct ceremonies.

The operator must also monitor water levels in domestic water wells near the diversion channel, monitor air quality, and provide Project monitoring results related to aquatic ecology, hydrology and sediment transport, surface water quality, groundwater quality and quantity, vegetation, terrain and soils, wildlife and biodiversity, and air quality publicly accessible.

The Project is intended to work in tandem with the Glenmore Reservoir in Calgary.

With a capacity to divert up to 600 cubic metres per second from the Elbow River to the off-stream reservoir during flood events, half the flow could go into the springbank reservoir while the other half is diverted into the Glenmore Reservoir.

Together, the two reservoirs will have a total combined storage capacity of 87,771,000 m³, exceeding the amount of water that overtopped the Glenmore Dam during the 2013 flood.

The springbank off-stream reservoir is located near Springbank Road and Highway 22, approximately 15 km west of Calgary, and will flood an area of approximately 800 hectares.

Once the risk of floods subsides, the reservoir water returns to the Elbow River.

The diversion structure is a 4.7 kilometre long diversion channel and the dam stretches 3.3 km in length.

Construction costs have been estimated at approximately \$340 million and land acquisition costs are expected to be about \$140 million.

The 2013 southern Alberta flood resulted in five deaths and approximately \$5B in financial losses and damage to public and private property.

Masha Scheele, HCN Staff
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On July 20th, Justice Minister Kacyee Madhu, and local MLA's Miranda Rosin and RJ Sigurdson hosted a town hall in Millarville on rural crime. Rural crime continues to be a major issue of concern with residents living in rural areas within Alberta.

Those in attendance were able to voice their concerns and frustrations over the current 911 call structure as well as the justice system. Many new pilot projects initiated by the RCMP and the local foothills councillors are showing increased effectiveness in reducing crime and bettering response times. We trust that minister Madhu will take the concerns raised and make meaningful and effective policy changes that will uphold justice for those victimized by crime.

Lowell Harder

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In Memory of Ron Peiluck February 16, 1942 - June 19, 2021

Scope Projects has lost a special member of our family, our Founder and CEO Ron Peiluck. Ron had a huge impact on the landscape of our province and beyond throughout his extraordinary life and impressive career. His knowledge and talent took him around the world, but his life and his heart were in Bragg Creek. He was an integral part of the hamlet, from the infrastructure he helped shape to the key insights he shared to ensure it was looked after, today and in the future.

We will miss Ron's guidance, humour, and legendary stories, but we know he will live on through the work we do. We will always ensure every Scope project will honour his incredible legacy.



ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Greetings and welcome to August.
Let's get into it right away.

Spruce Budworms

As you may have noticed, this year's spruce budworm infestation seemed to hit a new peak. On July 6th at the Bragg Creek Community Centre, over 120 people from all over Bragg Creek and neighbouring counties turned out for a community meeting to discuss this blight.

Organized by Dick Koetsier and Collen Seto and supported by a host of volunteers from the Bragg Creek Community Association, guests were educated and informed by a three member panel consisting of Dave Klepacki, Keith Ebbs and Gary Nikiforuk.

Dave Klepacki is a local resident and expert on environmental conservation and was first to speak to the budworm infestation. He educated the crowd on spruce budworms themselves and the impacts of using BTK (Bacillus Thuringiensis - which is a natural soil bacteria pesticide), as in the aerial spray program conducted by Redwood Meadows late in June. He pointed out the potential harm to other members of the Lepidoptera or caterpillar family that would be harmed in the attempts to eradicate the spruce budworms and not to mention the possible detrimental effects on some birds and other insects.

Keith Ebbs of Ebbs Forestry Services was next to speak. Keith, a forestry expert and consultant was instrumental in working with Redwood meadows Council to bring about the aerial spray program in which two applications were completed in late June in Redwood Meadows. He started working with Redwood Meadows back in late fall to do an initial assessment. Upon seeing this year's budworm

proliferation, stating that he had never ever seen it this bad, he suggested an assessment be carried out in the immediate future because wildfire risks increase should we lose any trees.

Speaking of wildfire risk, our third panelist, Gary Nikiforuk, former Chair of the Bragg Creek FireSmart Committee and local resident spoke about the importance of home owners having properties that are fire smart. Our area is deemed high risk for a future wildfire incident, therefore the need to protect ourselves is critical at this time. He echoed the information from Keith that a FireSmart protocol allows us to be prepared for the worst because it's not a matter of *if*, but *when* a wildfire will occur.

In the end, peoples' questions were addressed in a Q&A following the presentation. Also, Reeve Dan Henn from RVC and Reeve Suzanne Oel from Foothills were in attendance to hear the concerns as these budworms do not respect county boundaries. In conclusion of the evening, Reeve Henn addressed the crowd to say RVC will seriously look into this matter and report to Council in the near future. Please stay tuned for updates. Before my term is over, I will bring forward a Notice of Motion to Council to ensure this matter is addressed for next year.

Bragg Creek area cleanup

I want to thank area residents who came out in late June to take part in the Bragg Creek Ladies Auxiliary (BCLA) Hamlet cleanup. Spearheaded by BCLA Vice-President Michele McDonald, over 60 volunteers arrived which was more than expected. Folks from all areas of Bragg Creek walked the streets with orange RVC garbage bags in hand to pick up garbage strewn about the Hamlet.

Christian Lee from RVC's Solid Waste and Recycling Program/Utility Services was instrumental in working with the BCLA, helping to coordinate garbage pickups, providing bags and signage. While the Hamlet cleanup was going on, two other local groups were participating: The Bragg Creek Wild (BCW) and Bragg Creek Trails (BCT) and their volunteers took charge of the Bragg Creek Provincial Park and West Bragg Creek trails respectively. Again, thanks to the Bragg Creek Community Association, Bragg Creek Ladies Auxiliary, Bragg Creek Wild, Bragg Creek Trails, Rocky View County and the many volunteers who gave up a beautiful Saturday morning to help beautify Mother Nature's playground.

Great sadness

We lost a long time and wonderful member of our community several weeks ago. Ron Peiluck, CEO of Scope Projects as well as a Wintergreen Golf Club member will be missed. He was an expert in all things that involved landscape but for me personally, he was a treasure trove of political stories and advice. He will be sorely missed by all of those he touched. RIP Ron.

Finally, as we come down to the end of the summer, please don't let your guard down when it comes to protecting you and your loved ones during this pandemic. The past year has been a difficult and challenging one and as we all get to revel in some sort of "normalcy", please don't let your guard down.

Until next month, enjoy the fun and sun, drink up and stay hydrated.

– Cheers, Mark

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Be Careful with RRSPs, TFSAs, Pensions and other Investment Beneficiary Designations

When Margaret and James married in 2005, it was a second marriage for both of them. They had no children, so when they prepared their financial plans, their wills were clear that 100% of their estates would go to the other. Believing this was sufficient protection, they built a life and continued to grow their wealth.

Sadly, Margaret's sudden passing in 2019 exposed a serious hole in their estate plan. Her registered retirement savings plan (RRSP), worth \$450,000 and the bulk of her estate, listed her first husband as beneficiary. To make matters worse, her RRSP would not only go to someone she was no longer married to, but her estate would also be required to pay a substantial tax bill.

Margaret made this beneficiary designation when she opened an individual registered retirement savings plan (RRSP) early on in her first marriage. As it remained hers in the divorce settlement, she continued making regular monthly investments, completely unaware that she had not changed the beneficiary. When this designation was re-vealed, after her passing, James wasn't worried. After all, Margaret's will made it clear that her estate would go to him. Despite the work of his legal team, however, the will was overridden by the RRSP beneficiary designation. Fortunately, he was able to leverage Margaret's insurance policy to settle the matter with her ex-husband. Without that layer of protection, James would have lost almost everything his wife had intended for him to have.

During a deeply painful time, James was forced to navigate challenging legal and financial waters to protect the financial future he and Margaret had built together. Sadly, this is not that uncommon. When it comes to conflicts between wills and designations in life insurance and registered plans (RRSPs, RRIFs, TFSAs, LIRAs, Pensions, etc.), beneficiary designations almost always trump wills. It also depends on where you live in Canada. While there is one set of rules in Nova Scotia, there is another in British Columbia, etc. This can impact your financial planning, so it is vital

to know these regulations in your current province of residence.

What can you do to avoid this kind of situation in your future? Talk with a trusted financial advisor who can help you ensure that:

- You are growing your portfolio wisely and steadily.
- You and your family are protected with the right type of insurance and the right amount of insurance.
- Your estate plan reflects your current situation and intentions.
- Your estate plan is designed to mitigate taxes to be paid by your beneficiaries.
- Your beneficiary designations on all applicable assets are up to date
- You review your will on an annual basis.

A financial advisor can also be your long-term guide. Marriage, children, grandchildren, divorce, remarriage, retirement, disability and death, alter the landscape of our lives. Your financial and estate planning should reflect these

types of changes. Financial advisors have the skills and tools you need to avoid a situation like James suffered through.

Connect with me today to build or review an estate plan that will protect you when it matters the most.

Now is the time to take action and to get started. Contact my office to begin the process of getting comfortable with and in control of your financial situation.

An old Japanese proverb said that the best time to plant a tree was 20-years ago. The next best time is TODAY.

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Incidents from Mountie Moments

I thought it might be interesting and useful for those of you who are not following the Mountie Moments we are receiving from Staff Sgt Laura Akitt of the Turner Valley RCMP detachment to see some of the specific incidences she has referenced in her weekly Mountie Moments. HCRCWA members receive a tri-weekly email fanout of Mountie Moments. Mountie Moments can also be accessed on the Foothills County website.

Each weekly Mountie Moment has a bar graph of incidents sorted by local areas within Foothills County and by the type of incident. Types of incidents include property crime, suspicious persons/vehicles, traffic offenses and drug offenses to name a few. Then she provides a paragraph or two of individual incidents. Examples of these incidents attended to by the RCMP are provided below:

"We have been receiving an increase in complaints regarding trespass to property and small thefts and mischief. I want to remind everyone, with the weather getting warmer and moving into the summer season, traffic in the rural area is increasing. Please ensure that you keep your property locked (house and vehicles) when not

present or in use and take the time to remove all valuables from your vehicles.

On June 25, 2021, at approximately 7:00pm, Foothills County RCMP responded to an Emergency Beacon being activated in the McLean Creek area of the Foothills County. The investigation revealed that 2 males from Calgary had dirt bike problems and received assistance from others dirt biking in the area. No one was injured.

On June 26, 2021, at approximately 11:30pm, Foothills County RCMP responded to a domestic dispute at the Willow Creek Campground in Foothills County. A Calgary male, age 33 has been charged with assault and is scheduled to appear in Turner Valley Provincial Court on July 13, 2021 to speak to the charge.

Within the last week (June 7 -13), Foothills County RCMP have received complaints regarding zip ties being placed on entrance gates to rural properties along 434 Avenue W, Foothills County. RCMP are investigating these suspicious occurrences. Police ask everyone to check their entrance gates when entering or leaving their properties, and if zip ties are located to advise Foothills County RCMP, and remove the ties.

On May 5, 2021, Foothills County RCMP (Okotoks) assisted the Foothills County CPO with an inspection of a rural property on 80 street East within the Foothills County, due to the service of an inspection order issued by the CPO. Subsequent to this property inspection, and in conjunction with the K Division Auto theft section, a police search warrant for the property was obtained and executed. This matter is still under investigation.

Within this last week, the Foothills County RCMP members have been actively patrolling the highways within the county. As the weather gets nicer, we are seeing an increase of activity on the roadways with both motorbikes and cyclists. I want to remind everyone to follow the rules of the road, that being riding single file on the roadways for cyclists and for everyone to follow posted speed limits.

On April 24, 2021, a Black H&H Cargo trailer was stolen from 3 street Black Diamond. The trailer is described as being 7X14 with a v-nose and rear ramp door. Foothills County RCMP have obtained video surveillance showing a dark colored Ford F-150 taking the trailer. This matter is still under investigation and anyone with information regarding this criminal offence is urged to contact the Foothills County RCMP, Turner Valley office.

Sometime overnight on April 25, 2021, unknown suspect(s) broke into a commercial storage unit on 393 Avenue E, Foothills, breaking into several storage units and stealing various items. Video surveillance was obtained showing a dark coloured Dodge Caravan with three occupants. This matter is still under investigation and if anyone has information regarding this crime, are urged to contact the Foothills County RCMP, High River office."

Staff Sgt. Akitt's focus is on personal interaction with the community and is always open to questions, comments, and suggestions. She can be reached at email KFoothillsEngagement@rcmp-grc.gc.ca

Dave Schroeder
HCRCWA Board Member



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What's going on with Bragg Creek Wild?

In the very early part of this year, I wrote about how our family found a dead doe right outside our house, that had been run over by a vehicle. As I wrote then, that experience was one of the main things that prompted me to join a newly formed local group who wanted to reduce wildlife vehicle collisions in the area.

Since then a lot has happened. The group has attracted well over 50 members from a wide range of backgrounds, with a range of expertise and just plain passion. The group has decided on the name "Bragg Creek Wild" and has worked on a number of exciting projects that we hope will all contribute to realising our vision: **for Bragg Creek and area to be a safe and sustainable environment where wildlife and humans co-exist.**

Here are just some of the things that members have been working on:

- Leading and coordinating a mapping project to get a clearer picture of what wildlife neighbours are where in the community. This has been very successful so far, and information is coming in via a

range of sources, not least social media and direct messages from people in the community.

- Earlier this year, members of the group met with Wilco to discuss how the berm might affect the ability of wildlife to travel along their regular routes/corridors.
- We also met with Dick Koetsier to introduce our concerns about maintaining wildlife habitat and corridors in the midst of development.
- You've probably seen the signs along the road to West Bragg Creek and Wintergreen warning motorists to watch out for fawns and does. These were the result of discussions with Rocky View County. You may also have seen the signs placed on private properties along the road with the same message: these were designed and created by members and friends of the group.
- As well, we've been regularly addressing the litter problem in the Provincial Park by meeting up and collecting what has been left behind by weekend visitors. Some of us joined the Ladies' Auxiliary on June 26th for their major Clean Up event, and we're grateful too for the other members of the community who do this as a regular habit. It all contributes to keeping local wildlife safe by not tempting them to get into the garbage.

Some of our aims are to develop positive and collaborative relationships with other groups and individuals in the community and to keep you informed of what we're doing. We'll be chatting with local people and finding out their thoughts over the coming months, too.

And look out for the Wild Questionnaire, coming soon!

If you want to get involved or get in touch with Bragg Creek Wild on a specific topic, there are now lots of different ways to contact us:

Visit our website: www.braggcreekwild.ca
Or email us direct: braggcreekwild@gmail.com

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Bragg Creek Centre

Hello Creekers!

It's August and the Centre is a buzz with summer activity. It does our hearts good to see community members in and around the Centre again. We are fully open and taking bookings for meetings, special events and equipment rentals. If you are looking for a venue for a birthday party, family reunion, wedding or other large event or have started in-person meetings and want an alternative to the boardroom, give us a call. We also offer off-site event equipment rentals.

Co-Workspace

Working from home? Struggling with unreliable internet? We've got you covered!

Shared workspaces with power and internet available daily, weekly and monthly. Call 403-949-4277 or email info@braggcreekca.com to book a space.

Bragg Creek Farmers Market

Sundays thru September 26 | 10 am – 3 pm
The Bragg Creek Farmers Market will quickly become a favorite part of your weekend routine. With locally grown, handmade and home baked goods there is sure to be something for everyone. With new vendors added weekly, we are excited for you to come meet your local growers, makers and artisans.

Bragg Creek Satellite Library

Residents in Bragg Creek and area have access to Library Lending Lockers offering resident's convenient self-service holds pick-up, browsing, and returns.

With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers. Instructions on using the lockers are available online at www.braggcreeklibrary.ca.

Don't have a TRAC Library Card? Just fill out the online registration form at www.braggcreeklibrary.ca

PROGRAMMING

Nature Adventures Summer Camp

There is still time to register for summer camp! Running 6 weeks; August 3 – 30th; children ages 5 – 12 years will learn bushcraft, wilderness survival skills and creative play through outdoor exploration. Each week will have a theme. Spots are filling up quick so don't wait, register now!

Register: www.braggcreekca.com

Email: info@braggcreekca.com for information

Subsidies available

Adult Pickleball

For the uninitiated, pickleball is something of a mix between tennis, racquetball and ping pong. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the “kitchen” — but they're easy to learn. Looking for a new indoor sport? Try Pickleball!

Date(s): Tuesdays (Drop-in)

Time: 7:30 – 9:30 pm

Cost: Members \$5 | Non-Members \$8

Racquets are limited – Please bring your own.

Yoga

All ages and abilities welcome.

Saturdays 9:00 – 10:15 am

\$18/session or \$150 for a 10 pass

email: info@braggcreekca.com to register

Space is limited – Please register before noon on Fridays.

MYC

New to Bragg Creek - Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children.

MYC is excited to begin Fall 2021

Registrations! Please email msrobinmyc@gmail.com

to find out more about our MYC Group Piano Classes.

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com

Food Insecurity Support

If you are a family or individual needing emergency food support please reach out via email at either

info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277

All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts?

Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission – to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations.

Please note our summer hours, Monday to Friday 9am – 3pm.

Call 403-949-4277, email:

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COUNCILLOR'S UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



A Look Back at June and July

I wanted to first confirm the accuracy of this information, before sharing with everyone that Costco has signed with Bingham Crossing. The background to this is as follows: several months ago, Rencor applied for and received unanimous consent from Council for Phase II of Bingham. This Phase II allowed for a larger building (on the SE corner of their approved quarter-section). As is always the case with a public hearing, notification to the community was made, Bingham held an open house, interested parties submitted comments, all culminating in a public hearing in July of 2020. That is to say that the process was followed correctly. At the time of the hearing, Council did not know which retailer was being considered by the developer, or if there was even a retailer selected by the developer at that time – that would have been confidential information. The question before Council was whether the retail landscape had changed since Bingham's original approval in such a way as to warrant a larger store format. Every Councillor agreed that this larger format was in fact warranted, and that if Bingham was going to be successful, RVC needed to support this change.

Another big news item was the discovery that the Alberta Government (specifically Alberta Transportation) has purchased 14 quarter sections (2200 acres) in Division 2. These lands are at the north end of Range Road 33 and run to the west behind Country Lane and Harmony, bordering the Bow River. While the Government's explanation is that they need the land for its gravel resources, this doesn't ring quite true. The AB Government owns both Star Pit (Bears paw) which has a 40-year supply of gravel, as well as an excess supply of gravel from the Burnco pit which was purchased for the Stoney Trail south route. To my mind, \$63 million dollars spent for gravel they don't need seems a little far-fetched. It is also worth noting that these lands are pretty much the footprint needed for the Glenbow East dam site for the Bow River flood mitigation project for Calgary. While the AB Government is still at the very front end of evaluating 3 potential sites for this project (Glenbow East; Ghost Lake & Morley) it seems to me to be very likely that they have picked the location and will make the "science" fit - much like they did with SR1. While this location may very well be the very best location, the AB Government has once again tainted the project. Should this site eventually be selected, few will believe it is because it was the best spot; rather, they will believe that the decision was already made in 2021 when the \$63 Million dollars was paid, and that it was all pre-determined.

On June 30, I formally announced my intention to seek re-election in October. RVC has accomplished some great things and we have managed to get a number of things done in Springbank. As just one example, close to 3 million dollars have been invested in recreation for our community, in keeping with one of my original promises. But there is more to do.

We need a community centre, we need pathways, we need land for both of those, and hopefully enough land to add new recreation facilities at the Park for All Seasons. Our master recreation plan recognizes that Springbank will be a centre for recreational excellence. I continue to bring matters to Council and beyond what has already been approved, I have a few more irons in the fire that I would like to see through to completion.

Springbank (Division 2) has not had a two-term Councillor since 2007, when Brenda Goode left Council after serving 2 consecutive 3-year terms. Since then we've had a series of one-term Councillors and I can tell you now from experience that not only does it take a little time to learn the ropes, but that you also have to have positive relationships with your partners in the community as well as with your colleagues on Council, because when you don't, it is darn near impossible for them to hear your message and vote in support of community initiatives. Springbank has been successful and recreation has taken a significant leap forward but there is so much more to do. One of the many things to which I remain committed, looking forward, is continued advocacy for RVC at the CMRB.

So let's "Maintain the Momentum". We can build Springbank in a way that positions it for a successful future in so many ways, and that is why I am seeking re-election - so that I can continue to provide those tangible benefits to you! As always, I can also be reached at 403-462-9207 or kmckylor@rockyview.ca, and always welcome the opportunity to chat in person or any RVC matter.

I can be reached at 403-616-8418 or through email at mckylordiv2@gmail.com.

Have a safe and happy summer.

Kim

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ABC 83100 2021/07



Just eight days after Alberta became the first province in all of Canada to drop every single COVID-19 health restriction, the Calgary Stampede welcomed a whopping 529,000 visitors to packed grandstands, music venues, and midway rides. If that isn't a positive sign of how optimistic Albertans are feeling for our immediate days ahead, then I'm not sure what is. Albertans are ready to move on, take a confident and optimistic step forward into their futures, and return to their normal lives of working and socializing in-person.

As Albertans prepare to take this step, our Government has been working hard behind the scenes to diversify and strengthen our economy so that every Canadian in or outside of our province can find meaningful employment here in the field of their dreams. We were elected on a clear platform focused on jobs and the economy, and now that work can begin. By advancing a reduction of the business tax rate that transcended industry lines to give our province a competitive edge over almost all other North American jurisdictions, slashing regulatory barriers to conducting business, and making strategic policy decisions that will grow our traditional industries while diversifying into emerging sectors, Alberta is now poised to emerge from COVID 19 stronger than ever.

This month's editorial contains a lot of information on a lot of topics, squeezed into 1000 words or less, so bear with me.

Our Government knew that future economic growth would be grounded by the industries in which we are already world leaders: oil, gas, agriculture, and forestry. This is why we fought the carbon tax all the way to the Supreme Court; testified against Bill C-69 in the Senate; regularly attend OPEC meetings; proclaimed our turn-off-the-taps legislation and subsequently won British Columbia's attempt for constitutional challenge; negotiated a caribou conservation agreement with the federal government to prevent the sterilization of thousands of acres of land and a loss of 75,000 energy jobs in northern Alberta; invested more in agricultural research than all three prairie provinces combined; established a hemp industry association; eased meat regulations to allow for direct farm-to-kitchen-table sales; and expanded Forest Management Agreements across the province. Yet we also recognized the need to diversify. That is why we have developed sector strategies for hydrogen and petrochemicals; transitioned Alberta's film production grant into a rolling and scalable tax credit; deregulated the green energy market; introduced a new research and development tax credit for Albertan entrepreneurs; began developing extended producer responsibility framework to establish a recycling and

plastics industry in the province; transformed TravelAlberta into a destination management organization, and are even considering building a train from the Calgary airport to Banff to grow our tourism industry.

The result has been over 100 announcements of companies either moving their operations from other jurisdictions to Alberta, or significantly upsizing their operations that were already here in Alberta. Primarily in the technology sectors, international companies are beginning to recognize Alberta as a business friendly destination with a highly skilled labour pool, which has proven highly attractive as an investment proposition. As we emerge from COVID 19 and look to brighter days on the horizon, I'd like to take this opportunity to highlight some of these positive economic news stories and demonstrate just how strong our economy is looking.

Endeavor, the world's leading community of high impact entrepreneurs, launched Endeavor Canada with their new head office located in Calgary. Vancouver based mCloud Technologies, who use artificial intelligence to monitor and mitigate energy waste, is moving their head office to Calgary and doubling their labour force. Infosys, the world's second largest IT services firm, announced their expansion to Calgary along with the creation of up to 2000 jobs and the purchase of 50,000 square feet of AAA downtown office space. Expander Energy is constructing a \$35 million, 22 million litre biomass and gas to liquids plant, which will be the first of its kind in the world producing net zero diesel fuel, jet fuel, and blue hydrogen near Slave Lake. Calgary-based Eavor Technologies created the world's first closed-loop geothermal system to create clean energy from the natural heat of the earth. HBO will be filming all 8 seasons of their new show "The Last of Us", expected to be their biggest hit yet with an even larger budget than Game of Thrones at more than \$10 million an episode, in Alberta. India-based IT solutions provider Mphasis is establishing new Canadian headquarters in Calgary, with the creation of 1000 jobs and a new Quantum City Centre of Excellence to foster the commercial development of quantum technologies. Air Products announced the construction of a \$1.3 billion hydrogen production facility in Edmonton. Shell Canada announced plans to build a large-scale carbon capture and storage facility in Alberta to capture 750,000 tonnes of CO2. Edmonton-based scheduling and invoicing software provider, Jobber, will be doubling their labour force in 2021. Alberta-based Wyvern signed a \$400,000 contract with Defence Research and Development Canada to develop hyperspectral imaging satellite technology. And on a non-technological note, Spray Lakes Sawmills signed a new Forest Management Plan with the province to increase their operations by hundreds of millions of dollars upon the planting of their 65 millionth new tree in the Alberta forests.

Alberta is now the fastest growing solar market in Canada, and is expected to outpace the entire country in renewable energy growth this year. Our province doubled our previous record for venture capital investment in 2020, and had our strongest quarter in history this year.

The number of tech startups in Alberta has doubled over the last two years. The price of oil is over \$70/barrel and we just had our best March on record for oil production. Alberta now has the highest rate of women employed in the technology and innovation sectors of anywhere in the entire country. Calgary and Edmonton were recently ranked among the fastest growing technology sectors in all of North America, with Edmonton ranking #1. The Canadian-US border is reopening. Construction of the TransMountain pipeline continues to progress. And nearly every major bank in the country, as well as the Conference Board of Canada, are projecting our province to lead the nation in both GDP and employment growth this year.

Alberta has been through a tremendous amount, not just over the past year but over the past six. It is past due for a government to take the economic interests and job security of our people as serious as they and their families do. That's why our United Conservative government will continue to work hard and legislate policy framework that will ensure our province emerges from COVID 19 the strongest we have ever been, as the freest, fastest moving, most attractive market for business investment in North America.

Our economic miracle is just around the corner.

Miranda Rosin, MLA

MLA Miranda Rosin

Office Hours:

All constituency offices are currently closed due to COVID19. Please call or email for assistance.

403-609-4509

banff.kananaskis@assembly.ab.ca

Bragg Creek:

226-7 Balsam Ave

Canmore:

206-1080 Railway Ave



Cattle Grazing in West Bragg Creek

We are frequently asked about the cattle that graze in WBC during summer. When Kananaskis Country was established in 1978, this area was assigned a multi-use land designation which includes cattle grazing, logging, oil and gas exploration, and recreation. Cattle grazing along the Eastern slopes of the Rockies has been a part of Alberta's history for several generations.

Many wonder how cattle and trails can co-exist given the explosion of recreational users on the WBC trail system. To reach a common management strategy for cattle grazing in this area, BCT is currently working with grazers, government land managers, Cows and Fish, and the Elbow River Watershed Partnership. Our goals are to protect the watershed and the trails through the use of cattle dispersing tools and techniques to entice the cattle away from the trailhead,

trails, and wetland areas.

To that end, BCT has installed new portable off stream waters placed at strategic locations of high forage value that were identified by an extensive range survey. These moveable water sources will aide in maintaining healthy watercourses and minimize over grazing. Once the cattle become habituated to this new system, impacts to recreational users will hopefully also diminish.

In the meantime, respectful co-existence requires that gates are closed behind us. BCT has endeavored to make crossing fence lines easier by installing ride over cattle guards. Please keep dogs and (humans) from chasing cattle.

BCT invites users to share their trail experiences. These are regularly shared with our partners at Alberta Environment and Parks. Comments can be received through our e-mail at info@braggcreektrails.org

Comments related directly to cattle grazing can be directed to Alberta Environment and Parks Range Agrologist, Christine Boulton at christine.boulton@gov.ab.ca

If You Want to Get Ahead, Get a HAT. A new shipment of f BCT-branded hats is now available. To check availability and pricing, please send an email to gbctaimke@gmail.com info@braggcreektrails.org braggcreektrails.org



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COUNCILLOR'S UPDATE

Rocky View County

Kevin Hanson

Councillor, Division 3

Councillor Wright

Disqualification Case Dismissed

Councillor Wright, representing Division 8, (Bears paw), was demanded by a majority of Council to resign over an alleged pecuniary interest and indebtedness to the County of over \$50. At that same Special Council Meeting she refused, and the Council block of 6 votes then decided to pursue the matter in Provincial Court, at the ratepayers cost.

The matter was resoundingly dismissed by Justice N. E. Devlin after a May 17th court date. In regards to the alleged pecuniary interest, the matter was "too remote, speculative and uncertain to be material." With respect to indebtedness, he concluded it was "a careless and irresponsible mistake", but went on to declare that RVC Council conduct "fell well below the expected standard of democratic due process," concluding that the Council majority's

motivation "was the product of political animus towards Councillor Wright, and a desire to remove her for reasons unrelated to the tax debt." Bullying was clearly exposed.

County Peace Officers to Patrol Provincial Highways

Until recently, County Peace Officers had no jurisdiction on Provincial Highways. As part of on-going downloading of costs onto municipalities, the Province enabled the County to recently apply for approval to have jurisdiction to deal with speeding, dangerous and/or distracted driving, running stop signs, and other Traffic Safety Act violations taking place beyond just our own County RVC roads. This will likely make good sense to most residents that our own Peace Officers can maintain safety throughout the entire County, and will surely relieve some frustrations were heard about from Administration that the Peace Officers felt handcuffed at not being able to ticket flagrant and dangerous offences on Provincial Highways.

Spruce Bud Worm Community Meeting

After hearing that Clr. Kamachi would not be able to attend a recent meeting at the Bragg Creek Community Centre, I did attend to ensure someone from Rocky View Council was pre-sent to listen and learn. In the end, Reeve Henn was also there at Mark's request and I heard

statements that the Reeve would take the matter back to Ag Services and ultimately to Council for consideration, which may involve requests to the Province. From listening and learning, I can say that it is a very complex issue for the community, as although some County lands are impacted, it involves mostly private lands and private trees. In the meantime, additional comments and concerns from residents about pests can be directed to the County's agricultural Services folks at any time by emailing agservices@rockyview.ca.

Moving Forward on

Process to Recruit a new CAO

As mentioned in my last column, the process is lengthy, and if this Council can get the ball rolling, the new Council that arrives in October will have a significant head start on the recruitment timeline. On June 30th the Request for Proposal (RFP) for a Recruiting Service to find the new CAO went out. The RFP was to close on July 21st and a report will be given to Council shortly afterwards. This may not be until September.

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

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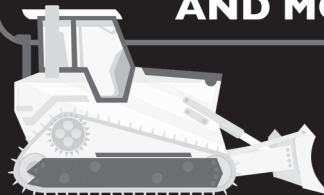
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CONCUSSIONS, WHAT'S THE BIG DEAL?

by Susie MacPhee

BKin, CAT (C)

Certified Athletic Therapist

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Every year in Canada tens of thousands of people get a concussion. That number is estimated at around 60 million per year globally. Most often these result from falls or car accidents, but they can happen in sports, from play, or just accidents around the house.

So what exactly is a concussion?

A concussion is defined as a mild traumatic brain injury, and it occurs when there is enough force created by a blow to the head, the body, or a rapid acceleration or deceleration that causes the brain to move around inside the skull. Interestingly, this doesn't cause any physical damage to the brain, like bleeding, but it does cause a reversible biological dysfunction. Basically, the biomechanical forces lead to a cascade of neuromechanical events which cause functional impairments to the brain. So it is not physical damage to the brain, it is a chemical and metabolic reaction that alters the brain's normal function. This is why concussions can't be assessed by x-rays, MRIs or CAT scans. This is also why there are no longer any grades of concussion such as mild or severe. You either have a concussion or you don't! The signs, symptoms, and durations will differ from person to person, and even with subsequent concussions.

What should you do if you think you, or a family member, has a concussion? First, the person should stop whatever activity they were doing.

This will decrease the risk of causing another injury, or of causing more longer lasting symptoms. Second, concussions need to be diagnosed by a medical doctor. Does that mean that every person with a suspected concussion needs to be rushed to the ER? Not necessarily. However, if someone has sustained an injury that could cause a concussion there are certain red flags that would indicate they need immediate medical care. These include: loss of consciousness; neck pain or tenderness; double vision; a severe or increasing headache; weakness or tingling in limbs; vomiting more than once; growing confusion; increasing restlessness, combativeness or agitation; or a deteriorating conscious state. If you notice any of these, call an ambulance right away.

Signs and symptoms of a concussion can vary widely, but tend to fall into a few specific categories. Emotional symptoms such as feeling more sad or angry, anxiety, being easily upset, or having limited attention and avoiding social interaction. Cognitive and fatigue symptoms include intense fatigue, sleep disruption, difficulty concentrating or remembering, feeling slowed down or in a fog, and low energy. Migraine-type symptoms include intermittent headaches, or headaches upon waking, with nausea, light or sound sensitivity, with visual auras, or motion sickness. Lastly, ocular symptoms can include blurry vision, difficulty focusing, eye strain, difficulty reading, and a headache or fatigue triggered by visual activity. These symptoms can last anywhere from a few days to several weeks. Post-concussion syndrome is defined as symptoms lasting longer than a few weeks and can affect some people for up to a year or more.

Once a person has been diagnosed with a concussion, and further injuries or complications have been cleared,

they can begin treatment.

Treatment recommendations have changed significantly over time. For example, it used to be standard protocol to wake a person up every couple hours the first night to check their conscious state. Now it is recognized that the best action to take in the first 1-3 days is to get lots of physical and cognitive rest, and avoid anything that exacerbates symptoms, specifically trying to limit screen time. It also previously used to be recommended that the person should rest and avoid all activity and stimulation until symptoms have fully resolved; so essentially they were supposed to cocoon until they were better.

Recent studies have shown however, that gradual early return to light activity and daily life actually helps speed recovery and reduce symptoms.

A trained clinician can perform a test to determine the person's sub-symptom threshold for aerobic exercise and help direct and monitor an exercise protocol. Other treatments that are helpful in dealing with concussions include manual therapies, nutritional support, psychological support, and oculomotor and vestibular rehab if needed.

Gradual return to work, return to school, or return to activity is very important following a concussion. To see some examples of what this might look like, you can check out the resources available at parachutecanada.org, which is a website produced by the Public Health Agency of Canada. A medical professional can help supervise this process, and will work with a team of health professionals as needed to address specific symptoms a person may be experiencing. If you need help managing a concussion or post-concussive syndrome the therapists at Bragg Creek Physiotherapy would be happy to assist you.

Susie MacPhee, BKin, CAT(C)
Certified Athletic Therapist

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MASHA SCHEELE, HCN Staff

Local artist features local moments at the Leighton Arts Centre

Situated in the rolling foothills of southern Alberta with a view of the Rockies, the Leighton Arts Centre features artists' work and offers workshops throughout the year.

Their latest exhibition, 'What A Difference A Day Makes' featured artwork by the Group Nine (G9) visual artists in their main gallery.

Although each artist within the G9 group is based in Alberta, they each come with different experiences, backgrounds, ages, and practices.

One of the nine artists is Susan Kristoferson, who's art in the exhibition was a collection of collages featuring the rolling hillside that she looks at from the window of her studio tucked away in the trees overlooking Turner Valley.

"For me it's really about moments. Yes, a day makes a difference, but a moment makes a difference in terms of how the light

falls, how the fog or the smoke sits, and the moon at night," she said, looking out the studio window at the landscape that inspires her artwork.

She noted that several nights prior, she got up in the middle of the night to the sight of a beautiful crescent moon, coloured bright orange due to the smoke that had drifted in from the BC forest wildfires. These are moments that make an impact on her and she tries to create moments like those in her art.

Kristoferson is trained as a fine artist and a painter, but prefers to create artwork through collaging pieces of paper that she has painted or dyed herself.

Skilled in textile arts and paper-making, she creates complex collage works and unique paper objects like jewelry, origami ornaments, blank books, and notecards.

"To do the art, I need a vast variety of colour, pattern, texture, scale, imagery... And I spent about 20 years searching for techniques that would get me to that point," she explained, walking through her studio full of colourful pieces of paper and tie-dyed cloth.

Using starch pastes, she paints designs on paper using whatever tools she can think of. On a shelf in her workspace she pointed at several kitchen utensils, gardening tools, and stamps she created.

For several years she owned a studio in

Calgary, until she came to the realization that she needed to be part of a community. After looking for their own property to escape to, outside of the city, she and her husband settled on a little acreage where they've since acquired chickens, some sheep, their dog, and many plants throughout their vast garden.

Since her surroundings influence her artwork, the mountains started to appear more and more in her art after they moved to the area.

She boasted about the great community they've joined and the many artists that she's connected with.

The collection that hung in the Leighton Arts Centre for the past month were different moments in time of the exact same view near Turner Valley.

"Three years ago the fall was moist and long and the leaves of the Alberta wild rose bushes were brilliant red and were lining the top of the hill. It was just stunning. The gray of the late fall clouds, and the amber and yellow of the fields," she said.

In Alberta, her work can also be found in at Bluerock Gallery in Black Diamond, Collectors' Gallery in Calgary, Willock and Sax Gallery in Banff, and at the two Alberta Craft Council Galleries in Calgary and Edmonton.

Masha Scheele, HCN Staff
media@highcountrynews.ca

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GREATER BRAGG CREEK FIRESMART COMMITTEE UPDATE

Bragg Creek Spruce Budworm Issues and FireSmart

At a recent town hall on the Western Spruce Budworm (WSB) infestation, the topics included the extent of the issue and potential actions, the current health of the forests, and the Redwood Meadows aerial spraying program.

Many parts of the Greater Bragg Creek area have a high or extreme FireSmart hazard rating, which is based on factors including the tree species, health and maturity of the forest, fuel loads, historic fire activity, and potential for property damage. The posting of the local wildfire hazard on signs and fire advisories or bans provides the current wildfire risk, which is separate from the underlying FireSmart hazard rating.

All panelists at the town session spoke to the benefits of FireSmart activities by landowners to protect persons and property. Rocky View County Reeve Henn and Councilor Kamachi were in attendance at the meeting and undertook to consult with the Province on potential strategies and activities to address the current WSB outbreak.

Emergency Preparedness

The smoke from the BC wildfires is a reminder that wildfires are part of the natural life cycle of our forests. The Lytton, BC fire underscores the need to be prepared for a potential short notice evacuation. Check out the GBC FireSmart Committee Facebook page and FireSmart Canada website for hints on preparing a "bug-out" kit and evacuation checklist (including your critters).

RVC Fire & Emergency Services undertook a "table top" evacuation exercise in April to plan and practice various scenarios for the Bragg Creek area. An emergency evacuation drill is planned for early November 2021.

FireSmart Exposure & Pathway Study

Bragg Creek is one of several Alberta communities working with the University of Alberta on an innovative study. The exposure analysis is an in-depth examination of the

predicted wildfire hazard to area structures, with the pathway study using computer models to predict the routes of fires under varying weather conditions and ignition points. Recent lightning strikes in Redwood Meadows once more underscore that fires can start anywhere. These studies will assist with prioritizing areas for future FireSmart programs. The information also will assist emergency planning by predicting the durability of evacuation routes or sheltering locations.

Wild Rose Community Clean Up/ Chipper Day

Kudos to the Wild Rose Community and Jeff Hughes at TreeWorx (who volunteered his time and equipment) for a recent community clean-up and Chipper Day, followed by a BBQ. Great work by all!

GBC FireSmart Committee Changes

Andrea Sparkes and Charlie McLean have tendered their resignations from our Committee. Andrea is the spark plug behind the Facebook page and led the Committee's interactions with the Banded Peak School Change maker program. Charlie was a key to making the Chipper Days an ongoing success. Their valuable counsel and contributions will be missed. RVC will shortly be seeking new members on the Committee.

RVC has appointed District Chiefs Hubbard and Clarke to the Committee, both who have extensive experience with FireSmart activities. We wish to acknowledge the enthusiasm and contributions of DC Marcus Weckesser who was instrumental in the restart of the FireSmart Committee, and in particular the success of the Chipper Day programs.



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THE WEST'S FEDERAL PARTY **MAVERICK**

Maverick Foothills Names Josh Wylie as Candidate to Challenge Riding Incumbent

Foothills Riding, Southwest Alberta;

July 4, 2021—The Maverick Party and federal riding Board for Foothills have confirmed Josh Wylie as the candidate to go head-to-head with the Conservative incumbent in the coming federal election.

“Josh is a younger professional, well-educated, experienced in the energy and agriculture sectors and in community organizations. He gives us an immediate leg-up with younger voters across this riding,” Foothills EDA President Don Reimer stated in conjunction with this news bulletin.

Josh, his wife Megan and their three children are residents of Millarville, where Megan's family have been fixtures for three generations. Josh was born in Saskatoon and moved to Calgary in the 80's with his family. After finishing high school, Joshua completed a Bachelor of Commerce degree in Petroleum Land Management at the University of Calgary.

“The Conservative Party has turned their backs on Albertans to appease Central Canadian voters,” Josh asserts.

“Without proper advocates for the West within Parliament our culture and economy will be compromised for generations to come.

“Although as Westerners we have much to be thankful for, we cannot continue to do our part in confederation while allowing these structural disadvantages to continue. It's time to get back onto the federal agenda and the Maverick Party is the change vehicle we'll use.”

He sees the Party's “Track A” strategy, advocating for five major constitutional amendments, as a strong first step advancing negotiations with what is likely to be another minority government in Ottawa. A concerted effort focused on these amendments, if successful, could result in the West staking its claim to a much better deal for the West going forward within confederation. However, the existing approval formula for amending Canada's constitution continues to be a significant obstacle to these changes.

Josh will headline the Maverick candidates' speaker roster at the Board's first fundraiser in Okotoks Thursday, July 15. This summer he will be a featured speaker at major fundraisers the Foothills Board will host across the riding from the northern sector to the deep south, and at a series of “Meet-and-Greets” in smaller centers.

Josh's professional career in petroleum land management started in 2007 and has shown a steady rise from landman and principal consultant to the office of Vice-President.

“After the sale of a publicly traded oil company where he served as Vice-President, and with more free time available, Josh worked for his community as the interim Executive Director of the Millarville Racing and Agricultural Society. In that post, he was responsible for strategic and operational leadership, presiding over 70,000 annual guests, seven substantial events, two campgrounds, small and large facility rentals, corporate budgeting, P/L management, grant applications, staffing, over 300 volunteers and a long list of passionate stakeholders. His term with the Society ended when Covid-19 ended all programming abruptly in Spring, 2020.

He has recently served as a Director at Large on the Board of Maverick Foothills and is a member of the Metis Nation of Alberta.

In his leisure time, Josh enjoys reading, playing football, exercising and hunting in the Fall.

FOR FURTHER INFORMATION:

Don Reimer - President, Vice-President, Maverick Foothills
(403)625-5335
don.reimer@seventhavengroup.com
Josh Wylie - Candidate, Maverick Foothills
(403)473-7369



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A Taste Of The High Country

In Defence Of The Wrongly Accused - Sulphites

Your favourite wine gives you headaches. You reason it must be the sulphites (SO₂). After all, it sounds “chemical”, and it’s spelled out on the label. The truth is that wine is complicated, and sulphites play only a minor role in winemaking. Something else may cause your impediment. Let me explain.

Wines, like any other food, are available in a range of quality - from mass-produced

“conventional wines” to wines vinified using nothing other than what nature offers, such as in “natural wines”. Between those two extremes is a range of vine growing and vinification techniques using fertilizers, pesticides, and additives to varying degrees. The bread offers a good analogy to wines. The mass-produced light white bread void of nutritional value that seemingly stands the test of time on the shelf akin to the mass-produced conventional wine, whereas the heavy organic artisan sourdough bread with a best before date akin to the organic wine.

However, before we go further down this rabbit hole, what are sulphites?

Sulphites or Sulphur dioxide (SO₂) is a compound naturally found on fruits or vegetables (i.e. grapes, broccoli, onions, plums, strawberries and more). It has antioxidant and antimicrobial properties that are slowing down the rate of browning and rot. For this reason, no wine (or broccoli) is entirely sulphite-free.

SO₂ has been used for centuries and is widely used today in processed food. While wine may have anywhere from 20 to 300 ppm of SO₂, dried fruits such as



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apricots have up to 3,700 ppm, and French fries about 1,850 ppm. Canned food also contains generous amounts of SO₂. Therefore, if your poutine doesn't give you headaches, chances are the SO₂ in the wine will not. Still, according to the American Federal Drug Administration, it is estimated that about 1% of the population is sensitive to SO₂, especially those suffering from asthma. For this reason, the United States and Canada, require the "contain sulphite" on their labels.

Meanwhile, there are several other compounds in wine that should give us pause. Alcohol, naturally occurring histamines, tyramines, and flavonoids may trigger allergic reactions. Furthermore, over 70 additives are allowed in "conventional wines," including the likes of; Copper Sulfate, Tartaric Acid, Acetaldehyde (colour stabilizer), Casein, potassium salt of casein (to clarify the wine), Protease (Trypsin) and Protease (Pepsin derived from porcine or bovine pancreas) to reduce or to remove heat-labile proteins. Most of these compounds and additives are harmless in small quantities but not necessarily in large ones.

If you do not have time to witch hunt the harmful chemicals or compounds that affect you, I suggest you turn the problem on its head and start exploring wines that are the least likely to contain harsh chemicals and see how your body reacts. First, establish which category of wines is giving you headaches (is it a conventional wine?). Second, taste wines from the classes that are more natural (say, organic wines). Then, do this with white and red wines. Warning, this may be challenging and pleasurable. Here's a low down on the wine classes.

Natural wines do not allow any use of human-made chemicals in the field or the vinification process. The juice is fermented on its own accord using wild yeast present in the air. To a large extent, these wines are an acquired taste as they may be more acidic and lean on the palate.

Vegan wines are usually organic or biodynamic wines that have excluded the use of animal-based by-products. For example, in the filtration and clarification process using egg whites and collagen extracted from fish bladders.

Biodynamic wines - The vine growing and winemaking are the same as organic but with an added layer of concerns for the dynamic interplay of the Earth's elements - earth, fire, air and water, and cosmic energies that impact fruit quality and wine. Winemakers practicing biodynamic culture will go to a great extent to avoid having to use additives.

Organic wines are becoming increasingly mainstream. One of the primary reasons for this is that making organic wines is one of the best approaches to express the local terroir and the uniqueness of a wine region. An organic wine simply means the absence of or the use of chemicals below a legal threshold acceptable by a third-party certification body. Worth noting, many winemakers use organic practices but will not label their wines as such. Either because they are not quite there yet or the certification process is too costly. Furthermore, the "organic" label still carries a somewhat negative stigma that may impact the marketability of a wine.

Sustainable wines may or may not be organic. The aim is to cultivate the land, make and sell wines in ways that support the natural environment and the

community where the winery is located. Examples include low-impact farming practices and providing good working conditions and salaries to seasonal employees.

Conventional wines are still the most popular wine class but are gradually losing ground in favour of the practices mentioned above. Wines in this category can be found along a continuum. On one end, you will find many small producers that pride themselves in offering wines of quality with minimal intervention. They often make excellent wines, though, they do not quite meet the threshold that defines the other wine categories. They are often "family own" wineries, and we have many of them in Canada.

On the other end of the spectrum are wines made from grapes grown in vineyards cultivated to maximize yields and vinification methods designed to produce consistent wines year over year regardless of circumstances. Those wines are highly manipulated and tend to be made on industrial scales.

Wines have complex makeups and come in many shades of quality. Daunting as it may be, finding the ones that work for you can be a pleasurable pursuit. Knowledgeable staff in a quality wine store are there to guide you. Visiting wineries, asking questions and making notes may also go a long way to reducing the pang in your head. That and... drinking water before sipping wine.

And on this, members of the jury,
I rest my case.



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MILLARVILLE HORTICULTURAL CLUB

Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30 p.m. Due to COVID-19 restrictions however, we have been holding Zoom meetings starting at 7:00 p.m. We are hoping to return to in-person meetings for the September meeting.

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

We hope your gardens are growing well this summer. If you managed to avoid the hail and were able to water

everything through the heat. The Priddis & Millarville Fair is August 21, 2021. Registration for Fair entries, for the bench show, close August 8. For information about the Fair, go to www.millarvilleracetrack.com/fair. You can also find the Fair on Facebook and Instagram. If you have never entered, this is your opportunity to experience fair fun; if you are a previous entrant, show us your best!

Also, enjoy an opportunity to partake in the fair activities by volunteering on Fair day. They are actively recruiting volunteers to fill various positions. You can contact Gail Dziuba at fairvolunteercoordinator@gmail.com.

Millarville Horticultural Club
(millarvillehorticulturalclub@gmail.com)

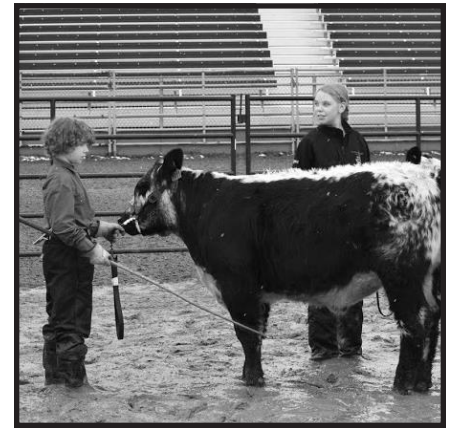
Drowning in mud

The Millarville-Stockland 4-H Beef and Sheep Club had our Achievement day on May 9th 2021. It was at the Millarville Racetrack infield and you had to really like showing that day because it was freezing and sleeting. The Grand Champion Steer and Cow went to Peyton Christman. Congratulations to her, Grand champion breeding Ewe went to Tessa Ackerman and the Grand

champion market land went to Gemma Bell. Congratulations to those two as well! We all had lots of fun and thank you to all of our sponsors. We were so excited that some of the restrictions were lifted and we were able to have an amazing in person achievement day this year and a memorable one too! Even though the weather was so bad and we were drowning in the mud there was great turnout and we were all revved up!

Our steer sale was on June 3. Thank you so much to all of the buyers. That really supports all of the club members.

Club Reporter – Maddie Watkins



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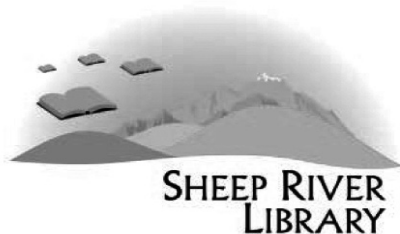
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SHEEP RIVER LIBRARY

We are pleased to be open and restriction free. Those who wish to, may still wear masks and physical distance but it is no longer required for entry to the library. Books may now be returned in the inside drop box. It has been lovely to see the faces of maskless patrons for the first time since last March.

We are so thrilled to be able to offer programs again at the library this fall. Some facilitators are rearing to go, whilst others have opted to wait for a bit to see how things in the post Covid world proceed. So, we have some in person classes and some virtual via Zoom. There may be more programs offered in the Fall than are provided in the program pages in this issue of the High Country News, so please check the program listings on our website for any additions.

Out Loud is back and this year the theme is "Come on in!" (for obvious reasons). We are holding the series one month later this year, in November, to give a bit of a cushion for those performers who travel from afar with regards to possible Covid restrictions.

Our line-up this year includes: Sheri-D Wilson, Calgary's Poet Laureate, 2018-2020; Notable Exceptions, the musical duo Judy Coder and Jennifer Epps and BJ Smith with Ol'Ugly presenting the Best of the Storytelling West Show. For a full description of their performances, bios, dates and times, pick up our Out Loud brochure or go to our website. Free tickets will be available September 15.

Mark Saturday, August 14 on your calendar. The Town of Turner Valley will be hosting the 'Back Together Summer Celebration' event on August 14 to honour the amazing efforts made by our communities in helping each other through the challenges of the pandemic. The day will consist of family activities including a petting zoo, bounce houses, face painting, entertainment, free barbecue and fireworks, conditions permitting. The library will be holding its annual book sale on the front patio. Come and

pick through the books and carts to find the treasures that await. Items will be sold by donation – no set price. We will do our best to have the books organized by category. The book sale means that we need books to sell, so we are happy to accept your book donations. Please call ahead and let us know that you will be dropping your books off as used books cannot be left in the book return. We accept almost everything except encyclopedia sets, textbooks and Reader's Digest condensed books.

The Friends of the Sheep River Library Foundation are looking for new members to help with their fundraising activities. This group does a tremendous job providing funds that allow us to bring in authors, speakers, performers and to also purchase new equipment and do upgrades to our space. The Library Board is also looking to fill a couple of vacancies. If you are passionate about libraries and life-long learning and want to give back to your community, this may be a good fit for you.

For more information on either of these opportunities, please call Jan at 403-933-3278.

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Sheep River Library Fall 2021 Programs

Mind and Body

Qi Gong

This moving peaceful meditation can help to balance and harness your Qi or "life energy". The activity takes you through a set of slow, gentle movements while you focus on visualization and breathing. Beneficial for your physical, emotional and spiritual well-being. Instructor: Edna Howdle

This year, an online option is available at 9 am.

Mondays, starting September 13 1:00



Library 101

A library is one of the friendliest, happiest, and most helpful places on earth, and the Sheep River Library is no exception. Don't stay away because you never frequented libraries in your childhood or you are intimidated by stacks of books or words like Dewey Decimal System. None of that stuff matters! Doris Mehl will walk you through the very basics of library life and demystify words like fiction, non-fiction, inter-library loans, and holds. You will also learn about library activities that go well beyond the shelves.

Thursday, Sept 16 7:00

Inductive Bible Study

We will be studying the New Testament book of 1 Thessalonians. No previous experience necessary. Instructor: Jan Burney \$10 for course materials
Wednesdays, starting September 8 10:00-12:00

Digital Photography Scanner

Put your photos and slides into a digital format that will protect their features and save space. Call the library to arrange a one-on-one session.

How to Solve Cryptic Crosswords

Have you ever wondered what these puzzles are all about? Do the clues seem nonsensical? Learn the techniques for solving these puzzles in one evening. (See the back page of the HCN for an example).

Thursday, September 16
7:00

E-Reader Support

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

The Creative Side

Q & S Club (Quilting & Sewing)

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

Thursdays, starting September 23 1:00-3:00



Fibre Fiends

If you like to knit, embroider, sew, crochet, quilt or any other handwork, come and hang out in the magazine area with like-minded individuals.

Tuesdays, starting September 7 10:00-12:00

The Wild at Heart

Sheep River Ramblers

The Sheep River Ramblers is a walking and hiking group at the Sheep River Library. We also snowshoe and cross-country ski in winter.

Founded in June 2013, this is a very active and fun initiative that has been going strong and growing exponentially for eight years.

With the financial assistance of a government grant, the group has acquired walking poles, snowshoes, micro spikes, foldable nature guides and several other great items that Ramblers (who have priority) and other library patrons are welcome to borrow.



Sheep River Ramblers has a very active Facebook presence where we share information, photos from our outings and other pertinent information. This is a CLOSED group with its content only visible to the group's members – search "Sheep River Ramblers" on Facebook and request to join.

To be a Rambler, you need to have a current Sheep River Library membership and you also need to fill out and sign our Liability Waiver.



Sheep River Library Fall 2021 Programs

Children's Programs

Parent/Caregiver must accompany children.
Weather permitting - not too hot or cold- classes will be outdoors. Bring a blanket to sit on.



Toddler Rhyme Time (24 - 36 months)

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

Wednesday Sept 15 - Nov 17 9:30 – 10:00

Songs and Rhymes for Movers (12 – 24mths)

Parents and children enjoy time together learning language through songs, activities, rhymes and stories.

Join us for some wiggling, giggling and jiggling!

Wednesday Sept 15 - Nov 17 10:30 – 11:00

Songs and Rhymes for Babies

(Babies up to 12 months)

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

Wednesday Sept 15 - Nov 17 11:30am – 12:00

Children In Nature (CHIN) (3 – 5 yrs)

Experience nature as a learning tool! Essential skills will be introduced to families through games, songs, and activities out in nature. Join us for one hour of fun in the sun, rain or snow! Dress for the outdoors!

Wednesday Sept 15 - Nov 17 12:45 pm – 1:45 pm

Register for the above classes at the library from August 1, 2021.



Moms Coffee/Playgroup Time

Moms of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in. Facilitator: Christine Meikle

Mondays starts Sept 13 10:00-11:30

PD Day Movies

Recently released (mostly animated) movies will be screened at 10:30am on PD Days. Please register at the library to secure your spot. Children are welcome to bring snacks.

Clubs & Groups

The Diamond Valley Book Club

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

Second Tuesday starting Sept 7 1:15

The Austentatious Book Club

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

Second Fridays starting Sept 10 10:30

Poetry by the Fireside

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

Facilitator: Doris Daley

Community Drumming Circle

Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together. Participants must register at the library. Suitable for ages 6+.

Fee: Donation

Facilitators: Laura Lagendyk and Gita Grahame

First Fridays starts Sept 3 7:00

Conversational French

Join other French speakers for conversation. (Note: this is not an instructional class).

First Thursday of the month 3:15

Genealogy Group

Want to research your family tree? Have you hit a brick wall in your research? Learn proven techniques to get you started and share your journey with others. Facilitator: Sheila Bjerreskov

Second Wednesdays starts September 8 7:00



Sheep River Library Fall 2021 Programs

Diamond Valley Songwriters

Whether you are a beginner, a dabbler or an old hand at writing songs, there is an open door for you with this group. Bring your instrument and meet at the fireplace on the 2nd Wednesday of each month. For additional information please call Al "Doc" Mehl at 403-651-9016. Second Wednesdays starts Sept 8 7:30



Welcome Back!

We are so thrilled to be able to offer programs again at the library. Some facilitators are rearing to go, whilst others have opted to wait for a bit to see how things in the post Covid world proceed. So, we have some in person classes and some virtual via Zoom. There may be more programs offered in the Fall than are provided in this brochure, so please check the program listing on the website for additions.

Out Loud is back and this year the theme is "Come on in!" (for obvious reasons). We are holding the series one month later this year, in November, to give a bit of a cushion for those performers who travel from afar with regards to possible Covid restrictions. Free tickets will be available September 15. Be sure to pick up an *Out Loud* brochure which has fuller descriptions of our visiting performers.

If you have any questions regarding programming at the library, or you wish to register for a class, here is our contact information:

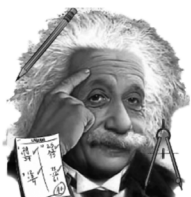
Phone: 403-933-3278

Email: abdsrclibrary@marigold.ab.ca

Website: www.sheepriverlibrary.ca

Facebook: [facebook.com/Sheep River Library](https://facebook.com/SheepRiverLibrary)

The only thing that you absolutely
have to know, is the
location of the library.



Albert Einstein



Out Loud 2021: Come on in!

Please note that this year's Out Loud Series will be one month later in November.

• An Evening with Sheri-D Wilson

Sheri-D was the Poet Laureate of Calgary from 2018-2020. She is the award-winning author of 13 books and four albums which combine music and poetry. Known for her electric performance-style and surrealist perspective, she is a favourite of festivals around the world.

Friday, November 5

7:00

• From Creation to Oration

Write and Read Your Poetry. This workshop with Sheri-D Wilson is open to anyone with an interest in writing and reading poetry.

Saturday, November 6

1:00

• Notable Exceptions

The Notable Exceptions sound is a potpourri of Folk, Western, and novelty tunes. From house concerts to concert halls, Judy Coder and Jennifer Epps are known in the world of western music for their finely crafted vocal harmony. Their original tunes are lighthearted and conversational.

Saturday, November 13

7:00

• The Best of the Storytelling West Show - BJ Smith and Ol' Ugly (John Glawson)

These two comedic cowboy storytellers will leave you in stitches with their hilarious, barnyard clean tales.

Saturday, November 20

7:00

Taleblazers

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



Local and Sustainable Chicken Meat

Country Lane Farms is about as local as Calgary can get to great tasting, healthy, and sustainable Chicken. Located only 20 minutes east of the city limits, Country Lane Farms is the first choice for meat for many families living in the City of Calgary and surrounding areas. Even better, one doesn't even have to venture out of their home or community, because Country Lane Farms can come to you! With the option of home delivery or multiple locations across the city, one rarely has to travel far to fill their freezer.

Country Lane Farms is a family run operation, and while their own chicks have flown the coop, Jerry and Nancy still have various family members and friends lurking about doing odd jobs and helping on deliveries.

The Chickens of Country Lane Farms lead the best lives that Chickens can live. Large, spacious, well ventilated rooms, fully equipped with automatic water dispensers, custom programmed lighting, and only the best quality, locally sourced feed available, including organic minerals and vitamins keeping the chickens healthy throughout their life. Healthy active chickens equal yummy lean chicken dinners. The chickens also get a little variety in scenery. When they are approximately 3 weeks old, they graduate from

the nursery room, and move on to their grown up room, with clean bedding, a swing, (also known as a special scale that allows Farmer Jerry to accurately monitor their growth) and more room to run and flap their flightless wings.

Raised without Antibiotics. This means that Country Lane Farm Chickens don't have a steady stream of antibiotics added to their daily cuisine, which is still a very common practice in the raising of poultry. Way back before Jerry had grey hair he began questioning this practice. Why take antibiotics if you aren't sick? That's just silly. Jerry and Nancy were ahead of their time when they began raising their chickens without antibiotics. They got a lot

of strange looks, but they thrived on it, persevered, and pioneered the way for further research into the use or non use of antibiotics in chickens. Country Lane Farms also does not use any chemicals in the birds environment.

From hatching, to your dinner plate, these Chickens are 100% Albertan. You can feel good about buying and eating these chickens, because that means you are doing your part to support the local farmer, and boost the local economy.

Written Internationally by Melissa Kamphuis Hepe, the Farmer's Oldest Daughter



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Jerry & Nancy Kamphuis

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

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COUNCILLOR'S UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Foothills County PETITION:

As of July 14, we have started an online Petition, www.change.org/say-no-to-cmrh, to add to the options you have available to express your concerns about the Calgary Metropolitan Region Board and the Regional Growth Plan, if you choose to do so. Our PETITION message reads:

"Remove Foothills County as a member of the Calgary Metropolitan Region Board (CMRB)." To explain further: "After careful review of the Calgary Metropolitan Regional Plan, Foothills County has voted against the Regional Plan. We are concerned about the Board's voting structure giving advantage to the Urban members due to the unfair proportion of 7 Urbans vs. 3 Rural municipalities, a fourth layer of government adding more red tape, and with the protectionist Urban bias in this Regional Plan that results in a loss of Rural opportunity and increased development and business costs. We ask that you join us in sending a strong message to the Minister of Municipal Affairs that we, the residents of Foothills County, do not support this Board or the Regional Plan. Please allow us to design our future using existing inter municipal processes and remove us from the CMRB and this devastating Regional Plan."

We would be grateful if you could visit our Foothills County website to see the PETITION link and background information: www.foothillscountyab.ca/services/planning-and-development/

[calgary-metropolitan-region-board.html](#)
You will see the petition Link, a detailed report about the CMRB Regional Growth Plan, a list of mandated future work and commitments, a link to the "What We Heard" report from the CMRB public consultation #3 re the draft Growth Plan (many residents expressed concerns), other info, draft letters and articles – all in one location. Thank you to all who have taken the time to consider or respond to our Call-To-Action!

Municipal Agricultural Disaster:
Please be advised that Foothills County Council has declared a Municipal Agricultural Disaster for the entire County as of July 15, 2021. Drought conditions are impacting 50-90% of cereal and oilseed yields as well as 50-90% of hay, pasture and range yields in Foothills County depending on location due to lack of spring and in-season moisture combined with long duration periods of high temperatures and desiccating winds. Provincial and federal departments are in the process of arranging agriculture industry relief programs.

Spruce Budworm Infestation:
After hearing from concerned Division 4 residents about a growing infestation, I attended the Bragg Creek meeting on July 6th and brought the discussion to Foothills County Council the following day. I asked for our Agricultural Services Department to assess, work with our Provincial experts and provide recommendations. Council agreed to that. Having looked into Btk, a specialized bacteria which was sprayed aerially to treat Redwood Meadows trees and is being considered by Bragg Creek residents, I know that there are other issues, costs and side-effects around using this bio agent pesticide. The current stage of the budworm's life cycle is past being able to be treated with Btk for this year, but some residents have shared that they are using other insecticides. All intervention products have associated

cautions. Foothills County is gathering information now, pooling resources with the Province and Rocky View County and will get back in touch with residents to share information. Throughout the County, our Agricultural Services Department assists residents by providing information about issues related to animals, bugs, disease, crops, environment, land, water, weather, weeds, wildlife and more.

Fire Restriction: As of July 15, 2021, a Fire Restriction is in effect. This Fire Restriction applies to all open fires that require a permit in Foothills County. All open fires that require a permit are to be extinguished and any open burning permits canceled. This Restriction will be in effect until all areas in Foothills County receive substantial changes to the current dry conditions and approval is received to lift this Restriction.

Earlier in July, we had activated a Fire Ban and then downgraded to this restriction. Please check our website for more details and the latest status, in case it has changed since the writing of this article.

We are cautious, concerned about the risks and vigilant because our neighbouring provinces are experiencing significant wildfires. You can find more wildfire information here: wildfire.alberta.ca/ plus there is a wildfire app now for your phone.

2021 Municipal Election: As noted earlier this year, I am running as a candidate for the October 2021 municipal election for Foothills County Division 4. I will share more election-related information on my website and next article. Please contact me for any discussion you may wish to have regarding election or municipal topics.

For Other News & Updates: Please visit my website: suzanneoel.com/ Facebook: www.facebook.com/CouncillorSuzanneOel/ Email: Suzanne.Oel@FoothillsCountyAB.ca With Best Regards, Suzanne

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PRIDDIS NEWS

The Priddis Hall is open for business. Enjoy the rest of your summer!

Priddis Stampede Breakfast:

The Priddis Stampede Breakfast on Saturday, July 17th would not have taken place without the help of numerous volunteers and our sponsor, Water's Edge Pub. Approximately 300 people attended. The Priddis Firefighters flipped the pancakes and sausages while Chef Dan from Water's Edge Pub, served up those fluffy scrambled eggs and kept the coffee hot. While the DJ was playing some favourite tunes, lots of door prizes were given out throughout the morning. A huge thanks to all the volunteers. Donations were received from: Meota Gas, A&W Shawnessy, Water's Edge Pub, Pre Pak Meats, Joey's, Azuridge Estate Hotel, Streets, Gordon Food Service, Coverco Buildings, Café Monte, The Chaulk Team at Royal LePage, The Crisp Apple, Bar Tec, Wild Rose Brewery, and Priddis General Store.

Thanks for coming out to support this great community event.

Parent & Tot Playdate:

Parent and tot playdates may be starting up again in August so keep your eyes posted on our website and social media to see the first date.

We are looking for parent and tot event ideas to enable working parents to attend/meet other young families. Feel free to drop any suggestions on our Facebook page

Priddis Families: www.facebook.com/groups/614135582294212 or email pcayoungfamilies@gmail.ca

Priddis Early Learning Program - PELP:

PELP held Summer Camp at the Priddis Hall for community children the week of July 12 – 15. The kids had so much fun with

structured activities, crafts, and science experiments. The weather was great so most of the activities took place outside.

Our fundraiser is ongoing:

Mabel's Labels – order labels to personalize your child's clothing, shoes, etc. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: campaigns.mabelslabels.com

There are still a few spots open for preschool classes starting in September. For more information on PELP, check out our website or email pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Tennis Courts - Summer Sports Camp:

The next Summer Sports Camp session is the week of August 23rd – 27th. The Camp is held at the Priddis Tennis Courts and is for kids and adults. Kids ages 6-9 are 9 am to noon at \$195, kids ages 10-14 are 1:00 to 4:00 at \$195, adults are 6:00 to 8:00pm at \$85. (tennis only). Register with Alberta Tennis online at albertatc.clubautomation.com

For more information contact priddiscatennis@gmail.com

To use the tennis/pickleball courts you can now go online to make a reservation. Go to priddisalberta.com and book your date and time. Please have a PCA membership to use the courts.

Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Fridays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Social distancing is being practiced between visitors. Your donations are greatly appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb, and Jeanie.

Thanks, Ladies, for volunteering your time to keep the library operational for the community.

Recycling Bins at the Hall:

Note: It is recommended that boxes with donations be sealed, and smaller bags be used so they fit easily into the roller chutes.

The 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 for the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments online. 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 Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms



There's a new kid in town!

Ok, so I'm not new (Bragg Creek resident 5 years) and I guess only a kid at heart! It would be my pleasure to assist you with your real estate needs. Call or email today to start the conversation!

Sherri Olsen

403-519-5998 | realtor@sherriolsen.com

TURNER VALLEY & BLACK DIAMOND NEWS

Hello, Diamond Valley.

This name was the overwhelming choice in the online survey regarding what we would call our two towns in the event we finally amalgamize. The final decision to amalgamate will be made by each town council in September. There are a lot of events starting to come up again now that Covid restrictions have been lifted. I sure hope we continue to be safe from this pandemic!

It is Heritage Day in Alberta on August 2, and International Youth Day on August 12. The theme this Youth Day is "Transforming Food Systems: Youth Innovation for Human and Planetary Health". To find out more about this interesting topic, go to gwp.org and search International Youth Day. Many of us have full pantries and freezers but many do not, so remember our local Oilfields Food Bank next time you shop or clean out your pantry, or Grow a Row in your garden to donate to someone less fortunate.

Hooray, hooray, the Fair is here to stay! Millarville Racetrack hosts their annual Country Fair on the weekend of August 21 and 22. Founded in 1907, this Fair is one of the last great traditional old-time Agricultural Fairs in Canada. Today the Fair is a wondrous extravaganza with a Kid's World, petting zoo, horses, hayrides, roping competitions and ribbons awarded in junior events ranging from photography to baking to 4-H. The Millarville Farmer's Market will be going on as well, and they have a campground also. Come out and enjoy the Fair or enter your crafts, baking, grains, and animals for a winning ribbon. No dogs please. The Fair runs from 9-4 each day, for more info, call 403-931-3411 or visit millarvilleracetrack.com.



Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30pm. Due to COVID-19 restrictions, however, we have held Zoom meetings starting at 7:00pm.

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

Our annual Plant Sale, held on June 5, was a resounding success. While the rain and hail came down around us, we were lucky to have sunny skies at our location. A huge thank you to those who so generously volunteered; without you and all the hard work you did, we would not have been able to do it. Once again, our members provided a wonderful variety of plants; annuals, perennials, herbs, vegetables, shrubs, trees, and houseplants. Without these, there would not have been a sale.

We invite you to like our Facebook page where there are lots of tips and hints posted.

There is a local Crafter's Corner right in Black Diamond, which displays and sells handmade crafts created by local crafters and artisans. They are located at 116 Government Road North and are open 11-6 every day except Mondays. If you are interested in showcasing your crafts here, please call 587-575-6666, or just come check out the unique art and crafts for that unique gift or item for your home.

Alberta Open Farm Days are back on the weekend of August 14 and 15. This is your chance to visit your rural neighbours and explore the province's farms, ranches, and agricultural businesses. In the past there have been more than 120 farms opening their gates to the public, with everything from vegetable growers, ranchers, grain and oilseed farmers, cheesemakers, beekeepers and more showcasing their diverse products.

You can jump in and experience milking a cow or harvesting vegetables, and participate in the whole process of farm to table. Many farms will sell their goods at the gate, so bring some bags and some cash also. General farm admission is free, for a list of participating farms and ranches, visit albertafarmdays.com.

The Bar U Ranch is one of the ranches featured for Alberta Open Farm Days on the weekend of August 14 and 15, with free admission as well! The same weekend they also host their Old Time Ranch Rodeo. Bar U also is hosting an Extreme Cowboy Challenge on August 6-8, followed by the Canadian Cowboy Challenge August 21-22. Come watch real cowboys do their thing and compete for bragging rights and a big belt buckle. To find out more about

this awesome place, go to pc.gc.ca/baru. They are located about 15 minutes south of Longview on the Cowboy Trail, or 22X.

Okotoks will be presenting their annual Show and Shine on Sunday, August 22. Preregister your vehicle on that day. Cars can arrive by 8am, with open registration starting at 9, and the Show starting at 11am. The Show and Shine features awards, free entertainment, a Kid's Zone, and food and merchandise vendors. Elizabeth Street is the place to be for this event, for more details, check this Show and Shine out on Facebook.

The Foothills Country Hospice will be hosting their annual Rally 4 Hospice on August 28 from noon to 11pm. This year's theme is 50s-60s Cow Folk. There just may be a special prize for the person or group who best represents the tassels and spurs of this Golden Age of Country. General registration to enter the rally started June 1, and sponsorship opportunities are available. If you are interested in entering the rally, you will follow clues and answer the trivia as you wind your way through the golden prairie and rolling foothills. As you cross the finish line, you will be treated to an evening of fun, food, and fundraising. There will be a BBQ meal by Lynnwood Ranch, live entertainment by The Rodeo Riders, and a live auction. Over the past few years, more than \$800K has been raised for the Hospice, which is a valuable organization in our community. Go to countryhospice.org to register or donate.

It's so nice to receive some emails regarding places and events opening up again.



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The Sheep Creek Arts Council in Turner Valley is having a full slate of classes starting in September, including quilting, painting, and mosaics. Details can be found at sheepcreekarts.ca. Brochures describing the classes will also be available in Black Diamond and Turner Valley in August and registration starts in August also. They are located on Sunset Boulevard on the south side just up from Main Street.

Next door to the Sheep Creek Arts Council is the Valley Neighbours Club. They offer bridge on Thursdays at 1 pm. That is one game I've never tried, but sure looks interesting. They also host bridge on Tuesdays and Wednesdays, and hand and foot canasta on Thursdays. That sounds pretty interesting as well! They used to have a bingo on Friday evenings I thought, and hopefully that will come back as well. Drop by to find out more about this long-time club!

The Griffiths Centre in Black Diamond is pleased to be reopening. Please attend the annual general meeting on August 28 at 2pm. A current membership is required, it's only \$15 a year and memberships can be bought at the door. Refreshments will be served. Join them for the Grand Opening Celebration on September 11, with Happy Hour at 4pm and a BBQ dinner served at 5pm. Entertainment will be provided. To find out more or to reserve for the Grand Opening Celebration, call 403-933-0170 or email them at griffithscentre@hotmail.com. They are located on Government Road in Black Diamond, just across and south from the Black Diamond Hotel.

Our beautiful Sheep River Library is planning on regular hours in September if all goes well, but for now they are pleased to be open to the public from 10-5 on Mondays, Tuesdays, Thursdays, and Fridays, and 12-5 on Saturdays. Please check the website sheepriverlibrary.ca for updates. Their Summer Reading Program will be running this year starting in July, on Wednesdays. The 4-6 year old children's program runs from 10-11am, followed by the 7-10 year old children's program going from 11:10-12:30. You can register your children by giving the Library a call at 403-933-3278 or drop in. Other programs such as Qi-Gong are Mondays at 1:30, and Poetry on the Patio is the last Thursday of the month at 10:30am. In September they are hoping to have their full slate of programs up and running, including the Out Loud Series. Lots to experience at our local Library, please check out their website or drop by for full details.

The Town of Black Diamond is again offering a deferral of property tax payments for all property owners until September 30, 2021. To learn more about the tax installment payment plan (TIPP), or other methods to pay your property taxes, please visit the town's website at town.blackdiamond.ab.ca.

If you have any events going on in September that you would like to share with our readers, please drop me a line at elaine.w@telus.net. The deadline for September's issue is August 15.

Enjoy your day!
Elaine Wansleben

Black Diamond Show and Tell coming to Town!

FCSS Black Diamond and Black Diamond Strong are partnering to bring Show and Tell to town soon. First things first: we invite anyone interested in showcasing hobbies, talents and creative skills to connect with FCSS and register at no costs for a station at the event. To get the ideas flowing, these are some examples of hands on activities:

- Karaoke on the Street
- Sidewalk Chalk Art
- Fly fishing: catch and release along the Sheep River
- Boardgames
- Leather works
- Drum circle
- Building bird houses.
- Flower arrangements
- Impromptu games of badminton, mini soccer, basket ball
- Yoga in the Park
- Petting zoo
- Weaving, Spinning, Felting
- Dancing
- Music
- Bingo
- Body painting
- Bike and skateboard tips and tricks
- Sculpting

- Glass blowing
- Jewellery making
- Drawing and sketching
- Woodworking and carving

Date will be determined after we have collected your ideas and thoughts. Take this opportunity to show what we are collectively made of and share your passion with fellow townies.

Contact Suzan Nagel, Family and Community Support Services (FCSS) Coordinator, Town of Black Diamond: by phone 403-933-4348 ext. 212, by email SuzanN@town.blackdiamond.ab.ca or drop by at FCSS, 301 Centre Avenue West, Black Diamond.

Riny Tuithof de Jonge
Community Animator Black Diamond
Black Diamond Strong
Mental Wellness Movement
diamondvalleystrong@gmail.com



TURNER VALLEY EMERGENCY RESPONSE PLAN

Crescent Point

Crescent Point Energy Corp. (Crescent Point) is a conventional oil and gas producer; however, we are anything but conventional. We are dynamic, disciplined, and driven by results. We have high-quality light and medium oil and natural gas assets across western Canada and the United States.

Crescent Point has operations within Foothills County. The Emergency Planning Zone (EPZ) intersects the Town of Turner Valley and the Village of Longview. Crescent Point is working closely with the local authorities and the Alberta Energy Regulator (AER) to ensure safe operations now and in the future. Crescent Point's top priority is to provide an environment that safeguards staff members, suppliers, and the communities in which they work. They take all necessary steps to minimize risks, while meeting or exceeding regulatory laws and standards. Crescent Point would like to assure you of their continuing commitment to the safety of the public, their workers, and the environment.

Crescent Point has developed a detailed Emergency Response Plan (ERP) to ensure the health and safety of the public. The ERP has three primary public safety measures:

Shelter-In-Place:

Shelter-In-Place is considered the primary public safety measure when the hazard is of a limited duration or the public would be at a higher risk if evacuated. The goal of Shelter-In-Place is to reduce the movement of air into and out of a building until either the hazard has passed or the appropriate emergency actions can be taken (such as evacuation).

Evacuation:

In the unlikely event of a long-term release, it may be necessary to evacuate you to ensure your safety. At this time you would be provided with a safe route to an established evacuation centre.

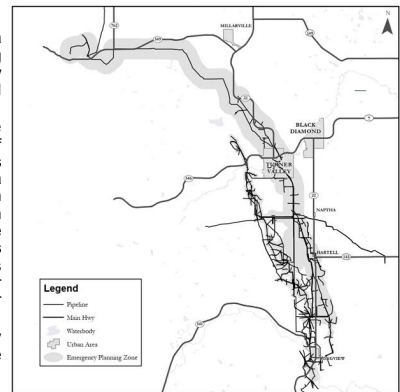
Ignition Procedures:

In conjunction with Shelter-In-Place and Evacuation strategies, the release may be ignited at the source in order to reduce your exposure to the hazard. The combustion of gases being carried high into the atmosphere allowing additional time for the public to safely evacuate. The decision to ignite would be made in consultation with the AER.

Crescent Point has prepared a public information package outlining their operations in the area including details on the emergency response process. If you have any questions or would like a copy of the package, please do not hesitate to e-mail info@h2safety.ca, contact Crescent Point, visit the Town of Turner Valley Office (514 Windsor Avenue NW, Turner Valley, AB) or the Village of Longview Office (128 Morrison Road, Longview, AB).

Contact Information:

Crescent Point Emergency	24 Hour: 1-888-799-0043
Town of Turner Valley	Admin: 1-403-933-4944
Village of Longview	Admin: 1-403-558-3922





LONGVIEW LIBRARY

Our library opened with a bang and June was chock full of activities for both young and old. The Take and Make Kits were very popular, especially the origami, the grass caterpillars, magic card tricks and the red and white slim kit for Canada Day. The adults were treated to a water painting workshop and journal making with a quill pen.

A representative from Marigold, Jarod Eygenreman, will present a programme for the children on Wednesday, August 4th. At 10.30 a.m. He will read the story *Pirate Stew* by Neil Galiman. He will have a pirate craft to follow the reading. Please register for this early. This is appropriate for ages 3 to 8.

Lynda, our librarian, has set aside an area to sell used books and DVDs. The cost is by donation and all proceeds will go to the library.

Our Writers group began on July 7th. And Story Walk is up and running. The book is *Get Me Another One*, by Robert Munsch.

A French Conversational Group is being considered for the fall. Keep your eye peeled for this.

A light summer read is *The Glass Blower of Murano*, by Marina Fiorato. It is set in the 17th century on the island of Murano, the most famous glass making island in Italy. It is the fictional portrayal of a very talented glass blower who is commissioned by Louis XIV to come to France and

build his room of mirrors for the palace of Versailles. The Venetian government jealously guards the secrets and abilities of its artisans, and to go out of country to share their knowledge is punishable by death. Venice, its gondolas, churches, canals and grand homes are all vividly depicted, and the book is just good fun.

*Happy Reading, Sylvia Binkley
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Alberta 55 plus rising from Pandemic ashes

Alberta 55 plus would like to extend an invitation to all senior citizens over 55 years of age to join in an activity that might be of interest to them. We offer an ideal mix of sport, competition and fun. It's a challenge for your Mind, Body and Spirit; and the basis of community connectivity and friendship.

We offer something for everyone whether it be winter or summer activities, for age groups from 55plus to 85plus. At present we are focusing on summer sports in our

Zone 2 (the donut surrounding Calgary, from Banff & Sundre on the west, to High River & Black Diamond to the south, to Strathmore / Drumheller / Hanna & Oyen to the east, and Three Hills to Olds in the north. Summer events include Slo-Pitch, Bocce, Cycling, Track and Field, Golf, Swimming, Floor Shuffleboard, Pickleball, Tennis and 8 Ball Pool; summer card games include Contract Bridge, Military Whist, & Cribbage, plus Photography and Crafts. Whether you choose to participate in a discipline for enjoyment or with competition in mind we encourage both.

Summer qualifiers for all activities are planned; successful Zone 2 participants advance to the 2022 Provincial games (in June in Peace River).

This autumn we will start focusing on the Winter sports qualifiers, leading to the 2022 Provincial Winter Games (Edmonton in April). Winners qualify to attend the National 55Plus Games in Kamloops in August of 2022.

If you would like more information on membership, benefits and activities, please go to the website at alberta55plus.ca or info@alberta55plus.ca or call HQ (403) 700-0454; or chat with a local rep such as Monique Mackenzie, Myrna Fink, Nancy Gibbie, or Douglas Campbell.

ALERT. Our colleagues at the High River Floor Shuffleboard Association are hosting a Fun Mixed Doubles Shuffleboard Tournament, August 5th, 6th and 7th, 2021 (entry fee, \$25 each). Contact Ken Wardley for more information and registration, at 403-651-6092.

Douglas Campbell, dec@cabsi.ca, for Area Reps

Monique Mackenzie, mvmackenzie@shaw.ca
Myrna Fink, finkmm60@telus.net
Nancy Gibbie (Board Secretary), nancygibbie@cochrane.live

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Square Butte Community Association

The wall restoration is well underway at the Hall. Excavation around the north basement wall has revealed some interesting concrete work. During the demolition, cable, wire, old chimney, no weeping tile, and large rocks were found. It was like looking back in time as a small window was exposed along with the original siding. Some of the materials used were part of the problem that led to the concrete deterioration and water leakage. We must remember that back in 1960 locals used what resources were available, as money was tight. The contractors are moving along, on schedule. In August, many volunteer will be needed to help rebuild inside walls, ramp etc. to bring our little hall back to the gem it was. In hindsight, it was a wise decision to do the wall restoration during the covid restrictions, as time would not have been kind to the deteriorating basement walls.

The fund raising has slowed but some of the grant monies have been received from the Millarville Horticulture Club, \$750 landscaping grant and County of Foothills \$35,000 matching grant.

Mark your calendars for Sept. 12th, the SBCA will be hosting a Free Breakfast to kick off the 2022 membership drive and to thank all those who have helped in many different ways.

Square Butte Ladies Group

The ladies are getting back to some of their normal fundraising at the Millarville Market, with their first market netting \$529 from 9 members baking contributions. Thanks ladies and those patrons that seek out our table at the market. The next market dates are August 7th and Sept. 11th. History, (continued). The group currently supports 11 local charities and a family at Christmas. In the early years bake sales, bazaars, and an annual Strawberry Tea were held and as time went on, the ladies expanded their efforts to include a wide variety of money making ventures. These included bingos and raffles along with catering and the hosting of dances at the Square Butte Hall. In 1964 the group catered 3 weddings and organized 3 dances. From 1953 until 1990 the Gingham Ball was the ladies most well known dance.

In 1967 the group was asked to run the barbeque at the July 1st Millarville Races, a monumental task which continued until 1980. For many years the group has made a quilt to be raffled and that continues even now. Since 1978 the group has donated \$95,000 to various charities. Times have changed but the existing group still puts on a Community Family Potluck on September 19th this year with outdoor games and races, cakewalk, quilt raffle draw and a delicious potluck meal. Contact: President, Jill Fry 403-931-3420

Square Butte Hall Contract Information

Address: 290132 Hwy 762

www.squarebuttehall.com

The Hall Website

www.facebook.com/Sqbuttecommunity

Square Butte Community Hall Facebook Page

www.facebook.com/squarebutteladies Square

Butte Ladies Group Facebook Page

Submitted by Mary Ann Watson

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Conservation Education Finds a Way to Thrive in a Pandemic

How do you engage students in a virtual world? Bring them outside. The 2020-2021 school year may have been the most challenging year yet for the education team at the ASCCA in terms of developing programming. Teachers had their hands full teaching a curriculum while managing the emotional needs of their students in the midst of a pandemic, restrictions meant that we were unable to get most students to the ASCCA on buses or send educators to schools to teach programs in their schoolyards, and to top it all off,

we have always been a little camera shy. However, we have also always stuck by the motto of our founders Ann & Sandy Cross; "we wish the land to be disturbed as little as possible. It is also our desire that the land provide an educational tool for schoolchildren, university students and the public." And with that as our starting point, we set out to do the extraordinary and teach experiential education programs in a virtual world.

In the fall we started out dipping our toes in the water by converting our Halloween Howl into individual hikes for family cohorts, following AHS guidelines. These nocturnal adventures on Alberta's first Wildlife Reserve were so well received by the public that we continued to offer Lunar hikes every full moon when AHS restrictions allowed, and they were always sold out. We also offered university programs both in person and virtually to Mount Royal University students and home schoolers.

Then we started preparing videos and presentations for Teacher's Conventions, Bow Valley College, UBC and the Mayor's Expo with the Rothney Astrophysical Observatory's Education Specialist Jennifer Howse; a wonderful partnership to promote dark skies for astronomical and ecological reasons and experiential education.

One of our greatest achievements in the 2021 year was the nine Chevron Open Minds weeks. Our wonderful Education Coordinator, Maureen Luchsinger, rose to the challenge of working with teachers collaboratively to come up with enriching ways to engage their students in outdoor experiential education. Schoolyards were scouted after hours, creative juices were taxed, and 249 students were able to become conservation explorers in their neighbourhoods with the guidance of our educators. This would not have been possible without the amazing Chevron sponsorship who, at the onset of the year, said they believed in the program and that they were willing to provide us with extra funds to accommodate programming needs due to COVID-19.

At the end of our tallies, in the 2020/2021 school year we are happy to report that the education team, under Maureen's inspiring leadership, was able to provide programming to well over 5000 participants which surpassed our expectations and meant that our numbers did not even drop, and were actually greater than the average of the last three years.

We would like to thank our amazing volunteer educators and MRU practicum students, and Chevron who were instrumental in our successful program delivery, and the wonderful Maureen Luchsinger for being the longest serving and hardest working Education Coordinator of the ASCCA.



ASCCA students engage in the Chevron Open Minds Conservation School in their own school communities

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DUANE HARDER

“I Need!”

We began our journey in life totally dependent on the nutrients we received in our mother's womb. When we were born our need for adult care continued. “But” you argue, “Doesn't the time come when we go through a mythical metamorphosis and suddenly shed the skin of our childhood and emerge as a care-giver who no longer focuses on personal need but concentrates on the need of others?” Nice thought! In September I celebrate my 80th birthday day and guess what? I still have needs.

We were created with needs and if those needs go unmet, significant problems can emerge. I may own a Rolls Royce or some other luxury car, but if I neglect the need for regular maintenance, I will be faced with serious mechanical problems. In a similar way, failing to pay attention to

our God given needs can have significant crippling results.

From my point of view, depression, anxiety, eating disorders, substance abuse, and compulsive behaviors, to name a few psychological disorders, are all symptoms of a deeper problem. These symptoms are like the information panel on the dash of the automobile. The information communicated is not the problem, it simply lets me know that there is a problem.

What symptoms have you been avoiding or ignoring? We all do it. It's natural to not want to face or feel our pain, the areas of our life that make us uncomfortable. What do you need to bring forward to release, to explore, to heal? What is it that's keeping you from feeling free of the wounds that have held you back from experiencing more of the fruitful life you were created to have?

I invite you to come with me on a journey of exploration as we examine four basic needs that we do not out-grow. 1. The need for value; 2. The need for acceptance; 3. The need for significance; 4. The need for community. Experience has taught me that these four needs are at the top of the list for all people. Customs may vary, but these needs are present around the globe.

- The need for value — Our value is directly connected to our self-worth. For most people, value and productivity are closely connected. What I produce defines my value. Good choices bring praise. “That was great.” “You really are fantastic.” “Keep that up and you are going to end up at the top.” Bad choices bring out negative comments. “How could you be so dumb.” “Did you leave your brains in bed when you got up.” “You'll never amount to anything!” Both the positive and negative comments establish value based on productivity or outcome. What happens when my value grid is different than yours or I am aiming for a goal that's different than you think it should be? Value that is based on performance usually results in a negative self-image. This can lead to self-inflation that sees myself as better than I am, self-criticism that narrows my scope of comparison and leads to underperformance, or self-isolation that dwells in Hermits Ville. This needs further development, but for this article let me suffice it to say that every person needs the positive affirmation that they were uniquely created with intrinsic value.

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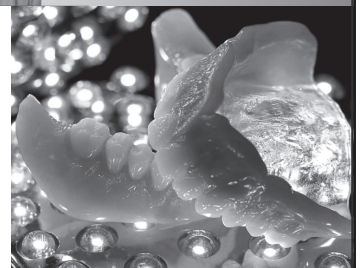


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- The Need for Acceptance — I need to be accepted as a person regardless of the choices that I have made. People have come for help who have made significantly poor choices in life. I can either look down my nose with disgust or see the treasure that is in the field of dirt. The people who have been rejected because of their poor choices usually gravitate toward a culture of rejection and live with the lowest common denominator. Why are they there? Because they are accepted.
- The Need for Significance — Inside people want to know that their life is meaningful and has purpose. I was conducting a seminar for a tire company and asked those attending to write down their life purpose. Most of the attendees drew a blank. I then asked them to write down the purpose of the company. Another blank page. I then said, "Would it add significance to your work if you could see yourself as an integral part of the transportation industry that helped to safely move people and product? A number responded by saying, "When you put it that way, I guess we do have a significant job."

- The Need for Community — The fact is "no man is an island to himself." We were created to live and interact within community. A High School hockey coach helped establish this in my life. I was the goalie and held the record for the most shutouts in our High School league. There were two minutes left in the game and I was headed for another shut out. To my horror, out team lined up at our blue line and gave the opposing team free access. They finally scored. I was furious. When the final whistle blew the coach walked out on the ice, put his arm around my shoulder and said,

"Duane, I guess it takes a whole team to win the game." A powerful truth was planted in my mind. It takes the strength of each individual part to win the game. You may be a Wayne Gretzky, but you still need a team.

The fact is we all have needs. When we are committed to complement one another rather than compete, we will see amazing results. Thanks for your help and we'll see you at the top.

Duane Harder



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ANDREA KIDD

Gentle with Nanny

"Gentle with Nanny's plant!" said my daughter gently to my little granddaughter, "It's alive! It wants to live."

"Never mind," I said as a large fuzzy green African violet leaf snapped off in her tiny hand. "We'll grow a new plant from this leaf."

Finally, after about eight weeks the tiniest beginning of a new leaf began to emerge from the base of the old one. During the next couple of months a small whorl of new light green leaves slowly developed. Much time and patience produce a healthy new plant. A miracle of new birth!

Watering this new plant one day I was perturbed. There, pushing up cheekily beside the African Violet, I saw a seedling. It was stealing nourishment and space from my baby! I pulled it out and threw into the compost.

A week or two later two seedlings had sprung up in its place! "You are persistent," I thought. "You really want to grow, don't you?" Then, I remembered the words my daughter had spoken to her baby.

Gently, I eased the plants out of the pot, separated the rogue plants from the African Violet and cared for the three plants, each in their own separate pot.

The internet informed me that my "rogue" plants were pepper plants that promised a delicious crunchy addition to my salad sometime in the future.

Now, months later, I remember when that African Violet leaf snapped off in my granddaughter's fingers, and I look back at different times in my life when unexpected events left me devastated. At those times I thought I would never get over them, and, in truth, life is different now because of those events. I am no different to anyone else. Each one of us experiences events that knock us off balance emotionally. Time goes by and we recover. Something new grows out of the disappointment. It takes time and patience, yet the miracle occurs.

Then, too, other plants like to take root and flourish in the newly turned soil of disappointment, anger and despair. Rogue plants of revenge, cynicism or hopelessness. I must sort them. Some new ways of thinking are for the rubbish heap to be burned; there are places and mind spaces I need to avoid. Other new ways of thinking need room to grow, nourishment and water; these are places and mind spaces I need to frequent.

Now, my pepper plants are strong, stretching up towards the sun and drinking deeply of fresh water each morning. Tight little flower buds have sprouted. Will I have fresh peppers for my salad before the biting cold of frost? Will I be delighted or disappointed? I don't know, but this journey of seeing growth has been enjoyable and satisfying.

"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

Philippians 4:8 (NLT)



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MORTGAGE MATTERS

What Happens To Your Mortgage When You Die?

Sorry, a morbid title and conversation but it is a very important need to know in the game of life so you and your family can be prepared. It is imperative that all parties on the title of a property understand the implications of having a mortgage when someone dies.

What happens to the debt?

In Canada, the mortgage is not attached to the person, it is attached to the property. The mortgage is not forgiven or go with you to the grave. When you die having mortgage debt, the debt must be repaid. Your estate will become responsible for paying all unpaid debts.

What type of tenancy can you have on title?

If you have a mortgage with another person (a spouse, co-buyer) and are listed as joint

tenants, then you have equal interest in the property. If one of you dies, then the title is automatically transferred to the surviving joint tenant(s), tax-free.

If you have a mortgage with someone as tenants-in-common, each of you owns a share of the property that you can do with as you like, including selling it to someone else. If you are on the title as tenants-in-common and you die, then the beneficiary listed in your Will/estate will become the new owner of your part of the property as not the other tenant-in-common getting your portion.

No matter how it is registered, all title holders are responsible for ongoing monthly payments and/or full repayment of the mortgage debt.

What is Probate?

Probate is the legal process that validates your Will and grants the authority for your Executor to act. The Executor of your estate is tasked with paying whatever debt remains in your name and dividing up any assets amongst the beneficiaries named within the Will.

Do you have mortgage insurance?

A proper mortgage life insurance policy will pay off most, if not all, of your

mortgage upon your death. There are many options, a group policy with the bank that holds your mortgage, private mortgage insurance, term policies, etc. This is a larger conversation and you should seek professional guidance from a reputable mortgage insurance advisor.

What should I do to prepare?

Have a Will. A Will allows you to determine who inherits your assets, namely your home(s) in this instance. But note, your mortgage must be paid first as the debt is secured to the property asset. This must be settled before they inherit the home.

Moreover, having a Will in place is imperative so your Executor will have authority to negotiate with your mortgage lender on your behalf. If you die without a Will/Executor, the court will appoint an administrator for your estate.

Tell your family where you keep records. The biggest frustration in attempting to settle an estate is locating all the records. Knowing what assets/debts there are, bank account numbers, policies in effect, insurance/mortgage representatives, etc. Having records - and sharing with those that will need to know - is a great gift.

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OUT OF THE RUT

Chapter 132

Gosh. It's a bit crazy isn't it? What an impact we are having on this planet... it really is getting to the point where it's almost too late. If things don't change drastically in the next 10 years, we are going to be toast. Literally. We will not be able to undo the terrible effects that we humans have had on the globe since the Industrial Revolution transformed us into unintentional abusers instead of the symbiotic beasts we once were.

After the "Great Pause" of 2020 we might have expected better of ourselves and our leaders. How short human memories are. Same old in-fighting; politicians pointing fingers, scientists being held to ransom by pharmaceutical companies, an endless stream of conflicting information and so-called evidence to support commerce and 'development'. What we, as a species,

ought to have learned is that the globe is desperate and needs us to wake up to the anguished cries it's emitting.

On another note... it's good to see the Farmers' Market in Bragg on a Sunday. Now you can pop across to the Community Centre parking lot at the weekend and pick up locally grown fresh vegetables, explore yet more talented local artisans and creative folk. I saw there was a seafood stall last weekend – how cool is that? Lots of great ideas coming into the 'Creek – please support local efforts, support your local producers, check out the little market and help it grow.

My own efforts to support and grow, after a long period of recuperation, are hopefully transmogrifying into a resurrection of my rural yoga classes. After a ten year hiatus during which I gamboled about the planet soaking up wild and wonderful experiences, it's time to share the benefits of all the inspirational leaders and teachers I had the great joy to meet.

I am fortunate to have taught in exotic and inspiring places with people of all shapes, sizes and backgrounds: One of my most exciting teaching experiences must have been when I was smuggled across a border between Jerusalem and Bethlehem after dark, to pop up in a totally 'normal' health center and teach yoga to a bunch of lovely women from all over the world.

I taught a class in the centre of Dar Es Salaam, Tanzania, only discovering half-way through that my audience was a bunch of hardcore Ashtanga teachers and advanced practitioners. That was a tad intimidating.

I taught a bunch of giggling happy, enthusiastic and amazing Filipinos in Manilla, small groups in Australia, California, Germany, workshops all over the place. I've attended Yoga Conferences and Festivals all around the world and the ideas, changes and shifts in perception that all these experiences bring, I hope have seeped deep into my psyche so I can share them all with others!

Returning to the Foothills each and every year to get together and share what I can, now I'm up for a new challenge with y'all - bending, stretching and challenging our bodies, minds and breath - just a little. My Covid Couch Potato solution... coming to a rural area near you. Still pinning down details and hoping for the best, we'll be connecting in lovely spacious places to meet and play such as Red Deer Lake, Priddis and Square Butte.

Please drop me a line if you are interested, we need subscriptions in place to make it all happen.

With gratitude and love, Kat Dancer
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Coal!

Although the dialogue concerning coal mining in Alberta's eastern slopes of our beloved Rocky Mountains has cooled off somewhat while a provincial panel assesses the issue, we must not lose sight of what has become an existential issue for all of Alberta and many of our eastern prairie neighbours. It goes without saying that our social media, Alberta politicians, and many MP's, have been inundated with posts, emails, phone calls and letters. Many municipalities and editorial writers have spoken out confirming there is no upside to continuing with coal exploration or mining, whether for metallurgical or thermal coal, in this iconic and environmentally sensitive area. It is also obvious that the "Consultation" may very well be a government stall tactic based on the very limited scope of the initial public survey and terms of reference, notwithstanding the attempt by the Environment Minister to subsequently suggest otherwise.

There is a plethora of facts expressed by many others confirming why open pit coal mines in our mountains and foothills are a terrible idea. Here is just a sample:

- Permanent destruction of vast swathes of our mountains and foothills' landscapes, forests and wildlife habitat
- Contamination of our headwaters from seepage of toxic selenium, arsenic and other heavy metals into streams and groundwater

- In particular, efforts to eliminate selenium have been unsuccessful despite the tens of millions spent on this problem
- Diversion of massive volumes of water for coal mining depletes streams already suffering from declining water flows
- Allocation of water rights to coal mines imperils water quality and volumes available for downstream communities, ranches and agri-businesses
- Weak full economics - a paltry 1% royalty rate and a few hundred 'well paying' jobs - but no requirement for sufficient up front, or pay as you go, environmental remediation funding by the coal companies
- Likely elimination over the next few decades of metallurgical coal in favour of hydrogen or other technology in the manufacture of steel
- Government secrecy around the coal lease deals struck with offshore mining interests
- Denial of recreational access to thousands of acres of mountain and foothills country leased to coal mining entities

Let's add another perspective: Coal is no longer a resource to be exploited. Wikipedia defines "resource" as "a source or supply from which benefit is produced and that has some utility" implying some net benefit and net utility. There is no net benefit or net utility in the mining of coal in the Rockies' foothills; coal, being such a major factor in climate change, and with many nations and industries gradually phasing it out, is no longer a resource. So let's leave it where it is!

Bottom line (and this should be a no-brainer for our politicians): immediately pass legislation banning all current exploration and future coal mining in the Rocky Mountains and its Eastern

Slopes and end the so-called consultation; it is redundant.

Yes! It really is an obvious decision, but perhaps not for our current Alberta Government. Reversing all their recent decisions to assist coal mining in Alberta may come at a cost. Aside from "losing face", the current Alberta government could find itself caught between the pincers of what the public desires and what promises and deals they have made with several Australian coal behemoths and their Canadian acolyte, the Coal Association of Canada (CAC). Does the Government really want us to know the details of these negotiations? If the Aussies and CAC lose any prospects of exploiting our coal - and Albertans - they also lose any incentive to withhold details of these "arrangements".

So how much political pressure will be exerted on this panel to "do the government thing" rather than "the right thing"? It is up to all of us (including municipalities and organizations) who want to ensure that there is no expansion of existing Rocky coal mining, no granting of new leases and adoption of legislation to forever ban such future coal mines to maintain pressure on the panel, and all our MLA's and MP's. Keep up the submissions, social media, phone calls, letters, emails, sign postings, etc. Our collective outcry seems to have had a very positive effect on the recent conclusion of the joint panel turning down the request to reopen the Grassy Mountain coal mining site.

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Wilson & Plumer

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ADHA AND EATING DISORDERS

A different take on ADHD

What do we have in common?

The five things that adults and children with ADHD have trouble regulating, are attention, hyperactivity, impulsivity, organization and emotion. Sometimes it is hard to understand the silly things they do. Let us filter our impressions through a new lens. Perhaps some cartoon characters will give you a new perspective on the five faces of ADHD.

Regulating Attention

Peppermint Patty in Peanuts can't pay attention to the teacher, is often confused about what to do next and ignores what her teacher says – unless the teacher is announcing of course, that it is time for recess! Cookie Monster from Sesame Street struggles in a different way. He hyper focuses and thinks only about cookies. He can't shift his attention away from cookies.

Challenges with Hyperactivity

Calvin from Calvin and Hobbes has an overactive body and imagination. Take him to the doctor, he slides off the table, turns upside down, with his head on the floor and feet in the air. Ask him a question and he starts chattering away. He is eager to share. When the adults start talking again, he slides along the floor like a lizard pursuing a mosquito on the windowsill.

Difficulty with impulsivity

Hammie from Baby Blues creates friction at home, especially his older sister. He interrupts conversations, messes up his sister's games, drops dishes, breaks toys, says hurtful things and gets himself into trouble for climbing on the roof. He doesn't learn from his mistakes (yet) and his mother doesn't feel she could leave him alone for an instant, much less with the babysitter. Charming and adorable, but he exhausts those around him.

Challenges with organization

Consider Jeremy's room in Zits. Clothes and papers are scattered everywhere, he loses things, his tests don't make it home for his parents to sign, he didn't start brushing his teeth regularly until he met Sara. His parents were not sure that he would make it out of eight grade.

Regulating emotions

Daffy Duck in Looney Tunes isn't a good sport. When things don't go his way, then he throws tantrums. He is disappointed a lot. Besides, it's hard to be constantly bested by a smooth talking bunny. His emotional intensity leads to overreactions. Sometimes it is hard to feel sorry for him when you are constantly being embarrassed by him.

What to do?

- Attention - use her name, tap him on the shoulder or ask them to look you in the eye before giving instructions.
- Hyperactivity - save "sitting still" for essential times i.e. school or important events. Let your energizer bunny move!
- Impulsivity - allow occasional daydreaming to give their creative brains a chance to re-charge.
- Organization - before you jump into "important" discussions, introduce an idea so kids can 'noodle' on it for a while and pull their thoughts together.
- Emotionality - let children know that everybody makes mistakes, including you. Show them how you learn from them.

Sources: Quinn, P. (Ed.) ADDitude: The Five Faces of ADHD. Monthly subscription magazine.

Roché Herbst, M. A. R. Psych.

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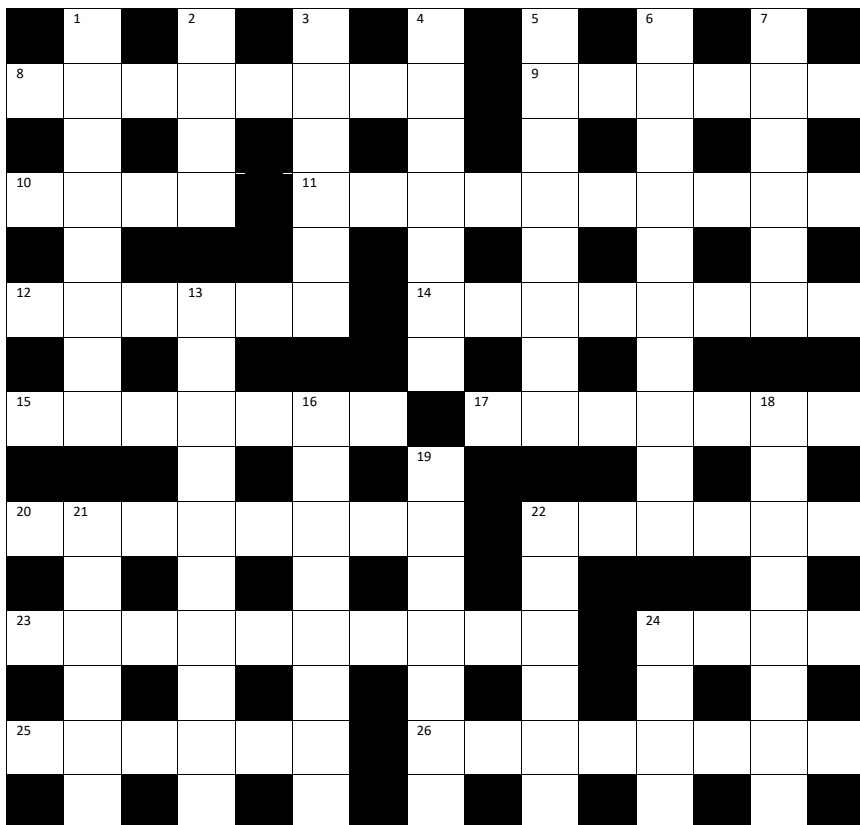
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Cryptic Crossword
#4 By Jan Burney

Answers:
Across:
8. Envelope 9. Enigma 10. Hoop 11. By and Large 12. Method 14. Asterisk 15. Shashed 17. Babylon 20. Delights 22. Modify 23. Andalusian 24. Fire 25. Anklet 26. Retiring
Down:
1. Innocent 2. Weep 3. Not Bad 4. Get Away 5. Vendetta 6. Disarrayed 7. Images 13. Hospitable 16. Exhausts 18. Offering 19. Ostary 21. El Nino 22. Minute 24. Form

Across:

8. Wrap up demented lone Veep. (8)
9. Confused wise men come from the east and the north? It's a mystery. (6)
10. Do the hula with this brown sauce that gets double love. (4)
11. Everything considered, lie and barge in according to Spooner
12. How to overdose on smaller amount of methamphetamine. (6)
14. These teas are drunk at your own peril, little star. (8)
15. Good man brings remains of fire to editor to be hidden away. (7)
17. Confused baby lion is missing one ancient empire. (7)
20. Pleases greatly to think of French illuminations. (8)
22. Make changes to half modern and mostly iffy design. (6)
23. Disoriented annual aids try to find this region of southern Spain.
24. Burning sack? (4)
25. Hidden in the bank, letters refer to a piece of jewellery. (6)
26. Broken tire sits next to its shape for those who are ceasing work. (8)

Down:

1. Hotel has a ring and a penny for the not guilty. (8)
2. Cry over tiny parking space? (4)
3. Incomplete note on second rate flyer is OK. (3,3)
4. To escape, target a wayward insider. (3,4)
5. French and English thanks follow five romans to conclude bitter quarrel. (8)
6. In a mess, Sid returns to give a right beam to Edward. (10)
7. 9 across switches poles for these depictions. (9)
13. Host is constant within and can be welcoming. (10)
16. Wearies former spouse who has German house with extreme trims. (8)
18. Not on, electronic band paying a tribute. (8)
19. Topless host with coverless diary may get past doorkeeper. (7)
21. Does the Spanish boy cause this weather pattern? (2,4)
22. Very small segment of time. (6)
24. Fill this out to make a shape. (4)

KIDS!

Have a great idea for a puzzle, brain teaser, colouring page or word search?

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