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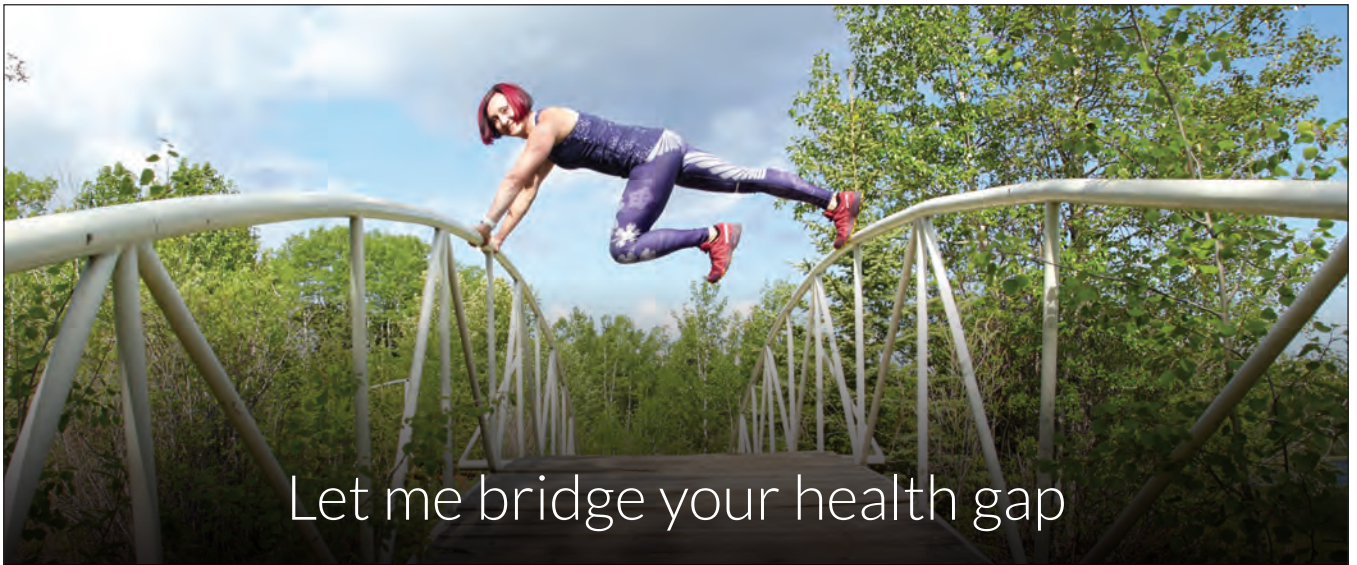


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HIGH COUNTRY NEWS is published monthly by:
High Country Business Services Ltd.
 Box 476, Bragg Creek, AB, T0L 0K0
 Editor: **Lowell Harder**
 Layout & Design: **Sam Richey**

ADVERTISING RATES:

Circulation: 12,500
 Front Page Banner: Colour Only \$227.50 Min 3 mo booking
 Inside Cover Full Pg: Colour \$773.50/ B&W \$624.75
 Index 1/4 Pg: \$227.50 Min 3 mo booking
 Full Page: Colour \$702.50/ B&W \$567.00
 2/3 Page: Colour \$494.00/ B&W \$399.00
 1/2 Page: Colour \$377.00/ B&W \$304.50
 1/3 Page: Colour \$260.00/ B&W \$210.00
 1/4 Page: Colour \$201.50/ B&W \$162.50
 1/6 Page: Colour \$149.50/ B&W \$120.75
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LETTER FROM THE EDITOR

It has been fun to participate in several community events this past month. These events help take our minds off the serious and significant issues we face and remind us of the wonderful people we share life with.

You will see some great pictures of Bragg Creek Days taken by local photographer, Bob Cook of Branded Visuals. I must apologize that during the parade, my son, who was endeavouring to keep the sod on his float from drying out, may have “accidentally” sprayed the crowd with water. If you were negatively impacted, I am truly sorry!

After a couple of years where the Sheep River Library has had to wrestle with just keeping its doors open, you will be happy that we have been able to publish their fall program guide again. Please reference the middle of the paper for this.

There is also an article that truly tests my “freedom of speech” philosophy where Laura speaks positively about an insect that I’m sure has its origins in some extremist

sect. You may even have a change of heart for these little insects!

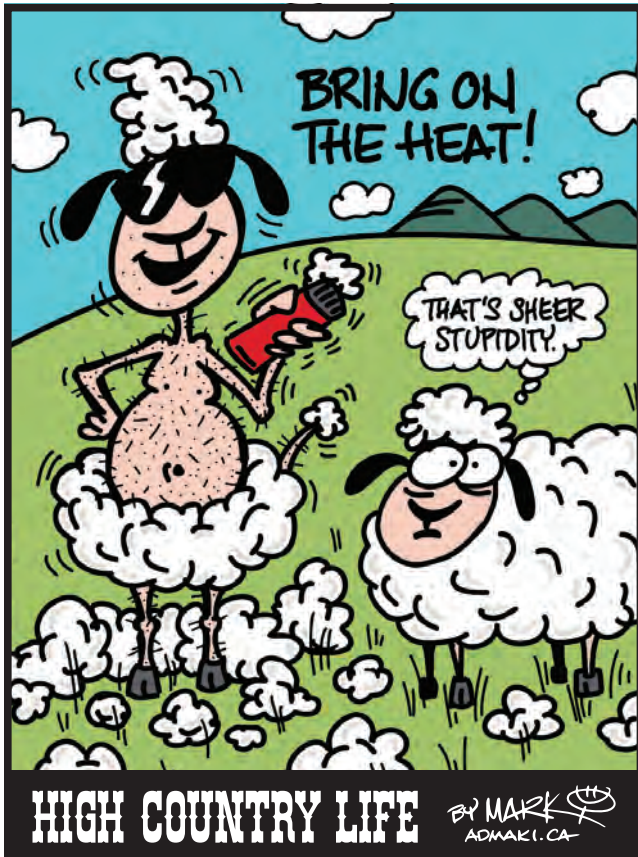
The Bragg Creek Tennis Club, which has been serving and facilitating community recreation in the Bragg Creek area has an article celebrating its 30th year.

Although not a fully local event, I participated in the Sinister 7 Ultra Marathon Relay in the Crowsnest Pass. I was invited to join a team (not because of my speed and athleticism, but naivety) to fill a spot due to an injured runner. I discovered two things: First, that I really need to get some form of sport glasses as running at night with a head lamp without them wasn’t a good idea. Secondly, being on the trail during a sunrise in the mountains is truly a spectacular experience.

To the east was a vivid red sky, as the birds sang the sun’s rising. An unforgettable experience.

As you enjoy your summer travels or your local community, I trust that you will be able to allow yourself to be re-charged this summer. I am reminded of the words of a good friend, and community founder, Marshall Copithorne, “We are truly blessed to live and work in one of the most beautiful places in the world”. I trust this positive attitude will enable us to build our communities as thriving places of social and economic health. When our perspective begins with gratefulness, it truly changes everything.

*From my family to yours,
Lowell Harder*



Bragg Creek Days. Photo credit to Branded Visuals Inc. ©2022



ARTIST PROFILE

Rob Bartlett Bio ("Into Thin Air")

Originally from Winnipeg, Rob Bartlett is a long time Bragg Creek resident, musician, painter, sound engineer and music producer.

Although primarily working in the music industry, Rob studied art at the University of Manitoba Fine Arts department.

He has always maintained a love of painting, the outdoors, and recording music.

His paintings are rooted in landscape, where he paints outdoors and explores nature.

This piece is entitled "Into Thin Air" and is mixed media on canvas board.

www.robartlett.ca

We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to info@highcountrynews.ca. We are looking forward to seeing what you create.



BRAGG CREEK TRAILS

Trail Talk!

West Bragg TCT Paving Expands Westward!!

We know how wildly popular the West Bragg Creek Trans Canada Trail paving project has been – in 2021 over 16,000 folks used the newly paved phase one section! It is frequented by locals and also attracts many tourists to the area, supporting local businesses.

Bragg Creek Trails (BCT) is excited to announce paving of the next 1.4 km of The Trail along Township Road 232 from Mountain Park to Meadow View Road in Rocky View County.

BCT would like to thank Rocky View County and the Western Economic Diversification Canada Community Revitalization Fund for funding this project. Economy Paving has been awarded the contract through a competitive bidding process. Visit our website to check out the video of their great work on phase one.

This project is expected to be complete by September 30, 2022.

Get Out And Meet New Friends!!

Volunteer opportunities abound at BCT. If you love these trails as much as we do, please think about giving back either through volunteering and/or donating. Contact us through Braggcreektrails.org. info@braggcreektrails.org braggcreektrails.org



LETTER TO THE EDITOR

Hi Kevin/Miranda. I am writing you both regarding my concern for the ever-creeping SBW infestation into our community. Just 2 days ago I was outside the Bragg Creek Shopping Center when a friend and I observed an infestation of SBW in the surrounding spruce trees. Needless to say, myself and many others in the greater Bragg Creek area are concerned by the devastation that will be caused by this infestation!

It goes without saying that, left unchecked, this infestation will potentially destroy the beauty of Bragg Creek and, in addition, increase the overall forest fire hazard to our community and surrounding areas (remember the Slave Lake fire a few years ago!). Needless to say, if this happens it will literally devastate the area both from a property value standpoint and also severely negatively impact tourism in the area; both of which are large contributors to Rocky View County's tax coffers!

In my opinion, the financial resources required to aggressively fight this blight should be provincially and/or municipally funded. This is as much as a wildfire fire-prevention issue as it is a community/property value preservation issue! As such, this issue needs to be given the highest level of urgency and priority by the County and the Province.

There are those that will say that they are opposed to spraying; however, we cannot let the actions of a few (vocal) science-deniers detract us from has been proven to be an effective and safe way of dealing with this most serious issue. As an aside, it is my understanding that Redwood Meadows has recently been spraying to stop the infestation of SBW in its community.

It is requested of you that you immediately apprise the citizens of Bragg Creek and surrounding areas of the Province/County's plans for aggressively dealing with this most urgent situation. Failure by the Provincial and Municipal governments to aggressively and decisively address this matter will most certainly be remembered and acted upon in the next upcoming provincial/municipal election cycles.

Michael Shea

Bragg Creek, Alberta



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Bragg Creek Wild goes to Council

For a year and a half now we've been getting our message out and bring supporters in via social media, zoom meetings, guest speakers etc. We're really grateful for all the local people and visitors who've been so supportive up to now. This spring we received an invitation to present our group and our work to Rocky View Council, and spread the message further.

On Wednesday 29th June, a group of Bragg Creek Wild members, volunteers and supporters went to Rocky View Town Hall to give a presentation to council about the group, the reasons it was founded, our work so far, our hopes for future work and our requests for help from RVC.

Renee Delorme made an impressive presentation to the council, with help from Lauren Harper, showcasing our work on traffic calming for fawning season and rutting season. There was also a focus on the various other projects we've worked on: harm reduction, collaboration with other

local and environmental groups, as well as the fantastic work done by Banded Peak students for the science and art projects focused on Wildlife and people living in community.

The outcome of the meeting was definitely positive. There was an overall feeling of goodwill towards BCW as well as openings for us pursue the following initiatives:

Traffic Calming and Mitigating wildlife-vehicle collisions.

- Investigating the possibility of changes to road markings on West Bragg Road with a view to improving both human and wildlife safety.
- Gathering information on flashing wildlife crossing warning signs for local provincial roads
- The possibility of installing an additional Wildlife Corridor sign on hwy 22.

Preserving wildlife connectivity in the Hamlet of Bragg Creek

- Pursuing the orchid area protection designation located next to the river, thus creating a wildlife corridor between Bragg Creek Provincial Park and Two Pine.
- Berm: Advocating for the addition of wildlife access to the river.

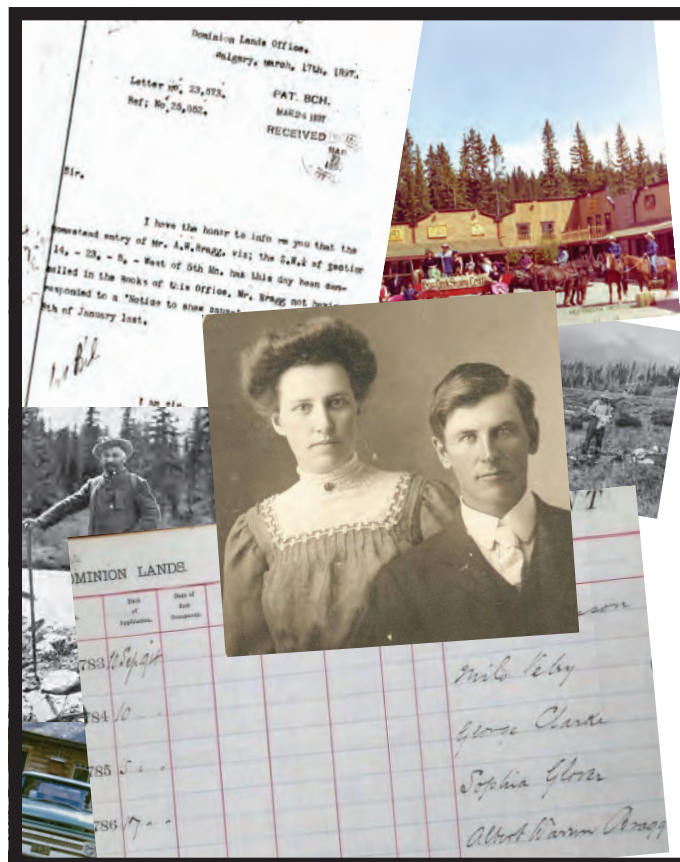
Land use planning

- Continuing to expand our knowledge and understanding of how wildlife moves and what we can do to promote safe wildlife corridors.
- Hamlet expansion/ASP amendment (currently on pause): Recommend building on the existing Greater Bragg Creek Area Structure Plan by including ecosystem based understanding of land and knowledge of the cumulative impact of human activities.

This was a lot to cover in the short time allotted, and Council members asked a number of questions about the different initiatives already begun, about our involvement with other organisations e.g. the Bow Valley Biosphere, and were impressed that one of our members is undertaking Wildlife Ambassador training with AEP.

It was certainly encouraging to be received well, and to see that council members are generally interested in what we're doing and in helping us to find ways to move forward.

To find out more about Bragg Creek Wild's work or to join in the initiatives, visit www.braggcreekwild.ca or email braggcreekwild@gmail.com



A homecoming to Bragg about

Join us on August 20 for a commemoration ceremony honouring the family that Bragg Creek is named after. Hear the Bragg family tell their story and history, participate in the ceremony and enjoy refreshments. If Bragg is in your business name consider coming out to meet the Bragg family!

Saturday August 20, 2022

2:00 pm - 4:00 pm

White Avenue + Park Place Greenspace

2:00 - Welcome and Introductions

2:30 - Bragg family reads their story

2:45 - Dedication + ceremony

3:15 - Closing remarks + refreshments





How You Landscape Can Prevent Crime

Your landscape can do a lot more than just improve the looks of your home. If you are updating your yard, consider integrating CPTED into the design. CPTED stands for Crime Prevention Through Environmental Design. Essentially, you are creating an environment around your home that would deter criminals and where you can feel safer. Here are some landscaping suggestions from the Alberta Provincial Rural Crime Watch website that you might consider for your yard to help prevent crime.

Keep bushes and hedges under three feet:

By trimming your bushes and hedges, you can increase the visibility of your property. Lower shrubbery can improve the chances of spotting something out of the ordinary in your yard. It also allows neighbours and pedestrians to take note of any suspicious activity for you. As well, if your plants are shorter, it reduces the places for criminals to hide.

Plant thorny greenery:

Trekking through a bush full of thorns isn't pleasant, and criminals know that too. So, consider planting thorny greenery

underneath your windows when updating your yard. Include plants like:

Cherry Prinsepias, Barberries, Roses, Succulents, Mugo Pine. These prickly plants will help deter criminals from breaking into your home through your windows.

When I lived in Calgary many moons ago, I had a neighbour who had planted Prickly Pear Cactus in the window wells of his basement windows. This not only deterred trying to enter the house through that avenue, but the areas under the eaves are often dry as the rain doesn't fall there so it's a perfect plant for the job and almost maintenance free.

Add lighting:

It is easier for criminals to remain unseen when there is little to no light in a yard. You can light up dark corners with motion-activated lights.

My personal thoughts on lighting have changed over the years. When we first moved here, we had a yard light which I rarely turned on and certainly didn't keep on all night. My thinking was that if I had the light on then criminals would be able to see their way around. I didn't need the light because I knew where everything was.

Constable Scharff told me on the ride-along I took a few years ago, "criminals are like rats, they don't like the light". He also said, "the majority of Break and Enters occur at night and/or when owners are away for an extended period of time."

I've landed on the present approach with which I'm quite happy. I bought some motion sensor lights that, in my particular case, run on D batteries. I've found they

last about a year so not a bad trade-off for those areas where I don't have power. It also means I have no restrictions on where to put them and they do their job whether I'm home or not.

A couple of them are at the entrance to my gate. They can be synchronized with each other so that when one of them detects movement, they both come on. If someone drives up to my secluded gate at night, they are flooded with light hopefully throwing any intentions of a stealthy approach out the window. It's also handy for our family if we come home when it's dark, as the gate is lit up making it easier to find the lock and open it.

I have another couple motion lights near the chicken coup/run which are also synchronized so that when I go out to close up the run, I can see what I'm doing. As an added bonus, when the lights get activated, it lets me know something is interested in my chickens. Thieves are not limited to two legs.

Keep in mind that if at all possible, any lighting should conform to the Foothills County Dark Sky Initiative outlined on the county website.

Keep up your yard's appearance:

Keeping your yard maintained and making repairs helps create the impression that your residence is frequently occupied; this makes your property a poor choice for someone looking to break in. Remember half the battle of residential security is to make your place look less easy to break into than your neighbours'. Thieves gravitate to the easier targets. As I've said before, this may not reduce crime overall, but it will reduce your crime.

Use signage as a deterrent.

Signage, such as those from HCRCWA, can help deter criminals from entering your rural property. Signage indicates that your property either has some form of surveillance or security in place. If your home or property is being monitored, it will be easier for a criminal to be caught.

Dave Schroeder
HCRCWA Board Member

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13TH ANNUAL KIDNEY MARCH

Show your support for walkers
in the 13th annual Kidney March
from September 9th to 10th

Kidney March, the 3-day, 100KM walk from Kananaskis to Calgary will begin in Millarville on Friday, September 9. Marchers will walk through various communities on their epic journey, and end at Canada Olympic Park on Sunday, September 11. In support of The Kidney Foundation of Canada, this is the 13th year for Kidney March, the only event of its kind to make the boldest statement possible

in the fight against kidney disease and for organ donation.

This year, Kidney March will return to an in-person event after two years of being virtual. Marchers will reunite in the foothills of the Rocky Mountains and make their way to Calgary, walking an average of 33KM a day to make the biggest difference they can in the lives of all those affected by kidney disease. Kidney March is made up of everyday individuals doing the extraordinary. Family, friends, patients, doctors, and nurses walk side-by-side supporting the kidney cause and one another.

This transformational weekend raises needed awareness and vital funds for kidney disease prevention, life-saving research, patient programs and organ donation initiatives. 1 in 10 Canadians

has kidney disease. There is no cure for kidney disease, and 46% of new patients are under 65. Thanks to the determination of dedicated Kidney Marchers and Crew, Kidney March has raised over \$11.5 million to reduce these numbers.

Kidney Marchers will be walking through the communities of Millarville, Turner Valley and near Black Diamond on Friday, September 9, and Bragg Creek and Redwood Meadows on Saturday, September 10. Please be cautious of Marchers on the roads, look out for the Kidney March signs, and cheer them on!

Thank you for helping to keep the Kidney March community safe. For more information, to donate or become involved, please visit KidneyMarch.ca or call 403.255.6139.

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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

News Update

Greetings All!

It has been a busy few months for our small but mighty Chamber team. We have been hard at work planning an event for all Bragg Creek and Area businesses this September and are excited to announce it here first! Our first annual Art, Eats, & Beats will be taking place on the evening of Friday September 16th through Saturday September 17th, 2022. This festival will celebrate all the amazing artists, restaurants, and musicians that call this area home. Stay tuned for more details but make sure to mark your calendars. We would like to invite any musicians, artists, and vendors who are interested in attending to get in contact with us to learn more about this FREE event. If you would like to get involved in organizing and planning this event, we are also looking for committee members. Please contact office@braggcreekchamber.com to learn more.

We are also thrilled to announce that our new FREE community job board is ready for your listings. We understand that it is hard to find and retain staff in Bragg Creek and want to support our businesses in every capacity we can. Our FREE job listing page has launched and a few businesses have already utilized it. Head on over to our website www.visitbraggcreek.com to see how it all works or connect with us at media@braggcreekchamber.com for listing requirements. We have a community events calendar launching this month as well where you can view what's going on around town and submit any events you may have. This is also FREE for all community members to utilize.

A final note for Chamber members, in today's age of digital marketing and social media we understand that it is easy to become overwhelmed and fall behind

on the latest strategies and platforms. To help you out our Chamber would like to offer a FREE one-on-one hour-long session with our in-house marketing professional, Lauren Shea.

Lauren is happy to meet in person or online to help you update and build out your business listing for maximum impact, consult on social media strategy

and content suggestions, and provide any support needed to get you started with digital marketing campaigns/analytics/content writing/etc. to set up a time contact media@braggcreekchamber.com.

That's all for now. Have a great summer and hope to see everyone at our September meeting. Stay tuned for date and location.

Your Chamber Team



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The Shifting Economic Winds

In June 2022 investment markets officially hit “bear market” territory, with a stock market drop of 20% year-to-date.

Central Banks in North America, Europe and elsewhere were continuing to raise interest rates. Questions are beginning to swirl about whether the US Federal Reserve (The Fed) would once again rescue the markets by exercising the famous Greenspan “put”!

This is the move where the U.S. Fed (as leader of the global Central Bank pack) rescues the US economy by quickly cutting interest rates and printing more stimulus by way of Quantitative Easing. The Fed has taken this action several times during the past 30 years or so when a major economic crisis was triggered by an unanticipated national and/or global event. The Fed acted most recently in March 2020 when global economies were hit with major disruptions because of COVID 19.

Unfortunately, printing money, in ever increasing amounts, is a very short-sighted & economically unwise government policy for the long-term health of the economy.

Some have referred to this Fed “put” in technical terms such as “kicking the can down the road”. Nonetheless, the strategy remains the same: avoid a deep cleansing of the economic system (through a full recession and the death of weak companies) by implementing vigorous stimulus in step with interest rate cuts.

In today’s world, with inflation running well ahead of official Central Bank policies there is repeated talk among central bankers for a need to cool the economy. The last time a similar situation arose (early 1980’s) it took interest rates over 20% and two back-to-back US recessions to put the inflation genie back into the bottle. While some comparisons can certainly be made between the early 1980s and 2022, the World economy today is dramatically different compared to 40 years ago.

Looking to the immediate future, it seems likely that the U.S. Government (the Fed and the Treasury) will have little choice but to continue printing more and more “dollars” in ever-increasing amounts - until this strategy no longer works. It is also expected that the Fed will continue to raise

interest rates but keep things at moderate levels. The Fed will attempt to walk a tight rope between allowing inflation to get too high or causing a major recession. The evidence for this theory is shown by the fact that despite record revenues in September 2021, the U.S. Federal Government still needed to borrow money to cover their operating budget.

As recently as May of this year, U.S. Government tax receipts began to soften as corporate profits slowed. Given that there are no announced plans to cut spending or raise tax rates ahead of the U.S. mid-term elections this fall, even higher US government deficits are expected in the future.

These government actions will have implications for investments, savings, spending plans, retirement plans, and debt management. Many Canadians are already feeling the bite of rising mortgage rates in once-hot real estate markets in Toronto, Vancouver etc. These real estate markets have started to see drops in property values.

The current economic picture looks mixed as global governments continue to steer

through different risks in today’s world. Your financial strategy in this economic environment may be the most important factor in your personal success for the next decade.

Call us today to review your situation and see how to best position your investment and portfolio assets for the economic changes expected to unfold over the next few years. Together, we can begin the process of helping you to get comfortable with and in control of your financial situation, now that we are likely in a “New Normal,” where many of the old approaches, to investing, may have changed.

The World that we live in today is not the same World that your parents grew up in. Drastic changes have occurred in just a few short decades.

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

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MAKE YOUR MARK By Mark Kamachi

Advertising & graphic design

Welcome to August. Summer is coming to an end and soon we'll be slapping on those winter tires. Yikes! It's also that time when businesses start looking to review their marketing plans. Dare I say, shopping season?

Hopefully, the marketing and advertising you've done for spring/summer has been paying off? But will it carry forward? Whether you created a print/digital campaign, produced brochures/flyers, or simply spent time on social media, you want to make sure your brand stays top of mind with your customers. What type of creative shop did you use to make it this far with your brand message? You did use qualified professionals, didn't you?

That brings me to a question I ask potential clients when they knock on our door asking for creative help. The question is, "Did you use an advertising

or graphic design firm to establish your brand?" Contrary to what people think, there are distinct differences between the two when it comes to brand building.

Advertising agencies employ advertising designers or art directors as they're more aptly called. They are big picture, concept developers who focus on brand development campaigns that lead to awareness (aka sales for their clients). Art directors hone their skills working in advertising agencies led by creative directors, marketing/brand managers, media directors and are teamed up with copywriters, illustrators, photographers, production artists and graphic designers. Their role is to study the market, understand target audience habits, and to create visually compelling campaigns which are implemented in a variety of mediums simultaneously: print, digital, radio, social media, television, etc.

Graphic designers are versatile creatives that can be found working in ad agencies, design studios, in-house company art departments, or on their own. They are trained to focus on the aesthetics of a concept be it advertising, packaging, logos, or brochures to name a few. Font selection, colour palettes, layout, and

photo selection are just some of the design requirements of effective visual communication. Graphic designers follow brand guidelines developed by clients or their advertising agencies.

To say there are no similarities between advertising and graphic designers would be a misgiving on my part. I, as well as many who go on to a post-secondary education, was trained first and formally as a graphic designer. Graphic design is my foundation. However, I focused my education on advertising where I worked more conceptually which often required radio and television/video, not normally part of a graphic designer's skillset.

Graphic design comes with its creative challenges to solve and can be tedious work that requires attention to detail. I've worked with many graphic designers in my career whose talents turned concepts into award-winning campaigns. Do your homework when it comes to selecting who you will hire to help grow your brand. If it's well established, go with a graphic design studio. If you need to reposition your brand, go with an advertising agency. Or find a shop or freelancer that does both.

Until then, keep it raw. *Cheers, mark.*



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ACHILLES TENDINOPATHY

By Jennifer Gordon

Achilles tendinopathy is one of the most frequent ankle and foot overuse injuries that presents itself as a swollen, tight and painful swelling at the back of the ankle. It is often a chronic, frustrating injury with no real gold standard of treatment due to the controversial clinical results between various studies. The onset of this issue is multifactorial and includes both intrinsic and extrinsic factors. Intrinsic factors include biomechanical abnormalities of the lower leg such as leg length discrepancy, hyper-pronation of the foot, forefoot dysfunctions and systemic conditions such as diabetes, hypertension, gout, and obesity. Extrinsic factors include mechanical overload and training errors such as increased interval training, excessive hill training, hard/sloping surfaces, increased mileage and poor shock absorption (Kirschgesner et al. 2014, Joint Bone Spine).

Studies show that healthy tendons are relatively avascular. This means they don't naturally have a great blood supply. The area of the tendon 2-6cm about the heel insertion is the least vascularized zone at all ages (McShane et al. 2007). This results in limited reparative ability at times of stress and injury. Neovascularization is a term used to describe the appearance of abnormal vessels and has been shown to be a feature of achilles tendonopathy. This neovascularization and accompanying neovessels (abnormal nerve development) have been shown to be a source of pain in the chronicity of achilles issues. A failed healing response in the tendon has been linked with degenerative changes,

disorganized collagen formation and neovascularization (Vora et al. 2005, Foot and Ankle Clinics).

In the acute phase of management, initial rest is key. Having a thorough assessment of activity history, gait patterns and biomechanics can help identify some of the intrinsic and extrinsic factors.

The use of braces or immobilization may be combined with modified activity. Acute immobilization may be used to help control exacerbating factors, but prolonged immobilization should be avoided. Modified training regimes and specific exercises will help to prevent muscle imbalances and compensatory movement patterns. Orthotics may be helpful alongside other modalities (such as manual therapy, ultrasound, laser and shockwave therapy). If there is an identifiable malalignment in the lower extremity a custom orthotic, graduated heel lift or insole can alleviate pressure on the tendon insertion site.

Therapeutic ultrasound has been shown to reduce the swelling in the acute inflammatory phase of soft tissue disorders, relieve pain and increase function in chronic tendon injuries. Ultrasound can stimulate collagen synthesis and cell division which can stimulate the healing process (Best et al. 2015 The Physician and Sportsmedicine). The use of NSAIDS (anti-inflammatory meds such as Ibuprofen, Advil, Naproxen) are typically used in the acute phase to relieve pain and reduce swelling and stiffness. However, there are studies that indicate that the use of NSAIDS may "inhibit tendon cell migration and proliferation and impair tendon healing" (Tsai et al. 2007 Connective Tissue Research). Corticosteroid injections are also used to reduce pain and swelling. Corticosteroid use may have some benefit in the short term but adverse effects were reported in up to 82% of trials, showing tendon atrophy, tendon rupture and

decreased tendon strength (Haraldsson et al. 2006). Any possible benefit of corticosteroid injections appears to be outweighed by the potential risks. Other treatments such as platelet-rich plasma (PRP) are thought to facilitate healing as it contains different growth factors and other cytokines that stimulate healing in soft tissues.

Many studies show that eccentric exercises are beneficial in the early treatment of achilles tendinopathy. Eccentric exercises have been shown to reduce pain and improve the healing process by rapidly strengthening the calf muscle, stiffening and lengthening the myotendinous unit, and decreasing the neovascularization in the tendon (Magnussen et al. 2009 Clinical Journal of Sports Medicine). Eccentric strengthening may include delayed onset muscle soreness and a temporary exacerbation of symptoms. Under the guidance of a health professional, an adequate strengthening program can provide beneficial tendon loading. (Hong-Yun Li et al. 2016 Pubmed Central).

Overall, the clinical syndrome of achilles tendonopathy is multifactorial and the sources of pain are complicated. There are variable conservative and surgical options for treatment – all coming with mixed reviews in the literature. The professionals at Bragg Creek Physiotherapy are available to assess, treat and create an individual treatment program for you. This team includes physiotherapists, athletic therapy, massage therapy and a certified Pedorthist (Orthotics in Motion).

Happy Summer to our local community! We'd love to help you get back out on those trails, in the garden, or out enjoying what you love to do.

Jennifer Gordon (BScPT, GunnIMS, AFCI)
Physiotherapist
Bragg Creek Physiotherapy
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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

I reported earlier this year of a successful Local Improvement effort by Residents of Range Road 34 South of the Elbow River. One of the residents changed their mind, I agreed with Admin, and argued we no longer had a clear majority in favour. My colleagues agreed and Council decided not to proceed.

Administration did a great job working with residents of Range Road 35 area south of Highway 8 to ensure a special event planned for Stampede week was properly permitted. It could not be done in time, so the event was cancelled this year. Special Event Permits cover everything from large family gatherings that could impact neighbours, to community festivals, to major events like the Springbank Airshow. When in doubt, please contact Admin to review our policies with them.

Citizen Satisfaction Survey

The Citizen Satisfaction Survey results are in and have been presented, both In Camera in June, and then Publicly during our July 12th Council Meeting. The survey was conducted via 3rd-party supplier "Leger". Division 1 residents offered a strong voice, leading the County in response rates. Full results (good and bad) are available on the County's website, just search for "Citizen Satisfaction Report". We are making changes based on this guidance, so it made a difference. Thank You!

Election Administration Report

An analysis of RVC's experience from last election highlighted it was more complex and challenging due mainly to COVID and Provincial referendums. Lessons were learned to apply to the next election. I brought up the subject of a voters list, good debate ensued, and Clr. Wright made a motion arising directing administration to determine feasibility. This report is due by January 2023, in time to go ahead if warranted for the next election.

Council's Procedure Bylaw Updated

Although not as engaging as public hearings for community planning and development, this important work does

keep the County operating smoothly and efficiently. Council approved a new Procedure Bylaw - search for "C-8277-2022" if you need some late night reading. We are always looking to improve transparency in the business we conduct. A motion arising from Deputy Mayor Kissel related to the "First Reading" topic directed administration to suggest improvements for the flow of information from applicants to stakeholders throughout the approval process.

Bragg Creek Days Kick-Off

Wow, what a success from the get-go. My wife Judy and I attended the breakfast (uhhm participated in a line wait that is) followed by a ride in the parade and visiting the market and beer gardens. We missed the evening festivities unfortunately.

According to Redwoods EMS, the breakfast was at least 50% oversold, way beyond organizers' projections - and local business donations. A bit of "Emergency Management of Supplies" requisitioning was needed part way through. It was a great turnout for a fundraiser.

Rocky View was invited to bring out their green and gold Parade Truck which is a 1956 Chevy pickup. 1956 is significant as that was the year that Rocky View was incorporated. I learned that the truck was lovingly created through volunteerism, and required two donor trucks, a ½ ton from northern Alberta was married to a 1 ton from northern Saskatchewan. Our official driver Glen Neilson (RVC-retiree) took home a 3rd place ribbon for Show Vehicle - a nice souvenir of the day.

I also had a quick chat with our Enhanced Policing Officer from the Cochrane RCMP detachment. It was good to see him on the Community Centre grounds where and when needed.

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

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



BRAGG CREEK COMMUNITY CHURCH

What an incredible day for The Ultimate Neighbourhood Kids Camp!

Redwood House was transformed into a mini village - with music blasting throughout while children sang and danced up a storm. They also played water games galore, and made many crafts including beaded heart crafts, paper flowers and pompom buddies. The snacks were awesome too, who doesn't love a hot dog and potato chip lunch? The theme was "Loving God and loving our Neighbours". You may notice some random acts of kindness happening in the community as kids learned about the importance of helping our neighbours. The 40 kids and 27 volunteers all had a sensational time at this 1 Day Camp and the beautiful weather made it all the more spectacular!

Everything was complimentary, and offered families 5 hours of free childcare - all provided by Bragg Creek Community Church volunteers. We can't wait until Kids Camp next year - hope you can plan to come!

*Bragg Creek Community Church
Kids Camp Team*

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THE BRAGG CREEK TENNIS CLUB

The Bragg Creek & District Tennis Club is Celebrating 30 Years!

The Bragg Creek Tennis Club (BCTC) is a non-profit organization whose mission is to promote active living and enhance the social and physical well-being of our community by maintaining an excellent tennis facility; and providing tennis playing opportunities to all ages and play levels in a safe, friendly and sporting environment.

The Bragg Creek Tennis Club has meticulously maintained the Bragg Creek courts since 1992. The existence of the tennis courts and hut is due to the efforts of the founding club members, most specifically tennis' biggest & best advocate, Charles (Chuck) McLellan who sadly passed away in December 2019. In 1992, the Bragg Creek & District Tennis Club obtained funding for the building of the courts. There were several fundraisers that also helped make this possible. A total of \$9,000 was raised for the construction of the courts through raffles.

The BCTC also applied and received a grant from the Province of Alberta. Club members selected the court location and undertook the design of the courts. The club sourced contractors and assisted with construction.

The BCTC has invested thousands of dollars in care and upkeep over the last 30 years. Most recently in the fall 2021, the tennis club again resurfaced both courts & the kids court.

The club is the envy of many small towns and its tournaments rival anything organized within the City of Calgary. In the past, visitors to Bragg Creek have commented on the exceptional condition of these courts and what a gorgeous setting it is to be playing within a forest. Many players from Calgary, Priddis, Millarville, and High River "day trip" out to Bragg for a game of tennis followed by lunch & shopping - we truly have something very special here.

The BCTC provides an opportunity for everyone in the community to learn and play the game of tennis. We are passionate about keeping the sport alive and well in our community.

*Candace Perko, President
Bragg Creek & District Tennis Club*



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Bragg Creek Centre

It was a hot, sunny day for our first full Bragg Creek Days since the COVID restrictions were lifted! A great day was had by 2,073 visitors! We are extremely thankful for our Board, staff, volunteers, sponsors, local business and most importantly the community of Bragg Creek for being a major part of this day! Special thanks to Bragg Creek Days Chair, Dave Rupert for his assistance and past knowledge of the many working parts of the event.

We are appreciative of the event's outstanding line up of sponsors: The Powderhorn Saloon, Dick Koetsier, Bragg Creek Chamber of Commerce, AdMaki, ATB Financial, Rockies Tavern and Grill,

The Little School House, Bragg Creek Trading Post, Branded Visuals, High Country News, Mable and Marie's Bakery, Sandstone Pharmacy - Bragg Creek, The Handle-Bar, Sherri Olsen Bragg Creek Area Realtor, Tipi Therapy and Bragg Creek Foods.

We were pleased to welcome Redwood Meadows Emergency Services to serve 400 pancake breakfasts to help support their all-volunteer department. Thank you to all who purchased a breakfast to support RMES.

Lastly, we would like to congratulate Carol Roett for holding the 50/50 winning ticket #0859020. Carol was onsite to claim her \$683 share of the \$1,366 collected. Thank you everyone for participating in the draw. Raffle tickets for the beautiful Napoleon BBQ, valued at \$2,700 are still available through the BCCA office. Tickets are \$5/each or 10 for \$40. There is a 1 in 650 chance to win. Rocky Mountain Bison

Company has included a \$150 voucher to be used in store! The raffle will end July 30th.

Summer Camps

Registration is ongoing for the Rediscover Play Summer Camps at BCCA. These weekly camps offer outdoor adventures, bushcraft lessons and nature crafts and will run until August 26. Please contact Lily at 403-949-4277 for availability and registration.

Farmers Market

We have had amazing weather for all the markets so far this year! Join us every Sunday from 9 am - 3 pm to shop from our hand selected vendors. Each week we ensure to offer a variety of products and food trucks! Interested in being a vendor? Send an email to info@braggcreekca.com.

Kim Perraton
BCCA General Manager



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MLA UPDATE - Banff/Kananaskis

Miranda Rosin

I am seeking nominations for individuals from our community who you believe to be recognized for their public service at the highest level – from the Crown.

If you know me, you will know that I admire Her Majesty Queen Elizabeth II. So much so, that my mother and I recently flew to London, England to participate in the Platinum Jubilee celebrations. At 96 years old, Her Majesty has served as a mechanic in the war, trained and raced her own fleet of horses, personally driven around the Saudi King at a time when it was still a punishable offence for women to drive in his home country, and participated in high level tactical and political conversations with some of the most iconic leaders of our lifetime. She has held over 50 ranks in the British military, given assent to over 4000 acts of parliament, and served as a beacon of stability on the world stage. In 2022, much of this may seem ordinary, but when put in the context being a woman

thrust into public service at just age 27 in the mid-1900s, it is all quite extraordinary.

That is why our government, and every other provincial government across the country, will be honouring Her Majesty's Jubilee through Platinum Jubilee Medals. These medals will be given to outstanding individuals who have, as she has done, dedicated their lives to family, community, and country. This is where I need your help: I am seeking nominations for the medals. If you know someone in our constituency who has led a life of service, please nominate them. We will need their:

- Full name
- Age, or your closest estimate
- Field of endeavour
- Home address
- Phone number and email
- 300 word maximum justification for nomination.

My office will then choose those most deserving candidates and submit them to the Jubilee Medal Office for validation. The medals will subsequently be awarded at a ceremony full of fanfare in true Crown style.

As Her Majesty is celebrating 70 years on the throne, making her the longest serving British Monarch in history, a total of 7,000 medals will be awarded to deserving Albertans.

To nominate someone, please email my office at Banff.Kananaskis@assembly.ab.ca. The deadline to submit nominations will be November 30, 2022.

Queen Elizabeth performed her first public engagement at age 16, and at age 21 recited her ever-famous quote that her whole life, whether it be long or short, shall be devoted to our service. In honour of her Platinum Jubilee, we are searching for other individuals in our community that have embodied that same mantra. I look forward to receiving your submissions, and eventually meeting the incredible individuals behind your nominations.



MLA MIRANDA ROSIN Banff-Kananaskis

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Monday-Wednesday, and by appointment

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A TASTE OF THE HIGH COUNTRY

Alberta Open Farm Days August 13th to 14th

The vast majority of us, older adults, are lucky. We either grew up on a farm or visited an uncle or an aunt, a neighbour or a friend of the family who owned and lived on the farm. We experienced open skies and fresh air, though sometimes with interesting wiffs of manure or other odours associated with animals, grain growing or farm activities.

If we worked on a farm we quickly learned about the long hours of seemingly mundane, uninspiring tasks such as cleaning barns or stooking (yup, did that and I'll let you look up that word in the dictionary). But, then again, at day's end and after a wholesome homemade meal, the evening was sweet and rewarding with the promises of a season's bounty. Promises that remain fragile since harvests can be destroyed in minutes by a hail storm or suffer a slow death by a drought nullifying a year's work.

Being a farmer is not for the faint of heart. It's hard work. It requires courage, perseverance and faith that all will be OK in the end. Nowadays, it also requires skills in engineering, finance and business acumen, unimaginable a few short decades ago. Sadly, the stress of world events and changing economies is such that many can not make ends meet and reluctantly leave the land.

According to Statistic Canada in 2021 there were 57,200 farmers in Alberta, 19,000 less than in 2001.

Meanwhile, we take for granted that the shelves of our grocery store are filled with food. Our urban way of life is separating us from farmers and the land. Many of us do not know where food comes from. In a 2020 study commissioned by Arla Food, 21% of UK children did not know where milk came from, and 10% believed it came from the supermarket. Meanwhile, in 2017, the Innovation Center for U.S. Dairy found out that 7% of the people surveyed believed chocolate milk comes from brown cows. Unsurprisingly, this lack of awareness is especially bad when it creeps into public policies. Currently, in many European countries, it is so bad that farmers are now reluctantly engaged in sustained protests against agricultural policies that are disassociated from the realities of the land, threatening food supplies in the process.

To counter these trends, the Alberta Association of Agricultural Societies organises an annual, province-wide initiative. Seemingly innocuous, Alberta Open Farm Days is an attempt at keeping people connected to the land while also being an homage to our farming heritage. This year marks the 10th anniversary of this event.

On August 13th and 14th farmers from across the province will open their farms to the public. Everyone is welcome to visit and meet farmers, observe or in some instances take part in farming activities. All kinds of farms participate

in the event - fruit and vegetable growers, honey producers, cattle, sheep, chicken producers, grain growers, beer hop growers, and many more. In addition to producing the raw material, many transform it into flours, cheeses, preserves, wools and meat. Some farms even go so far as partnering with culinary chefs to host special events such as long table dinners bringing in the ultimate meaning of the expression "farm to table". The goal of the Association is to be an incubator for agri-tourism and rural sustainability. It is also about bringing Albertans together to experience first hand where your food comes from.

So - wondering what farms are open in your area? Visit albertaopenfarmdays.ca click on "Plan", enter your location and a list will pop up. Here's what caught my eyes.

Permaculture farming - Farm Two53 - MD of Foothills
Family Agriculture Centre - Granary Road
Active Learning Park & Farmer's Market - MD of Foothills
Long Table Dinner - Hartell Homestead - Turner Valley area
Meatshop ranch - Your Local Ranch - Airdrie
Hops Farm - Water Valley Hops - Water Valley
Cattle - OH Ranch Calgary
Stampede - Long View area
Honey wines - Spirit Hills Flower Winery - Millarville area

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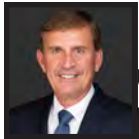
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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Mayor, Division 2

Hi everyone,

Following is an update on Council matters for your use:

Rocky View County Budget:

2023 – Administration is in the process of drafting the base budget for 2023. They are presently collecting information from the public and will start discussions on the budget with Council in September. Council will be considering the feedback received in the 2022 citizen satisfaction survey as they work through the different department budgets.

Customer Satisfaction Survey: the results are in on a customer satisfaction survey that was undertaken by an independent market research company – Leger. A key finding was that most residents feel they have a good/very good quality of life in Rocky View County and that they feel safe and it is a great place to raise a family. Preserving the feeling of country life and mitigating overpopulation will likely be important in the coming years to ensure residents' quality of life remains positive.

Residents are mixed on their level of overall satisfaction with the quality of services and programs suggesting an opportunity to improve various services and programs such as planning, road maintenance and municipal enforcement.

Another area for consideration is to review the level of communication provided and the method used. Providing more

transparency on how feedback is used and how it impacts decisions will make residents feel that their feedback is valued and heard.

There is much more information in the satisfaction survey report and it can be found on the county's website for your viewing.

Springbank Area Structure

Plan (ASP): The project team is finalizing the Engagement Summary Report. Then, once the revised draft ASP(s) are completed, the team will hold another public engagement event to present the revised draft ASP(s) together with explanations and information on the amendments made to seek public feedback and input prior to a public hearing; that engagement event will likely be in the fall, and will most likely occur through another open house and written feedback opportunities.

Administration is still awaiting a decision from the Minister of Municipal Affairs on the Calgary Metropolitan Region Board Regional Growth Plan, which will affect how we plan Springbank.

Springbank Off stream Reservoir (SR1):

A presentation was provided to Council by the Province on the SR1 project. The Province provided information on a Joint Land Use Committee that has been established regarding the land use planning of the area. Membership of the committee consists of the Springbank Planning Association (SPA), Springbank Community Association (SCA), local ranchers, Indigenous group representation, and Rocky View administration. Work of the committee is expected to continue over the summer.

Just as a reminder if anyone wishes to follow the construction progress you can

obtain information regarding upcoming construction activities and traffic impacts/detours when available via a project email provided by the province. You may register for the updates at springbank-project@gov.ab.ca.

The work is being completed by Graham Construction & Engineering Inc. and Vinci Infrastructure. Inquires may be directed to Hubert LeMiere of Vinci Construction at 1-306-209-2121 or Hubert.Lemiere@vinci-construction.com

Rocky View County Open House

July 20th: It has been two years since our last Open House, and we welcome back residents to this fun-filled annual event. There will be a free pancake breakfast, displays from County departments: fire, enforcement, transportation, waste and recycling, and agriculture - fire trucks, graders and equipment displays and there will also be live music and family-friendly activities, such as face painting, a clown, and a petting zoo.

This event is an excellent opportunity to mingle with other residents and learn more about County services and departments.

Rocky View Counties Agricultural

Tour July 21: This year's tour will feature Calgary Farmyard, Winter's Turkeys Farm, Alberta Carriage Supply, Decisive Farming by Telus Agriculture, and other exciting highlights important to Alberta's agricultural community. Featured events include a 4-H speaker and the 2022 Master Farm Family Award, with the day concluding at the Balzac Hall.

Enjoy your summer holidays!

Don Kochan

kochandiv2@gmail.com



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Sheep River Library Fall 2022 Programs

Mind and Body

Qi Gong

Qigong is a moving meditation where we move the body slowly and focus on our breath. Relaxing the body and mind allows any stagnant energy to be moved throughout the meridian channels and be released. This gives us more energy and feeling of happiness, joy, peace, contentment and gratitude. Cost is \$10.00 per class.

Tuesdays, starts 6

2:00 - 3:00

Library 101

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 other library activities.

Wednesday, Sept 21

7:00

Inductive Bible Study

We will be studying the topic of Spiritual Gifts. No previous experience necessary.

Instructor: Jan Burney \$10 for course materials

Wednesdays, starting Sept 7

10:00-12:00

Creating Your Family Tree

If you would like help starting your Family Tree(s), organizing and researching different websites or learning how to input your information into a Family Tree program, call the library to arrange a one-on-one session with genealogist Colleen Spence. Colleen has 30 years experience in the field. Daytimes preferred.

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 from the creator of the High Country News Cryptic Crossword.

Thursday, Sept 15

7:00



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 Sept 21

1:00-3:00

Knitting Circle

If you like to knit or crochet, come and hang out by the fireplace with like-minded individuals.

Day and time TBA



Career Development with MCG Careers

Conducting an Effective Job Search

This workshop covers best practices for developing job search strategies; tips on how to make it less stressful and more effective; the benefits of networking and how to get started and other resources that can support you in your job search.

Wednesday, Sept 28

1:00-3:30

Resume Building and Cover Letter Writing

This workshop will cover highlighting your skills and accomplishments to target the position you want; making a great first impression to help you get the interview; the basics of composing and customizing a solid cover letter and resume scanners.

Wednesday, Nov 16

1:00 – 3:30

To register please call MCG Careers: 403-995-4377

One on One Consultation

An MCG Careers consultant is at the library most Wednesdays to meet with you individually.

Call 403-601-2660 to make an appointment.



Sheep River Library Fall 2022 Programs

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 nine 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.



Children's Programs

Parent/Caregiver must accompany children.
Register for the following classes at the library from August 1, 2022.

Toddler Rhyme Time (12- 36 months)

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

Wednesdays, Sept 14 - Nov 2 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.

Wednesdays, Sept 14 - Nov 2 11:30 – 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!

Wednesdays, Sept 14 - Nov 2 12:45 – 1:45

Music Together

A program full of musical adventure, instrument play, dancing, singing and more. Fee: \$60 monthly
Tuesdays starts Sept 6

Ages 1-2 yrs 10:15-11:00

Ages 3-4 yrs 11:15-12:00

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 12 10:00 -11:30



Little Explorers



Sheep River Library Fall 2022 Programs

This Little Explorers Program will give children the opportunity to connect with the natural world through hands-on outdoor activities. Dress for the weather and outdoor nature play!

Thursdays, Sept 15, 22 & 29 10:00-11:00

Little Carpenters

Let your child explore the world of building and constructing. This exciting program helps develop problem solving skills and fine motor skills while getting to use tools to create their very own masterpiece!

Thursdays, Oct 6, 13, & 27 10:30-11:30

Music Makers

Does your child love to craft and enjoy music? During this program children will create their very own musical instruments.

Thursdays, Nov 3, 10, 17 & 24 10:30-11:30

Art & Story – Christmas

Join us for a Christmas themed Art & Story Time. Each week will feature a new story and craft.

Thursdays, Dec 1, 8 & 15 10:30-11:30

Family Links – Diamond Valley

Connect with one of the Greater Foothills Family Centre team to talk about all things parenting!! Feel free to make an appointment or just drop in during the designated timeslot. You can bring the kiddos too!

Wednesdays, Sept 21, Nov 16, Dec 14 1:30-3:30

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.



Techy Time

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.

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.

Computer Basics

Staff will set you up with a laptop in a private space and using the Linked-in Learning e-resource you can learn a variety of computer basics: how to use the internet, e-mail, Word and many more. Call the library to set up your individual session.

Clubs & Groups

The Diamond Valley Book Club

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

Second Tuesdays, starting Sept 7 1:15

The Austentatious Book Club

This group meets 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 to read the works of poets both dead and alive and to share their own work. Participation in a monthly writing project is voluntary.

Facilitator: Doris Daley

Last Thursdays 10:30

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 Oct 12 7:30





Sheep River Library Fall 2022 Programs

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, (except Sept), starts Sept 16 7:00

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
Third Wednesdays, starts Sept 21 7:00

REGISTER NOW

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

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

Our hours are:

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

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Out Loud 2022: Come on in!

• An Evening with Sheri-D Wilson

Sheri-D was the Poet Laureate of Calgary 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, October 14

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, October 15

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, October 22

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, October 29

7:00

For more information about performers and ticket availability, pick up an Out Loud brochure at the library.

Taleblazers

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



PRIDDIS NEWS

We hope everyone is having an incredible summer and finding some time to enjoy the sunshine. Here is what is going on in the Priddis community this August.

Stampede Breakfast

This year Stampede Breakfast broke attendance records! We had over 600 people join us for a morning of great food, music, petting zoo, horse and buggy rides and community fun! Congratulations to our 50/50 winner Rob McBride who took home \$404.00! Door prizes were also drawn from Co-op-Shawnessy, Safeway-Shawnessy, Norwex-Priddis and A&W-Shawnessy. The A&W Root Bear handed out suckers and coupons while dancing with the kids to the tunes of the live band.

Thank you to all our sponsors: EnviroShred, Waters Edge, Garden Food Service, Sysco, Azuridge Estate Hotel, Meota Gas, A&W, The Chaulk Team, Royal LePage, Unique Scaffold, Safeway, Co-op, Priddis General Store, Norwex, T's & Trees, Foothills Fire Department.

And a final thank you to all of the many volunteers for making this such a successful event!

Nature Nuggets Preschool

Rediscover Play Nature Programs is excited to be part of your child's early learning education. Offering nature-based learning classes with an outdoor focus from 9am to 12pm at the Priddis Community Hall for children ages 3 & 4. Staff are trained in emergent curriculum, following the children's lead in curiosity.

Fall 2022 registration is now open. Please head to www.rediscoverplay.com for more information.

Communal:

We are very excited to introduce Communal, an online booking platform, to the Priddis Community. Communal will manage our memberships, hall rental bookings, program registration, and event ticket sales. If you haven't had the chance to activate your 2022 membership, please visit: pca.getcommunal.com, and navigate to the memberships tab.

Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: priddisassociationpayments@gmail.com In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family, Business etc.

Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Own your own business? Purchase a membership and receive the added perk of free advertising on our social media pages twice a year. NOTE: Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities.

Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays 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. Your donations are 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. Thanks Ladies, for volunteering your time to keep the library operational for the community.

Booking the Hall:

We are taking bookings for the Hall for 2022/2023. 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 the Hall Rental Director at PCAhallrentals@gmail.com Check our 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 an Instagram account and 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:

- @Priddiscommunityassociation
- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms

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MILLARVILLE COMMUNITY LIBRARY

It's officially summer and the Millarville Library Kids' summer program is up and running. First activity, making beeswax candles, was met with enthusiastic responses. This is a free drop-in program on Wednesdays from 11 - 4 till the end of August. Last year we won an award from Marigold Library and a thumbs up from kids and parents. "Fun!" "Awesome!" "Great variety of activities for kids of all ages!"

As stated above, this Kids' Program is free but we gratefully accept donations toward this and our other programs. We received less funding this year and have also been hit with much higher insurance and utility costs. We are not in dire straits but this year the library is asking for your help with donations to help with program planning and keeping our new book selections current. Look for the donation box or call 403-931-3919 for information on how to donate online. We are a registered charitable society so you will get a tax receipt no matter the size of the donation. Save your summer empty bottles for a bottle donation truck after Labour day. We are planning some new workshops for the fall, including needle felting landscapes

and wet felting bowls as well as seasonal cupcake decorations among others. Watch for more information on facebook. Thank you!

Summer is a great time for reading, lying in your hammock listening to sound of the sprinkler or the water lapping under the dock at the lake, or horses pulling fresh, sweet grass across the fence. The History of a Rain by Niall Williams is the perfect book to read at any time. Set in rainy Ireland, narrated by a bed-ridden, book-loving young woman with a penchant for the absurd, it's deeply moving, laugh-out-loud funny and "a love letter to reading and its life-saving powers."

Have a wonderful summer!

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MILLARVILLE COMMUNITY

Come join us on August 7th at 1pm to Celebrate the 130th anniversary of our wonderful Millarville community

The Millarville historical Society invites you and your family for an afternoon of remembrance and learning about the history of this vital community. Representatives of the families that owned and operated the Millarville General Store will be on hand with their memories. There will be treasured artifacts and pictures on display.

This is an opportunity for older and newer residents to get to know the history of the families that came to this area and settled, built their farms, built schools and community halls that facilitated the growth of this community. It is a chance for one and all to celebrate this milestone. Memberships for the Millarville Historical Society will be available.



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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Stop & Smell the Flowers: As a highlight of summer, we experience some wonderful outdoor encounters. I would like to share one of those special moments with you, captured in my photo accompanying this article. While I was enjoying the lovely fragrance and visual burst of peonies in my garden, I noticed a little wonder of nature that I had not seen before. Nestled within the folds of a fuchsia-tipped white peony bloom, a Goldenrod Crab Spider displayed the same fuchsia highlights as are featured on the flower. My spider guest was not in a rush to depart, so I managed to reach the camera to photograph this surprising show of colour and creature.

While this is not a municipal topic, it is a literal reminder to stop and smell the flowers. We live in such a beautiful place on the planet! Amid all the busyness, business and challenges, it is refreshing to slow down for a moment and take the time to observe and appreciate what we have right in our own backyards.

Pathway Opening EVENT: Please mark your calendar to join our North West Foothills Recreation Board on Saturday, September 17, 2022, from 12:00 noon to 2:00 pm. Test out our new pathway, located in the Seaman Sports Park at 192133 Hwy 549 W, just 0.8 km east of the intersection with Hwy 22. Drop in to meet the Board, go for a walk and enjoy a refreshment with us. More details will be provided in my September High Country News article and shared on our Facebook page: www.facebook.com/NWFoothillsRec

Wildfire Updates: As of the writing of this article on July 15, the Alberta Wildfire dashboard writes that there have been 593 wildfires in 2022, with 31 active wildfires ongoing. In case you want to find out the status of active wildfires and fire bans that have been issued across Alberta, visit: wildfire.alberta.ca/

Air Quality: In recognition of Alberta's increased frequency of wildfire smoke in the recent years, the Calgary Region Airshed Zone (CRAZ) has recently

released the "Community Guide to Wildfire Smoke and Health". Check it out for information on smoke composition, fire and air info, negative effects of smoke and how to protect yourself during smoke events: <https://craz.ca/community-guide-to-wildfire-smoke-and-health/>

Burn Permits: are required year-round for all open burning in Foothills County. Our online burn permitting system allows for the Foothills Fire Department to monitor all active burns and to send notifications in case a fire ban is issued. For burn permits & fireworks permits info, visit: www.foothillscountyab.ca/emergency-services/foothills-fire/online-burn-fireworks-permit-application

Highway 762 Update: Speeding and racing continue to plague this popular touring area. In an ongoing effort to coordinate resources in response, we have collaborated with Alberta Transportation and our MLA Rosin to request that tubes

be placed in 4 locations along Highway 762, to obtain some baseline results about traffic and speed. The results have come in, confirming a need for continued enforcement action. Thanks go to area residents, who have been helping to relay the incidents, and to our local RCMP who are also stepping up their response. We intend to continue the discussions and actions.

Volunteers Needed: Hope you are able to take part in our local events this summer! Congrats to all Community Associations and their volunteers for making these fun events happen. Please consider joining with the teams in our community to make a difference and to add your valuable perspective and a helping hand.

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



Goldenrod Crab Spider and fuchsia-tipped White Peony, colour-matching beauties.
Photo: Suzanne Oel, July 2022

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COUNCILLOR UPDATE Foothill County

Barb Castell - Division 3

Summer is here!!! Rain, heat, thunderstorms, mosquitoes, late gardens. Right now- HOT. You will be busy so I will make this newsletter short.

Foothills County

Foothills County Council has had a very busy few months leading into Summer with the review of bylaws for Secondary Suites and Temporary Dwellings, Business Licences, and Fee bylaw Amendments, as well as presentations from a variety of departments.

If you need more information, visit Foothills County new website:
www.foothillscountyab.ca

Also, watch for the Foothills County Summer Newsletter that will be mailed out soon.

Foothills Elder Abuse Adult Coordinated Community Response Update

On June 29, Donelda Laing gave Council and staff an update on the Foothills Elder Abuse Adult Coordinated Community response. Residents of Foothills County can contact our FCSS Coordinator Amanda Midgley at 403-652-2341 and she can direct them to the proper help units.

Millarville Historical Society

The Millarville Historical Society invites you to the Millarville Hamlet's 130th Birthday August 7th at 1:00pm at the Millarville Racetrack Hall. Enjoy an afternoon of remembrance and learning about the history of this vital community. Representatives of the families that owned and operated the Millarville General Store will be on hand with their memories. Treasured artifacts and photos will be on display. You will be able to purchase a membership for the Millarville Historical Society, as well as buy a copy of the Foothills Echoes book.

For more information go to:
www.millarvilleracetrack.com/events/historical-committee

Millarville Racing & Agricultural Society - Events

Make sure you add these to your calendar:

- **Summer Farmers' Market**
June 18th - October 8th
Saturdays, 9:00 AM – 2:00 PM
Admission: On Donation
- **Chuckwagons, Chariots, & Bulls Under Lights**
Chuckwagon & Chariot Races - Friday, September 9th at 5:00 PM
Chuckwagon & Chariot Races - Saturday, September 10th at 3:30 PM
Bulls Under Lights - Saturday, September 10th at 7:00 PM
Chuckwagon & Chariot Races - Sunday, September 11th at 3:00 PM
Get your tickets online at:
www.millarvilleracetrack.com/chuckwagons-chariots-bulls-under-the-lights

• Priddis & Millarville Fair

Date: Saturday, August 20th and Sunday August 21st
Time: 9:00 AM – 4:00 PM
Admission: On Donation
Start planning for your entries now!
For more information go to:
www.millarvilleracetrack.com/priddis-millarville-fair

Volunteers are needed for all events.
For more information go to:
www.millarvilleracetrack.com/get-involved/

I hope you are having a great summer and that I will see you at the Priddis & Millarville Fair!!!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

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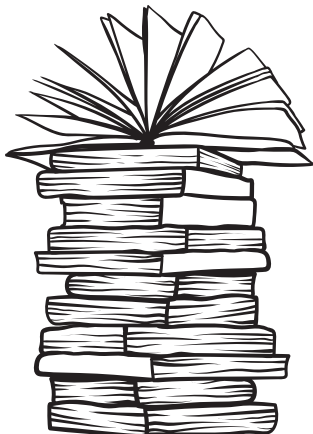


SHEEP RIVER LIBRARY

We have a fantastic line-up of children's programs for the fall. Janine returns with eight weeks of early literacy sessions on Wednesdays, starting September 14, including Toddler Rhyme Time, Songs and Rhymes for Babies and Children in Nature. The Monday morning Mom's Coffee/Playgroup Time returns on September 12 at 10 am. Prairie Winds Music is offering Music Together, a program full of musical adventure, instrument play, dancing, singing and more on Tuesdays starting September 6. There is a monthly fee for this class. We are excited to be working with Greater Foothills Family Centre who are providing a whole host of new programs starting with Little Explorers in September, Little Carpenters in October, Music Makers in November and Art and Story in December. The Family Centre will also have staff on hand three times over the fall to talk about parenting issues.

For adults, we have many old favourites returning such as Edna's Qi Gong class. Please note that this will now take place on Tuesday afternoons. Inductive Bible Study and How to Solve Cryptic crosswords are also on offer this fall. This September might be a good time to check out some of the groups that meet monthly at the library such as one of our book clubs, Poetry by the Fireside, Community Drumming Circle, the Genealogy Group or Diamond Valley Songwriters. It's never too late to branch out and learn something new.

At present, we have not been able to locate an instructor to teach Computer Basics. In the short term, we will use the Linked-In Learning e-resource available through the Marigold Library System. If you wish to



learn how to use the internet, set up e-mail, create a Word document or any other basic application, we will set you up with a library laptop and you can follow along at your own pace in a private space at the library. Please call the library to set up a time that is convenient for you. Don't forget, we offer one on one sessions to learn how to use the Digital Photography Scanner and e-readers.

New this fall, are one on one sessions with genealogist Colleen Spence for those who wish to research their family tree.

Jocelyn Crawshaw will be facilitating a drop in knitting/crochet group. At time of publication, a date and time is still to be determined, but if you are knitter or crochet buff, we welcome you to join this group that will meet at the fireplace. By the end of August, we should have a date and time nailed down.

After the past two years of cancellations, we are certainly hoping that this year our Out Loud Series will finally happen. A list of our line-up for October is included in the program guide in this issue of HCN, but you can also pick up an Out Loud brochure at the library which provides a more extensive description of our wonderful performers who will be the subject of next month's column.

Dates and times for all programs are in the program pages in this issue of HCN, on our website and in the program brochure available at the library. We hope to see you in September as you pursue your life-long learning goals.



LONGVIEW LIBRARY

An exciting program being offered this summer to our young patrons, is a 'tiny art show'. Contestants will be provided with a 3 by 3 canvas and a paint brush. These creations may be done at home and returned to the library, where they will be displayed for the month of August. Participants will be entered in a draw for a \$ 25.00 cash prize.

The Story Walks for children will continue through out the summer. One of the titles being offered is "The Party" by Barbara Reid. For more information about these walks, come to the library and talk to our librarian, Lynda Winfield.

For adult summer reading we suggest, "The Summer of Lost and Found" by Mary Alice Munro and "Big Summer" by Jennifer Weiner. Weiner is the author of "Good in Bed and In Her Shoes" that was made into a major motion picture starring Cameron Diaz and Shirley MacLaine. Her books are always a fun read, as well as a thought provoking ones.

If these books are not in our library, you can easily order them through TRACPAC from either your home or from our library.

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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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HELLO DIAMOND VALLEY

Hello, Diamond Valley. I've had a lot of visitors to town asking if we are going to change the name of both towns to Diamond Valley, since amalgamation. I have replied that even though the name change legally goes in January 1, 2023, to most of us Black Diamond will still be Black Diamond and Turner Valley will still be Turner Valley. Or "the Diamond" or "the Valley" for short.

Nominations are open for Diamond Valley, with nominations being filed by noon on October 31. The election day is November 28. To learn more about prospective candidates or to file your own nomination, visit town.blackdiamond.ab.ca or turnervalley.ca. We will be voting for our new mayor and councilors for the combined towns on that day.

For those of you who were born in the 40's and 50's and raised in Black Diamond, Turner Valley, Longview, Millarville and area in the 50's and 60's you are invited to attend our Homecoming 2022. The event is to be held at the Flare and Derrick on September 10 from 2:00 in the afternoon, with the evening meal provided by the Legion. Special entertainment in the afternoon is followed by a DJ in the evening for dancing to those 50's and 60's tunes we love. Friday night is a meet and greet at the Black Diamond Hotel and Sunday there will be a breakfast at the Legion. The first Homecoming in 2017 had 250 people attending and was a great success. For information, please contact Glenis Currie at gleniscurrie@msn.com. And just a note, the Oilfields '75-'85 Grad Reunion for August 13 has been cancelled.

Longstock 2023 is a go this year, and I for one am sure looking forward to it! Get your passes online for this 13th annual event with different bands playing all day and night long, including our personal favorites, the Travelling Mabels! The Festival also includes food vendors, a beer garden, and lots of vendors with arts, crafts, clothing, you name it. This event will be held on August 12-14 at the Smith-Fuller Centennial Park in Longview, for passes and more information go to longstockmusicfestival.com.

Another big music festival coming up is the Southern Alberta Music Festival at Aspen Crossing, coming up August 12 and 13. Too bad both festivals run the same weekend! This one features live country, blues, folk,

and rock and roll. There will be a beer gardens, food vendors, and camping is available on site. The festival is a fundraiser for STARS Air Ambulance, for tickets and details, visit stars.ca.

Back in town, our beautiful Sheep River Library offers a Summer Reading Program for 7-10 year olds, and also this year they have bikes for rent, helmets and locks are provided. They also offer a Songwriter's Group among other programs, come check them out on Main Street in Turner Valley.

I picked up a most informative brochure at the Valley Neighbours Club, and you wouldn't believe all the good programs and classes they have going on! Just some include card games, dance fitness, exercise programs, bingo, and a garden club as well as special events. Membership fees are only \$20 per year, and membership is open to anyone 18 years of age or older. New members are most welcome and you can join anytime of the year. The facility is also available for rent. Drop by the VNC which is located 133 Sunset Boulevard in Turner Valley.

Also in Turner Valley is the Dr. Lander Memorial Swimming Pool. They invite you to jump in and offer fitness programs, swimming lessons, the Torpedoes Swim Club, lane swims, family and public swims,

and much more. For a full schedule, drop by or visit turnervalley.ca. The Pool is located on Main Street by the Library.

And speaking of water, please remember we have water restrictions. If your address is even numbered, you may water on Wednesdays and Saturdays, and odd numbers are on Sundays and Thursdays. Watering is permitted from 6-9 am and 7-10 pm only. Which makes sense as the sun is not so hot then and will not evaporate most of your watering.

Looking for something fun and different this summer? High River's Sunset Drive-In is showing movies on the big screen on August 12-13 and again on August 26-27. The Drive-In is volunteer run and the cost is \$40 per vehicle, and that's for a double feature. Food trucks and porta-potties will be available, and you listen to the movie through your radio. Good thing they don't have those speakers that you attach to your car window anymore as how many people drove away with them still attached! For more information and to see what's playing, go to highriversunsetdrivein.ca.

If you have any events or news for September, please drop me a line at elaine.w@telus.net. The deadline for this issue is August 15.

Enjoy your summer!
Elaine Wansleben



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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).

TURNER VALLEY EMERGENCY RESPONSE PLAN



CONTACT INFORMATION

Crescent Point Emergency
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Village of Longview

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Admin: 1-403-933-4944
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SQUARE BUTTE COMMUNITY

The SBCA board of directors have been meeting monthly to keep on top of activities and planning for future events. Three clean up days took place in June with Saturday, June 25th date being very successful with 13 volunteers participating. Clayton Foster brought his equipment and dug in a new electrical line to the Heritage Hill location for future use. The rest of the crew with chainsaws and weed whips cleaned up the roadside ditch and perimeter areas. Flower beds were weeded and beautified. Thanks to all those who showed up to make our hall grounds look splendid.

September 24th, 2022 mark your calendars for our first of the season Country / Western Dance that Sandi Lightfoot is organizing. This is guaranteed to be a great dance with the live band "Spur Crazy" at a price you can't pass up. \$15.00 each for members, and \$20.00 each for non-members, including a evening lunch. A licensed event with door prizes and a 50/50 draw!

Would anyone be interested in having another pie making class at the Square Butte Hall this fall? Last time we had a very fun event with 15 people participating. Give me a call if you are interested: Mary Ann Watson 403-931-2098

Square Butte Ladies Group

The SBLG will be having 2 more market dates : Aug. 6th and Sept. 10. Great selection of baking at reasonable prices and all proceeds go to our local charities. Quilt raffle tickets are available on market dates and at the Millarville Fair on Aug. 20 and 21. The annual Potluck and family games will be held on 18th of Sept. at 4:00 pm at the Square Butte Hall. Quilt raffle draw will take place that day.

History Moment (Sorry I am talking about my Mom but last resort)

Norma Lyall (Stewart, Wildman) 1920 – 1999 Born in 1920 to Colin & Etta Stewart, of Byemoor, but Colin was a roamer so they lived at various places. In 1927 Colin contracted polio and spent close to 1 year in Edmonton hospital, but when returning home he still could not walk without help. Etta went to work as cook for the Ben Hronek Coal Mines north of Helkirk for \$25.00 per month just to keep food on the table. In 1928/29 there was no rain so there were no gardens or crops. In 1930 they moved to Rimbey, where Crystal Springs school was only 1 mile away. At 12 Norma became janitor at the school, responsible for firewood and water (carried the 1 mile from home). As kids they trapped gophers, collected magpie and crow eggs for which the municipality paid 1 cent each.

In 1940 Norma married Tom Wildman who had a farm 7 miles north of Gull Lake. They had 2 children, David and Mary Ann. They farmed there until 1947 but due to no school close by moved to Square Butte in May 1947. It was a great change but they soon fit in to the community.

In 1960 life changed for Norma. It was Farmers Day, June 12, Martha & Bud Pallister, Tom and Allan Gouy brought lunch up to the Canyon as the other family members and neighbors were moving the cattle on horseback up to the Muskeg to summer pasture. On the way back to the North Fork Ranger Station, Bud's Jeep went out of control on a steep hill, hitting a tree and throwing Tom and Martha to their deaths.

Norma was left with 2 teenagers, and a ranch to run. She could not drive a vehicle, never written a cheque or done any of the farm business and there was \$16.00 in the bank. Through the help of John Kendall and Dick Lyall they managed to give her the help she needed. Ranch life continued with David and Fred managing the haying, milk cows and commercial cow herd. For ten years Norma took in rig workers, sometimes there were 5 men working 3 different shifts.

Norma was a firm disciplinarian. She had bought a car and learnt how to drive. So David asked to borrow the car for a big date, as he only had a pickup truck. About a week later she went to use the car and on opening the door, she was overwhelmed with the stench of beer and the windshield had been sprayed inside with possibly some type of liquor. She never said a word to David but the next time he asked to use the car she said, "You put the stock racks on your truck and take your pigs to town in that".

In 1971 Norma married Alex Lyall and life for her become easier. They spent the rest of their lives volunteering and enjoying the Motorhome Club, 500 Card Club, Millarville Horticulture Club, CB club, SBCA and SB Ladies Group. Norma had a love of House Plants so she set out to raise money for Stars Ambulance by selling house plants, making pies and baking. Alex and her would load up the motor home and off they would go to the Millarville market. This continued for many years, raising close to \$20,000 for the organization. A couple years before her passing, Stars honored her with a ride in the helicopter.

She lived a life helping others but never did she complain about hardships that she endured.

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DUANE HARDER

Finding Hope When Life Seems Hopeless

From Parade magazine comes the story of a millionaire, Eugene Lang, who greatly changed the lives of a sixth-grade class in East Harlem. Mr. Lang had been asked to speak to a class of 59 sixth graders. What could he say to inspire these students, most of whom would drop out of school? He wondered how he could get these children even to look at him. Scrapping his notes, he decided to speak to them from his heart. "Stay in school," he admonished, "and I'll help pay the college tuition for every one of you." At that moment the lives of these students changed. For the first time they had hope. Said one student, "I had something to look forward to, something waiting for me. It was a golden feeling." Nearly 90 percent of that class went on to graduate from high school and enter college.

A man approached a little league baseball game one afternoon. He asked a boy in the dugout what the score was.

The boy responded, "Eighteen to nothing-- we're behind."

"Boy," said the spectator, "I'll bet you're discouraged."

"Why should I be discouraged?" replied the little boy. "We haven't even gotten up to bat yet!" (Source Unknown)

"There are no hopeless situations; there are only people who have grown hopeless about them." Clare Boothe Luce.

Let's take a look at three enemies of hope.

The first enemy is "What if . . ." There are three giants that dwell in this castle. Let me introduce these malicious characters to you. The Giant Tyranny uses oppressive, intimidating fear and worry to paralyze our will. Instead of possibilities we see a mountain of problems and a landscape of potential landmines. In the same castle is The Giant Trepidation. He reminds me of past failures and puts a magnifying glass on my weakness. There is also The Giant Terror. He fills my mind with thoughts of shame and disgrace and lures me into a prison of inaction. He tips the scale on the side of risk and diminishes all possibility of success.

The second enemy is "If only . . ."

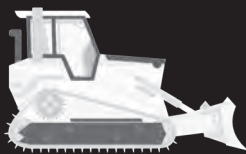
This enemy is also the home of three giants the first of which is named Defeat. This giant likes to play the victim card. "If only I had been better informed!" "If only they had not deceived me!" "If only I had come from a more stable home!" "If only I wouldn't have taken the advice of my friend!" When I adopt the attitude of a victim, I give the victimizer power over my life. The gives the tyrant of Depression power over me. Depression turns out the lights, plunges me into darkness and eliminates any possibility of change. Destruction comes in to finish the job. Creativity is shut down and the possibility of change eliminated.

The third enemy is "I deserve . . ." This enemy allows the giant of disappointment to highlight all the ways in which people have let me down, failed to keep their word, and not recognized my potential. This opens the door to Disillusionment and Distrust. I become cynical, critical and ungrateful.

If I want hope, I must eliminate the enemies of hope. Identify them and evict them. If necessary, find the help that you need to remove them. At the same time



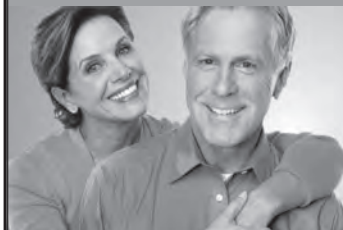
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make sure you can separate between real hope and imagined hope.

Wishful hope is usually built on a daydream. "I hope some day I will win the lottery." The dreams that I build on that hope are illusionary and a waste of time.

Expectant hope is based on the investment of my time and resource. A person puts money in the stock market and hopes for a return. A farmer tills the land, plants the seed, and hopes for a fruitful harvest. Expectant hope requires an investment that corresponds to the anticipated return. Expectant hope must be held with an open hand realizing that there are variables outside my control that can determine the outcome.

From my perspective I want a hope that is sure and absolute. That hope is anchored to the sure word of an infinite, personal God. That sure word gives me hope in disappointment because He has promised to work all things together for good to those who love Him. It inspires me to anticipate value from the ashes because He has said He gives beauty for ashes. His word gives hope in the pain of the loss of my beloved because He has promised there is a future and a hope.

There is hope. Lay hold of it and I'll see you at the top.

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ART FOR THE HOME

The Butler's Pantry

A butler's pantry (also called a serving pantry or scullery) is a small service and storage room located near a kitchen, sometimes between the kitchen and dining room, or sometimes between the kitchen and mudroom.

Originally designed to serve as a secure storage space for fine china and family heirlooms, today's pantries can also take storage overflow from the kitchen.

In general, butler's pantries can be used to store:

- Kitchen accessories (cutting boards, knife blocks)
- Serving dishes
- Countertop appliances (toasters, mixers)
- Baking sheets and cake tins
- Glassware, dishes, platters, and special-use kitchen accessories.
- Food, such as dry or canned goods

Pantries that bridge the kitchen and dining room (as opposed to the mudroom) can further be used for:

- Storing post-dinner mess until washup (brilliant when entertaining!)
- Food preparation
- Baking preparation (install a lower countertop for kneading dough)
- Beverage station or coffee bar

- Mini bar, with wine storage

Creating Your Pantry

Pantries were off the radar for a couple of decades, but they have become desirable in modern kitchens once again. Here are three things to consider if you wish to install one in your home:

- Usage
- Décor
- Convert or build

Usage

If you are childless and pet-less, your pantry can be solely for adult needs and can feature such things as a wine storage unit, a wine chiller, and a wineglass hanger—all great for adult entertaining.

If you are family oriented, or have pets, you can make your pantry an integral part of your home by creating storage for children's snacks in lower drawers and cabinets or adding pull-out bins for pet food. The choice is yours!



Décor

Ask yourself the following questions about the space you are creating.

- Do I want my pantry to match my kitchen, or to stand out?
- What kind of lighting do I want in my pantry?
- Do I prefer cabinets or open shelving?
- Do I want glass upper cabinets to display beautiful pieces?

If you want your pantry to match your kitchen, then duplicate your kitchen décor using similar colours and hardware. If you want it to have its own personality, then add decorative accents such as bold wallpaper, bright paint, or interesting accessories. Choose lighting that suits your purpose; for example, a dimmer switch will provide bright light for food prep, and also low lighting for evening entertaining.

Convert or Build

Conversion is easier and less expensive than building (and doesn't involve permitting or design costs). You can turn an underused closet or enclave into an awesome butler's pantry simply by adding cabinets and counters.

If this option is not available to you and you decide to build from scratch, or you want something more elaborate in your conversion—such as a small refrigerator or sink—then ensure you hire licensed contractors who will stand behind their work.

Design your pantry with intention so you can enjoy its many uses for as long as you remain in your home!

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MORTGAGE MATTERS

Is your burger fully loaded or plain?

With fixed interest reaching levels not seen for at least 15+ years, it may be enticing to consider the lowest rate offer you see advertised. Of course, who doesn't want to save money; but, it is very important that you understand not all mortgages are the same!

I heard a great analogy in this regard, it is like a hamburger... all hamburgers tend to have the same ingredients but it is the quality of the ingredients that make it a great burger or not. And some burgers are loaded with tons of extras, cheese, lettuce, tomatoes, onions ... and some just have a patty and that's it. A mortgage follows a similar example.

A quality mortgage is made with the best ingredients and extras you have come to expect: competitive interest rate, pre-payment allowances, portability, standard prepayment penalties, etc.

A basic mortgage has poor ingredients and nothing extra on your burger, it is plain, it tastes very bland, maybe even gross. The really really low rates you see on most sites are generally not a quality mortgage. I assure you, mortgage lenders do not provide extra discounts without taking something, or many things, away. Unfortunately, these basic rates are rarely advertised as such - and borrowers may find themselves in an unsuitable mortgage if not educated.

A Basic* type mortgage may include:

- A requirement to open a bank account and/or keep a large amount of funds (sometimes \$100K or more) on long-term deposit with that lender;
- No pre-approvals or ability to lock in that low rate;
- No portability (transferring) your mortgage to another property to keep your low rate and avoid a prepayment penalty;
- No ability to refinance the mortgage, you must sell the property to get out;
- Future restrictions on the lenders that will accept your mortgage upon transfer/switch;

- Much higher pre-payment penalties;
- May be required to make only monthly payments instead of bi-weekly/weekly or any schedule of your choosing;
- None or minimal pre-payment privileges — these lenders may restrict your prepayment from 0 allowed to 10% (vs. 15%-20% or more under a standard mortgage);

* Restrictions vary per lender.

A trusted mortgage advisor should be telling you exactly what your mortgage product and interest rate entitles you too - or not - make sure you ask questions and read the fine print!

No doubt these low rates are appealing. After all, during tough economic times who has the extra cash to put down a lump-sum payment? And who needs a portable mortgage if you're not planning on moving? But it's important to remember that a lot can change over the term you choose for your mortgage... and you want options available.

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2022 AND 2021 VERY GOOD YEARS FOR FOOTHILLS REAL ESTATE!

I thought readers might be interested in a market summary of acreage sales activity that happened so far in 2022 in the MD Foothills compared to 2021 and 2020. As most people know, the Calgary and surrounding areas market have been highly active in most sectors experiencing healthy levels of sales as well as strong property value increases since 2020. As I mentioned in a previous article, when COVID started there was a feeling in the industry that the market would suffer with many forced to stay home, job losses, restrictions in place etc. but the opposite occurred with a significant increase in interest in move-up activity in the city and to acreage living generally.

Additionally, the completion of the Southwest Ring Road leading out to 22X

has helped sales in that corridor. Only over the last couple of months has activity slowed, likely attributed to interest rates starting to move up, inflation issues and high prices keeping many first-time acreage buyers and move-up buyers from being able to purchase or becoming more cautious.

Below are comparison charts showing the number of sales in the MD Foothills for 2022 compared to both 2021 and 2020. The jumps in 2021 compared to 2020 were huge increases in volume of sales. (Please don't be confused, I am NOT taking about percentage of dollar increases, but quantity of sales)

There were high levels of sale volume increases in all price ranges including over the \$1.25 M range in 2021 and 2022 compared to 2020.

Analysis of pricing year over year since 2020 also reflects price increases realized by acreage owners. To try and get a sense of price increases I focused on smaller acreages as opposed to large land parcels, as the quantity of sales under \$1M was the

highest, although there were also healthy increases in the number of sales above \$1M as well, as seen in the chart below.

For acreages 2 – 10 acres in the \$500K to \$995K range the average sale price in 2020 was \$752,000, in 2021 it was \$792,636 and in 2022 in was \$807,537. I know from personal experience several acreages I evaluated in 2019 and 2020 in the \$950K range e.g., actually sold in 2022 for \$200K or more than the evaluated values I set for the clients in 2019/20 resulting in about a 8 - 10% gain each year.

The analysis I did for 156 sales and 162 sales in 2021 and 2022 respectively also indicated percentage gains in around the 8% range each year. This is also true for properties in the \$1M to \$1.5M. There were similar increases in this product pricing range and the number of sales jumped exponentially in 2021 and 2022 compared to 2020.

Going forward it is hard to predict that these percentages will continue, particularly now with interest rates rising and inflation issues. But one thing seems clear, the demand for acreage living has certainly increased since COVID and it will likely continue to be healthy.

By Wayne Chaulk

	2020	2021	2022
\$700 - \$999	53	156	162
\$1M - \$1.25M	12	65	81
\$1.25 M to \$1.5M	8	38	59
\$1.5M - \$2M	1	18	25
\$2M - \$3M	1	12	10
\$3M +	0	1	4



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ADHD JOBS AND CAREERS

What can I study at college and work in as a career with ADHD

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

What types of jobs do people with ADHD do well?

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

What about the work environment?

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

What are some compatible jobs?

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

- Thinking on your feet, switching quickly between tasks – Teachers, Daycare workers.
- Dealing with people variety and topics with quick assignment turnarounds, short attention span, low boredom tolerance, hard deadlines may be a challenge - Journalist, Editor, Public Relations.
- Creative, short-term focusing on the task at hand, jumping from task to task quickly, taking immediate steps to create a finished product - Food industry worker, Chef, Beautician, Hair stylist.

- Flexible hours, autonomy - Entrepreneurs, Business owners, Realty.
- Crises management, split-second decision making, hands-on thinking, adrenaline-pumping excitement can help focus the mind - EMT, Medical, Police, Fire, Search and Rescue.
- Working with others or independently to solve problems, create or troubleshoot codes or programs, harnessing that hyperfocus on small details - Mechanics, Technicians, Scientists, Programmers.
- Fast-paced artistic environment of creative chaos - Choreographer, Comedian, Stage manager, Musician, Producer.

Where do I begin?

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

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

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

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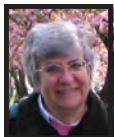
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A SHARP DISPUTE by Andrea Kidd

About the year A.D. 46, Paul and Barnabus were walking inland from the sea port of Perga situated in modern day Turkey.¹

"When we get to Antioch we'll be needing supplies," said Paul. "We'll stay awhile and start talking to Jews gathered at the synagogue. John Mark can go ahead to get provisions and find a friendly house where we can stay. We'll have run out of food by then. I'll need new sandals too. How about you, Barnabus?"

"One's okay, but the right heel has worn right through. I should be able to get it patched. You know Mark's not with us though, don't you?"

"What do you mean? Where is that boy? He was with us on the boat. I saw him in the market place back in Perga. He bought the food for our journey."

"Don't you remember, Paul?" said Barnabus. "Mark was saying he wouldn't be going with us into Psidia. He has business in Jerusalem. He went back. He made sure we had everything we needed for our trip to Psidia and then left us."

"No! I don't remember him saying that at all! I would have told him 'No! You can't leave us!' We need his help, Barnabus!"

"He did explain, Paul. I think you had a lot on your mind. First Stephen stoned to death² then James beheaded.³ Back there on the island of Cyprus we didn't know if we were next to be arrested or killed. You've been taking the brunt for us all."

"This is most unreasonable of him, Barnabus. He is indispensable; takes care of all the details so we can get on with the work. What possible reason could he have for deserting us?"

"He said he knows the Spirit is calling him back to Jerusalem for ministry of some kind; he'll probably stay with his mother there."

"But he knows the Spirit has called us to Psidia. People there need to know the truth about Jesus."

"Yes, Paul," countered Barnabus. "The Spirit called you and me to go to Psidia. Mark is convinced that the same Spirit calls him to important work in Jerusalem right now."

"Well, he should have at least discussed it with me," said Paul.

"He did try, Paul. You were much concerned about what happened in Jerusalem and in Cyprus. You had a lot on your mind."

"True, but I would never have let him go!"

"I think he knew that, Paul. He has a tender heart and, like me, does not like conflict. I guess it's in our genes. He believes that the Lord has commissioned him to write down all that Peter remembers of his time with Jesus. It's so important that all is recorded accurately. I think maybe he had some details to clarify with Peter."

"Hmmm... I still don't know how we'll manage without him, but it's too late now. We are two days walk from the boat dock in Perga. We'll just have to go on without him. It's unforgivable, though, leaving us like this when we need him."

Not many years later Paul decided to go back to the people they had visited in Psidia and see how they were getting along. Barnabus wanted to take John Mark along with them.

Paul said, "Absolutely not! He's unreliable. I'll have no deserters on our team."

Barnabus did not go with Paul either. They had a sharp dispute. Paul took Silas to Psidia and Barnabus went with John Mark to Cyprus.⁴

The sharp dispute caused a deep rift in the close companionship and working relationship between Paul and John Mark. They appeared to be irreconcilable.

Yet within a few years they were reconciled. They worked together again, each contributing their separate skills cooperatively as an effective team. Paul's letter to the Colossians specifically sends greetings from Mark as a fellow worker⁵ and in another letter Paul asks Timothy to "Get Mark and bring him with you, because he is helpful to me in my ministry."⁶

A sharp dispute hurts. Emotional intensity can suffocate a great relationship. The pain can be deep and last a long time.

However, time apart brought healing to the companionship between Paul and John Mark. Time apart can do that for our broken relationships, too. Time apart may help us to see life from the other's point of view. Time apart may enable us to accept our differences and recognize that the things that bind us together are stronger than the things that drive us apart.

Parting need not be forever with God's powerful love at work in our lives.

¹ Acts 13:13-14

² Acts 7:54-60

³ Acts 12:2

⁴ Acts 15:36-40

⁵ Colossians 4:10

⁶ 2 Timothy 4:11

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MAGNIFICENT MOSQUITOES MISREPRESENTED

By: Laura Griffin

Summer is a season where everything seems a buzz with energy, especially if you find yourself in the midst of mosquito territory. There has been a giant push by many people to save the bees and protect the pollinators. Two things I am very much in favour of; who doesn't want to be surrounded by wildflowers and enjoy fruits and veggies that are so dependent on the services of pollinators? However, if you ask those same people how they feel about the average mosquito, most of them would not even think twice about swatting it. Despite the fact that as a human I fall onto the menu of these little insects, I still maintain that they are fascinating and deserve more credit for their important role in our ecosystem.

For the majority of its short life mosquitos do not even drink blood, and male mosquitoes never do. Their diets are dependent on their ability to find plant


nectar, sap, and other plant fluids. When the mosquito lands on the flower to find its food, they come away with not only a dinner for themselves but also with a large amount of pollen covering the tiny hairs on its body. When they go to the next flower, they carry this pollen with them helping the plants reproduce. Male mosquitos can be identified by the feathery antennae as seen in the photo, and females have skinny antennae. The females do eventually need to have a blood meal to lay eggs, and surprisingly few mosquito species specialize in taking human blood.

Once this blood meal is obtained the female can head on over to a still body of water, whether a pond, puddle or picnic plate that has gathered rain. Here she lays a raft of eggs. These eggs hatch into mosquito larvae. These larvae are filter feeders and do their part in helping to reduce the amount of algae in the water. The larvae themselves still have to breath oxygen and do so by sticking a tube-like structure on their tail called a siphon out of the water. When frightened they can wiggle away from the surface and hopefully find safety in the depths below. After about ten days they transform into pupa. For most insects, this is a still time, but not the mosquito. These comma-like pupae are

capable of tumbling away from danger they detect on the surface. Given the amount of aquatic wildlife like frogs and dragonfly larvae whose favourite dish is mosquito babies, this can happen quite frequently.

I will not gloss over that five percent of mosquito species are responsible for more human deaths than any other species on the planet. I will state that the other 95% of mosquitos are doing their part to keep fruits and veggies on our plates, ponds filtered, wildflowers blooming, bats plump and birds happy with no harm to us whatsoever. I would encourage you to think about that before you swat the next pregnant mosquito who comes looking to provide for her children with your blood donation.





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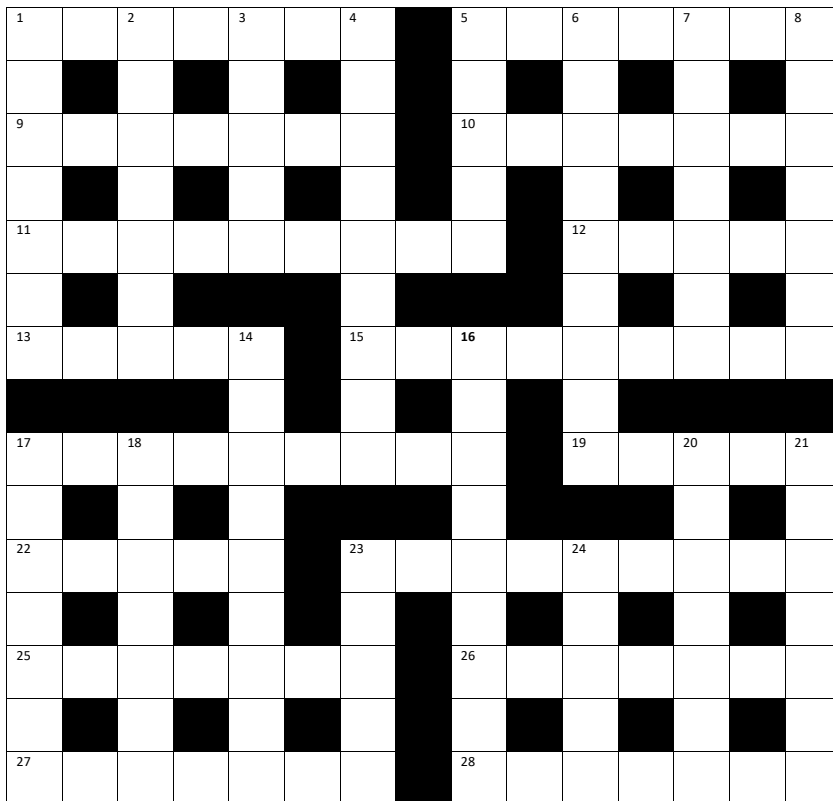
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Across.

1. Quiet thug returns and embraces the right to unsettle. (7)
5. Snake is made to stop on road surface. (7)
9. Dwell in sister's apparel. (7)
10. Carry out by 80's New York thrash band's adorable following. (7)
11. Rained in a bad, bad way, and life is over as we know it. (5,4)
12. First goes to the back of the line and mollusk becomes spikes. (5)
13. Seal repeatedly to make a wooden frame for artists. (5)
15. Find flat fish that struggles out of water. (9)
17. Sounds like mediocre writer may require unoriginal material. (9)
19. Japanese currency in empty till goes to Yiddish woman. (5)
22. Last goes to the front of the line and vexation gets some breadth. (5)
23. Papers show short medical professionals surrounding you and fellows arriving on time. (9)
25. Partially floss to get rid of a southern state. (7)
26. Dr. Roach is confused about where fruit grows. (7)
27. Overuse slang for this Italian dish. (7)
28. For a place for washing, see the land around you, beside the edges of railway. (7)

Down

1. Cracked lip can be flexible. (7)
2. Broken hearts surround Edward initially as he warms up once more. (7)
3. Burn a mix in the downtown core. (5)
4. Spooner watches this insect flutter by. (9)
5. Make minor changes in the morning then stop. (5)
6. Gestation of Ronald Regan's wife follows public elations, for example. (9)
7. Offensive public transport takes on four romans and heads east. (7)
8. Robberies occur after tomorrow begins for people who believe in God. (7)
14. Both wings lose tips but get left and right around the east and for hanging around. (9)
16. The out-of-date way at Harvard or Yale for example. (3,6)
17. Hydrogen, as much as you can hold could be dangerous. (7)
18. Criminal receives five and a half oysters travelling together. (7)
20. No dip and endless crackers for no money. (3,4)
21. After the French stay, around 500 will see the end of time. (4,3)
23. Doctor arrives at professional association to see a play. (5)
24. A Scotsman at French city in China? (5)

Answers:
Across

1. Perturb 5. Asphalt 9. Inhabit 10. Execute 11. Brain Dead
12. Nails 13. Easel 15. Flounders
17. Hackneyed 19. Yentl 22. Range 23. Documents 25.
Florida 26. Orchard 27. Lasagna 28. Laundry
Down
1. Pliable 2. Rehears 3. Urban 4. Butterfly 5. Amend 6.
Pregnancy 7. Abusive 8. Theists 14. Lingering
16. Old School 17. Harmful 18. Convoys 20. Non Paid 21.
Last Day 23. Drama 24. Macan

Cryptic Crossword #15 By Jan Burney

KIDS ZONE

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OUT OF THE RUT

Chapter 144

The past week has seen intense heat, brilliant blue skies, crystal clear air, stunning sunshine. Mixed into this abundance of warmth and light were the Stampede shenanigans in the big smoke, but out at the Millarville Race Track, on a far smaller scale, the High Country Carriage Driving Club was having a Bonanza!

Over the past year or so I have been most fortunate to resurrect my first love. I started horse-riding at the age of 6 in the southern desert of Iran on small Arabian horses. Returning to England I was lucky to get some riding lessons. Post-graduate education, I hoofed off to Snowball Farm in Buckinghamshire to become a certified British Horse Society Instructor. Fifty years on from those first desert rides with stirrups a foot longer than my legs, I'm working with Arabs, Quarter Horses, Morgan-Percheron Crosses, Shires, Welsh Ponies, you name it. What a treat.

My previous carriage driving experience was pretty limited, mostly due to the expense and the elitism in the English horse scene. Last time I drove was four-in-hand around Windsor Great Park with, coincidentally, a couple of Canadian visitors. It stopped completely when I left England nearly thirty years ago. Being blessed with an offer to learn and teach and learn from driving horses here has opened up an aspect of equitation I always hankered after. Sue most graciously gifted me learning sessions at the HCCDC Driving Bonanza with the extraordinary coaches they brought over from the Netherlands.

I had three lessons during the week and was able, due to the intense heat, to reschedule my day in order to attend the final day of the Driving Bonanza and compete in the Derby both as driver with Sue navigating and later in the day as navigator while Sue drove (far more expertly and efficiently!). My first go-round was perfect in terms of getting round the course correctly, sadly the added excitement of timing on the second round got the better of me and we all got over-excited a couple of times, knocking down a few things as we charged around the course with great enthusiasm.

Beside the sweltering heat and rushing off to pour cold water over my head each time I was approaching boiling point, this event was an absolute joy to attend. Sue and Doug (and others, I apologize for not naming names), did an absolutely sterling job of bringing this event together and creating such an extraordinary opportunity for us all.

The youngest driver was 9! A tiny little mini pony and miniature cart, driven by a tiny human. Fun to watch. A beautiful Fjord pony caught one of the coach's eye, as I noticed him stepping up to drive the course after the owner had been around once.

Doug's fabulous black Morgan-Percheron crosses did superbly well, showing off their impressive 'big blackness' and presence despite, as we all were, gently roasting in the sun during this spectacular week of sunshine. Our American coach Muffy took one for a drive halfway through the lesson and was reluctant to hand him back, she was having too much fun.

Dutch World-Champion drivers came to teach. They stayed with Sue & Doug so was able to hang out with them before and during the Bonanza, a wealth of experience and knowledge shared with such humility and generosity. It's so uplifting to be around such people who love what they do and to share knowledge, tips and expertise. This type of coaching is rare and shouldn't be underrated, by spending time with such folk we are really able to grow and progress.

Pretty much everyone pitches in to help. It's a huge endeavour to put on something like this – space for horses, massive amounts of water, safety, food, props, coordinating arrangements for visitors... hours and hours of energy. WELL DONE PEEPS!

The Derby is exciting and entertaining to watch – carriages, preferably with horses attached in front – must pass between

cones set mere inches wider than the wheels. Then there are obstacles that consist of gates or barrels or such that must be travelled through and around in a series of twists and turns that really challenge the art of the driver in getting the horses pointing in the right direction, right speed, at the right time.

If you'd like to know more about carriage driving here in Alberta, check out www.hccdc.ca. There is always room for a fresh volunteer, if you don't have a horse or wads of cash, do not despair...people with horses and carriages want competent folk to help and enjoy with them.

If you know nothing about horses, but perhaps might like to experience the blessings of being around them and the huge spiritual, emotional, physical benefits of these wonderful and profound creatures, please reach out. I am doing a lot of work with people who are relatively new to horses... slow, low-key relationship-building between horse and human... a little bit of horse whispering if you like. Depression, anxiety, isolation? let a horse into your life and let them help you help yourself.

*With gratitude and love, Kat Dancer
bodymudra@gmail.com
403-931-3866 (h)
+1 415 525 2630 (c)*



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Light Gardening Help Wanted Contact: Joan Phone: 403-815-3054. More Information: Looking for a part time person for light gardening help, approximately 6 hours per week for June, July and August. I live on an acreage close to Priddis and need help with weeding flower beds and a vegetable garden. Generous hourly wage. Please call 403-815-3054.

WANTED

WANTED JOHN DEERE LA Wanted John Deere LA from the 40s or any parts for one. Call or text 306-641-4447 or email awionzek6@sasktel.net

ACCOMMODATIONS. Short term rental needed for the summer Violin Making Class. July 4-Aug 6. Contact 403-471-9419

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-931-2457 or 403-651-5852

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Single professional female, n/s, n/d, two cats, seeking long-term acreage rental for September 1, 2022. 403.971.4545

WANTED - Contact: Christine. Phone: 403-850-4517 More Information: Looking for a studio space for amateur water colour artist, preferably with window. Would like to rent on a monthly basis.

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SEEKING INFORMATION ABOUT

MICHAEL JOSEPH PARE

Canadian Citizen

Date of Birth: February 16, 1960

Any person with information about this person, please contact

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