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For the Fallen

...They shall grow not old, as
we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.

...But where our desires are
and our hopes profound,
Felt as a well-spring that
is hidden from sight,
To the innermost heart
of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright
when we are dust,
Moving in marches
upon the heavenly plain,
As the stars that are starry
in the time of our darkness,
To the end, to the end, they remain.

- Robert Laurence Binyon

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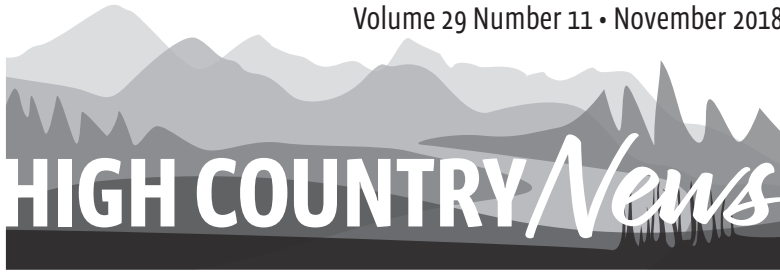
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HIGH COUNTRY NEWS is published monthly by:
High Country Business Services Ltd.
 Box 476, Bragg Creek, AB, T0L 0K0

Editor: **Lowell Harder**
 Occasional Reporting: **Faith McLean**
 Layout & Design: **Anna Grist**

ADVERTISING RATES:

FRONT PAGE Banner \$125
 Inside Cover Full Pg \$595 • Index 1/4 Pg \$170
 Index 1/3 Pg \$210 (Min 3 mth booking front/index)
 Full Page \$540 • 2/3 Page \$380 • Half Page \$290
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From The EDITOR

As we approach Remembrance Day I trust that you will be able to take time to participate in one of the many services happening in the area.

In an ancient text, there is a phrase that states, "And a book of remembrance was written"...

If you were to ask me what things that are important to remember, I would suggest the following:

Generational values, accurate accounts of history, regardless if it is good or bad, your family history, and the sacrifice of those who have gone before us.

We are at a time when the books of history are being re-written. Historical events that may not align to the preferential ideology of the day are being left out. This past year we saw the monuments of remembrance in our country renamed or even taken down just because it didn't agree with the ideas of the day. Whether we agree with a political leader of history or not, we can't forget. We can't forget about how low and debase a society can become. We can't forget how good and prosperous it can be.

To remember is to take an accurate account of the past, the victories, and the defeats. Whether we like it or not, the

values and ideas of the past are shaping our actions today.

This Remembrance Day I would encourage you to take an accurate view of our past, celebrate what our ancestors did well, and honour that which was good and worth remembering.

I trust that you will enjoy the articles and events advertised into the paper this month. If you have anything you would like to contribute to the paper for the Christmas edition please send it to submission@highcountrynews.ca by the 15th of November.

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca



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Letters To The EDITOR

On September 22, 1978, former Premier Peter Lougheed officially created Kananaskis Country. We are now celebrating 40 years of his vision to create Kananaskis Country.

K-Country is more than 4,000 square km of mountains, headwaters, wild lands, wildlife, and outdoor activities for all of us.

Kananaskis Country has a history of multi-uses from industrial to quiet outdoor recreation. There are areas along Highway 40 and the upper Highwood River from

the Highwood Pass south to the Highwood Junction that are currently slated for clear cutting. The areas that cannot be harvested are provincial parks, wild lands provincial parks, ecological reserves, campgrounds and day use sites that are inside required buffer zones. To see how clear cutting has affected the landscape all you need to do is travel to the Highwood River, Indian Graves Provincial Recreation area, Plateau Mountain Ecological Reserve, and Cataract Creek, to name a few.

My question to your readers is how and what do you want to see for the future of this spectacular part of Alberta?

To protect our favourite places in K-Country and the Highwood, all we need to do is contact our Premier Rachel Notley, Environment and Parks Minister Shannon

Phillips and your local MLA.

You need to ask for a wild lands provincial park to protect your favourite places from future logging and clear cutting.

My current goal, along with Take a Stand for Kananaskis and the Upper Highwood, is to have a wild lands provincial park created south of Peter Lougheed Provincial Park between Don Getty Wild Lands Provincial Parks following the Highwood River and Highway 40 to Baril Creek.

Our other goals are to protect the Sheep River and Elbow River drainages. These are areas that require protection for future Albertans and international tourism.

Thank you for considering Kananaskis Country's future legacy.

*Respectfully
Neil Williams
Black Diamond*

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Artist PROFILE

The full five panel painting (the cover is one panel) of "A Moment Silence" was a finalist at the Gallipoli Art Awards in Australia in 2013. More info about Deanna and her work is available at www.DeannaLavoie.com

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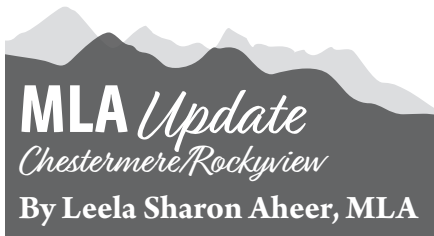


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MLA Update
Chestermere/Rockyview
 By Leela Sharon Aheer, MLA

Hello High Country News readers! I would like to start off this article by thanking you, the people of this province, for standing up to Ottawa with respect to our responsible resource development and speaking out against Bill C-69 at the Rally for Resources at the McDougal Centre, and also for showing up with such support at the No Carbon Tax rally. Alberta is losing tens of millions of dollars a day by essentially giving away our oil. With the stalled Trans Mountain pipeline, delays to Keystone, and the cancellation of Northern Gateway and Energy East, our resources are landlocked. Our governments, both Provincial and Federal, have let us down. The Premier has stated that she is sending the Minister of Energy and the Minister of Environment to speak against Federal Bill C-69. Is this a case of too little too late? The Impact Assessment Act is a bill that will overhaul how energy projects are approved in Canada, replacing the arms length non-political National Energy Board (“NEB”) with two highly political agencies: the Canadian Energy Regulator (“CER”) and the Impact Assessment Agency (“IAA”). This Bill is a disaster. There is no mention anywhere about potential economic benefits from resource development like jobs, national prosperity and unity, investment or growing our economy! We need to make Canada competitive, and we have resources that the world needs, resources that would fetch a world price if we could make it to the ocean. We have been speaking out about this since February, and this alliance between our Premier and

the Prime Minister has brought nothing but uncertainty and bad policy that undermines the very industry that our Provincial NDP Government suddenly wants to protect. The Federal Minister of Energy, Amarjeet Sohi, has given the NEB twenty-two weeks to complete a new environmental review, and the Premier thinks that this is “reasonable”. How is that “holding Ottawa’s feet to the fire” to quote the Premier, when we lose a hospital a week in real dollars without ocean access to the world market for our green, clean, natural resources? Premier Notley has stated that she has no quibbles with the goal of C-69 to create a regulatory regime that Canadians trust! Let me clear this nonsense up. The very effective and trusted NEB was that regulatory board and the Prime Minister is responsible for its destruction. Albertans cannot trust either of these governments to stand up for them. The Federal Government bought a pipeline for \$4.5 billion only to then have it undermined by the courts? How did they not know that this would happen? How is it that the Federal Government were not able to fulfill their own rules that they laid out for pipeline approval? Why are our provincial leaders not fighting this injustice? I would suggest that there is much to quibble about. The ineffective, unquestioning support of our Provincial Government for Prime Minister Trudeau has bought Alberta nothing but grief.

On a happier note, congratulations to the long service employees and retirees at Rocky View Schools. It was an honour to attend the celebration. I also brought greetings on behalf of the Province to the guests at the opening of the beautiful new Rocky View Municipal Hall in East Balzac.

This past October 11 was the International Day Of The Girl. I am constantly inspired by our hard-working people, their volunteer hearts, their love and compassion and their willingness to

embrace the unique gifts of their friends, families and neighbours. In the spirit of the Day Of The Girl, I hope that each of us will acknowledge strong women and girls who are making a difference—those who are leaders in our communities and go above and beyond. You see them everywhere. Internationally we must work to end child marriage, honour beatings, and honour killings, and stand in strength to uplift girls and women worldwide. We are an amazing nation with precious freedoms, freedoms that we are blessed to have. Let’s remember that we all have incredible gifts and let’s use those gifts and our freedom to fight abuse and exploitation, and let’s instead create opportunities to educate and inspire.

I hope you had a blessed Thanksgiving and enlightening Diwali, and time with your family. Please remember our incredible farmers and ranchers who work every day to provide the beautiful food we enjoy. We hope for some warm days to help them to get their crops off as we head into winter. I am, as always, honoured to represent you, and thank you for inspiring me to be better everyday.

As always, we look forward to hearing from you



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MLA Update
Banff-Cochrane
 By Cam Westhead, MLA

Dear Constituents,

This month I'd like to tell you how your government is helping agricultural producers expand their operations through access to capital, and that October 1st has been designated each year as the Day of Older Persons in Alberta.

AFSC Unveils New Lending Programs
 Agriculture Financial Services Corporation (AFSC) is expanding its lending program to offer more assistance to spur on Alberta's growing agricultural industry. Under the new program, agricultural producers can now access up to \$15 million to invest in their farms and operations. This increase to the lending limit – up from \$5 million – ensures AFSC is able to meet the needs of the evolving market and its stakeholders and support rural economic development.

AFSC's new lending programs are designed to help young or new agricultural producers access capital. Current producers will also benefit from AFSC's revised lending programs to expand or increase their own operations. Entrepreneurs in the agri-food and agribusiness sectors will also have access to new lending programs.

Alberta Proclaims Day of Older Persons

To recognize and celebrate the important contributions seniors make to the cultural and social fabric of Alberta, the province is designating Oct. 1 of each year as the Day of Older Persons in Alberta. Seniors built this province and our government is dedicated to supporting them.

Through this proclamation, the province is taking an important step towards joining the worldwide movement to honour seniors. In 1990, the United Nations introduced International Day of Older Persons as a way to bring awareness and attention to seniors. Since then, it has been a catalyst for people coming together to overcome misconceptions against seniors and has ushered in new policies that benefit seniors across the world.

In the Banff-Cochrane constituency, we are fortunate to have active organizations to assist seniors such as the Bragg Creek Snowbirds Seniors Fellowship. We are also lucky to have Karen Nordgaard in our community, who was the inaugural recipient in 2017 of the Alice Modin Award for her long-term service to her community.

Learn more about the ways the Government of Alberta supports seniors at www.seniors.alberta.ca

Sincerely,
 Cam Westhead
 MLA for Banff-Cochrane



Photo credit: Stephen Wan

The Banff-Cochrane constituency and Alberta foothills are home to plenty of hard-working, dedicated producers who have a long and proud history. This investment is an important step towards diversifying Alberta's economy and creating new job opportunities throughout the province, and I hope that local producers find this program helpful. Learn more about these programs by visiting www.afsc.ca

CAM WESTHEAD
Banff-Cochrane MLA

Constituency Office
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MEOW Foundation Rural Spay/Neuter Initiative

In a wider effort to reduce the amount of homeless and unwanted cats, MEOW Foundation is branching out to rural communities near Calgary with a spay/neuter initiative. Through a community grant from Calgary Foundation, MEOW is offering a time-limited, no-cost program for in-need pet and property owners to spay and neuter their cats at participating veterinary clinics. This offer is open to residents of the MD of Foothills, including Nanton and Vulcan.

Individuals can apply online to MEOW's Spay Neuter Assistance Program: meowfoundation.com/programs/snap. Further questions can be emailed to snap@meowfoundation.com.

Promotion will occur through MEOW's website and social media platforms, veterinary clinics, and various animal rescue organizations, and we will also target food banks and other community service agencies. We would greatly appreciate your help to share information about this initiative.

"MEOW Foundation is committed to reduce homeless and unwanted cats in Calgary and surrounding areas. We're combining a community grant from Calgary Foundation with collaboration of local veterinary practices to remove cost and accessibility barriers for in-need pet and property owners. Research shows a cat can have three to four litters that average up to six kittens each year, so conservatively speaking, our goal to spay or neuter 400 felines could potentially reduce overpopulation by 6000 or more cats in just one year", said Stephanie Sterling, Board Chair, MEOW Foundation.

About MEOW Foundation

MEOW Foundation (Make Each One Wanted) is a Calgary-wide no-kill registered charity that rescues and cares for stray and abandoned cats, matches rescued cats to suitable adopters and fosters, subsidizes spay/neuter surgeries for low-income

Calgarians, and provides Trap-Neuter-Return services for feral cats. MEOW creates healthier communities that support and value responsible and compassionate human-cat relationships and animal care. MEOW is a not-for-profit organization and a federally registered charity.

For more information, please contact: Stephanie Sterling, Board Chair, MEOW Foundation, 403.992.8595, stephanie.sterling@shaw.ca; Deborah Nelson, Director of Operations, 403.512.1999, d.nelson@meowfoundation.com




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Springbank Middle School News

The 2018-2019 school year is off to a good start at Springbank Middle School. We welcomed 525 students into our regular and French Immersion programs. We thank the members of the Lions Club of Springbank for all their help cooking over 1000 hotdogs for our Spirit Day September 7th. Mrs. Chand'oiseau was the organizer for the day and she created a wonderful event for our students with the help of our many parent volunteers. We are truly grateful for your support.

Several new staff members have joined our team this fall. Our new Assistant Principal is Stacy-Ann Poithier. Marni Schierick and Michelle Maaskant will be working with Grade 8 homerooms. Kristy Ross takes over in French Immersion Grade 5. New assistant Mark Tyrer will be working with our special needs students. Our new CDA is Nicole Borsato who has transferred from Chestermere Lake Middle School. Our new Learning Commons Facilitator is Catherine MacKenzie and our new Literacy Specialist is Natalie Vila. New caretaker, Bronson Nolan is helping to keep our building clean and healthy. We also welcomed Sarah Chung, Chris Munson, and Jennifer Maguire back from leave.

It has been a busy couple of months with field trips, sporting activities, band workshops and the many clubs and activities available in the school. New this year,

we have Foods Club for Grades 5 and 6, Student Advisory, and Jazz Band.

This year, our focus will be on putting our CARE motto into action in our school. CARE stands for *Considerate, Accountable, Resilient and Empathetic*. Look for these words to come up in our communications home and in student work in all classes. Our school has already demonstrated CARE through our participation in the Terry Fox Run on September 14th and by honouring the survivors of residential schools with Orange Shirt Day on September 30th.

Student-Led Conferences will be October 23rd and 25th from 4-7pm each evening. Please make sure to book your time slot online.

Coming up in the next month, the Grade 6 students



will be heading to Outdoor School for four days in November. Our school Remembrance Day assembly will be November 9th and will feature the work of our drama and music students. The 12th will be a Professional Learning Day for teachers, so no classes for students.

New this year, check out our Facebook and Twitter feeds for updates and events. Our website is also available to check for information. Have a great month and remember to keep on learning.

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Local vendors will be showcasing their beautiful crafts and delicious food items. There will be door prizes, coffee, tea and holiday treats.

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De-Dollarization and You: Part 2

The U.S. has been Canada's largest trading partner for decades, so our economy is closely tied to the fortunes of our southern neighbour. The U.S. economy is still currently the largest in the world. Whenever an investor implements or revises a financial strategy, it is always important to consider how U.S. Government policies affect the Canadian economy positively and negatively.

President Donald Trump, and his focus on making America first, has unsettled the Global Elite and has challenged long accepted Global norms. People do not usually accept change willingly or quickly and President Trump's actions are sending ripple effects through Global markets. This political climate is causing numerous global actors to look for alternatives to using the U.S. dollar for trade settlement.

The U.S. dollar is still the World's Reserve currency. Today, however, the U.S. dollar's market share, as the trade settlement mechanism and reserve currency for global trade, is under 50% of all transactions. The movement away from the U.S. dollar includes numerous currency-swap agreements between countries and other initiatives. One such initiative is China's recent launch of an oil futures market in late March 2018 that settles oil trades and futures contracts in Yuan instead of U.S. dollar. The first week of trading registered \$10 billion U.S. dollar worth of activity.

These various events suggest that some potential changes may be coming to the global reserve currency regime.

In January 2010, when, recently retired Bank of Canada Governor David Dodge made two points about future economic policy. The first, which has largely held up, is that Government policy would increasingly drive and dictate economic growth and investment returns.

The second point suggested the possible replacement of the U.S. dollar as the global reserve currency. He stated that "if" the U.S. dollar was ever to be replaced as the global

reserve currency, it would probably happen overnight because the global Central Bankers would likely want to eliminate the ability of private sector investors to profit from any short-term trading opportunities.

Today, there is much speculation that the U.S. dollar may be replaced by an IMF SDR (Special Drawing Rights) managed global currency-weighted basket. The relative weighting of each currency in the basket may be adjusted over time to reflect changes in economic power and importance of the various component countries.

It is becoming increasingly obvious that the United States is losing its primacy in the global economy from a reserve currency perspective. Many Americans have little understanding of the erosion that is taking place in the World's use of the U.S. Dollar.

The impact of a global currency regime change could result in stronger U.S. inflation and higher interest rates. The U.S. has enjoyed dramatically lower

interest rates on Government debt, for several generations, and a lower cost of goods, for imports for their massive and persistent consumption trade deficits, as a result of the privilege of being the global reserve currency.

Should the discount on the cost of money (interest rates) be removed, it could possibly affect the lives of ordinary Americans. Canadians could also be impacted since we are so closely tied to the American economy and are currently amongst the most indebted peoples on the planet.

All of this could have implications for debt management, retirement planning, investment planning and portfolio allocations.

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

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WOW! I can't believe that another summer has passed and we are well on our way to another fantastic Artisan Sale. We are so excited as 2018 is shaping up to be our best one yet. We have a lot of our members who have been with us for many years, constantly creating new and wonderful one of a kind things, but this year we also are very excited to welcome some of our newer members who will be participating for the first time ever.



If you haven't been to one of our sales, or it's been awhile, please make sure to mark the dates in your calendar. **Saturday, November 17th and Sunday,**

November 18th from 10am - 6pm. We offer amazing handcrafted goods all from local artists and artisans. A convenient central checkout system means you can shop and only have to pay once. Birgit of Braggs Korner Kitchen will be running our soup kitchen again for those of you looking for a warm and hearty lunch.

We are all looking forward to seeing you and showcasing our creations. Remember if you live in the Bragg Creek Area and would like to join us, we meet the first Wednesday of each month, at 7pm at the Community Centre.

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
 Location: Snowbirds Chalet
 19 Balsam Ave, Bragg Creek
 Hours: 9,00am -4,00pm
 Clinician: Jill Read-Johnson,
 Certified Podologist
 Cost: \$30,00/session
 Appointment: Call 403.949.2133 for more details
 & to book appt for clinics. You will receive a call to confirm your appt.
 *Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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

Upcoming Foot Care Clinics
 Nov 29 • 2019 Dates TBD

Foot Care Clinics are a Mountain Woods Health Services Community Initiative in collaboration with Care In The Creek Medical Centre & the Snowbirds Seniors Fellowship
www.mountainwoodshealth.com

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Saturday & Sunday
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A New Perspective on Physiotherapy from 7900 Feet

When veteran physiotherapist Steve Resta created his company’s vision and mission statements this winter, he had no idea the personal meaning they would take on a few months later, as he dangled from a helicopter over Ha Ling Peak.

An alignment enthusiast – both physically and figuratively – one of Steve’s first actions as new owner of Bragg Creek Physiotherapy was to clarify the clinic’s vision, mission and core values. That is, the essence of their brand.

Steve drew on the philosophy he’d formed while working with countless patients over three decades: That physical freedom is the foundation of a healthy and fulfilling life.

From this perspective, Steve was able to articulate the company’s new direction:

“We envision a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.”

Steve’s personal commitment to an active outdoor lifestyle is part of what drew him to the Bragg Creek area, and what inspired him to become a trail runner. This spring (while training for a trail race in the Maritimes), Steve sustained a major knee injury during his descent from the summit of Ha Ling Peak.

Emergency services were then forced to airlift him to the nearest hospital for surgery.

Secured to a screamer seat, dangling precariously below a helicopter as it flew through the Rocky Mountains, business was the last thing on Steve’s mind.

But now, as we sit in his office, Steve subconsciously rubs the scar over his knee while reflecting on his experience. *“When Bragg Creek Physiotherapy started the brand refresh process, it was because we wanted our visual brand to match our professional worldview. We were thinking about depicting someone taking the first step on their path to physical freedom, and a collection of people working together for a holistic approach to health.”*

“But the truth is, at the time, it was a professional matter for me. After my experience on Ha Ling, it’s a lot more personal. Now I’m looking at my own mobility and the healing process through the eyes of a patient. It’s a different experience.”

Steve smiles to himself. *“One of the core values we chose was health leadership.*

I had no idea I’d be modelling the healing process myself! I’m trying to be a good patient.”

Bragg Creek Physiotherapy’s mission is to enable physical freedom by delivering quality evidence-based physical health services, education, and access to a community of trusted health professionals. The clinic is open Monday to Friday. For a full list of services and hours visit braggcreekphysio.com. We’re looking forward to updating our website to reflect our new brand in 2019.



We embrace the pace of small town life

When dealing with your health the last thing you need is to feel rushed, so that’s why we have longer appointments in all services. The clinic also has four physiotherapy beds (one private room and three partitioned by privacy curtains), a massage therapy room and a fitness centre that is open to the public.

OUR SERVICES

physiotherapy, massage therapy, acupuncture, IMS, custom foot orthotics and knee bracing, fitness programs, and more.



Bragg Creek Physiotherapy

Your pathway to physical freedom



403-949-4008 | braggcreekphysio.com
24 Balsam Avenue, Bragg Creek



**Growing From A Committee To A Network:
An Invitation and Updates From The Bragg Creek and Redwood Meadows Wellness Network**

The next meeting is November 8, 2018 from 6:30pm – 8:00pm at Redwood House; all are welcome.

The Bragg Creek and Redwood Meadows Wellness Network (formerly Bragg Creek and Area Wellness Committee) began in response to the 2013 floods and has been evolving its role and purpose ever since. Our network includes representation from local residents, social service agencies, healthcare providers, and community groups. Key accomplishments for us include two extensive door knocking campaigns in both Bragg Creek and Redwood Meadows, advocacy for permanent psychosocial and mental health resources, and the Screenagers series of events. Over the past year we have updated our name, mission statement, and values to better reflect our current direction and future plans.

Our revised mission statement is as follows: *“The Bragg Creek and Redwood Meadows Wellness Network is a local collaborative that fosters connections and supports activities to promote community wellbeing”.*

Our goal for this coming year is to focus on the “fosters connections” part of our mission statement. To meet this goal we are trialing different meeting schedules and placing a greater emphasis on the social parts of our get-togethers. The meetings have a casual tone and flexible structure although we do have a chair, follow an agenda, and respect time. The primary purpose is to build relationships, share information, and collaborate. Our experience has been that the partnerships formed at our table create unique opportunities for positive change that might otherwise be missed (e.g. programs from the Cochrane library now offered at the BCCA). There are no additional volunteer expectations and we know it won't always be possible to attend every meeting. We want to hear from you whether you have lived in the area for a few months or 40 years – every person can contribute knowledge and ideas to the network.

If you would like more information or to be added to our email distribution list please email Eric Howey (eric.howey@ahs.ca). I hope we see you at our next meeting!

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Winter Safety

from Redwood Meadows Emergency Services

Like it, or not, the snowy season is upon us. A few things to keep in mind as we begin another long winter:

For Your Vehicles

- Make sure your vehicles are in good repair.
- Put on good quality **snow tires**.
- Put a **snow brush** in your vehicle and clear the snow off your vehicle before you drive each time
- Pack an **emergency bag** for your vehicle in case you get unexpectedly stopped on a local highway for a long time. Be sure to include: a blanket, some food, a bottle of water and cell phone charger.
- Don't leave home with less than half a tank of gas.
- And...don't leave home if you don't have to during poor weather events.

For Your Home

- Make sure your driveway/walkways are cleared as soon as possible after snow events.
- Put salt on icy decks and walkways so you don't slip.
- Make sure your smoke/carbon monoxide alarms are operating properly.
- Ensure your house numbers are clear of snow and are visible from the street.

For You

- Let people know where you are going when you are heading out to do an activity, your planned route and when you plan to be back.
- Don't leave home without a fully-charged phone and a phone charger.
- Book an appointment to see one of our friendly local doctors when you aren't feeling well and be sure to heed their instructions.
- Wear the proper gear for the activities you're planning. Always bring extra gear in case the weather changes unexpectedly.

A Quick Tip

Redwood Meadows Emergency Services is called to many emergencies throughout the winter. When you see one of our trucks coming with the lights and sirens flashing, please move out of the driving lane *and stop* so we can get by quickly and safely.

Until next month, stay safe!



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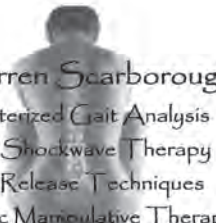
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- Massage Therapy
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949-3953

The Pitfalls of Diagnostic Reports

by Jennifer Gordon

BSc.PT, AFCI, BA Kin

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

Are you concerned about your Xray or MRI findings? They may not be worth the worry and stress! Medical imaging such as Xrays, ultrasounds, MRIs and CT scans can be very useful and valuable for identifying serious conditions. However, once serious conditions such as fractures and tumors have been ruled out, the majority of findings on these reports may not be abnormal and may not be the cause of your pain.

Bahram Jam, a physiotherapist and founder of Advanced Physical Therapy Education Institute, has summarized information on this topic. He calls this misleading information: "VOMIT: Victims of Medical Imaging Technology"! He has found studies that support findings that these often misleading tools can be harmful from a psychological point of view. These studies have shown that "those who are told of "abnormal" (though irrelevant) findings on their medical imaging have more doctors visits, longer lasting pain, more disability, and a lower sense of well being."

What are these tests showing? Commonly these diagnostic reports diagnose patients with disc bulges, degenerative joints and arthritic changes. While this may be true, these types of changes in the body are not "abnormal" and may not be the true source of what is causing pain, muscle imbalances, and biomechanical changes.

For example, in the lumbar spine, studies have shown that disc degeneration is present in 40% of individuals under the age of 30 and is present in 90% of those between the ages of 50-55 years. "Leading physicians at the department of Neurosurgery at the University of California strongly recommend against routine use of MRI for low back pain since they have found NO LINK between degenerative changes seen on Xray or MRIs and low back pain."

In the hip, studies have shown a weak association between joint space narrowing and actual symptoms. One study showed that "77% of healthy hockey players who had no pain, had hip and groin abnormalities on MRI". In the neck, an MRI study of healthy adults found that 98% of all the men and women with no neck pain had evidence of degenerative changes in their cervical spine. What this is saying, is that the majority of all healthy adults get neck degeneration (osteoarthritis) and disc bulges. This is a normal aging process! Bahram Jam

summarizes this concept to say "neck arthritis or mild to moderate disc bulges cannot possibly be a reasonable explanation of your neck pain, or else 98% of people would have neck pain"!

Interpreting diagnostic imaging findings can be confusing, misunderstood and misinterpreted. This can lead to unnecessary anxiety and inappropriate treatment planning. Occasionally a patient will have a finding of a myelopathy, advanced disc prolapse or extrusion (a burst spinal disc), or a fracture. These are indeed serious findings that should be dealt with appropriately. When it comes to non-traumatic musculoskeletal injuries or conditions, these findings are rare. The take home message is that the majority of diagnostic findings are likely not "abnormal" and are only a piece of the puzzle. Other factors such as nerves, shortened muscles, repetitive postures, and muscle imbalances are more likely the cause of pain. Often muscle imbalances and shortened muscles can put pressure on a joint, exacerbating an underlying degenerative process. Once the muscle balance, strength and proper posture can be restored, the pain will subside. The degenerative process is still there, therefore was likely not the CAUSE of the problem.

Having an injury and suffering with pain is no light matter. That in itself can be stressful and confusing. Do you NEED an Xray

or MRI? In most cases, the information gathered with those tests will not change the course of treatment. With this in mind, understanding the results and discussing them with your physiotherapist can help to alleviate feelings of helplessness and anxiety. We will thoroughly assess your body to identify underlying processes that may lead to further joint compression, mal-alignments and muscle imbalances. We have the knowledge to identify risk factors for more serious conditions that may need further diagnostic testing and will refer you on as appropriate.

If you have diagnostic reports that have left you feeling helpless and 'left out to pasture', we would love to discuss them with you, assess, treat, and educate you on how to manage your pain most effectively.

REMEMBRANCE DAY SERVICE

100th anniversary of the signing of the armistice

SUNDAY, NOVEMBER 11 | 10:30AM

Please bring a cash donation (cheque) or a non-perishable food item for the Veterans Food Drive.

Join us for refreshments after the service provided by the Bragg Creek Ladies Auxiliary



Bragg Creek Centre

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BRAGG CREEK HISTORICAL SOCIETY
Notes

Cheech in the Creek

Our previous edition began the story of the accomplished ceramist Ed Drahanчук, his artist wife Ethel, and their award-winning studio/home built in Bragg Creek in 1968.

The best-known folklore of the Drahanчук era, however, had to do with Richard Marin, better known as Cheech, of Cheech and Chong fame. Their comedy “Up in Smoke” became a huge hit in 1978, and Marin went on to star in many other movie and television productions. Recent work includes voice-overs for animated movies, including Banzai, the hyena in The Lion King, and Ramone in the Cars franchise.

But before all that -- in 1968, in Bragg Creek -- Ethel Drahanчук remembered how “Rich” just showed up one day at their door asking for a job.

Rich explained the circumstances in his memoir: “In my last semester in school (San Fernando Valley State College), I took a pottery class that totally changed my life. It woke my dormant Mexican handcrafting genes. The spirit of generations of long gone Mexican potters pushed me to do what I was born to do.” The year being 1968, he also admitted being active in the anti-Vietnam War draft. After turning in his draft card (autographed by Muhammad Ali), with \$80 in his pocket, he bought a bus ticket to

Calgary. (What he didn’t know then, was that it was where Tommy Chong had spent his younger years.) Rich’s former professor had provided a contact, Jerry Kaufman in Priddis, who needed help building a studio in an old chicken coop.

After the studio was finished, Jerry told him about a famous local potter who lived in Bragg Creek. Rich walked, hitchhiked, and walked some more before arriving at the Drahanчуks, where he found Ed and Ethel working on a tile mural. Since Rich’s Chicano background was sometimes mistaken for Indigenous and to avoid (in his words) another “hey Chief” situation, he started talking as fast as he could. And went on and on, and on, until Ed said “you’re hired” to get him to stop talking. Rich started work that day and claimed, “And so would start the purest, most at-one-with-nature time of my entire life.”

The bigger problem was finding a place to live in Bragg. Mary Elsdon of the Bragg Creek Trading Post also rented cabins, and her records from August 13, 1968 note: “...after cleaning cabin G.P., a Mexican came very late.” In his book Rich explains the cabin was so small that he could stand in the middle and touch everything in the room. He was taught to make kindling and given a fifteen-gallon drum to collect his daily water requirements. To collect water more quickly, he had the bright idea to lean off the temporary pedestrian bridge over the Elbow (constructed annually by Jack Elsdon). While filling the drum, he

was pulled off the bridge into the “freezing river,” but fortunately managed to swim to shore downstream.

Rich later befriended Georgie Dunn, a lightweight boxing champion of Canada and later the equipment manager for the Calgary Stampeders. Georgie gave Rich keys to his White Avenue cabin, an address to send the rent



money to, and wished him luck. Rich soon found out what “unwinterized” meant!

The relationship with the Drahanчуks continued successfully, until Ed had a serious hunting incident that meant no more work for Rich. Ethel mused, “Funny thing the way things go ... if Rich didn’t have to leave Bragg Creek, the timing may never have led to meeting Tommy Chong!”

The Bragg Creek legend has Cheech working for the Bar-B-Q Steak Pit. He did do some bartending there, but it was music that brought him into contact with Steak Pit owner Gordie Shoult and the “trad-jazz” musicians surrounding him. (What Rich also didn’t know then was that Gordie had been a contemporary of Chong’s in the Calgary music scene.) Singing every Jonny Mathis song he knew, Rich was invited to join a gig in Banff. He was also asked to go to Hawaii, but on the bus ride up to Sunshine Village, he concocted different credentials yet again and signed on there as grill cook.

Rich would finally meet Tommy Chong, not in Alberta, but when hired to write for Chong’s improvisational hippy burlesque-style theatre company in a Vancouver nightclub named Shanghai Junk. As the act evolved, the comedy bits soon eclipsed the music for the audiences. Asked if he had a nickname, Rich told Chong, “From when I was born, Chicharron ... it’s a pork rind ... all curled up and small, and it quickly got shortened to Cheech.”

Chong’s response? “Cheech and Chong, Cheech and Chong... Man, we’re gonna be big.”

Michele McDonald for the Bragg Creek Historical Society

Sources: Ethel Drahanчук Interview, August 2018; Gordon Shoult Interview, October 2018; Mary Elsdon Cabin Records, 1968; Calgary Herald Obituary, George Dum, 2011; Marin, Cheech, CHEECH Is Not My Real Name, New York, Grand Central Publishing, 2017

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Redwood Meadows Update

Council Update: Over the month of October council met three times, October 2nd, 16th and 23rd. A new bylaw was introduced to help our community become a respectful living-with-wildlife community. The main focus of our council is the ongoing lease negotiations, our council and Townsite Administration meet with Tsuut'ina on a weekly basis now as the lease talks progress.

Infrastructure: The Townsite hopes to have our Townsite Operations Staff working out of the new Maintenance Building in the next few weeks once inspections and the final touches are completed.

Projects that need to be completed before fall include getting the skating rink ready for the season, which includes having an outside vendor do a physical inspection and perform minor repairs to the rink boards and gates.

As of October 2018, unsorted commercial or residential waste unloaded at a City of Calgary landfill was subject to additional surcharges for dumping waste. As of October 2019, the city has stated that they will have the ability to reject unsorted waste (commercial or residential) at their landfills.

The Townsite of Redwood Meadows is being proactive about having a waste pick up solution prior to October 2019. A committee formed of three councilors, community members, a waste

management solutions professional, and a representative from Fish and Wildlife, are meeting frequently.

Emergency Services: At our October 2nd meeting, Constable Nathan Moore from the Cochrane RCMP detachment joined us for an update. Constable Moore is the Townsite's key contact with the community. He updated Council on the RCMP presence in our area, noting that regular patrols happen on a daily basis in our area. He also let Council know that a new online tool is available to track crime and reports of crime in our area. The Cochrane RCMP are using the City of Cochrane website to relay this information.

Communications: Councilor Decore met with several local businesses in regards to the new volunteer recognition initiative. The Townsite in cooperation with the Redwood Meadows Community Association, will be recognizing residents of Redwood Meadows that help make our community the great place that it is on a monthly basis. The volunteer will receive a gift card from a local business and a written commendation describing how they make our community a better place.

Bylaws: As part of Councilor Perkins initial assessment of our Townsite Bylaws he found the need for an administrative review and renewal.

The first step was introducing a bylaw that allows our Townsite to have the ability to have bylaws. In prior writings this was an area of administrative miscommunication and jurisdictional confusion. In correlation with the ongoing Stewardship Agreement with the Lease Negotiations with Tsuut'ina, it was decided at Council that a proactive approach to having confirmed, readable, and enforceable bylaws was necessary.

In addition, the new Federal government change in Cannabis usage on October 17th required a bylaw to address its usage in our Community. The reading of the bylaw was undertaken and passed in the month of October. The bylaw is in accordance with most communities that restricts the usage of Cannabis in a public space. The final copy of this bylaw will be available and distributed to residents of the community in early November.

Lastly it was decided at Council that in order to receive possible funding for a change in our waste management policy through both Federal and Provincial grants, the community needed to receive a designation of a Wildlife Smart Community. This designation includes the writing and implementation of a Townsite bylaw addressing the statutes required for this designation. Residents can access "living with wildlife" on the Townsite's website to read up on what being a WildSmart Community entails. This bylaw will also be available to residents in early November.

Lease Updates: The Lease Negotiations are progressing towards a target date of an August 2019 completion. Several hurdles and deadlines have been met in terms of administrative practices. A community focus group has been initiated to get feedback of residents as the Lease negotiations progress. If you want further updates, please come out to the Lease Information Nights. This is a chance for our LAWG group and Town Council to inform residents in person, and to answer any questions. The next Lease Information Night will be on November 15th.



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Hello Community!

As we welcome the month of November, we also welcome a new Board of Directors to the BCCA! In October we hosted our Annual General Meeting where a group of dedicated community volunteers stepped up to help care for and improve the Bragg Creek Centre. Thank you to all of the board members who served last year, and to those who will serve this year – we are so thankful that our community is full of engaged neighbours ready to make a difference!

Last month we also celebrated Halloween in the best possible way – with a haunted house and movies supported by lots of community volunteers including the Redwood Meadows Emergency Services who ran the haunted house! Thank you to RMES for supporting the kids in our community with a fun and memorable Halloween!

Looking forward to November, we will offer some classic and some new

activities for all: check out the website for details on the Auger Art Show, Remembrance Day Service, and Artisans Christmas Sale.

If you're looking for a way to get involved with your community this fall, have a look at our website, or that of the

Bragg Creek Chamber of Commerce where the Spirit of Christmas festival will surely be highlighted!

Enjoy the changing weather and we look forward to seeing you around the Hamlet!

*Cheers,
Board of Directors*

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Bragg Creek's Spirit of Christmas

SAVE THE DATE

December 1/2 & 8/9, 2018

Join us for an old fashioned Christmas celebration

visitbraggcreek.com

Join Us At Our Upcoming Community Events!

BRAGG CREEK community church *All Welcome!*

Sunday Service 10:00am
Youth Gym Night • Nov 9 at 7:00pm
both at Bragg Creek Community Centre
Nov 18 Service to be held at Banded Peak School
Pastor Dave Zimmerman • braggcreekchurch.ca

Ladies Bible Study
Mondays 10:30am

Alpha Course
Wednesdays 7:00pm
Free Meal, Info & Discussion • alphacanada.org

Needle Craft Club
First Sat of Every Month 7:00pm

Parent & Tot Group
Coffee, treats and informal visiting for parents, while children enjoy some playtime! Fridays 9-11am

Monthly Business Lunches to resume in January

Christian Fiction & Nonfiction Library
Located in the Bragg Creek Shopping Centre • Balsam Ave

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



COUNCILLOR MARK KAMACHI
@MARKKAMACHI
CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA
OFFICE: 403-949-3343 | CELL: 403-861-7806



Where did our fall go? Having just passed the first anniversary of the Rocky View Municipal election on October 16th, I must say time has been flying. Thanks for everyone's patience and understanding during the past few months as I dealt with family issues, trying to be a good son, husband and father, and keeping AdMaki Creative humming along. Thank you.

A lot has been happening as of late. So let's just jump right in for the latest and greatest in Division One:

Big changes at RVC – Your council has just appointed a new Chief Administrative Officer who will join us shortly. I wish to welcome Al Hoggin on board and look forward to working with him, my fellow councillors and the administrative team to keep us moving and growing sensibly. I would also like to personally thank our out-going Interim CAO, Rick McDonald, for all the positive changes he has made and for his guidance to this new councillor.

We are now settled into our beautiful new campus in Balzac. If you are in the area, stop by for a visit.

Berms/flood mitigation – Prequalification has started for potential companies that will help construct our flood mitigation project, prior to the work going to tender. RVC continues to negotiate with property owners and Tsuut'ina as well as AB Environment.

No definitive start time has been set, fingers crossed it happens soon.

4-Way Intersection (Highway 22, Balsam and White Avenues) – Back in August RVC received news from AB Transportation that the intersection improvements can move forward. This would help alleviate the congestion we experience during busy times of the year. Not only is it a safety factor, it's also a deterrent for businesses to succeed and residents to move freely about their community. Stay tuned as budgeting for this project and cost-sharing gets sorted out between the GOA and RVC. A huge thank you to the Bragg Creek Revitalization Committee for keeping this conversation moving forward.

Egress Road – At this time, negotiations and talks continue with our neighbours and the Tsuut'ina on proposed cost-sharing, final design route and commitment from the Federal government. By no means is this a go as we have just learned that a grant to have engineering work done was rejected by the Feds. It has put a damper on the project. RVC will continue to push this project forward as a great amount of work went into this by the previous Administration and Council.

FireSmart – Congratulations to the Bragg Creek FireSmart Committee, RVC Fire Services and all volunteers who helped to make our first Chipper

Day so successful. A lot was learned that will be applied to future Chipper Days. We had about 60 residents take advantage of having their green wood waste from their firesmaring efforts chipped for free on September 22/23. I'd love to see more people apply FireSmart to their properties. Check the RVC website for more details.

Off Site Levies – Always a hot topic in a county where lots of development and potential growth is slated to happen. My fellow councillors, administration and I are working to make it palatable for locals and potential developers to invest in our growth. By late November-early December, administration will be bringing the topic to the table, based on a number of stake-holder sessions held over the past months, for council to review.

SRI – The saga continues. Talks between RVC, Indigenous Leaders, affected land-owners and their communities, and various levels of government and their agencies make this a slow moving beast.

Remember to visit the RVC website to find info on past council meetings and other topics of interest as a valued ratepayer. If you want to get more involved with your community, volunteer. Help is always appreciated for the many organizations that keep things moving in Division One.

– Cheers, Mark



Rosin Chosen as Local United Conservative Party Candidate

On October 27th, United Conservative Party (UCP) members in Banff-Kananaskis overwhelmingly selected Canmore marketing and business professional, Miranda Rosin, as their candidate for the 2019 election.

"I am incredibly humbled and honoured to wake up today as your official United Conservative Party candidate for Banff-Kananaskis. Although we will take a couple much-needed days to savour this victory (and to try and recoup my lost voice), I and my team will then immediately get back to work and focus on the task at hand - bringing our positive, conservative vision to each and every resident of Banff-Kananaskis.

I want to take this opportunity to give a huge thank you to every single one of you who took the time out of your weekend to come cast a ballot [in this vote]. I also want to thank all of my supporters and hard-working volunteers for everything they have done these past eight

months. Having knocked on around 30,000 doors of local residents, this win has truly been a team effort, and none of it would have been possible without all of you welcoming me into your lives..."

In congratulating Rosin on her impressive victory, UCP Leader, Jason Kenney, stated: "Miranda joins a new generation of conservative leaders stepping up to the plate to represent communities across our province... I am pleased to welcome Miranda to the United Conservative team."

At her results party in Bragg Creek, Rosin concluded, "I am so grateful to every single person who opened their door to me, offered me a hot chocolate on those cold winter nights, or a cold glass of water on those hot summer days. If I have learned anything throughout this journey, it is that we have the most fantastic people living in our riding. I also want to thank my two fellow contestants for the UCP nomination, Scott Wagner and Micheal Zubkow, for their contributions to advancing

our conservative movement. I look forward to working with them and all local UCP members to earn the support of our Banff-Kananaskis voters and bring the change that this province so desperately needs: a change back to a balanced budget, a reinvigorated private sector, and a thriving Alberta with strong investor and consumer confidence. Thank you everyone for your support, and God bless Alberta!"

The next provincial election is expected in spring of 2019, and Rosin expects to get to work immediately, meeting with residents and continuing to build support across the constituency.



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Health Care Options For Seniors

Many seniors enjoy living in their own home with the freedom to do as they please. While some health problems may limit a senior's ability to do so, with the right home health care, a senior can enjoy an independent life in the presence of illness or other health conditions. When a senior receives adequate health care, it can keep the senior out of an extended care lodge or nursing home.

For many seniors, just knowing that they will be allowed to recover at home will put them in better spirits, which is more conducive to faster healing. The goal of home health care is to provide the senior with any necessary treatment as the senior heals from an illness or injury in the home setting. Home health care concerns medical treatments and services would otherwise be done in a hospital or other health care setting. Home health care can include services such as nursing, physical therapy, occupational therapy, counseling, social services and speech therapy.

A doctor will prescribe home health care when the doctor feels that a patient may recover successfully at home. The doctor may order services of a nurse, homemaker, physical therapist and a personal care worker as part of the home health care plan. Each of these

personnel members would perform different tasks as the senior recovers.

The nurse would administer medications, give the patient dietary tips and would arrange any other treatments or services that are necessary. The homemaker would do the household chores, shopping and preparation of meals. The physical therapist would perform such services that would help the patient get their strength back. The personal care worker would help the patient move around their home, including such tasks as dressing, bathing and walking with the patient. The people who provide home health care services are usually licensed nurses, homemakers, therapists and personal care workers.



Many products can be purchased for the purpose of home health care. Not all the products are related to the patient's body and instead are used to make the home safer for the patient. Such home health care product and services involves the modification of the outdoor steps, seating, inside walls, bath and shower. A walkway may be built or railings may be placed inside the home. Mobility equipment such as a cane

or wheelchair may be required. Any necessary medical equipment may be rented before making a purchase as well.

Home health care services may be performed by a public, private or other organization that is devoted to these services. Home health care workers are checked by most states for criminal backgrounds. Not all states perform a background check. If a state does not perform these checks, it is up to the person hiring the services of a health care worker to make sure that their criminal record is clear.

Home health care is not the same service as home care for seniors. Generally, home care revolves around house cleaning and other chores at the house. Home health care involves medical treatments or those services that are required to help the patient recover.

Home health care allows a senior's life to go on despite any injury or medical condition. A health problem does not automatically mean that a person has to be cooped up in a health care facility or nursing home. Patients that receive home health care are grateful for the opportunity to avoid the hospital or nursing home.



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Please Support the GBCTA - It's Time to Make Your 2018 Contribution!

Winter came early this year and our XC groomers jumped into action to prepare a few trails for those keen early season skiers. Now we are back to fall conditions and the usual mix of bikers, hikers and some snowshoers are out on the snow-covered trails. Now is the time we need your contributions, as we prepare for the extremely busy winter season in West Bragg. We rely on your donations to maintain the trail system – without you, we would not be able to maintain our trails. Your contribution is vital, so please give generously. There are multiple ways to support us financially:

- Donate directly to GBCTA by cheque. Mail to Box 1379, Bragg Creek, AB, T0L0K0.
- Donate on-line by Interac eTransfer to Bragg.Creek.Trails@gmail.com.

• Donate with cash deposited at one of the three secure donation boxes at the West Bragg parking lot.

• Donate using the Canada Helps website. Go to braggcreektrails.org for the Donate Now link.

You will receive a charitable income tax receipt for donations over \$20.

Over the past 11 years the GBCTA has invested more than \$3.3 million in Bragg Creek trails. The GBCTA has constructed over 110km of new multi-use trails, and have upgraded more than 30km of existing trails to create a world class 165km public trail system.

GBCTA West Bragg Creek (WBC) Parking Lot Cellular Hotspot

The GBCTA is pleased to announce that we have installed a cellular hotspot immediately south of the GBCTA Trails Centre at the WBC Parking Lot. This small hot spot is now available for free public use

including emergency calling, cell calls and internet data/email (provided your device is equipped with a cellular data plan). The hot spot works best on the Rogers network, but does also work on the Telus and Bell networks.

The GBCTA would like to recognize David Cebuliak, whose over the top efforts were instrumental in establishing this cellular hot spot, despite numerous technical challenges. The GBCTA would like to thank Alberta Parks for approval of this GBCTA cellular hot spot.

The GBCTA believes this cellular hot spot addresses a public safety concern by providing, for the first time ever, communication for the public at the WBC parking lot in the event of an emergency.

WEST BRAGG CREEK TRAILHEAD GRAND OPENING

You are cordially invited to our Trailhead Grand Opening, to be held on November 3rd from 1-3pm in the West Bragg Creek parking lot.

We hope you can join us to celebrate our Grand Opening of three important projects, namely, The West Bragg Creek Trans-Canada Trail ("The Great Trail"), our new Interpretive Trail, and the new Provincial Recreational Area.

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

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How to Prevent Colds and Flu

It's not even November yet but many around us are sick with the flu or cold. There is help.

Winter is called the flu season for a good reason – you are more likely to catch a cold or the flu during winter. In fact February, is the peak for germs or bacteria. So, are you ready to try to make it through the epicenter of illness without getting infected?

Since viruses that cause the cold and flu are airborne, your HVAC (Heating Venting and Air Conditioning) system can play a part in getting you sick — or keeping you healthy.

1. Run Your HVAC System

You probably love saving money on your heating bills, yet running your Heating Venting and Air Conditioning system, hot or cold, actually helps prevent illness.

When the air in your home stays still for too long, airborne bugs and viruses stick around, increasing potential for you getting infected. This is similar to why airplanes and buses prove to be such fertile breeding grounds for bugs and viruses.

By the nature of the fall and winter seasons, you are going to spend more time inside. Just make sure you keep the indoor air fresh and healthy. Adding an electronic filter with UV is even better.

1. Install A Whole House Humidifier

The reason that flu and cold viruses run rampant during winter? The air is so dry, according to studies.

Although scientists are not exactly certain as to why, moisture in the air dramatically reduces how contagious a virus is. Some research hypothesizes the water vapor can deform the virus.

Best way to make sure that the moisture is well distributed throughout your home is to use a total house humidifier. A whole house humidifier mounts on the HVAC system in your furnace room and is supplied by water directly connected to your water; not only easy to use, it distributes moisture evenly throughout your home to a level set by you – the humidistat measures the moisture content in your home's air and turns the humidifier on and off as required.



If unfortunate to catch a cold, your whole home humidifier also lessens your symptoms, including: congestion, sore throat, post nasal drip, and a scratchy voice.

2. Keep Your Home Warm — especially if you're coming in from the cold

Viruses and bacteria don't care about the temperature outside. They are more than happy to infect you regardless. However your body's natural defenses become suppressed in the cold. The hairs in your nose, which serve as the frontline of defense, become less effective when they get cold.

That means there is some truth in the old tale that going out in the cold means you are more likely to catch a cold. Make sure your home is warmed up — and ready to warm you up — when you come in from the cold.

3. Cleaner Air

Want to turn your HVAC into a virus eradicating system? Consider an UV Air Cleaner.

The Germinator uses the power of UV (ultraviolet) light to sanitize the air flowing through your vents, similar to many cities using UV lights for water treatment. The primary way to kill airborne bacteria and viruses, the Germinator turns your HVAC system into an air purification system, especially when combined with a good quality filter.

Talking about the flu, winter colds, and respiratory health, we would be remiss if we did not mention the Electronic Air Filter.

A hyper-powerful electronic filter pulls 95% percent of particulates from the air, approximately 50% more than a standard filter. While this filter cannot prevent you from getting sick it can make sure your breathing clean, healthy air. This is huge to sufferers of allergies, asthma, chronic sinusitis, and those getting over a cold.

In Conclusion...

While we definitely also advocate traditional healthy habits like a flu shot and a bowl of warm chicken soup, we want you to think about the air you breathe when combating airborne illnesses.

Follow these tips and give your immune system the best chance possible to make it through cold and flu season relatively unscathed. If you want some hardware to back you up, install an UV Air Cleaner, an Electronic Air Filter and a whole house humidifier, or three combined.

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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It has been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. Or has it really been that quiet? On October 12, a person who lives just south of Priddis returned home to find a stolen black 2017 BMW SUV X1 (licence: BCF4970) backed up to his garage. An older skinny man and a younger woman were using it to steal as much as they could from the homeowner. What would you have done if you were in the same situation?

Our homeowner confronted the couple and unsuccessfully tried to block the SUV, but they got away. Within minutes, the R.C.M.P. arrived, but they could not find the SUV. They took fingerprints, cast tire tracks, and had an artist make a composite sketch of the couple. I am writing these words only a day after this event, so it is far too early to know how this story will work out.

It might have a successful ending like another recent incident, when other residents had noticed a suspicious vehicle and its occupants in a nearby rural area. Following the Crime Watch guidelines "O.R.R." (*Observe, Record, Report*), they individually contacted the R.C.M.P., which led to the identification of the truck stolen from the Picture Butte area (just north of Lethbridge). Police believe the truck was involved in several thefts in Turner Valley. The culprits later abandoned the stolen truck in Bow Island (320 km. southeast of Calgary) and then stole a Ford truck that the police later recovered in Canmore, where they arrested and charged the two occupants and recovered some stolen property.

Police are also currently watching a situation where persons unknown removed the pins from a gate but were then scared away before entering the

property. Since there were no tracks in the driveway, it appeared that no one was at home. In general, if snow is on the ground and you are away or inactive in your home, you should arrange to have someone make tracks on your driveway so that it looks like you are home and active.

Some other events: Mail thefts from the old-style mail boxes continue to plague our area. If you have such a mailbox, check your mail often, and try to use a lock that is difficult to cut off. Canada Post is solving this situation as it installs more of the newer, more secure mailboxes.

The major lessons we can learn from those incidents are:

- When you leave a vehicle, remove any valuables and be sure lock it.
- If an event is in progress, call 911 and try to provide as much detail and description as you can. *Note: The R.C.M.P. dispatch centre works on a priority basis, so wait times can result due to priority and 911 emergencies.*
- If you see something out of the ordinary or suspicious, phone the 24/7 complaint line of the R.C.M.P: 403.933.4262. You may think what you saw was not important, but the police would prefer you let them make that judgment. The information might be particularly important. The eyes of our nearly 800 member families are one of the most powerful tools for the police. Just remember "O.R.R."



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Further developments: A crime prevention pilot project is under way. On Sept. 5th, Foothills Council voted to conduct a pilot project to hire more R.C.M.P. shifts to target areas of concern and create more police presence throughout our area. The project will run until December, after which Council will evaluate the results.

How you can help: If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. Thanks to the work of a few volunteers and a grant from Legacy Oil, membership brings these advantages:

1. It is free.
2. Members have no obligations.
3. Members receive regular notices of criminal activity in our area. The information we publish regularly in this column is but a fraction of the news circulated more often to our membership about crime in this area.
4. New members within our boundaries get a free High Country Rural Crime Watch Association sign.
5. We often have free events on how best to protect your property.

The only disadvantage with membership is that if you are struthian (ostrich-like, with your head buried in the sand), you

may not want to know about the reality of criminal activity around here.

To join, phone me at 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: hrcwa.ca. Our Facebook page has more information: facebook.com/HighCountryRuralCrimeWatch.

So that's the news from the High Country where all the grown-ups are youthful, each child is smarter than all the other children, and our rural crime watch is alive and well.

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

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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Community Event To Discuss Crime & Wildfire: Save the date - Thursday, November 8, 2018, 7:00 pm at the Square Butte Hall, off Hwy 762. Guests include: RCMP, 2 Foothills Councillors, High Country Rural Crime Watch, Foothills Fire Department, Foothills Emergency Management, AB Forestry (tentative). Info to be confirmed via the Crime Watch.

New RCMP Crime Map on Foothills Website: The Alberta RCMP Crime Map can be accessed on the M.D. of Foothills website at the address below. When you visit, you can zoom in on the map on the right side of the page and see stats on the left side of the page. Stats are on this website for around 14 days, marked with an icon which identifies the type of incident placed at the approximate location on the landscape. Where you zoom in on the map on your screen, the number and type of incidents will be shown for that portion, with a sub-menu of the date and file number. You could keep this map as a "favourite" on your internet browser to check what's going on around us locally. Click on "RCMP CRIME MAP" when you visit: mdfoothills.com/rural-crime-watch.html.

Calgary Metropolitan Region Board (CMRB) Update: The Interim Growth Plan and Regional Evaluation Framework were presented to the Board and approved on October 4, 2018. This now moves forward to Municipal Affairs and Cabinet for approval. You can find the documents

here: www.calgarymetroregion.ca/resources/#anchor-board-documents

Dark Sky Country – Postcard & Pin Project: To help spread awareness, keep the conversation lively, and get everyone involved, residents surrounding the Ann & Sandy Cross Conservation Area and the Rothney Astrophysical Observatory are being sent an informative postcard about the benefits of preserving dark skies. Residents are invited to send in a photo of something they have done to mitigate light pollution. Our awesome Dark Sky Country pins will be mailed out to participants, while supplies last. Thanks to the Calgary Foundation, ASCCA, RAO, RASC and Foothills for supporting this initiative! For more details, please visit: DarkSkyCountry.ca

Foothills Land Trust (FLT): protects ecologically sensitive lands in the MD of Foothills, mainly through the placement of conservation easements. 2018 is turning out to be a record year for FLT with the amount of land under its protection expected to more than double. FLT is looking for a volunteer Treasurer who can strengthen and grow the Board's expertise in this area. Experience in accounting for non-profits is essential, as is a good working knowledge of either Quick Books or Simply Accounting. Please contact Sandy Bruce, Treasurer of FLT, at 403.949.2112

Investigating an Idle-free Policy For Our Municipal Fleet: On Sept. 8, I requested that we authorize staff to investigate an idle-free policy, as time permits. As there is much good work that has been done by the Calgary Region Airshed Zone (CRAZ) and other municipalities on this, we are going to gather information and look at what we may bring about for an internal policy regarding best practices on operating our municipal vehicles. The goal would be to help us be mindful of using only what we need and, as a benefit, to save on consumption and cost of fuel = to save some tax dollars and reduce pollution. This summer, we provided Alberta Environment & Parks with a list of things we are already doing in rural municipal practices to reduce pollution and improve air quality, to add to their yearly report for the Air Quality Management Framework under the South Saskatchewan Regional Plan. This idea came about as one area that we could take a look at in more depth. Foothills is also a member of CRAZ, for

which I am the council representative. It is important for us to be at this table because air quality knows no boundaries.

Fish/Priddis Creeks Stewardship Group: met on September 28, for a water-related education session. You are welcome to join us at future meetings as we launch our science-based community group to learn more about our watershed. Local area landowner, David Swann, has invited us to participate for the purpose of learning and better protecting the Creek, a vital resource. The hope is to tie this group with existing watershed stewardship groups such as Friends of Fish Creek (within Calgary), and the Bow River Basin Council, since no other stewardship group is currently active on this reach of Fish Creek. If you are interested but have not been able to attend yet, please contact davidswann571@gmail.com.

For Other News & Updates:

*Please visit my website: suzanneoel.com
www.facebook.com/CouncillorSuzanneOel*

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Councillor's UPDATE

M.D. of Foothills

Jason Parker, Councillor, Division 3

Square Butte Meeting With High Country Rural Crime Watch

November 8th at 7pm at the Square Butte Hall on Highway 762, I, along with Councillor Suzanne Oel, will be hosting a meeting in conjunction with the High Country Rural Crime Watch. This will be an opportunity for us to bring area residents up to date on the latest goings on in the MD. Some of the topics of conversation include:

- The MD's new Enhanced Policing Pilot
- The Maclean Creek Fire this past summer
- Update from the Turner Valley RCMP
- and more

Mark your calendars Nov 8th at 7pm at Square Butte Hall. If there are specific items you would like to have on the agenda, feel free to let me know.

Check my website at JasonParkerMD31.com, or my Facebook page, [FB.me/JasonParkerMD31](https://www.facebook.com/JasonParkerMD31), for more details as I have them.

Millarville Racing and Agriculture Society (MRAS) Updates

MRAS President Brent Foster and Treasurer Nancy Seaman came before MD Council on October 10th. They brought Council up to speed on the vision, direction, and progress of the new arena currently being constructed at the MRAS along with all the incredible ideas for funding and new opportunities at the site.

I was able to visit the facility under construction and am very excited about the direction it is taking and how amazing a facility it will be upon completion.

There was some exciting news that came

out of the meeting. MD Council passed a motion to support the Millarville Racing and Agricultural Society's arena project by way of an interest-free Debenture in the amount of \$150,000 and a Grant in the amount of \$50,000.

The funds will go towards construction costs, and helping to ensure the building is ready in time for the Christmas Market Nov 8-11, as Council is aware of how important this facility is to the community.

The MD of Foothills is still accepting donations to go towards the project on behalf of the MRAS. If you are interested in donating, go to MRAS-Donations.JasonParkerMD31.com for the form or call the MRAS directly at 403.931.3411.

Details for all MRAS events can be found at: MillarvilleRacetrack.com.

Millarville Water Line Update

The water line project is nearing completion. MD staff stated that contractors would be doing a flush of the line in mid-October. The line to the water treatment plant in Millarville is complete and they have stated that they are hopeful for completion of the extension to the Millarville Community School by mid-November (the poor fall weather has caused a minor delay).

There may be some traffic interruptions in the hamlet as they start work on the distribution line for the hamlet. As I receive information, I will do my best to keep you updated via Facebook and my website.

The pipeline is to service the residents along the route between Turner Valley and Millarville in addition to residents of the hamlet of Millarville in this and future phases.

The project has been funded with Federal, Provincial and Municipal funds (a third from each). The municipal portion is to be cost-recovered through connection fees. If the project comes in under budget, MD Council may re-visit the connection fee and see if there is the possibility of lowering it.

If you are interested in connecting, be sure to contact the MD at the main office at 403.652.2341.

To be kept up to date on the latest in our area, "Like" my page on Facebook at [FB.me/JasonParkerMD31](https://www.facebook.com/JasonParkerMD31). Additionally, enter your email in the box on the top right corner of my website, JasonParkerMD31.com, to sign up to receive updates.



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Annual General Meeting: Be an active part of your community. Join us at the AGM on Thursday, November 15th, 7:30 at the Hall. Some Board appointments are up for renewal. We are also looking for a Hall Rental Director. The Board meets once a month to carry out the Board mandate and business. All members are invited to attend. Refreshments will be served.

Parent & Tot Coffee Morning: We are looking for someone to take over the local Priddis Parent and Tot Coffee mornings. They usually meet once a month. It is a very easy volunteer position for someone looking to get involved in the community. Please email pcayoungfamilies@gmail.com

Priddis Family Bingo Night: We are looking for a coordinator for the Priddis Family Bingo Night event this fall. If you are interested, please contact priddispresident@gmail.com

Priddis Early Learning Program (PELP): PELP's fundraiser, Mabel's Labels is being offered again this fall. Great labels for kids' things, e.g. jackets, t-shirts, pants, hats and shoes. We appreciate all your orders as 20% of sales through the link come back to our community preschool. mabelslabels.com/c/?type=fundraiser&b=7321&cur_website=base.

The 3-year-old program has a waitlist for 2018/2019. There are still a few spaces available in the 4-year-old program. The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. For more information please email PELPPreschool@gmail.com.

September 2018 Casino: Thank you to all volunteers for your time and participation in this very important event for the Priddis Community Association. Dollars raised at the casino are vital to maintaining ongoing operations of the Hall. Thanks to Wayne Heinen for coordinating and keeping us organized!

Priddis Panthers Hockey: This is non-competitive hockey for boys and girls ages 5 – 17, with all levels of experience. If your child is interested in playing, contact priddishockey@gmail.com or check Facebook for Priddis Panthers Hockey.

Multi-Purpose Building Fundraising: Thank you to the Calgary Foundation for providing support to host a successful community centre capital campaign and beyond. The Calgary Foundation's Community Grants Program designated \$45,000 to assist with our capital campaign, providing the essential funds to create a facility business plan and assist with our fund development strategy.

We are very excited to see the project moving forward and hope to have your support throughout our campaign. We plan to send information out to share updates, opportunities, and news surrounding the project and welcome feedback from engaged community members.

Any questions concerning the Multi-Purpose Building Project, please email priddismpbldg@gmail.com. Check the website, priddisalberta.com, for more details on events and project updates.

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

Recycling Shed at Priddis Hall: Just a reminder that the Priddis Panthers Hockey Club have a recycling shed located at the north-west end of the Priddis Hall parking lot. Thank you in advance for dropping off your bottles and cans.

Booking the Hall: To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at PCAhallrentals@gmail.com. Check priddisalberta.com for availability, pricing and updates. We are looking for a new Hall Director to start in January.

PCA Membership: Renew your annual membership with the Priddis Community Association for 2018 – 2019 season. Membership is only \$25/year for the entire family. We have made it easy for you to pay for your membership online. You can still mail a cheque or drop it off at the Priddis Store. A Business Membership is only \$50. Everyone should have a Priddis Community Membership when participating in programs at the Hall and using PCA facilities.

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

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



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. The next meeting is on November 13. It is our AGM and is a chance to meet some of our new members. Also, please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join us! It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.



Fantastic Indoor Air Quality for Pet Owners

Pets – our companions and friends. Approximately 35% of Canadian households have a dog, while 38% have a cat. We will do anything for these adopted family members, including tolerating allergens they share.

Most people who suffer from animal allergies are not allergic to an animal's hair, but rather its dander. Pet dander consists of tiny flakes of skin on animals with fur or feathers. If trapped inside your home's HVAC system, the accumulation of pet dander can create mold and other harmful bacteria, which is then circulated throughout your home and significantly worsens the air quality inside your home.

Maintenance is key to reducing the spread of pet dander throughout your home and the following tips will ensure that you will keep your pets safe while increasing your home's air quality.

Maintain Your Air Filter

Your furnace air filter is your first defence against airborne particles in your home. Pet owners should change their filters every other month for optimum

cleaning. Also consider upgrading to an electronic air filter, which cleans your air of micron and sub-micron particles. These filters are known to remove over 95% of all particles from the air inside your home.

Clean and Seal Your Ducts

Dander and other particles can get stuck in your ductwork and build up over time, increasing the chance of mold and bacteria growth. Air travels through your ductwork and into your home, so any mold or bacteria will be circulated throughout your home each time your HVAC system kicks on. You should also check your ducts for leaks, which would allow pet dander to easily enter into your ductwork. If you find any cracks or leaks, you will need to seal your ducts to prevent further dirt from accumulating in your ductwork and spreading throughout your home.

Regular Pet Grooming

Not only is regular pet grooming essential to the health of your pets, it also lessens the amount of dander they produce. Bathing your cat or dog

regularly, using a moisturizing soap, and brushing your pet often will cut down on the amount of dander your pet produces and make them more comfortable, too.

Vacuum Regularly

In order to keep pet hair and dander at a minimum, regular vacuuming is essential. Instead of the hair and dander being sucked into your vents, and then into your HVAC system, vacuum it up and throw it away on a regular basis to ensure a cleaner home and better indoor air quality. Cleaning your carpets once a year is also a great way to keep your air quality fresh and clean.

Schedule Regular HVAC Maintenance

Last but not least, a yearly HVAC maintenance check can help with combating issues that pet dander may cause to your HVAC system. A professional can check your ductwork for leaks and mold build up, change or upgrade your filter, and ensure that your pets have not done any additional damage to your HVAC system.

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A Night to Remember

Are you tired of watching the same old cat videos on YouTube? Why not try skunks, or bears, or synchronized elk dancers? All of these animals star in the Ann & Sandy Cross Conservation Area (ASCCA)'s new film, "Join the Dark Night: Nocturnal Preserves". The film is a great way to learn about what Nocturnal Preserves are and the impacts they can have on a community and the wildlife that lives there. Please support our work for conservation and light efficiency advocacy by settling in with some popcorn to watch the film on our YouTube channel at Ann & Sandy Cross Conservation Area. Click on the "Join the Dark Night Nocturnal Preserve" video, or search for the name in the YouTube search bar. The video will also be shared to our Twitter and Facebook pages at @ASCCConservation.

We would like to thank our sponsors, the Saskatchewan Prairie Conservation Action Plan, and TD Friends of the Environment Foundation, for their generous support of this project. We would also like to thank the Royal

Astronomical Society of Canada (RASC), Rothney Astrophysical Observatory (RAO), MD of Foothills, Cochrane Ecological Institute, Banded Peak School, Collingwood School, and Calgary Wildlife Rehabilitation Society for providing us with experts, passionate citizens to interview, and animals to film. Everyone featured in the film shares a passion for making our communities light efficient and it was truly inspirational to be able to work with them. We would also like to thank the work of the "Protect the Dark Skies Around Calgary" group for their generous contributions and consultation on this project. If you would like more information about the work they're doing or their petition for the Calgary SW Ring Road to install better lighting, please visit ptds.ca.

The ASCCA would like to acknowledge the tremendous support and dedication of the RASC Calgary Centre in helping us to become Canada's first Nocturnal Preserve, and for creating the designation, as it acknowledges the importance of Dark Skies for primarily ecological benefits. Without them, the inspiration for this film would not have been there.

The ASCCA, MD of Foothills, RAO, and RASC are partnering to raise awareness in our community of the value of dark skies, and the negative impact of light pollution. Light pollution (unnecessary or unwanted light), can prevent us from viewing the stars and other celestial objects. It also disrupts circadian rhythms in wildlife and people, which directly impacts our health. To inspire our neighbours to help create a more light-efficient community, we have created a website at DarkSkyCountry.ca with information about the importance of dark skies. We are also inviting people to send us photos that demonstrate how they are helping to reduce light pollution. While supplies last, we will be sending complimentary Dark Sky Country pins to everyone who participates. If you'd like to participate, please email info@crossconservation.org with your photo, name, and mailing address.

We would like to acknowledge the Calgary Foundation for their financial support of this initiative.



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We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

Upcoming Events and Programs:

Qigong Drop In

Mondays at 9:30am & Wednesdays at 7pm
Location: Upper Room

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

Faith and Coffee

Wednesdays at 10am
Location: Multipurpose Room

Each week we gather to drink coffee and explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

Joyful Voices

Tuesday, Nov 6 and 10am
Location: Chapel

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

Turkey Supper

Saturday, November 10 at 6pm
Location: Lower Hall

300 pounds of fresh turkey have been ordered for our entirely from scratch gourmet supper! Purchase your tickets online.

Dealing with Differences Workshop

Sunday, November 18 at 12pm
Location: Sanctuary

Join us for this fantastic workshop presented by psychologist Jillian Thomas on *How to Create a Welcoming Space for Everyone*.

Craft Day

Sat, Nov 17 from 10am - 4pm
Location: Midlands Link

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

Playtime

Saturday, Nov 17 at 10:30am
Location: Lower Hall

We are excited to have a joint function, where old and young, friends and strangers can play together. There will be a potluck lunch available, if you would like to participate, you are welcome to bring something to share (but if your life is busy, feel free to just show up.). Bring your favourite board games, card games, Lego, playdough, rollerblades, scooters, badminton set, etc., whatever it is you feel like playing, and enjoy an afternoon in community! Families are most welcome.

Triple F

Saturday, Oct 27 at 12pm
Location: Midlands Link

Food (pot-luck - bring something to share, if you can), Fun (play games - bring some of your favourites, or try a new one), & Friendship (visit with friends and make new friends too).

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

Your Friends at Red Deer Lake United Church
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November 25th · 9:15am
HOLY EUCHARIST

December 2nd · 9:15am
HOLY COMMUNION · 1st Sunday of Advent

December 9th · 9:15am
HOLY COMMUNION · 2nd Sunday of Advent

December 16th · 9:15am
HOLY EUCHARIST · 3rd Sunday of Advent



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Millarville Community Library

Did you know that October is “Celebrate your Library” month? But in fact **every month** is Celebrate your Library month. And now that the snow seems to be here to stay, this is the perfect time to stock up on books to read by the fire, or investigate new crafts or projects, or learn about the multitude of online resources available through your library: downloadable music, magazines, streaming movies, ebooks, music, audio books, newspapers from around the world, language learning, study help and exam prep, kids books, videogames and more! Pick up a pamphlet at the library.

Or how about a **Happiness Fix** - learning to play the Ukulele? If you like rock n’ roll, blues, country or classical you can learn to play your favourite tunes with a bunch of like minded souls - lots of fun! Thursdays Nov 1, 18, 15, 22, 2018, Millarville Library, 6:30-8:30, cost \$40 (we use this to pay school rental, make a donation to the library and use the remaining cash for a ‘prize.’) Best to bring your own uke, but we can lend you one if you can’t get one in time. Sign up at the library or phone 403.931.3919.

The Library will be displaying Liv Pederson’s **Dutch Plank Weavings** from November 7- December 5. Dutch Plank Looms are primitive looms made with pieces of wood, nails and string. Liv has brought her personal narratives to life with her weavings on these looms. There is a possibility that she will offer a workshop during the time her work is on display. Stay tuned for more information or check out our Facebook Page.

Storytime has moved to Thursday (November 25) 10:30.

Good Read Pick! Warlight by Michael Ondaatje. The novel opens in 1915 when 14-year-old Nathaniel and his sister, Rachel, have been left by their parents in London, in the care of a mysterious figure called Moth. The parents have ostensibly gone to Singapore for Nathaniel’s father’s job. We soon learn that it is the mother, Rose, who is behind the flight


from Britain and that she is a woman with a captivating double life as a spy.

The first half of the book shows Nathaniel’s unorthodox education in postwar, parentless London. In the second half we see Nathaniel, now in his late 20’s, trying to piece together the life of his now-dead mother. As Nathaniel recognizes that he will never know the full story, but will only ever have a “confused and vivid dream of my youth,” we begin to understand the intensity of Ondaatje’s writing. He is a memory artist, summoning sharply perceived images, recreating memory as a medium of visual metaphors. This is Ondaatje at his best!



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TURNER VALLEY & BLACK DIAMOND News

Hello, Black Diamond and Turner Valley! The High Country News will be combining the Black Diamond and Turner Valley columns from now on. Our towns are so close together it just makes sense to see everything in one column. Hopefully you will enjoy the new format and check out what goes on in our Diamond Valley.

Well winter arrived with a record snowfall on October 1st. I had to drag out my winter boots from the back of the closet, put them on and trudge out to the garage to unearth the snow shovel. Bah! While I was in the closet, I decided to clean out some of my winter gear and set it aside for **Jacket Racket**. This is a program we have here yearly through the United Church in Turner Valley. Bring your clean, gently used winter clothing for adults and kids. Coats, ski pants, boots, hats, gloves, and mittens (no other clothing, please) can be used by those in need in our community. You can drop off your donations at the United Church (125 Royal Avenue) on Tuesdays from 1-3, or at either Town Office or Alberta Treasury Branch during business hours. If you are in need of some warm winter clothing, drop by the Church on Tuesdays from 1-3 also. For more information, the United Church's number is 403.933.4114.

One way to warm up is to check out **Poetry by the Fireside** at the Sheep River Library. The facilitator is none other than our famous cowgirl poetess Doris Daley. Works of poets both dead and alive are shared along with original work. A non-compulsory writing project is assigned. **Poetry by the Fireside** is held the last Thursday of the month at 10:30am. Or try out **Expresso Yourself**, a time to socialize and connect with others in the community. This program is at the Library Wednesdays at 2:00, coffee and a snack are provided.

For more information, the number is 403.933.3278.

Remembrance Day is November 11th. There will be a ceremony at the Oilfields High School starting at 10am. Please be on time so as not to interrupt the ceremony. Head over to the Turner Valley Legion afterwards for a **special ceremony and a brunch** featuring breakfast, lasagna, caesar salad, and desserts. Everyone is welcome. The Royal Canadian Legion is, of course, offering poppies to wear to honour those who made the ultimate sacrifice in the service of their country and to help veterans and their families.

The United Church is sponsoring a **Veteran's Dinner** on November 11th at the Griffiths Centre in Black Diamond. Tickets for this dinner must be purchased in advance, and you don't have to be a member of the Griffiths for this dinner. It will be roast beef with all the trimmings, and the cost is \$15. The evening starts at 5pm, for tickets or more information, drop by or call 403.933.2167.

With Christmas coming, the Legion's Ladies Auxiliary will be holding their annual **Christmas Market** on Saturday, November 24th. The Market usually

includes local crafts, baked goods, and lots of vendors, and Laura is putting on a buffet type brunch. There will also be a 50/50 draw and the popular bucket raffles. Come help the Ladies Auxiliary support the Legion and get a head start on your Christmas shopping. The Market runs from 9-2 at the Legion.


Another great Christmas Market is the **Millarville Racetrack's Market**. This is a country Christmas Market with fabulous art, craft, decorations, artisan food, gifts, and more. Family fun with free hay rides, Santa's workshop, pony rides and photos with Santa and kids-only shopping tent featuring Mrs. Claus and photos with Santa's reindeer. The Market runs November 8-11th from 10-5. For more information, call 403.931.2404.

Close to Millarville is the Leighton Art Centre, and they will be holding their **Christmas in the Country Art Sale** on November 3rd & 4th, and again on November 10th & 11th. Over 1000 pieces of craft and unframed art works by local artists will fill the historic Leighton home this November. Discover over 100 artists and find truly unique gifts. Free parking and admission with complimentary festive treats with spectacular Rocky Mountain views included! The Sale runs from 10-4, for more information visit leightoncentre.org.

St. George's Anglican Church will be holding their annual **Christmas Tea and Bake Sale** on Saturday, November 3rd. Launch the Christmas season, come and buy some delicious home


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*They shall not grow old,
as we that are left grow old.
We will remember them
and honour them forever.*



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baking that will delight your guests. Refreshments served, and donations are welcome. The Church is located at 200 Main Street in Turner Valley, and the Bake Sale and Tea runs from 1-3.

Back in Black Diamond, the Oilfields High School is presenting their **Winter Concert** on November 26th at 7pm. They usually have a bake sale at the same time. Everyone is welcome, for more information the School's number is 403.938.4973.

There will be **free skating** again this year at the Oilfields Regional Arena on Sundays from 2:45-3:45. Thank you to Sandul's Pharmacy who sponsors this program every year. The free skate runs until March 3rd. Helmets are mandatory, and the Arena is located in Black Diamond behind the High School.

Beneath the Arch Concert Series is pleased to present the **Tequila Mockingbird Orchestra** on Saturday, November 24th. Thanks to our local sponsors, Country Food Mart, Dr. Val Congdon, and the Most Beautiful Art Tour in Alberta. An Arch show is a delightful experience with up close seating and a community atmosphere. You can get tickets for the show at Blue Rock Gallery in Black Diamond or online at beneaththearch.ca. The show

will be held at the Flare and Derrick Community Centre in Turner Valley.

Sheep Creek Arts Council in Turner Valley is offering three Saturday classes in November. The 10th is a Dyeing on Silk class, taught by Jackie Bright, and she has some lovely samples on display in the Arts Council Gallery. Joyce Brown is teaching an O Tannenbaum quilt hanging on November 17th and December 1st. This class is ideal for beginner and intermediate quilters, and a sample of this quilt is displayed in the Gallery. Then on November 24th, Lino Lenny is teaching a class on making holiday cards using Lino printing techniques. Lenny taught classes last winter and the students really enjoyed them. For more information or to register, drop by SCAC on Sunset Boulevard in Turner Valley, call Sheila at 403.931.3989, or email at scac@live.ca. You can also visit their website at sheepcreekarts.ca to check out this fabulous organization.

There will be a **Truck-Brew Seminar Series** coming up in November. This is a free series from Foothills Energy Co-op about tackling regional capacity understanding and about building renewable energy. There will also be hands-on demonstrations

and home energy use checklists. The Seminar runs every second Thursday in November, the 1st, 15th, and 29th from 7:30-9pm, at the Hardknox Brewery in Black Diamond, up on the hill beside Tim Horton's. Snacks are provided! Any questions, please email d_e_bunnell@yahoo.com.

I wish to correct a mistake in the last issue, about the Black Diamond Council meeting times. **Council meets the 1st and 3rd Wednesday of the month at 7pm, not 7:30, and also on the 4th Tuesday of the month at 9am.** Also **Light Up** is coming up soon, usually the first Saturday in December, and volunteers are always welcome. For more information, the Town of Black Diamond's number is 403.933.4944.

If you have any events happening November 28th – January 2nd that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue in November 15th. Let me know if there is something you would like to hear about in our community as well!

Stay warm,
Elaine Wansleben



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We were most fortunate to have Donna Young, an astrophysicist from the NASA Astrophysicist's Division of the Universe learning program, give us a talk in October. Her talk was called "Cosmic Cobwebs: A Story of Spiders and Stars".

We are pleased to be part of the Alberta Foundation for the Arts Travelling Exhibition. The library will be showing the loom art of Liv Pedersen

in October and early November. Liv is a graduate of the Alberta College of Art and Design and is a fibre artist, specializing in small scale tapestries. Her work is captivating, so do drop by.

The writer's group continues to meet on the first Wednesday of the month at 1pm. Crib Club has not started up yet, so keep your eye on the bulletin board for further information about this.

New Acquisitions: *Washington Black* by Edugyan Esi, an award winning Canadian novelist. Also available are David Baldacci's *End Game*, and Ken Follet's *A Column of Fire*. *Climate Justice: Hope, Resilience and the Fight* by Mary Robison is also among our new books.

A cozy, curl up by the fireside read is *Evergreen Falls* by Kimberly Freeman, the Australian author of *Wildflower Hill* and *Ember Island*. The story is of a family hiding a dark secret that has far reaching effects on the next generation. The secret is revealed as the story unfolds.

Another good read is *The Truth and Other Lies* by Sascha Arango, translated from the German by Imogen Taylor. It is a literary crime thriller about a man whose cunning lets him get away with a myriad of evils.

Happy Reading!
Sylvia Binkley
sliv@telus.net

VOLUNTEERS NEEDED!
TURNER VALLEY'S FAMILY NEW YEAR'S EVE PARTY

Are you looking for a fun way to celebrate New Year's Eve in a family-friendly setting? Volunteers are needed to help with this year's Family New Year's Eve Party in Turner Valley.

We have many volunteer opportunities available both indoors and outdoors, including: event support, decorating, skate monitors, wagon ride, photo booth attendants, and face painting attendants.

To find out more about these opportunities please contact Hazel Martin at 403.933.4944 or by email hazelm@turnervalley.ca

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- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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SHEEP RIVER LIBRARY

On November 11, we will mark a significant Remembrance Day anniversary: the centenary of the end of the First World War, which occurred at the 11th hour on the 11th day of the 11th month in 1918. As these major events approach we often get exposed to stories that have either been hidden or lost in the passage of time. An important artifact may be discovered, or old diaries and letters found or a private family story may be shared that takes us right back to those harrowing four years when thousands of young men sailed off for Europe, many never to return. We were fortunate at the library to have one such story shared with the Grade Four students from Turner Valley and C. Ian McLaren schools as part of our *Out Loud* Series. Lindsay Mattick, an author from Toronto, formerly from Winnipeg, shared with the students the story of Winnie, the bear who became the mascot for the Second Canadian Infantry Brigade.

Most Canadians are familiar with the story of the world's most famous bear, who became the inspiration for A.A. Milne's *Winnie the Pooh* books. It was a privilege to learn more about this story from an author whose great grandfather was Lieutenant Harry Colebourn, the military veterinarian who bought Winnie on a White River train station platform for twenty dollars and took her to England with the troops. We were treated to pages from his war diaries and photos describing Winnie's adventure in England and the trials of war in France. Lindsay has skilfully crafted her family's story into two books about her ancestor and his bear. The first is a children's picture book titled *Finding Winnie*. The second is a juvenile chapter book, *Winnie's Great War* which goes into more detail. Both books are available for loan at the library.

As I write this column, we are part way through our *Out Loud* series. Along with Lindsay Mattick, we have had Carolyn Fisher and Alice Kuipers to talk to other grade levels from the elementary schools. They shared their processes of writing and/or illustrating and provided lots of inspiration. William Thomas was with a more grown up audience on October 13. His humorous talk on writing about Zippy Chippy, a racehorse who consecutively lost 100 races, was amusing and inspiring,

reinforcing the notion of not giving up. His book, *The Legend of Zippy Chippy*, along with many of his other works are available at the library. We are very pleased that our other *Out Loud* events will be full houses as all of our free tickets have been taken. Perhaps, if you have been fortunate enough to attend any of our author events, and if you came out for our *Authors Among Us* afternoon on October 27, you may have caught the writing bug. If so, and you would like some help in getting your thoughts down on paper, then sign up for the *Three "C's" of Writing with Jim McLennan: Complete, Concise and Clear*. This course is perfect for folks beginning their writing journey or seasoned writers who would like to hone their craft in short non-fiction, writing for magazines and websites, and self-editing. There will be three sessions on Wednesdays, November 7, 21 and Dec 5 at 7pm. The cost is \$60 +GST. Please call the library at 403.933.3278 to reserve your space.

For information about our other fall programs please check the website or pick up a brochure at the library. In addition to what has already been advertised, we will be having a Christmas Concert at the library with the Okotoks Men's Chorus. Stay tuned for details!

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FAST FACTS PRESSURE TANKS



A pressure accumulator tank provides pressured storage so the pump does not have to turn on every time water is demanded. This means your water pressure will vary usually between 40 and 60 psi. This is because the tank pressures up to around 60 psi, shuts off the pump, then as water is used the tank will draw down in pressure. After up to 15 gal of H₂O is used the pressure drops to 40 psi which then triggers the Well pump via pressure sensitive switch. If you have lackluster pressure in the shower your pressure tank may have lost its pre-charge. The most common problem is that most tanks, over time, do lose their factory set air pre-charge pressure of 28 to 38 psi. This can lead to over-expansion of the bladder inside the tank. A pinhole usually develops allowing the tank to become **waterlogged**.

To test if your pre-charge is correct:

- Connect a garden hose to the hose bib connection at the front tee assembly of your tank.
- Turn off pump, then drain water completely through hose.
- Wiggle the tank -- if it still has water in it you had better replace it.
- Locate air fill valve at top of tank and take reading with tire gauge.
- Pressure should read between 28 to 38 psi depending on your pump cut in pressure.
- Pump it up if necessary to 2 psi below your pump kick-in pressure is 30 or 40 respectively.

Always check your pre-charge with tank empty of water every year. Most tanks last between 10 to 15 years then should be replaced. Many a flooded basement has been caused by people neglecting the pressure tank and its important Tee Assembly. This hardware assembly includes the Pressure Relief Valve, Pressure Cut-in/Cut-out switch, Hose bib connections and Pressure gauge. The Pressure Switch is usually housed in a small grey box at the front of the pressure tank. It senses changes in the system and opens or closes a set of electrical contacts to turn the pump on or off. If these contacts corrode due to old age, submersion in water or excessive current flow they can stick closed. This may cause a dangerous build up of pressure as the pump runs constantly and some submersibles can pump in to the 100 psi range.

Top causes of Pump damage related to Pressure Tank:

1. Excessive ON/OFF cycling due to improper precharge or waterlogged tank.
2. Freeze up leaving pump running continuously.
3. Worn out Pressure Switch points.
4. Encrusted nipple between Tank Tee and Pressure Switch diaphragm.
5. Plugged flow restrictor on pipe coming in from the Well.

Pump Protection Device – In the event that any one of these problems occur, a pump protection device will save the pump. It is a small automatic relay located in the Motor Control Box. It senses amperage anomalies and turns the pump off before damage can occur. It is highly recommended that every system have one of these handy devices. They are an add-on option when purchasing a compatible pump/motor/and motor control combination.

Variable Speed Constant Pressure Pumping Systems – One can do away with the bulky pressure tank completely these days as it is no longer necessary. The New Frequency Drive Controllers will sense pressure demand and automatically adjust the RPM of the pump to meet the set pressure requirements with only a variance of a few PSI within the pressure system. This system is appreciated mostly when someone else in the house turns on a tap when you're in the shower. The pressure will noticeably drop and you may get a shot of very cold or hot water. Frequency drive systems are set at a certain pressure, say 65 PSI and the pressure should never drop below 60 PSI under normal conditions. Good for big families and also allows better operation of treatment equipment and appliances and fixtures, lawn sprinklers/irrigation, etc.



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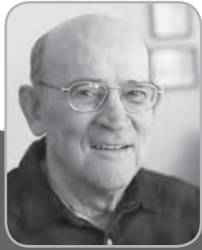
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Never Say Never

by Duane Harder



*Somebody said it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so 'til he'd tried.
So he buckled right in with a trace of a grin
On his face. If he worried he hid it.
He started to sing and he tackled the thing
That couldn't be done, and he did it.
- Edgar Guest*

Wilma Rudolph was the twentieth of twenty-two children, born prematurely with a very doubtful prognosis. At four, she contacted double pneumonia and scarlet fever, which resulted in paralysis in her left leg and a leg brace. At nine, she removed the brace and began to walk without it. By thirteen, she had developed a rhythmic walk, something doctors called a miracle. During that same year she determined that she would be a runner. For the next few years she was last in every race she entered. "Quit!", everyone said, but she was determined to press on. Finally she actually won a race - and then another, and soon she was winning every race she entered. Wilma Rudolph, the girl who was told she would never walk again, went on to win three Olympic gold medals.

In 1962, four nervous musicians played their first record audition for the executives of the Decca Recording Company. The executives were not impressed. In turning the Beatles down, one of the executives said, "We don't like their sound. Groups of guitars are on the way out." The Beatles went on to worldwide fame.

In 1977, Kenneth Olson, founder of the Digital Equipment Corporation, stated, "There is no reason for any individual to have a computer in their home." Now it is estimated that there are one billion PCs in all the world, most of them connected to the internet

After the first flight of the 247, a twin-engine plane that held ten people, a Boeing engineer said, "There will never be a bigger plane built." Today, the Air Bus 380 can be configured with 555 seats.

Whether in medicine, technology, sports, or other disciplines of life, we are tempted to believe that each new threshold of achievement has taken us to the outer limits of possibility. Skepticism and unbelief have had to bow to the expanding limits of human achievement.

But! How does all of this relate to my world? This word "never" touches us where we live. The wife laments, "He never takes me out for dinner!", to which the husband retorts, "She never tells the truth!"

That little word "never" delivers a powerful punch.

"You'll never amount to anything!"

"You'll never overcome that!"

"You'll never survive!"

"You'll never run... walk... see... (et al), again!"

Or we say,

"I'll never do that again!"

"I'll never get caught in that situation again!"

"I'll never try that!"

"I'll never go there!"

Yes, there are boundaries to human achievement and every person needs to have a sane estimate of the talents and skills that have been given to them by their Creator. However, we must come

to terms with the fact that "never" has a strong companion — the fear of failure. The word "never" can be the fortified room that protects me from potential hurt. It's true, if you never try you'll never fail. But it is equally true that if you never try you will never succeed. The great hockey player, Wayne Gretzky said, "You'll never score with the shots you don't take." Failure lets you know what doesn't work so that you can adjust your efforts to find what does work.

Let's look at one last area — Have you ever said, "I'll never be like . . ." Rude, hurtful, abusive behavior should be avoided. However, "I'll never be like" establishes a negative emotional focus. The wrong that we try to avoid becomes the template for establishing the right that we want to embrace. The irresponsibility of the alcoholic parent can produce over-responsibility in the reactive child. This can lead to the neglect of the family and household needs. Don't let your rear-view mirror determine the direction of your life. Let timeless truth sculpt your character and shape your vision.

There are boundaries of respect and honor that should be firmly established. However, when it comes to the skills and abilities of your life, you need to cautiously avoid self-imposed boundaries, and at the same time, inject your will with a strong dose of self-determination to take steps of action to release the dream that is incubating within you. NEVER SAY NEVER!

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ADHD TREATMENTS

by Roché Herbst, M. A. R. Psych.



You Have Been Diagnosed With Adhd - Now What?

When you or someone you know and care for has been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) there are concerns about deciding what is the best way to help the person. There is no 'cure' for ADHD. However, research has shown that our brains can adapt and develop new abilities throughout our lifetime. ADHD can be successfully managed.

What Are My Options?

There are many treatment options. The best way is to consider the person's needs, medical and personal history, and to work closely with everyone involved – from healthcare providers to family members. No single treatment works for every person. There are 'different strokes for different folks'.

Medications

There are Amphetamine-based and Methylphenidate-based stimulants and non-stimulants. If you decide to try medication, it is important to be medically supervised.

Behavioral Strategies

Many people respond well to a reward system with clear consequences for behaviors. Behavior management or modification simply means being rewarded for positive behavior with the goal to increase them and vice versa. An environmental setting that is structured, quiet, predictable and less distracting may help for some. On the flip side, others may be motivated by more flexibility, movement and lots of stimulation.

Education, Training And Mindfulness

ADHD can be exhausting. Parents dealing with children with ADHD can benefit from tools and techniques for managing behavior problems. Mindful parenting is recognizing your child is having their own experience in that moment, and being intentional and attentive in the moment. Social skills training helps the person with ADHD

to learn new, more appropriate ways of interacting with others.

Counseling Or Psychotherapy

This allows a safe place for the person with ADHD to process their feelings and to develop strategies for dealing with the effects of ADHD. Some issues include broken friendships, poor relationships, or plunging self-esteem.

Coaching

An ADHD coach partners with their clients to create daily structure and organization while providing support and encouragement to set goals and rewards and keeps them focused even when obstacles occur.

Support Groups

People with ADHD, friends, parents, spouses, partners, etc. may find strength, education, and encouragement when sharing experiences with others who are

going through the same situations. It can be a tremendous booster!

Alternative Treatment Approaches

The ability to reorganize and create new pathways is called neuroplasticity and is the science behind cognitive training and neurofeedback. The ability to stimulate cells, generate more energy and to undergo self-repair is called photobiomodulation and is the science behind the use of light therapy.

How Do I Know Treatment Works?

When there are improvements in school or work performance, relationships with others improve, or when self-esteem increases. If a person with ADHD does not respond to a multi-treatment approach, then the original diagnosis of ADHD should be reviewed.

Sources: Agency for Health Care Research and Quality (2011). ADHD Effectiveness of Treatment: a Systematic Review. Diagnostic and Statistical Manual of Mental Disorders, 5th Ed., 2013. Arlington: American Psychiatric Association. www.wehcs.com OR <https://adhdassessment.ca>

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Innocent Mistakes That May Cause Issues When Applying For A Mortgage

With everything that's been written over the last few years about the increased complexities and more rigorous underwriting processes of applying for a mortgage, naturally you have your application & paperwork all ready before applying for a mortgage.

But, as some would-be borrowers are finding out, unintended mistakes - which could so easily be avoided - may be hindering their mortgage application, causing declines and potentially even causing negative reporting to their credit rating.

Having a blemished credit history will have an impact on your mortgage application. Things like previous bankruptcies, collections/judgements, and income tax arrears (yes, CRA does report your overdue taxes to your credit bureau) are all going to be treated with caution by mortgage lenders; and will make a difference to how much you can borrow, and the fee or interest rate you may be offered. There are lenders in the market that do offer mortgages to clients with less-than-perfect financial backgrounds, but you should go into the process with reasonable expectations.

But for those who have an average to excellent credit rating, little personal debt and a decent income, it's worth stopping for a moment and thinking about anything you might be unknowingly overlooking. It is worth making sure that you aren't hindering your chances by checking that your financial history is in tip-top shape before you start.

First on the list of accidental issues is **incorrect credit bureau reporting**. Most people assume that provided you've paid back any loans in full and on time, there won't be a problem. But that's not always the case.

There are times (and my experience is that student loans are the biggest culprit) where a loan that was paid in full is still showing an outstanding balance or the balance is incorrect. It is critical to check your personal credit report often (you may pull your own anytime without it being a "hit" or better yet, sign up for a monthly monitoring service) as mistakes do happen. You will need to provide proof that the loan was 'fully satisfied' and provide full verification to the offending company and

the credit reporting agencies. This takes time to resolve, usually about 90 days at least, and lenders simply don't believe the argument that "oh actually, that is a mistake I really don't owe that money", oh, yeah right! Your credit report should be accurate before making any mortgage applications.

Second on the accidental issues list is your **current or ex-partner's credit score**. I will assume that your current partners score is where you expected it to be, but this is not always the case. The more surprising mistake is when a previous relationship is still causing you grief.

That's because if you've ever been financially linked to someone else, for example if you held a joint bank account, have a joint credit card, or applied for a previous loan or mortgage together, their credit rating can impact yours unless you've properly discharged yourself, even if you're no longer a couple. I will reiterate, just because you're no longer a couple does not mean you are absolved of the joint debts. You are equally responsible until proper steps are taken to be legally removed from the liability (simply moving out of a matrimonial home does not mean you get to forget about the mortgage payments if you're on the title).

The same applies to past roommates where you may have been jointly named on the lease, utilities bills, etc. If they don't keep up with their payments, regardless of when you last lived together, and your name is still linked with theirs, it could create an issue when you apply for a mortgage of your own.

Accidental issue number three is **having too much available credit**.

This one may be confusing as it generally happens when people pay off their credit cards or store cards in the lead-up to applying for a mortgage and know their debt servicing is minimal. Which is absolutely the right thing to do! It improves your credit rating and means that you have less or even no debt, which is viewed positively by a mortgage lender.

However, the issue may occur when,

having cleared down your debts, you could have an available credit limit of thousands or tens of thousands on your credit card, line of credit, or bank account overdraft facility.

This is not a problem if you're a well established, financially sound person. But, if you've had past credit issues, or are financing at your maximum capacity already... a lender will see that you potentially have access to thousands of dollars of available credit, which means that you could easily get yourself deep into debt (which could mean trouble!) by spending it all after you've got your mortgage.

The easy way to avoid this scenario occurring in the first place is to speak to your bank or card provider once you've paid down your outstanding balances and reduce your card limit or overdraft facility. Do not ever cancel accounts as long-term accounts are favourable to your overall credit score, but you can reduce limits anytime without issue.

Lenders approve mortgages responsibly based on their risk threshold and underwriting criteria, and as such a wide variety of factors can influence underwriting decisions, which differs from lender to lender. Get prepared and understand what in your financial history will be working against you, as well as for you.

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Through A Dog's Eyes Are Our Dogs Pack Animals?

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

If there's one thing that puts a professional behaviour consultant on edge, it's the term "pack" used in the context of our pet dogs.

Studies done on free-ranging dogs in a variety of countries like India, Bali, and a terrible situation in Romania, show that dogs are highly social animals, and they do group up at times, but the term "pack" is not applicable to the way they live their lives.

A wolf pack consists of the breeding pair, mom, dad, and their offspring. Wolf packs are families of wolves. They will team up on occasion with other wolf families, but when they clock out at the end of the day, they all go home to their own families, just like we do.

Canis Familiaris, however, are not big into families. Males hang around, obsessively, if there is a chance to mate with a bitch in heat, but once the job is done, they go back to their own lives as individuals.

The following is quoted from an article by Jean Donaldson, founder of The Academy For Dog Trainers, which is considered one of the best canine training academies in the world.

"During the tenure of dictator Nicolae Ceausescu, poorly thought out reconstruction effort in Romania resulted in the demolition of thousands of houses and the relocation of thousands of families into small apartments throughout the country. For family dogs, this meant being turned out onto the street, where they have multiplied and eked out a marginal existence ever since.

A sad situation from every possible angle, the explosion of free-ranging dogs in Romania is an unintended experiment that challenges one of the most taken for granted aphorisms in the dog behavior world: that dogs are "pack animals." The dogs in Romania have not formed packs. Their associations with one another are brief and casual: a couple of dogs may hang out together temporarily and then part company. Dogs are often drawn together by a scarce resource like a food source or estrous female, but once this magnet is gone, they go their separate ways.

This contrasts with wolves who, while a genetically identical species to dogs, live in packs. As explained by University of Minnesota biologist David Mech, each pack is a nuclear family consisting of a breeding pair and their offspring. When the offspring reach maturity around two years of age, they disperse to avoid inbreeding depression and, if they live long enough, mate up and start their own packs.

The social lives of Romanian dogs may be the exception that proves the rule, so it's necessary to examine all free-ranging populations in order to formulate a stronger hypothesis about dog social behavior.

Significant populations of free-ranging domestic dogs exist in sub-Saharan Africa, South America, India, Mexico, on the Cook Islands, Hawaii, Bangkok and, in a situation paralleling that of Romania, in Moscow. Pariah dogs on the Indian subcontinent are thought to be the longest-running continuous population of feral dogs – on the order of 14,000 years.

There are cases of dogs buddying up with one or more dogs for days at a time, and dogs being drawn into proximity to each other by food sources, however none of the above populations form packs the way wolves do. Males, in fact, do not participate in the rearing of puppies, which is the foundation of a wolf pack. And scavenging far outpaces hunting as primary food-acquisition activity, another difference from wolves, who hunt much more.

There are numerous professional studies out there that have shown, beyond a doubt, that our domestic dogs are far from pack animals. They are, however, highly social animals who seem to prefer the human race, even over each other. If dogs preferred to be 'wild', then why are the forests, plains, and other wild areas not filled with dogs? It's because they're not wolves and they are not wild pack animals.

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Diffusing the Blast

by Andrea Kidd

Angry words flew out of my mouth. How dare she treat the one I love with disrespect!

“If he’s going to be there, I won’t!” Her angry words shot across the room and shards of anger pierced each one of us. We were all shocked at the outburst. We hurt because two people we loved dearly could not tolerate each other. As in a game of Ping-Pong, I returned the serve with angry words of my own. Her anger ignited mine. A blaze of fury was between us. We both had plenty of fuel for anger. Combustion was inevitable...unless...Unless we allowed the truths discovered in quiet moments of meditation to overcome the emotion of this moment. Emotions shout so loud they fog the deep truths we know.

That was on Thursday. Right now I am perusing an account in John’s gospel of Jesus in Jerusalem. I imagine I am there. As I gaze out my kitchen window, I imagine I have risen early, just as the

sun is rising, and walked to the temple courts in Jerusalem. Eager to hear Jesus speak, I sit down with many others. I am surprised because Jesus also sits. The religious leaders usually stand and berate us, but Jesus’ voice is conversational,



thoughtful, assured. I am intrigued by His words. He surprises me. He makes me rethink. I am disturbed. My mind changes, yet, inexplicably, His words comfort and make good sense.

Then my concentration is shattered. A group of imposing religious leaders push forward a woman, announcing, “Teacher, this woman was caught in the act of adultery. In the Law, Moses commanded us to stone such women. Now what do you say?”¹ Their stony faces barely mask their anger which appears to be directed towards Jesus, not this woman. Maybe she’s just a pawn in their game to trap Jesus. I think their

anger is premeditated; they have been searching for some way to find fault in Him, feeding their anger.

Yet are not the words of these angry men also true? What a confusing world we live in! Words from different sources, saying opposite things and both sound so true and right!

Jesus does not return their anger with a rapid fire of words! Instead, He stops, bends down and writes with His finger in the dust of the ground. He is diffusing the tense emotion. However, the religious leaders keep trying to stir Jesus into conflict. They question and goad and will not leave Him alone.

As I watch this scenario with many others, I quietly think, “How will all this turn out?” “What is He writing?” “Why doesn’t He answer them?”

Now Jesus stands up and, quietly, He says to them, “If any of you is without sin, let him be the first to throw a stone at her;”² then, He stoops down and continues writing in the dirt.

Now all of us are meditating. We look inward, considering our own lives, remembering things we would rather forget. No longer is the other’s wrongdoing so important. We feel exposed, naked before God, our own filthy attitudes stripped of their “righteousness”.

I get up from my kitchen table, turn from gazing out the window and make a cup of tea. My thoughts return to my recent angry exchange of words. I wish I had not flung those angry words; I wish I had allowed her angry words to remain in the air, unlit by mine, until they had burst like bubbles and disappeared.

I expect all of us who were in the room that day have been quietly meditating on the words that we flung at each other. In sober consideration we are each taking the needed action or not taking the unneeded action. It is working out. We want to get along. Better not try the power play that blinds us to reason and tries to bludgeon the other into doing what we think is right.

by Andrea Kidd

Illustration by Russ Rodman

Endnotes:

1. John 8:4, New International Version
2. John 8:7, New International Version

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Market Update 2018: Foothills & Rockyview

It's been a while since I analyzed Land reviewed overall activity in the Foothills so I thought it a good idea given the amount of times I am asked about that and also given a seemingly slowing market affecting some pricing sectors. As I have done in the past, I have assembled and analyzed several market price segments for land with dwellings and I will make some general observations and comments.

One thing that has happened this year of real note is the sale of a few properties with massive price reductions that reflect a very limited buyer pool for these "luxury" properties and seemingly some very questionable pricing at the outset. Important however to not let these few sales tarnish the overall market and statistics.

It is certainly acting like more of a "buyer's market" this year again with buyers in both the country and city often taking their time, looking over long time periods and making initial low offers in many cases and thus making it challenging to create a spirit of compromise in the negotiating process. Many buyers are dragging the market down with their low price demands (actually a bit short sighted since likely when they go to sell of course they will want pricing higher). I have experienced this with some of my listings with the opening bid very low and thus a real battle to get the offer to an acceptable level for the seller. Nevertheless we have to work through market changes & conditions and be as optimistic as we can as economic, business and financial challenges impact real estate in Alberta. And certainly if & when an offer comes in, one should try to work it as they often don't come readily.

SEE CHART

Foothills Comments

Number of sales in the MD Foothills lower ranges is down somewhat from 2017. Sales to listing ratios are not bad at about 95-97%. I suspect this is because many of the sold properties reduced their listing prices along the way to make them more friendly and when offers did work they were reasonably close to the last listing prices.

The stats for the \$2M+ category however need clarification. The averages for this sector are distorted by the sale of a 238 acre estate property on HWY 22 south which sold for \$8,500,000 and was last

listed for \$13,000,000 with its original list price of \$36,000,000!! Now that is an anomaly!! Also, another 440 acre property listed at \$7,959,667 sold for \$5,600,000. So these two definitely bring down the sales to listing ratios in this price grouping! The 238 acre property had multiple price drops before finally finding a lucky buyer! Hopefully other upcoming higher priced properties that come to market will be priced better than these two were or the market will become very confused going forward regarding real values. Just goes to show again the importance of reasonable pricing of properties at the beginning of a listing.

Of further note and concern is that none of the expensive acreages over \$2M were small land acreages that sold in the Foothills! Only 11 sales all year in the \$1.25M to \$2M range. So that sector is quite slow. 16 sales in the \$1M to \$1.25 range which is not too bad. The highest activity is in the \$600 to \$999,000 range which is no surprise. Interestingly this number of sales matched the number throughout Rockyview as well for that price range.

So there were a total of 100 sales for all price ranges throughout the entire MD Foothills to date for properties \$600K and up. Of course there are still a couple of months to go to finish off 2018 so this will likely rise somewhat.

A quick look back at 2017 showed a total of 142 sales across this entire price range, so certainly a drop in number of property sales (not including raw land) in 2018. Likely at the end of 2018 there will be a total number of sales less than 2017. So the

market has not totally stalled as many are saying, but plodding along, but lower numbers of sales than last year with pricing down somewhat as well. A quick look at 2016 showed 150 sales. So there is movement downward in number of sales for the last three years.

Rockyview Comments

So a total of 197 sales to date in Rockyview. Total sales across these price ranges for 2017 throughout Rockyview MD were 234 units. Given there are still two and a half months remaining in 2018, likely the number of sales in 2018 will be a similar number. During 2016 there were 254 sales. So a downward trend in number of sales over the last three years in this jurisdiction as well. In Rockyview there have been a more robust number of sales in the \$1M to \$2M range compared to Foothills in 2018. Then again, there are many smaller sized luxury acreages in this municipality, many of them 2 acre parcels.

So the same old message as I usually preach. If you are going to sell, prepare your property as best you can and ensure you price it properly. Overreaching will likely bring disappointment. Pricing well to market should get you action but it could take more time than in the past.

By Wayne Chaulk

Summary Chart Of Sales By Price Categories For Foothills & Rockyview	
Sales in 2018 to date – MD Foothills	Sales in 2018 to date – MD Rockyview
\$600,000 - \$800,000 - 36 sales Avg. List price - \$746,425 Avg. sale price - \$699,663 Avg. land size - 8.48 acres Avg. house size - 1,747 sq. ft. (Above grade) Avg. SP to LP - 94.7% (Average Sales price to listing price)	\$600,000 - \$800,000 - 36 Sales Avg. List Price - \$755,794 Avg. Sale price - \$733,000 Avg. Land size - 3.44 Acres Avg. House size - 1,750 sq. ft. Avg. SP to LP - 96.67%
\$800,000 - \$999,000 - 33 sales Avg. List - \$907,046 Avg. sale - \$881,896 Avg. land size - 5.26 acres Avg. house size - 2,118 sq. ft. Avg. SP to LP - 97.27%	\$800,000 - \$999,000 - 52 Sales Avg. List Price - \$921,990 Avg. Sale price - \$880,515 Avg. Land size - 5.11 acres Avg. House size - 2,380 sq. ft. Avg. SP to LP - 96.53%
\$1M to \$1.25M - 16 sales Avg. List - \$1,184,475 Avg. sale - \$1,125,970 Avg. land size - 13.47 acres Avg. house size - 2,704 sq. ft. Avg. SP to LP - 95.28%	\$1M - \$1.25M - 45 Sales Avg. List Price - \$1,217,130 Avg. Sale price - \$1,147,053 Avg. Land size - 6.32 acres Avg. House size - 2,763 sq. ft. Avg. SP to LP - 94.51%
\$1.25M - \$1.5 M - 7 sales Avg. List - \$1,436,857 Avg. sale - \$1,401,786 Avg. land size - 4.45 acres Avg. house size - 3,062 sq. ft. Avg. SP to LP - 97.61%	\$1.25M - \$1.5M - 29 Sales Avg. List Price - \$1,420,762 Avg. Sale price - \$1,338,224 Avg. Land size - 2.08 Acres Avg. House size - 3,136 sq. ft. Avg. SP to LP - 94.51%
\$1.5M to \$2M - 4 sales Avg. List - \$1,649,000 Avg. sale - \$1,629,400 Avg. land size - 6.03 acres Avg. house size - 3,469 sq. ft. Avg. SP to LP - 97.63%	\$1.5M - \$2M - 25 Sales Avg. List Price - \$1,817,192 Avg. Sale price - \$1,690,336 Avg. Land size - 5.91 acres Avg. House size - 3,243 sq. ft. Avg. SP to LP - 93.81%
\$2M plus - 3 sales Avg. List - \$7,959,667 Avg. sale - \$5,600,000 Avg. land size - 238 acres Avg. house size - 4,898 sq. ft. Avg. SP to LP - 76.99%	\$2M + - 10 Sales Avg. List Price - \$3,195,000 Avg. Sale price - \$2,947,500 Avg. Land size - 33.80 acres Avg. House size - 4,140 sq. ft. Avg. SP to LP - 95.42%

Out of the Rut *Chapter 98*



Days Of Glory

It's easy to complain. I've spent more than my fair share of time bemoaning various things, huddled on the floor with knees to chest beside my bed... then again, it's easy to celebrate. I've spent more than my fair share of time (I wonder exactly how much that is?) writhing in ecstasy at the view before me. I've spent days, months, years now, plunging back and forth between warm waves of almost indecent happiness, twisting like my 9-year-old self in bluebell woodlands, spinning on my own axis, until the blur of existence around me is distilled to a translucent heavenly blue hue with liquid lime green seen in swirls of magic.

Of what do I speak? Far distant memories bundled in ermine furs supplied by Nature's loveliest outbursts. She knows her mind. She has no mind. Why should we?



That staggeringly brilliant snowstorm that launched the month of October much as a great oceanliner may be floated upon the silver seas, was a stunning, for many back-breaking, end to summer. Not, as several said in my hearing, the leap-frogging of Fall, but a circuitous introduction. Mind you, today the chinook winds are doing the final felling of leaves and by tomorrow we'll most likely be surrounded by our skeletal deciduous friends, the richness of the falling leaves a swift, sweet, memory.

Did you see the way the leaves, yet green, were pulled by the snow? Ahh, poor trees... but yet... that building mulch beneath their branches sucks the moisture to itself harbouring resources for the land. Layer of leaf, layer of snow, layer of leaf and twig, prints of the dog, the deer, the mouse. After came the white-gold sun, the velvet-blue sky, a day full of whites and greys followed

by a day of rainbow hues illuminating the brilliant waltz of light and colour skipping from red leaf to white crystal, from still-green branch to that of deepest gold.

Another snowfall. Another kiss. Nature's bountiful conundrums are endless. Same as us. We all go through our daily challenges, there's always something new and utterly unpredictable just around the corner. I guess the day I lose my sense of amazement at all this richness in the midst of the poorest thoughts, no matter how low we go, is the day I start to take my leave.

When I was small (!) people asked "What do you want to be when you grow up?" I had two answers; 'happy' and 'a tree'. In retrospect, I think the second is a brilliant

philosophic ambition – strong, deeply rooted in the earth, breathing deeply, slowly, fruitfully. Giving shade to others, bending with the breeze, leaning from the strongest winds, shedding a little here and there, but remaining centered, flexible, versatile without losing touch with the earth. Even when felled, if left beneath the nurturing gaze of sun and rain, new shoots will grow and a new incarnation may flourish from the unrecognisable horizontal remains.

Never give up. Fall is another beginning.

*With gratitude and love, Kat Dancer
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BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com 403.804.5551

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITT TRUCKING & BOBCAT 403.809.8949 / 403.949.3573
ROSS TRUCKING 403.651.9428

TOWING

JIMMY J'S TOWING, \$ for scrap vehicles, property clean-ups 403.891.3994 / 403.760.5797

WATER HAULING

BIG DRIPPER WATER HAULING INC. 403.851.1003
BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com 403.804.5551

WATER WELLS

AQUA MULE Water Well Systems & Services 403.992.2931

WINDOW SERVICES

CLEARVU CANADA (Service/ Replacement/ Weather Stripping/ Design) 403.246.8805