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*Serving the
Communities of*

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*Snow sparkles reflect
the contented hearts,
stars shimmer as
the fires glow*

*The night is quiet
as is the snow
that flutters down
on children's heads*

*The magic of the season
fills us with wonder as does
the silence
of the peace that comes with it*

*A day of family and friends
closed off from the world
A day to mend
to reflect and to love*

*A day to think of those not with us
to cherish the ones that are....
A day to start anew*

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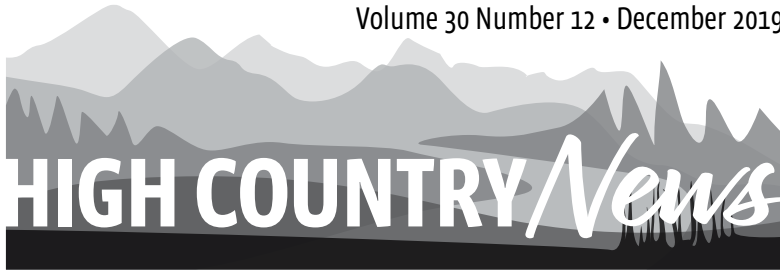
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<i>High Country News Cover:</i>		Poem © Elizabeth Hertz, 2019; Art © Levi Harder

NEXT DEADLINE IS
Sunday, December 15!

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From The EDITOR

Merry Christmas "Season"!!!

If your life is anything like mine, one can look at the calendar for December and feel like it is a fulltime job without even setting foot in the office. Sometimes I question the sanity of December and confess that I can become a bit of a scrooge when life is outpacing my ability to keep up. With that confession out of the way, maybe I can change and embrace the events and activities, enjoy my children's anticipation, and take the time to really connect with the people around me.

I would like to bring to your attention to The Kidz Only page (p47); something new that we are hoping to keep as a fixture in the paper. This has been generously sponsored through Barbara at the Bragg Creek Trading Post. Bring your answer to the trivia question listed on that page, and you will be entered into a draw for a free gift from her store.

Art submissions for the New Year

We live in communities with some very artistic people. From amateurs to professional, our communities are full of talent. If you would like to share your gift with your community, please send a high-resolution copy of your art or photography to info@highcountrynews.ca.

It may be featured on the front page, along with a brief artist bio. If you are a professional artist, we can let people know how to connect with you and discover more of your God given talent.

We are primarily looking for submissions that reflect the nature and character of where we live, recreate, and call home.

As 2019 comes to a close, hopefully you can take time to reflect on the year, capture your experiences, challenges, where you grew, and ultimately what you look forward with anticipation for 2020.

*From my family to yours,
Lowell Harder*

For more from the Editor,
visit highcountrynews.ca

Artist PROFILE

Levi Harder has been and continues to be fascinated with the arts--- with story telling, illustration, music and various forms of expression since as long as he can remember.

Living currently as a full time student and surrounded by nature in rural Alberta, Levi experiments and creates out of the unending source of inspiration that surrounds him. Art is an important part of communal and societal development, and for Levi, the ability to participate and give new life to the imagination is something that excites and motivates every drawing. Levi is 21 years old--- loving life, loving Christ and loving people.

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HIGH COUNTRY LIFE BY MARK ADMAKI.CA

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- 6th • Walking on Sunshine
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Prizes & Giveaways
- 19th • Christmas Open Mic
- 20th • Skuzzy & The Woodticks
- 27th • The Tumbleweeds
- 31st • NYE: Join us for a Feature Dinner before you go to your NYE party! Closing at 9pm

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Letters To The EDITOR

A Permanent Reservoir at McLean Creek

I have lived in Bragg Creek for 30 years and hiked, kayaked and canoed, flyfished the Elbow River and publicly advocated for its health in many forums including Trout Unlimited and Stand for the Upper Elbow. Like you, I love this river and the fun, wonder and serenity it has given me and my family.

In my view, a permanent reservoir at McLean Creek is the least destructive project for our beloved Elbow in the face of politically inevitable flood and drought mitigation. It is not likely any government is going to "buy out" all the floodplain residents of the Bragg Creek hamlet, Redwood Meadows, Elbow Valley, Discovery Ridge, Britannia, Elbow Park, Rideau Park, Roxboro and Mission.

A reservoir at McLean Creek should be "bottom release", maintaining pure, cold nutrient-rich flows for the aquatic ecosystem downstream and the human and wildlife populations that rely on the Elbow for drinking water (including 500,000+ in Calgary). This dam should include a fish ladder to allow movement of spawning Bull and Cutthroat trout, as well as Mountain Whitefish, from the stretches near Bragg Creek and Gooseberry to the spawning redds in the canyon pools downstream of Elbow Falls.



I would add that hydropower at a McLean Creek reservoir is not an ecologically desirable facet (except perhaps lower capacity in-stream hydrokinetic turbines) because hydro use creates water level fluctuations that largely incapacitate downstream aquatic ecosystems as has occurred along the Kananaskis River and middle Bow River.

Essentially all instream reservoirs have a lifespan due to eventual siltation (although this lifetime can be expanded by periodic lowering of the reservoir level to at least partially flush out sediment

deposits, as dams along the Colorado River have done). The lifetime of a McLean Creek reservoir can be estimated by looking at sedimentation in comparable structures at Barrier Lake and the Glenmore Reservoir. The Glenmore Reservoir was constructed in 1932 and lost 10% of its capacity in 40 years (ie ~400 yr life). Barrier Lake Dam was constructed in 1947 and appears to have increased its delta area about 20% in the last 72 years yielding a life estimate of 360 years. Dredging has been contemplated for the Glenmore Reservoir but is not considered at this time as increasing the capacity, which is near completion, is more cost effective.

As I have written in previous blogs, an offstream flood mitigation reservoir at Springbank would periodically flood the Elbow River downstream at discharge (or a required 1/5yr testing diversion), destroying the cold water ecosystem with June or July sun-warmed, algae-bearing water. These waters will significantly

increase water treatment costs for the Glenmore treatment plant and likely lower the water quality (particularly taste) for the more than 500,000 people drinking that water. A flood event at Springbank would coat the inundated ~2000 acres of grassland with silt up to 4m thick, destroying the habitat for the Sibbald elk herd, deer, voles, and mice and the grizzlies, wolves, cougar, coyotes, badgers, weasels, owls, and raptors that rely on these prey. As seen at Redwood Meadows it takes years for the grasses and shrubs to regenerate. The landscape at McLean is already largely devoid of wildlife (except wild horses) because of the consistent OHV traffic there.

So in considering all these effects, I believe a cold water, bottom-release dam with a fish ladder at McLean Creek can actually enhance the aquatic ecosystem downstream within the Elbow River watershed assuring wildlife and human residents of cold, pure water in times of drought and relief in times of flood. A Springbank offstream reservoir may only be partially effective at flood mitigation and will destroy the downstream aquatic ecosystem following that flood.

Dave Klepacki

Dave and his wife Amarin, who own The Heart Café and Yoga Studio, have resided in Bragg Creek for 30 years, raising 6 children with a love for outdoor adventures. They have been active in supporting many community groups. Dave has a deep connection to the Elbow River: as an amateur naturalist, flyfisherman and long-time member of Trout Unlimited; an Elbow River Watershed Partnership director; and a founding member of Stand 4 the Upper Elbow. He has written several recent editorials and been interviewed on television and radio regarding preserving this important river valley and drinking water source for both wildlife and watershed residents, especially 400,000 Calgarians.

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Falls - The Biggest Threat To Senior Health & Safety

Over 50% of all Seniors' Falls Happen **at Home**. Home factors such as poor lighting, clutter, areas of disrepair, loose carpets, slick floors, and lack of safety equipment throughout the house and specifically in bathrooms and stairwells can jeopardize a senior's safety in their home. Falling can be very dangerous - this is especially true for seniors.

FALLS are the LEADING CAUSE OF INJURY among older Canadians:

- 1 in 3 seniors experience 1 or more falls each year
 - 85% of senior's injuries involve related hospitalizations
 - 95% of all hip fractures
 - 1 in 3 seniors hospitalized after a fall are sent to long term care
 - Many result in chronic pain, reduced mobility, loss of independence, or death
- In addition to physical injuries, a loss of confidence and self trust can also be

a result. Seniors will often avoid going out and taking part in other activities to try and prevent another fall. The odds of an independent senior moving into care are three times higher for those who have fallen as for those who have not and 40% of admissions to nursing homes are related to falls. Following a

You have the power to prevent falls

fall, seniors often shoulder the blame, regretting they were being careless, not paying attention, or just assuming they are old and falls "happen". However, there are many reasons people fall and one of the main hazards are stairs. The others are bathrooms without proper safety equipment.

Stairs can be an excellent exercise and should not be avoided. Tips to stair safety:

1. Stairs should be a maximum height of 7" and minimum depth of 11"
 2. Open backed stairs are not recommended as light can be distracting
 3. No more than 13 stairs without a landing to minimize fatigue
 4. Non-slip coating on stairs, carpet needs to be low-pile and securely fastened
 5. Handrails on both sides of stairs, circumference no more than 6.25", height between 36-39"
 6. Lighting is important: bright as possible, and auto switches at both top and bottom
 7. Install contrasting edges on each step for better visibility
 8. Keep stairs free of clutter
 9. Be patient - take your time, remove reading glasses, free hands to hold handrail, ensure slipper fit
- Stay tuned for our next segment on bathrooms and kitchen safety.

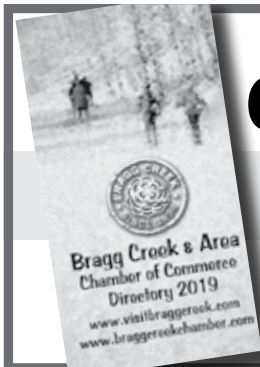
*by Carla Berezowski,
Certified Aging In Place Specialist*

Seniors' #1 Fear: Loss of Independence



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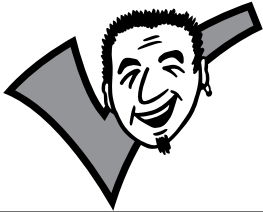
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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Welcome to December. With both provincial and federal elections behind us, year two of my mandate, the great work that has resulted from this new council working with a new Chief Administrative Officer and his team, the year is almost behind us and with that let me reflect on some of the news from Division 1 this year.

Flood mitigation project.

As much as I was hoping to see shovels in and along the river by now, the construction is being somewhat delayed by our provincial counterparts due mainly in part to receiving the necessary permits to access the shoreline to begin the work. Rest assured, this is not to be confused by the project not proceeding. Rocky View County (RVC) has the money sitting in its coffers. The project will proceed but we just have to get the final permits from the GoA (Government of Alberta). I have certainly realized as a politician that with the many levels of (call it what you may), red tape, bureaucracy, rules, protocol, etc things take an awful amount of time and go through lots of scrutiny to become reality.

4-way Intersection

I wish I could provide some news here. Any news. For those of you who saw my video on FaceBook from this past summer where I

nearly t-boned two young women on Highway 22 who made a reckless decision to make a U-turn (<https://tinyurl.com/vkccu94>), it's obvious something has to be done before someone gets seriously hurt. I will continue to make this a priority amongst my colleagues at RVC, my provincial counterparts and their new budget and our Tsuut'ina neighbours. It will take much work, negotiations and convincing but I hope to see this project come to life in my lifetime.

A look into our future

Please make the effort to provide input to our current County Plan which is undergoing a review (New Municipal Plan). Get details by visiting www.rockyview.ca or attend the Open House being held on Monday, December 2nd from 5pm to 8pm at the Bragg Creek Community Centre. The MDP outlines the vision for Rocky View County's future from a planning and development perspective, and helps guide how and where RVC will grow. Without managing our growth, we wouldn't be able to provide the services and amenities that make RVC the envy of many municipalities across this country.

Purple on Top

I want to thank everyone who donated to my Movember fundraiser as I was doing it for my dad who is battling prostate cancer and for everyone else who is or knows someone in this

fight. (mobro.co/markkamachi) As you know, hair doesn't grow on steel and my moustache growing abilities are not up to most standards, so I threw in an additional incentive. I set a goal of \$1000 and if attained by mid month, I would dye my hair purple and continue the awareness campaign until the last of my locks returned to their natural grey-black hue which would take it into the new year. Well, thanks to your generosity, I was inducted into the Platinum Club by reaching my goal so the next time you see me, you'll know why I'm purple on top. Again, I can't thank residents, colleagues and family enough for your support and generosity. Let's keep fighting cancer in all of its manifestations.

Seasons greetings

From our family to yours, we would like to wish you and yours all the best this festive season. Take time to treat yourself to family and personal time, as well as special time with friends and loved ones. Walk your dog, go skiing or eat as many short bread cookies as your stomach desires. Above all, live and love each day as if it were your last. I'll see you in the new year.

– Cheers, Mark

SEASON'S GREETINGS





A Fair Deal for Alberta

Alberta needs a fair deal from our federation, and it is my honour to be granted the opportunity to fight for it.

The past two months I have written to you with a lack of national unity and how a deserving Alberta can properly fit back in to greater Canada weighing heavily on my heart. Prior to the federal election, our United Conservative provincial government proactively undertook the task of legislating a self-reliant Alberta to the best of our ability, so as to fireproof ourselves regardless of what election results were to be realized. We repealed the carbon tax, took measures to incentive Alberta-based job creation, and filed a constitutional challenge against the no-more-pipelines Bill C-69. Still, our recent polling numbers indicate that roughly 30% of Albertans across the province of all ages, genders, geographic locations, and backgrounds support separation. Further, upwards of 75% of Albertans identify as sympathizers of separatist sentiment. While myself and my government remain committed to Canada, this strong alienation and frustration that many are feeling across our province cannot be ignored. This alienation and frustration that we are feeling is completely and entirely

warranted. As Albertans – we do deserve better within this Federation. And we deserve it now.

That is why I am incredibly honoured to have been recently appointed to Alberta's Fair Deal Panel by our Premier, Jason Kenney. I will be one of only three government MLAs chosen to sit on the Panel and have the honour of working alongside greats like including Preston Manning and Donna Kennedy-Glans as we discuss and strategize this government's next steps towards building a formidable Alberta.

For the next three months our Panel will travel across Alberta and host what will likely be widely attended townhalls to discuss the merits and public interest of the many ideas contained in the 2001 firewall letter, including but not limited to: collecting our own taxes, creating a provincial pension plan, establishing a provincial police force, appointing a Chief Firearms Officer, enshrining our own Albertan Constitution, and equalization reform. At the completion of the tour, our Panel will then author an extensive report detailing our findings and recommendations of how Alberta shall proceed on our path to independence and prosperity within Canada.

Our government and the many Albertans we represent have had enough with Ottawa's absolute indifference towards our adversity, and enough with Ottawa's ambivalence towards our world-leading energy and agricultural industries. With the formation of this Panel, our United Conservative Government is promising you that we are committed to bold action backed by extensive public consultation. The times where our province is forced to sit idly by and let the rest of Canada

decide our fate are over. It is time we take matters into our own hands and build an Alberta - and a Canada - that works for everyone, not just those living on the other coast. It is my honour to be one of the few spearheading the charge.

Townhalls will be scheduled for Calgary, Edmonton, Lloydminster, Lethbridge, Medicine Hat, Grande Prairie, and Red Deer. Additional meetings in rural communities will be also announced in the coming weeks.



Miranda Rosin, MLA
Banff-Kananaskis

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Obituary:
Michael Anthony Ward

July 25, 1942 – Medicine Hat, Alberta
November 17, 2019 – Calgary, Alberta

Michael Ward of Calgary, AB, passed away on Sunday, November 17, 2019 at the age of 77 years.

Michael's life began in Alberta and ended there. Born to John Edward Ward, RAF and Margery Hodgkiss on July 25, 1942, in Medicine Hat, he travelled to many parts of the world leaving behind a trail of sincere affection from all who knew him. His first exciting journey was in 1944, sailing home to the UK and being hunted by German U-boats. Educated at St. Bartholomew's School in Newbury, Berkshire, he was a brilliant student achieving distinctions in all Advanced Level science subjects before becoming second in all England in his ACMA accountancy exams. He also earned his Private Pilot's License at the age of sixteen. In his early twenties he immigrated to Canada and earned his Bachelor of Arts degree at McMaster University, Hamilton, ON (winning a place on the Dean's Honours List) and his Canadian ACA qualification in a major

parallel effort, based in Mississauga, Toronto. He was a keen tennis player, HobieCat enthusiast and an advanced skier: a daredevil on the slopes and this was reflected in the way he did business. He worked internationally with several major Corporations as a trouble-shooter, did not suffer fools gladly, and when he discovered corruption at the highest levels, always moved on. An extraordinary capable Do It Your Self aficionado, his home and garden (including an amazing hand-carved totem pole) were his pride and joy, and his acumen for all aspects of engineering led to him becoming a prime mover in the ongoing Avro Arrow II Project and Museum where he will be sorely missed. He was always there at a moment's notice for family members and friends in need, demonstrating heartfelt compassion and empathy. Deeply sensitive but with a wicked sense of humour, Michael was a shining light to us all, devoting himself in selfless fashion to the care and comfort of his ailing mother in Cochrane.

Michael is survived by his loving wife Alicja and an adoring extended family.

A private family service will be held at a later date. Condolences may be forwarded through www.McInnisandHolloway.com. If friends so desire, memorial

tributes may be made directly to the Avro Museum, 229 Avro Ln, Calgary, AB T3Z 3S5, Telephone: (403) 279-7791. www.avromuseum.com

A tree will be planted in living memory of Nancy Watson.

*McInnis and Holloway Funeral Homes,
Park Memorial, 5008 Elbow Drive S.W.,
Calgary, AB T2S 2L5, 403-243-8200*

Springbank Friday Morning Mixed Curling League

Eight teams enjoyed a very successful first half of the curling season wrapping up with Christmas Lunch on Dec. 13

The second half runs Jan. 10 - Mar. 13. 9.30 - 11.30am Newcomers are very welcome and a training session will be provided, on the first day, on stick and/or conventional curling if needed.

To register and join in the fun please phone or email the contacts below ASAP so the winter session teams and game schedule can be drawn up.

Tim Presber 403 827 2755 tpresber@shaw.ca or Brian Davies 403 861 2742 briancapitalland@gmail.com

Contributed by Shirley Tajcnar



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Springbank Creative Arts Club Update

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

The Springbank Creative Arts Club (SCAC) would like to extend a HUGE thank you to:

- Everyone who came out to support The Springbank Christmas Market on Nov 2 & 3, 2019 at the Springbank High School. The weather was fantastic, which helps with the success of any event. The community's continued support of this local Springbank event is appreciated and valued, and helped to make it one of the best sales on record.

- The vendors and members who designed their booths and tables to be so attractive and inviting, the quality and uniqueness exceeded all expectations. (If you could not attend and would like to connect with a certain vendor – let us know)

- Park Patter, Rocky View Weekly, and the High Country News for covering the story about the sale.

- Bingham Crossing, Springbank United Church, and Gary Munro for allowing a sign on their property at no charge. We truly appreciate this sense of community spirit.

- Springbank Park For All Seasons staff for being so helpful with signs, tables and website notices.

- Warren Maxwell, all students and staff from the high school, for covering the floor and setting up tables and cleaning up after the event.

- Everyone who helped put this sale together. Thank you. A donation will be given to the Springbank Community High School for the expenses associated with this event.

If you live in Springbank and are interested in becoming part of this club, as an artist, crafter or just want to come out and meet like minded members of the Springbank Community, please contact yjo999@gmail.com for more info.

Follow us on Facebook at facebook.com/springbankchristmasmarket for additional information and notices.

The SCAC will be holding their windup meeting in Dec - dinner and gift exchange. 2020 meeting dates to be announced.

On a final note, the Springbank Creative Arts Club would like to wish everyone a very Merry Christmas and all the best in 2020 - Happy New Year!

Submitted by Yvonne Bamlett

Springbank LADIES TIME OUT

Ladies Time Out in Springbank is a not for profit group that provides a meeting place for women in Calgary and surrounding areas to come together for

coffee, conversation and a wide variety of registered classes. We meet Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Road and 17th Ave SW. Our Fall session had our members learning many kitchen tips from our wonderful instructors: knitting, cookie and cupcake decorating and much more.

Registration for the 2020 Winter Session will be held Monday, January 13th starting at 9am and is on a first come, first served basis. Some of the activities for the winter session include needle felting, art, stoneware glazing,

and glass fusion. We also offer weekly cooking and fitness classes, massages, facials, reflexology as well as a drop-in coffee and chat group.

Please visit our website at www.springbanklto.com for more information and to view the event calendar. You can also follow us on Facebook and Instagram @springbanklto to view photos of past activities and to hear about upcoming events. Have questions? Send us an email at springbanklto@gmail.com. We look forward to seeing you in the New Year!

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Springbank Off-Stream Reservoir (SR1)

Although you may not be hearing about SR1 in the news, we are working on a written response to the regulators (NRCB in Alberta and CEAA federally) that outlines our concerns with Alberta Transportation's responses and also poses additional questions that we don't believe have been answered. While compiling our comments, we observed that:

The project has grown from an estimated 1400 acres in 2014 to the now 6800 acres envisioned in the latest responses from the Alberta Government.

Using the government's own data, the cost has increased from \$210 million (including Bragg Creek) in 2015 to \$510 million today.

In 2016, the project jumped up materially to hold 100 million cubic meters of water from the 57 million contemplated in 2014 and the diversion channel doubled in size to hold 600 m³ of water from 300m³ of water.

In 2018, the government added a new and material item to the project design: a \$10m debris deflector, which will sit in the riverbank upstream of SR1.

The current projection for silt/sediment deposit in Springbank is 2,300 kilotonnes in a "design flood" scenario = 2,300,000 tonnes! Anyone want to correct our math? That is 160,000+ 14 tonne dump trucks of silt.

For the record, they don't plan to move it out, just move it around.

Why does this history matter? It shows the tremendous scope creep of this project over time. The project identified and approved for design in 2014 is nowhere near the project we have today.

One criticism we get is that we are somehow preventing the City of Calgary and 1.3 million people from billions in damages from catastrophic flooding. Firstly, the Elbow River was not solely responsible for flooding downtown so that is a terrible argument. Secondly, we are not holding anything up at all. We are only participating in the regulatory process. The process itself is stalled due to inadequate information from Alberta Transportation. The blame for delay lies squarely at the feet of successive Alberta Governments.

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

Halloween pumpkins give way to Remembrance Day, which will then give way to Christmas. It is amazing to me how fast time goes when marked by the important events or holidays in our lives.

Rocky View County held its annual organizational meeting on October 22nd. Our Reeve & Deputy Reeve remain the same.

I will be on the following boards/committees this year: Agricultural Service Board, ALUS Partnership Advisory Committee, Subdivision & Development Appeal Board (Alternate), Family and Community Support Services Board, Governance & Priorities Committee (Vice-Chair), Recreation Governance Committee (Chair).

In addition, I sit on a number of external boards/committees including: Spray Lake Sawmill Recreation Parks Society Board, Springbank Airport Community Noise Consultative Committee, Springbank Park for All Seasons. Needless to say, I'm pretty busy representing the County, but I do love it!

The board I'm quite excited about this year is the newly formed Recreation Governance Committee. This board will focus on recreational strategy and needs throughout the County. This is important because as we grow in population, attracting young families and with an aging demographic, we need to ensure we are responding to the needs of people as population groups change.

There are times and places where it makes absolute sense to rely on recreational delivery from a neighbouring municipality, and there are times and places where it makes much more sense to invest into our own County. This won't be an either/or recreation model, it will be a combination

of population base, community interest, distance from a municipal neighbour, etc. I'm looking forward to the completion of our master recreational plan so we can invest in recreation in a meaningful way and in a way that adds value to Rocky View Residents.

People have asked me why my focus has been on recreation? It is important to me, and I know others, that believe a community is made up of more than just houses. More than people. More than just commuting to work in the city. More than just the space that we treasure around us. It is about creating those spaces that bring people together. It involves people and the places we'll interact with them. Yes we can all drive into the city, and play in a pool or gym, buy some groceries, go out for dinner – but we'll do so in an anonymous way, likely not even bumping into anyone else you know and having that grocery cart chat. That casual place where random conversations are able to happen, to share a bit of you with someone who lives down the road. It is important to create spaces where those connection points will happen. That is how we build community. Recreation, along with schools, community businesses, employment and restaurants are the cornerstones to creating community, and this is why it is important to me.

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Alberta Government's New Budget:

Many municipalities will be hit hard by the Province's newly released budget. Spending for our two largest municipalities was recently criticized by Minister Madu, of Municipal Affairs. Rocky View County is in pretty great shape, being able to adjust to these changes without a major impact on municipal property taxes or project cancellations, this year. That is good news for residents. In the upcoming years we'll have to make decisions on the timing of larger projects such as roadways, bridges, recreation centres and other capital projects. We have largely kept our infrastructure up-to-date, and we have used some of our own funds (rather than the reliance of Provincial grants) to accelerate certain projects. We may only be a County of 40,000 residents, but in terms of municipal economic assessment – we are the 5th largest in the Province – we have a good commercial/residential tax base ratio that will see us through these challenges. The review of our Municipal Development Plan is more critical than ever, as we see Provincial/Federal pull back of support and more and more services downloaded to Municipalities. We'll need to have an even stronger plan that we have today to meet these challenges.



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What You Don't Know Could Cost You

The age old saying, 'Ignorance is bliss', may apply to many things in life. However, **when it comes to your finances, ignorance can be absolutely devastating.** Even the government is calling the startling **low rate of financial literacy** among Canadians an epidemic that can have catastrophic consequences for the nation's economic future.

A lack of knowledge on even the most basic financial matters has already led to a cascade of calamities that will have a far-reaching and long-lasting affect on all of us. Among them:

- It is reported that over 50% of all Baby Boomers are financially ill-prepared for retirement.¹
- Families left destitute because of inadequate life insurance on primary income earners.
- Families uncertain about how to pay for the high cost of education.²

Most people didn't plan to fail. **They simply failed to plan adequately.** While 30 years ago, it may have been enough to just save religiously, the economy and the financial markets have since become much more complex, volatile and uncertain. When you consider all of the moving parts of a family's personal financial situation, each affected differently by various economic currents, you can no longer just set it and forget it when it comes to your finances.

Financial Literacy Begins with You

Understanding the financial world begins right at home with your own personal financial situation. Most of the people who fail out of ignorance probably did not have clearly defined financial goals. Without a vision for the future, there's little to motivate a person to learn and achieve. Establishing

goals and then mapping out a plan to achieve them will force you to learn about your options and understand the possible obstacles. Many people have found it useful to have a qualified financial advisor guide them through this process.

Most people are unaware of many of the financial realities they face. For instance, while most people may realize that we are all living longer these days, they don't really know what that means in terms of their financial needs. A 35-year old male today could expect to live until age 87. That translates into as many as 25 years in retirement on income sources that he must create.

Ignorance is Costly

The road to financial success is full of roadblocks, the biggest of which is poor budgeting habits. A shocking number of people don't budget, and as a result, most of them are swimming in debt,

have little or no savings, and are just a paycheck away from financial disaster. While this can be attributed to laziness, or lack of discipline, the fact is that most people don't understand the true cost of debt and the time value of money. If a young couple could budget to save just \$500 a month for 35 years with an average return of 5%, they would accumulate nearly \$600,000. When you have control of your finances, and have your priorities straight, saving \$500 each month isn't very difficult.

Time is a very valuable but diminishing resource that should not be wasted. The more quickly you can put your money to work for you, the longer it will have the magic of compounding interest working for it.

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¹Are We In A Baby Boomer Retirement Crisis? - Investopedia (2019)

²Education Savings - Government of Canada (2019)

Student Nurses in Bragg Creek Update

Our main focus during our time in Bragg Creek and area has been exploring opportunities that will strengthen intergenerational relationships between community members. We developed a community matrix tool that allowed us to see what type of community programs the Bragg Creek and area residents would like to see in their community. At each station, we placed four cups with explanations of what each cup represented. Each cup signified a different community program to choose from. The community programs to vote for were community garden/greenhouse, murals, community check-in program, and community compost. We asked that participants place one marble

in the cup that represents the community program that was of the highest interest. This community matrix tool was placed at four locations between Bragg Creek and Redwood Meadows. The locations were Banded Peak School, Bragg Creek Community Center, The Heart (Yoga Studio), and Redwood House. We allowed two weeks for community members to vote, this started November 1, 2019, and closed November 15, 2019.

The idea behind this vote is to provide the opportunity for residents to share an honest opinion of what they desire to see in their community. By gathering this information, we can then help create an action plan. Since we only have a limited amount of time remaining in Bragg Creek and surrounding area, we will develop an outline for the Winter

Term (January 2020 - April 2020) Student Nurses to follow through with, according to the program, the community shows the most interest in. We plan to help develop a sustainable, interactive, fun community program that leads to stronger intergenerational relationships.

If you have any questions or insights to offer please do not hesitate to call our instructor Shannon Parker RN MN at 403.771.5714.

By Paige Volz, SN2
and Sara Durham, SN2

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Standing Up for Rural Alberta

The Justice Minister Doug Schweitzer, gave follow up from the public input gathered over the summer months. The province is rolling out a number of key initiatives that should, if handled properly, reinforce property rights, deter crime, improve response time, and give victims a stronger voice in the justice system.

It is the responsibility of government to protect its citizens and establish justice. It is encouraging to see this new administration increase efforts being made in this direction. One can't legislate away the social ills that have plagued society over time, however, we can create an environment where it is discouraged. Hopefully we as citizens can do our part in maintaining stable homes, teaching good morals, and creating communities where hurting people can get help without being shamed.

The details of this plan can be found on the alberta.ca website.

by Lowell Harder, Editor

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**BRAGG
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Notes

There's Oil In Them Hills: Part Two

In the last edition, part one on the history of oil development in Bragg Creek began with the 1913 Mowbray-Berkeley well situated on what we know as the Provincial Park and worked through numerous startups throughout the 1920s and 1930s. One such well, the Herron Pete, was drilled by veteran oilman W.S. Herron Sr. on the flats between the Ranger Station and Elbow Falls. It was spudded in 1929 but closed in 1930 supposedly for a short period.

Holding vigil over the Herron Pete property for more than ten lonely years was Patrick McCarthy. Offered the position of caretaker in 1930, he was to stay until the well reopened. From the cook shack of the abandoned camp, he made a home and built a gas separator to use the natural gas for cooking and lighting. Interesting cigarette lighters -- all operated by natural gas -- could be found throughout his living room. He also devised a running water system with a shower. His nearest neighbour, Elbow Ranger Ted Howard, brought him his weekly mail and supplies and during the winter, Ted became his sole contact with the outside world, except for the occasional passing First Nations visitor or trapper. The campground eventually built in this same area -- Paddy's Flats -- was named for Patrick.

More drilling activity in the late 1930s and 1940s occurred in and around Moose Mountain. These wells sported names such as Moose Oils, Model Canyon, and Elbow Falls, for their locations near or on local geographical sites. Jim Craig, whose family bought recreational property in the Bragg area in the summer of 1944, recalls a bit of the freewheeling boom-and-bust era.

"In the early 40's I remember an oil well dug by the McColl-Frontenac Oil Company, near the location of Elbow Falls. Over 9000 barrels of oil were produced from this area, before the oil dried up. When I

was there, they were pumping the oil into barrels, which were taken to a processing facility by truck. One day, when I was a youngster, I was tramping around in the bushes above Elbow Falls and I ran across a fellow named O.D. Bone, who was coring the limestones for the oil companies. In those days there were no regulations about saving the cores, so after they were examined, they were simply dumped onto the ground. I also ran into a beautiful conventional derrick all made from huge timbers in the bush above the Falls. It was a rotary rig and there were large surface



Signal Hill Well 1920's (north of Bragg Creek)

casing drilling bits present. No one was around when I was there, and evidently the rig never drilled to depth. The hole was abandoned, likely due to faulting. The rig was dismantled and hauled out."

The story of oil and gas in the area continues, with both Husky and Shell operating many wells in the areas of Moose Mountain, Elbow Falls and West Jumping Pound. Shell's first well was drilled in 1959 and is still active today. Shell also added several large compressor stations over the years and both companies have pipes leading to Shell's (now Pieridae Energy Limited) Jumping Pound Complex (gas plant) that sits just off Highway 1. New drilling technology enabled additional wells in the early 2000s. Today the field is well developed and additional infill drilling (drilling wells in spaces between existing wells) opportunities are rare. Yet, throughout the history of drilling in the area, nothing rivalled the drilling fanfare of the Mowbray-Berkeley.

Michele McDonald

Sources: Schedule of Wells Drilled for Oil and Gas. The Petroleum & Natural Gas Conservation Board, (AER) Province of Alberta; 1975; www.aer.ca/providing-information/data-and-reports/maps-mapviewers; Purnal, Freda, Early Oil Wells, Our Foothills. Freissen, Manitoba, 1975; Cassidy, Crystal: Interview, December 2018; Jim Craig: Bragg Creek Notes & Interview, 2017; Anton, Colin: Shell Canada; Interview, Dec. 2018; Lloyd, Eric: Interview, January 2019; Moggert, Ron: Interview, September 2019. https://www.shell.ca/en_ca/media/news-and-media-releases/news-releases-2019/shell-sells-foothills-sour-gas-assets-to-pieridae-energy-limited.html

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Embrace the Holiday Activities

by Jennifer Gordon

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It is the season...

The snow is falling, the social calendar is filling up and you still have work, shopping and exercise to fit in! It's a busy month, it's getting colder and typically our fitness routine is the first to go. It's often time restraints or stress that affects our level of activity, but also our long winters can make us huddle indoors and dream of sandy beaches.

According to the Canadian Fitness and Lifestyle Research Institute, 61% of adults over the age of 18 are insufficiently active for optimal health benefits. This puts us at a higher risk for chronic conditions, injuries and diseases such as high blood pressure, heart disease, osteoporosis and diabetes. Don't let the cold weather turn you into a couch potato or the holiday stress get the best of you! Here are some ideas to stay fit, stay sane, and enjoy activities with friends and family over the winter season.

HIIT Workout

This stands for high intensity interval training. It's a great way to shorten your workout while still maximizing your calorie burn. Interval training

simply means doing shorter bursts of high intensity activity. You will actually burn more calories in a shorter period of time. If you only have 15-20min, you can choose 3-4 exercises and perform each one for 50 sec, with a 10 sec rest and repeat 3x. Alternatively, you can incorporate hills, walk/run stairs, or change your speed during an activity for 2-3min at a time. HIIT workouts are a great way to challenge your body, push through training plateaus and take your fitness to the next level.

Walking

Braving those cold winter days is so much more fun with someone else in tow. Recruit a friend or walk the neighbour's dog, those furry friends never seem to get sick of the snow! Walking briskly for 30 minutes, 4-7 days a week can greatly reduce your risk of heart disease, high blood pressure, obesity and osteoporosis. Good boot grips, such as Yak Traks, and walking poles can add to your walking confidence and safety!

Snowshoeing

This activity looks easy, but rest assured it's a workout for your heart, lungs, quads, hamstrings and hip flexors! Using poles also works your biceps, triceps, chest and back muscles. Greater Bragg Creek Trails Association has worked hard to create some beautiful, well marked snowshoe trails.

Cross Country Skiing

There are also some amazing XC ski trails out in West Bragg Creek. These trails are beautifully groomed and

maintained. XC skiing is the optimal workout, by incorporating the arms with the legs in a weight bearing activity, this increases the workload on the cardiovascular system. Being a low impact activity, it is easier on the joints while strengthening the quads, glutes, hip flexors, triceps and back muscles.

Skating

Lace up and find a frozen surface – a rink, a lake, or a flooded backyard! The Parks Canada website provides information about where to skate outdoors and how to be safe. Have you ever skated on a frozen lake or river where you can still see the fish swimming below? It's a beautiful experience. When the conditions permit, there is a track cleared for skating on the Bow River just near downtown Banff. Other great day trips include Lake Minnewanka, Two Jack Lake, and Johnson Lake in Banff National Park.

Do You Want To Build A Snowman?

Packing, rolling and lifting that heavy, wet snow will work your back, arms and leg muscles. Remember as kids you could do this for hours? Make sure you are warmed up and lightly stretched before beginning. Bend your knees and lift with your legs to prevent any lower back or neck strains.

Shovelling

Oh, this dreaded winter chore! Snow blowers aside, there is always some amount of shovelling required. This is also a common mechanism of injury for lower back strains, disc injuries and shoulder strains. Ensure you warm up before digging in – try some shoulder circles, mini lunges and torso

Did someone mention a gym in Bragg Creek?

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stretches. Good technique is the key to preventing injuries. Ensure you engage your abdominal muscles, bend your knees, hinge at the hips and try to maintain a straight back. Pushing the snow, rather than heaving it up and off to the side will do your back a favor as well. If you do have to pick up the snow, make sure you keep the load close to your body, fill the shovel only halfway and toss it in front of you. Twisting to throw snow off to the side puts undue stress on your lumbar discs, your neck and your shoulders. Shovelling can be good exercise if, like all activities, you are warmed up and prepared for it!

Proper clothing, footwear and necessary equipment can really help make an outdoor activity enjoyable. Staying hydrated is equally important during the winter while exercising outdoors. Brave the fresh air and have fun this winter season. Take some time for yourself or with family and friends to enjoy the invigorating winter air, the holiday lights and the shimmering snowflakes around you.

*Our crew at Bragg Creek
Physiotherapy wish you all a very
happy holiday season and best wishes
for a happy and healthy 2020 ahead!*

Surviving the Christmas Season

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

Do you remember when this happened to you as a kid, you get a Christmas gift from some relative, you are so excited, you open it and... it's a clip-on tie, or sock suspenders, or a book (Whiskies of the World), or a denture cleaning kit... And then it happens, you have a rush in your belly, pressure building under your eyes, you look to your parent and there is that unmistakable nod or mouthed words and we say... "Thank you?" Sometimes the lessons we learn as kids we happen to forget as adults.

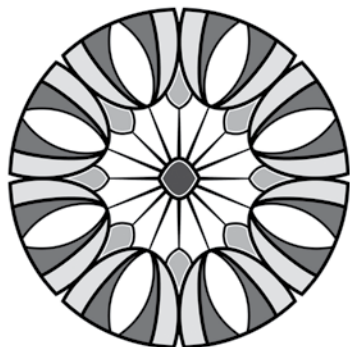
We are about to enter an interesting season, one filled with more. More lights, more spending, more eating, more family (aka more stress) much much more. Maybe a good question to ask ourselves during this time is what do

we want the state of our heart to be mid-January? Stressed, empty, overwhelmed? Or at peace, whole, a place of awe?

There are two proven attitudes to make it through this season: The first, remember the lesson from childhood and say "Thank you." Studies show being grateful makes you more creative, energetic, optimistic, more socially connected, capable of earning more money, more forgiving, more generous, and of course better looking (maybe that last one was added). The Bible says gratitude leads to peace "*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*" (Philippians 4:6-7)

Smart Harvard people say the practice of gratitude requires you make a list of six things you're grateful for and then tell someone.

The second attitude is closely related. I remember being asked the question, "What's the one thing all of North America doesn't have?" I was stumped but when I was told the answer I kind of wish they left me in the dark because it hit close to home. The answer is, "Enough." Yeah I know, they say we will spend more in this Black Friday through Boxing Day season than the rest of the 10.5 months combined. "Never Enough" is deeply embedded in our culture and the attitude of nonstop craving eventually leads to poison in our soul. How do we push back from this default position? We embrace contentment. What's contentment? It's "WANTING" what you already have. We can practice, fill in the blank; "I love my _____ it couldn't be better." I love my (car, neighbors, clowns I work with, family, body... ok, I know it breaks down at some point). The Apostle Paul practiced this: "*I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*" (Philippians 4). I've heard it said if you can't find happiness on the plane there, you won't be happy in Hawaii. Contentment will not only make this season of "more" better, it will make the rest of the year better. This Christmas let's clear some space for peace so we can focus on the One who brings peace.



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Bragg Creek Centre

Hello Bragg Creekers,

It's December already! As we wind down the last days of 2019 we want to take a moment to remember some highlights of this past year.

- First annual Skuzzy Beach Party fundraiser was a raging success!
 - The Bragg Creek Church volunteered to serve up Easter Pancake Breakfast.
 - We brought back the Community Rummage Sale.
 - Despite a literal torrential downpour we saw the largest attended Bragg Creek days in history!
 - Another delicious meal and great time served up by the Ladies Auxiliary at the Fall Supper.
 - If the blood-curdling screams were any indication, the Halloween Howler Haunted House was the best yet thanks to the Redwood Meadows Fire Fighters!
- At the end of October the BCCA held its AGM where we welcomed our newly elected 2019 – 2020 Board of Directors!

We are excited to introduce our Executive:

- Alannah Turner - President
- Peggy Rupert - Past President
- Tanya Kamachi - Vice President
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- Sherri Olsen - Assistant Treasurer
- Carrie Hucal – Secretary

Plus eight directors: Calvin Hansen, Carol Ann Schmaltz, Jana Hart, Laura Matthews-Clarke, Lisa Johnston, Renate Van Der Zande, Rose Dallyn, Teresa Stokke.

A huge thank you to our out-going board members Lisa Vanderwekken and Megan Moon-Grant, you will be missed! We are looking forward to working with such a talented group of volunteers and a successful 2019/2020 year.

Our Remembrance Day ceremony was highly attended this year with standing room only! We would like to give thanks to our Ladies Auxiliary for providing the snacks and refreshments. The Remembrance Day Committee; John Patton, Terry Handrahan and Lynn Gallen along with the Turner Valley Legion, planned a very thoughtful event to commemorate those who gave their lives for ours. Also a thank you to Harder & Sons for doing a wonderful job clearing the cenotaph of all the snow.

Upcoming

Mark December 7th on your calendars as our annual Kids Only Store is quickly approaching! As always it coincides with the Spirit of Christmas which takes

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10:00am - 3:00pm
AGES 12 & UNDER

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Our elves are available to help and will wrap the gifts too!

**Limit of 4 gifts per child*

CHRISTMAS CRAFTS & CONCESSION

Bragg Creek Community Association
braggcreekca.com | jinfo@braggcreekca.com
403-949-4277 | 23 White Avenue

THE WIZARD OF OZ

AUDITIONS

HELD JANUARY 17, 18 & 19
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SHOW DATES: MAY 22, 23 & 24 2020

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place the first full weekend in December. The store will be open from 10am to 3pm. Christmas crafts, face painting, and Storytime hosted by the Snowbirds Seniors Fellowship will be held in the gym to entertain your children while they wait to shop for their loved ones. Parents can warm up and relax with a hot beverage or a quick bite from the concession as their children are assisted by our helper elves. Shoppers must be twelve and under. Please note that there will be a limit of four gifts per child and no item will be over \$20. We are still looking for NEW re-saleable items for the store. If you have any that you would like to donate please drop off during office hours.

Ball Hockey is coming to the Centre! Starting January 8th every Wednesday from 7:30 – 9:30 we will be offering Co-ed Adult Ball Hockey. Registrations are open now. Email info@braggcreekca.com for more info. (Drop in available)

Do you like to laugh? Do you like to dance? Keep an eye on our social media, website and the High Country News Online Calendar for our upcoming 2020 events like our annual Beach Party fundraiser and Comedy night! More details to come soon.

On behalf of the BCCA Board and Staff we wish you all a very Merry Christmas!

Shea-Lynn Yuzicapi

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Bragg Creek Centre

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Happy Holidays and Best Wishes for the New Year!

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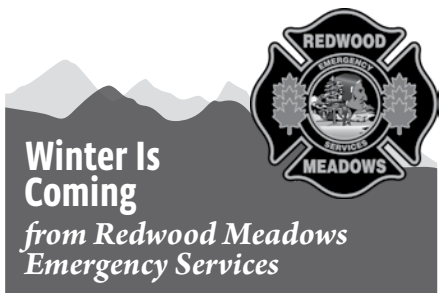
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It's the most wonderful time of the year! Here are some holiday safety tips to keep you safe as you enjoy the holidays:

- 1. Merry and Bright:** Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.
- 2. Lights Out:** Always turn off holiday lights when you leave the house unattended or when going to bed.
- 3. Fresh Is Best:** Try to purchase a freshly cut tree, as they're more resistant to ignition. Keep your Christmas tree watered and away from open candles.
- 4. Fake it!** If you buy an artificial tree, make sure it's labeled "fire resistant." Fire-resistant trees are less susceptible to catching fire.

5. Work as a team: When stringing lights and decorations above your normal reach, be sure to use a proper ladder with someone supporting the base.

6. The Great Outdoors: When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain gutters. Use insulated tape or plastic clips instead of metal nails or tacks to hold them in place.

7. Don't burn wrapping paper in the fireplace: Paper burns very hot, which can ignite a fire in any residue in your chimney or the chase. Instead, recycle (or better yet, reuse!) your wrapping paper. And, have your chimney professionally cleaned prior to use.

8. Prevent electrical cord damage. Don't mount lights in a way that might damage the cords, and avoid using nails or tacks. Use hooks or insulated staples instead.

9. Secure candles. Keep candles on a sturdy base to prevent tipping. Never leave a lit candle unattended.

10. Keep the Gas Behind Glass: Do not use your gas fireplace if the glass panel is removed, cracked, or broken, and only allow a qualified service person to replace fireplace parts.

11. Use unbreakable ornaments: If you have fragile ornament, place them out of reach of pets and kids.

11. Sound the Alarm: Test your smoke alarms monthly to make sure they work, and be sure to install smoke and carbon monoxide (CO) alarms on every level of your home -- especially near sleeping areas.

12. Skip the fake food: Avoid decorations that look like candy or food if you have young children or pets in the house.

13. Beware of poisonous plants: While festive, poinsettias are poisonous when eaten, so keep them out of reach of kids and pets.

14. Friendly Furnace: To help prevent carbon monoxide hazards in your home, have a qualified professional perform a yearly maintenance check of your furnace and venting system. Clean or replace your furnace filter frequently during the heating seasons.

12. Clean the Clutter: Don't store combustible materials near your tree, furnace or block furnace vents. Think of your friendly local firefighters when you're decorating near front doors and ensure there is ample room for us to move in/out of your front entrance, without bumping into Frosty the Snowman!

And...if you see our big red trucks coming down the highway with lights flashing; pull over, STOP, and let us get quickly and safely to a neighbor in need!

Until next month, stay safe and happy holidays!



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dinner December 31 to ring in
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Winter Has Come: Shovel Snow Properly!

The snow is here and that means shoveling, and lots of it. During the winter months, snow shoveling can be a pain, considering each shovelful of snow can weigh over ten pounds. That's a lot of repetitive lifting, and wear and tear on your back. These back health tips will relieve the hassle of clearing your driveway and help keep your back strong all winter long.

Let's work together and break it down into 3 simple steps: Step one let's call the warm up. Step two is the event of shoveling and step three is the cool down.

The warm up: There is new scientific research released to the public describing injury prevention before physical activity. It goes in depth describing the way to properly WARM UP before doing so. It was found that static stretching (sitting and stretching) is NO more beneficial than doing nothing at all. So instead of sitting and trying to stretch, let's get you moving. Start by going for a light walk around

the block, or a few safe passes up the stairs. Some other alternatives are to rise up on your toes and back to your heels multiple times or even simple squat maneuvers. Focusing on warming up the lower body will be very beneficial in preventing and helping those lifting techniques. Addressing the hamstring, quads, and glute muscles will be very helpful in creating a strong back.

Step two is the shoveling activity: Many things to keep in mind here, but let's start with alternating. Whether you are right hand dominant or left, when you are pushing or lifting the snow switch up sides periodically and create a better balance in the body. Remember to lift with your legs and not your back, a simple cue for this is to make sure your back isn't too rounded and your knees are bent. There are many skills and exercises that can be taught to strengthen these movements. Create a stable base. As we know, snow and ice are very slippery so make sure your feet are secure and planted to the ground. Last but not least, one simple thing to remember is to lift close to your body. The further away the load you are lifting, the more risk there is for

injury. Stay hydrated, take breaks and be conscious of your surroundings.

Finally, the third step: the cool down: After hanging up the shovel and kicking the boots off, try not to immediately jump on the couch and put your favorite show on. Grab a drink of water, again, make sure you have no aches or pains arising, and continue to be conscious of what your body is doing!

If you are looking for additional advice or someone to show you some proper biomechanics on dealing with the snow, feel free to stop into the Bragg Creek Chiropractic Clinic. We will do full assessments and examinations to address your concerns and make sure you are able to clear that snow pain free all winter long! If you are having any aches or pains we would love to help.

If you would like to learn more information on these exercises or would like a program tailored specifically for you, please stop by the clinic or give me a call.

Wishing you and your family a safe and happy holiday!

By Dr. Ryan Derochie
Bragg Creek Chiropractic Clinic



Bragg Creek Chiropractic Clinic

We would like to welcome Dr. Ryan Derochie to the clinic!

Dr. Ryan Derochie, a native Calgarian, and now a resident of the Bragg Creek Community, brings with him a wealth of knowledge and is very passionate about the health and welfare of his patients. His areas of interest are on pain management, rehabilitation & performance enhancement, providing one on one musculoskeletal care. He is very excited to be able to help you get back to doing what you are passionate about!

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Happy Holidays From Our Family To Yours!




First off, we have a new top officer at the Turner Valley detachment. Staff Sergeant Laura Akitt is replacing Dwayne Helgeson who recently retired. The Western Wheel reports that Sgt Akitt grew up on a ranch north of Waterton Lakes National Park and attended school in Pincher Creek. She has been stationed in Canmore and was most recently with the High River RCMP. Sgt. Akitt's experience should be ideally suited for Foothills County with its unique blend of being close to a major population centre, having some very rural roots, and proximal to a major recreation area to the west of us. We welcome Sgt. Akitt to our area and very much look forward to the HCRCWA increasing its relationship with the RCMP.

As you should be aware by now, there were a number of recurring break-ins at pubs in Bragg Creek (Rockies & Powderhorn) and at the Water's Edge Pub in Priddis. As of November 21, Cochrane RCMP have arrested 2 individuals. "The public has been very supportive of our efforts in this investigation and we're extremely pleased to report these results," said Sergeant Ryan Singleton, Operations Support NCO of Cochrane Detachment. "This has been a comprehensive effort, and the investigation continues with support from several different units and detachments."


Here is what you need to know regarding calling in various states of criminal activity. "911" should be used when there is an immediate and/or imminent risk of danger. The 403-933-4262 line should be called when it is not an immediate life or property threatening situation. Examples would include a crime that took place overnight, or information relating to a crime such as the B&E's referenced above. The front desk line for the Turner Valley detachment is 403-933-7227 during office hours for all other police services.

We also have the HCRCWA line at 403-931-2407 line which you can call, but only after you have called and reported the crime with the RCMP first. The call will be answered by myself. HCRCWA protocol is that we verify with the RCMP, get them to issue a message to HCRCWA, and then we fan the RCMP message out via email and telephone.

There is a telephone fraud circulating that is reportedly from the Department of Justice. The calls are a recorded message; the gist of which is that they are investigating a crime associated with your Social Security number. The message asks you to press "7" to call back. When I called the 403-933-4262 number, their advice for this scam and any other suspected telephone scam (some known current ones are WestJet & Visa) is "Don't do anything. Don't call back. Don't give them any information. If it's too late and you have already given out information, call the Canadian Anti-Fraud Centre 24/7 line at 1-888-495-8501."




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Mme Alanna Berger
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French Immersion Information Evening
Wednesday, December 4, 2019
6:30 p.m. – 7:30 p.m.
in the Learning Commons

Did you know that École Elbow Valley offers French Immersion? Students can begin French Immersion either in Kindergarten or in Grade One.

If you are considering French Immersion for your child(ren) please come out and join us to get more information about what this program has to offer. You will have an opportunity to meet with French Immersion teachers, a representative from Canadian Parents for French, and parent and student leaders.

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In closing, JR has encouraged me to share with you a little story that I included at the end of an email to the rest of the HCRCWA executive. This is from the book *March of the Mounties* by Sir Cecil E. Denny. Denny was one of the initial 175 NWMP who marched out from the east to the west and brought law and order along the way.

Here is the story: "Sitting Bull and thousands of Sioux crossed into Canada after the Battle of Little Big Horn where they had just killed Custer & his men. 25

NWMP from Fort Walsh met a strong US Calvary contingent at the border. The next day, the Sioux, US Calvary & the NWMP met. The Sioux shook hands with the NWMP, but "haughtily ignored the US Calvary officers". The US presented the terms of a Sioux surrender and the Sioux's return to the US. Sitting Bull did not accept the terms of surrender, and so Colonel MacLeod addressed the Sioux. "Colonel MacLeod informed them that as trespassers on Canadian soil they could not look for assistance from the Queen's Government. They would not be forced to

return to the United States, however, so long as they were peaceable and obeyed the laws." As the NWMP escorted the US Calvary back to the border, US Calvary officers expressed astonishment that such a small force (total of 60 NWMP at Fort Walsh) "could control the thousands of war-like men who roamed the plains and valleys". The Sioux lived peacefully in Canada for a few years before finally returning to the US when the buffalo ran out."

Dave Schroeder
HCRCWA Board Member

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First Class
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More Information:
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BRAGG CREEK community church *All Welcome!*

Sunday Service 10:00 - 11:30am
Christmas Eve Service • Tue Dec 24 • 7pm
 at Bragg Creek Community Centre
 Pastor Dave Zimmerman • braggcreekchurch.ca

Ladies Bible Study
 Mondays (except school holidays) 10:30am

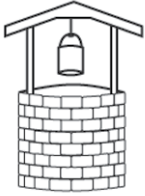
Monthly Business Lunches
 will resume Wed, Jan 29, 11:30-1:30pm

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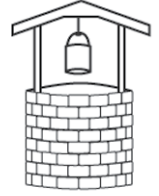
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Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually <i>(as per Alberta Environment)</i>	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year <i>(as per Alberta Environment)</i>	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Congratulations: to the Priddis Community Association board, members and Priddis Panthers Hockey families as you have worked with dedication to bring about the refurbishment of the Priddis Outdoor Arena. It's looking great and is such an improvement to the venue. Wishing all member families and guests many hours of fun - skating and playing hockey. Thanks to all those who donated time, talent and money towards this effort! Site projects are not yet done, but this effort is praiseworthy and should inspire us to keep going... BTW, it was a pleasure to see many of you out to the Priddis Fall Supper for an excellent meal and visits. Looking forward to the next event, Skate with Santa, on Sunday, December 15, from 1-3 pm.

A New Job Description: On October 23, 2019, our Council gave me the opportunity to represent Foothills County as Reeve, by voting me in at our annual organizational meeting. The title "reeve" originates from British history, but currently indicates the role of the elected president of a municipal council, in Canada, similar to a "mayor". Because a few people have inquired, I'd like to clarify that I will continue to serve you as your Division 4 Councillor - just have some more homework, meetings and chair the Council meetings. I thank Council for their support and also note that Division 1 Councillor, Rob Siewert, is the new Deputy-Reeve. Along with our talented Team, I hope to bring creativity in the face of challenge, champion our rural perspective and assets and strategize for a beneficial future for Foothills County residents. I will work with our Council and Staff to help us navigate change, budget, operations, municipal relations, the Calgary Metropolitan Region Board, development, and continue to lay the groundwork to attract business into our corridors.

RMA: Our Rural Municipalities of Alberta (RMA) Conference took place from November 12-15, giving our Council the opportunity to do a lot of business in four days. This trip was filled with meetings and dialogue, providing a first-hand sense of Rural Alberta priorities from the many municipal participants and provincial government direction. We met with: the rural municipalities from the two growth management boards around Calgary and Edmonton, our South RMA Zone rep, Mayors and Reeves, MLAs, Alberta Transportation Minister regarding infrastructure projects, and RCMP K-Division reps regarding rural crime and enhanced policing. We asked questions at a Ministerial Forum and also took part in the 20+ resolutions session to bring attention to matters of importance and ask for RMA support to lobby for our priority topics, including requests for: an AEP process change, municipal agreements to allow Peace Officer access of RCMP encrypted AFRRCS (radio) channels, an increase of 911 cell phone user fees to cover the cost of technology and operational changes to accommodate NexGen 911, and a request to reconsider the growth management boards or adjust the voting structure, rework the regional evaluation framework, create a third party dispute resolution process and more.

2020 Municipal Budget: As provincial matters unfold, we now have an idea of the types of changes and potential expenses we will be facing. A few have yet to be finalized, including the proposed policing costs to address rural crime, but we will begin reviewing our municipal budget and discuss strategies with all this in mind. Premier Kenney outlined that there will not be an increase in taxes, but with the NDP debt at 62 Billion and with mounting interest payments, measures to balance the provincial budget will be put in place. Overall, there will be a 2.8% reduction in spending over 4 years with no losses to front line services, along side of the red-tape reduction strategy to generate savings, relief and ways to attract and get business done faster in

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The end of the year brings no greater joy than the opportunity to express gratitude and season's greetings to friends and neighbours in Bragg Creek, Redwood Meadows and surrounding areas. It has been my pleasure to serve you this year. May your holidays be filled with joy and 2020 bring you everything you wish for.

Sharon Bayer
Direct: 403-554-8978
Email: sharon@sharonbayer.com



Alberta. Apparently, Albertans are full of ideas, with over 4,000 submissions sent in so far to the red-tape reduction department. This will definitely help us with municipal business and hopefully some savings we can pass on to you.

Broadband Update: Information is coming out about how Alberta will be served by the new SuperNet 2.0 agreement with Bell in place as of summer 2018. Also, in the news earlier this year, Telus purchased the rural residential internet component (formerly with Axia) from Bell, and now promises a \$16B infrastructure investment over 5 years. Service Alberta will create a current state of play (inventory) and leverage access to assets, strengthen relationships, facilitate partnerships, and lobby for federal program dollars to be fairly distributed to AB. Next up is Telus providing an 18 month go-forward plan to Service Alberta, which we'll monitor.

Wishing you a Merry Christmas and a New Year "2020 Vision" with health and happiness!

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

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Notice of Bankruptcy and First Meeting of Creditors

In the matter of the bankruptcy of Robert Kenneth Phillips. Notice is hereby given that the bankruptcy of Robert Kenneth Phillips, Retired, of 214 4 Street SW, Black Diamond, ToL oHo occurred on the 21st day of November, 2019 and Barry Nykyforuk and Associates Inc. was appointed as the Licensed Insolvency Trustee. The first meeting of creditors will be held on the 10th day of December, 2019 at 9:00 AM, at #150, 703 - 64 Avenue SE, Calgary, Alberta.



MERRY CHRISTMAS & HAPPY NEW YEAR!

Parent & Tot Playgroup: The drop-in playgroup meets the first Friday of each month at the Hall. Indoor activities include playing with tunnels, slides, an obstacle course, basketball, enjoying refreshments, etc. The next date is December 6th from 10:30 to 11:30 am. No fee is charged to attend. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. We are looking for someone to coordinate this monthly activity. Please contact priddiyoungfamilies@gmail.com. This event is also listed on the PCA website, www.priddisalberta.com.

Skate with Santa: The Priddis Early Learning Program invites you to Skate with Santa on December 15th from 1-3 pm at the Priddis Community Rink. Hot chocolate and festive baking will be available for purchase with all proceeds going to PELP. Spread the cheer and invite your friends!

Priddis Early Learning Program - PELP: We had another fun Halloween party on October 31st. Thanks to all these local businesses for hosting the kids for neighborhood trick or treating: Jane's Cafe, Meota Gas Co-Op, Priddis Business Connection, Priddis General Store and Priddis View & Brew. We are opening 2020-2021 registration for existing students and their younger siblings on January 1st. The

annual Open House for new registrants is on Thursday, February 6, 2020.

Priddis Hockey: Priddis Panthers Pond Hockey is in full force. The Panthers are thrilled to have 100 registered participants and welcome over 25 brand new players to the sport! In November, practises occurred each weeknight and games were played every Saturday on the Black Diamond Outdoor rink. It is anticipated that beginning December 1st, if Mother Nature cooperates, the ice will be put in and practices will begin weekday evenings. The ice will be reserved weekdays for Priddis Pond Hockey between 6-8:30 pm. We are planning to have tournament games hosted at the Priddis outdoor rink on January 3 - 5, so come out and cheer us on. For more information on joining this pond hockey league, contact Dave Thompson at 403.921.3640 or email priddishockey@gmail.com.

The success of our community program is in many ways due to the amazing parent volunteers. A big thank you to countless hours our parents have sacrificed to support their child's hockey participation and the re-building of the community rink this past summer.

Fall Supper: Community members of all ages came out for dinner and to socialize on November 8th. Harry from Hansel & Gretel Catering carved up his mouth-watering roast beef and all the fixin's. Coffee was generously donated by Crickle Creek Coffee Roasters, Priddis. A special thank you goes out to our local 4-H Club. All these young people displayed their amazing talents: helping with table prep, bussing, dishes and kitchen clean-up. Also, thanks to our many volunteers who worked at checking people in, selling memberships, selling bar tickets, working the bar, and set-up and take-down. Without you, this event would not have been a huge success.

Annual General Meeting: The AGM was November 14th. Nominations for new directors were made and voting will take place at our next meeting on December 9th. If you would like to join our Board plan to attend our December meeting at 7pm. Come out and be an active part of your community.

Renew your Membership: New memberships were due November 1st. Renew your Priddis Community Association Membership by printing off the form online from our website. Submit it with payment by mail or drop it off at the Priddis Store. Business Memberships were also due November 1st. The Business Membership form is also online. Go to www.priddisalberta.com How easy is that!

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

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

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

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

Like many not-for-profit charities in Alberta, we have had to make some difficult decisions with respect to meeting our ever-increasing operational costs.

Effective January 1, 2020, we are implementing a system of paid parking in our visitor lot. Parking fees will help to ensure the continued sustainability of the Ann & Sandy Cross Conservation Area (ASCCA).

Our decision to implement a parking fee was not easy, but it is necessary. Our primary guiding principle is to provide habitat for wildlife. Our secondary guiding principle is providing conservation education programs - particularly for young people with as little

human impact as possible. The trails on the conservation area were put in place to support those two guiding principles and are for wildlife observation.

We estimate the cost of providing an opportunity for visitors to experience over 20 km of observation trails to be approximately \$50,000 per year or \$5 per visitor to maintain the trails and outhouses. Unfortunately, visitor donations do not come close to covering those costs. In addition, all of the government operating support we receive covers less than 1% of our entire operating budget.

Starting 2020, visitors will be required to pay a fee of \$10 per vehicle seven days

per week, from 4:00am until 11:00pm. Our parking lot is regularly patrolled by volunteers and staff and is monitored 24/7 by security cameras.

- All active ASCCA volunteers will receive annual parking passes
- Participants in education programs and special events will have parking validated

We will also implement a parking pass system. If you purchase your pass now until December 15, 2019, you will be able to access an early-bird price of \$100 for the year. The regular price after December 15 of an annual pass will be \$120 for the calendar year so we encourage frequent visitors to purchase their pass early.



Thank You & Merry Christmas!

Our little rural pub and café experienced a few setbacks in 2019; however, with the support of the community we have survived, and we would like to extend our heartfelt thanks.

Thank you to Dan and Lindsay Flynn, who came to lend a hand when we needed it most – on Thanksgiving Day no less.

Thank you to Stephanie Fitzgerald of the Priddis Community Association for organizing a fundraiser.

Thank you to Ben and Emma, owners of Rockies Tavern and Grill in Bragg Creek, for hosting a fundraiser. To experience this support from another business means so much to us.

Thank you to the High Country Rural Crime Watch Association for sharing our story and the hard work they do to keep our community safe.

Thank you to businesses like Big Rock Glass (Okotoks), Varga Kustom (Priddis), Wild Rose Brewery (Calgary) and Single Tree Ranch (Bragg Creek) who helped soften the repair and replacement costs.

Thank you to the congregation at St. James Meota Parish for your support and prayers, we are truly blessed to have you as neighbours and friends.

Thank you to Lana Midgley, virtual assistant at Mountain Chickadee for her donation of time, talent and support when we really needed it.

Thank you to all our friends, family and neighbours, who supported us emotionally and with donations, gifts and patronage of our business.

We truly live in an amazing community! We wish everyone a very, very Merry Christmas!

Cory and Jane Morgan
Water's Edge Pub and Jane's Café
403.931.0155



Jane's



VARGA KUSTOM



MEOTA
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Alberta Canada

Mountain Chickadee
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We Are Red Deer Lake United Church!

We are Red Deer Lake United Church, an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Upcoming Events and Programs:

A Night of Light and Lament

Sunday, Dec 15 at 7pm

Not a big fan of Christmas? Does anxiety, fear, depression, grief, stress, exhaustion, or loneliness overwhelm you at this time of year? You're not alone. Join us as we take time to be real, name our pain, and hear the good news of Christmas: God is with us. Healing and prayer stations as well as a time for coffee will be available after the service.

Christmas Pageant & Ugly Christmas Sweater Sunday

Sunday, Dec 22 at 10:30am

Break out your ugliest Christmas sweater (prizes to be won!) for our annual No-Rehearsal Christmas Pageant! Bring the whole family and get spontaneously involved and caught up in singing carols and hearing the Christmas story. We've even sent out a request to the North Pole to see if our pal Santa has time to come by and say hello after the service.

Stories & Songs:

A Family-Friendly Service

Christmas Eve, Dec 24 at 3pm

Christmas is full of excitement, joy and anticipation, and this service is all about letting it out! Designed for kids but open to everyone, we'll be singing our favourite songs, dancing until we drop, and hearing a Christmas story. We know it's a busy day for you, so bring the whole family out to this early service and we'll send you home full of the Christmas spirit and probably some cookies, too.

A RDLUC Christmas Eve

Christmas Eve, Dec 24 at 7pm

Christmas is meant to be celebrated with friends, neighbours, and family and we'd love to have you over to RDLUC to do just that! As always, everyone and anyone is welcome and invited to experience what Christmas is all about and head back home feeling more alive and full of hope, joy, peace and love.

Candles & Communion: A Contemplative Service

Christmas Eve, Dec 24 at 10pm

After the chaos and busyness of the day is over, we slow down to experience the fullness and beauty of Christmas. Anyone and everyone is invited to join us as we see the light that is shining in our darkness, celebrate the good news that God is with us, and break bread together to be full of light, life and love.

For more information, please contact us at 403.256.3181 or office@reddeerlakeuc.com

Reddeerlakeuc.com

Sun services start: 10:30am

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www.meotaparish.ca

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Priddis Valley Road in the Priddis Hamlet

December 8th • 9:15am
HOLY COMMUNION • 2nd of Advent

December 15th • 9:15am
HOLY EUCHARIST • 3rd of Advent

December 22nd • 9:15am
HOLY EUCHARIST • 4th of Advent

December 24th • 6:30pm
CHRISTMAS EVE WORSHIP

December 25th • 10:00am
CHRISTMAS DAY WORSHIP

St. George's, Turner Valley

December 29th • 10:00am
5th SUNDAY WORSHIP

St. George's, Turner Valley
Potluck Luncheon to Follow

CONNECT AT
Facebook.com/meotaparish
@meotaparish on Instagram



Thank you for attending the Annual General Meeting and Volunteer Appreciation Wine and Cheese Event on November 21st. Volunteers are the backbone of our community and without them, we wouldn't be able to maintain the level of activity and support that we have enjoyed since 1961. How fortunate we are that the long standing tradition of community (living, working and playing together) has been maintained and sustained by dedicated volunteers.

Here comes Santa Claus, here comes Santa Claus to Square Butte Community. Our annual Family Christmas Concert will be held on Sunday, December 1st starting at 3pm. This day comes to you complete with candy canes, a Christmas tree, Christmas music and jolly Old Saint Nick himself. All are welcome. You don't have to live in our community to enjoy our Christmas hospitality as we celebrate family together.

Preparing for the future. At our AGM on November 21st, we elected some new members to our executive and we sadly said "good bye" and "thank you" to some retiring members. We are also thankful to those individuals who were elected to continue in their roles on the Board.

The Board of Directors is charged with the task of managing the affairs of the

Association. Along with four executive committee directors, we have seven additional directors and three active committees: The rental committee, Maintenance committee, and a History committee. We are so fortunate to have the ideas and enthusiasm of individuals whose steerage of our association will ensure that we are able to continue to promote social, educational, cultural and sporting activities for the benefit of all residents and members of the Square Butte Community. It is our desire to preserve the history and traditions of the community and to promote and foster a social environment while maintaining and encouraging the use of our community facility. To accomplish these goals, the changing needs of people in our community must be

considered to accommodate our ever-evolving demographic. Whew, that is a lot of responsibility, but I think we are up to it.

February Dance. We have several great bands in the area that can play a mix of music including country, rock and roll, and blues music. Watch for more information as we plan a kick-off dance for February 1st. We sincerely hope this will be the first dance of many in the New Year. Check out our webpage at squarebuttehall.com for more information.

The members of the Square Butte Community wish you all a Very Merry Christmas as we send you our best wishes for the season and ask you to stay safe as you travel to visit family and friends.

Livingstone-Macleod Constituency Office

livingstone.macleod@assembly.ab.ca

Constituency Office:
618 Centre Street SE, High River, AB T1V 1E9
Office: 825.212.2000

Satellite Office:
1300 Hewetson Avenue, Pincher Creek, AB T0K 1W0
Office: 403.904.8110

*Wishing you a
Merry Christmas
& every happiness
throughout the
coming New Year!*



Roger Reid, MLA





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. Our next meeting is on Tues, Dec 10, and will be a Christmas Decoration Workshop with creative Paul Rishaug. Pre-registration required though Sheila Virgo. \$20 fee to cover supplies. We had to cancel our Oct. meeting due to weather. We will be seeing Stacey for the January 14, 2020 meeting. Our club sponsors a scholarship for post secondary or adults who are enrolled in courses horticulture related. You must be a resident in the Foothills county. For more info and applications, please contact Carol Poffenroth at poffenrothcarol@gmail.com. Also please remember to like us on

Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.

TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. We hope you and yours will have a wonderful holiday season, whatever you may be doing in our beautiful community.

If you have an animal lover on your Christmas list, **a gift of donation to one of our animal rescue organizations** would be heartfelt. We have our very own High Country SPCA, which is run out of the Diamond Valley Vet Clinic, Pound Rescue, which is run out of Okotoks, Heaven Can Wait in High River, the Cochrane and Area SPCA, Calgary SPCA, and AARCS (Alberta Animal Rescue Crew Society). These organizations depend on volunteers and donations to keep them doing what they love to do, which is rescue animals, find homes and foster homes, hold spay and neuter clinics, educate, and help out animal owners in times of need. And I can't stress enough, **please have your pet**

spayed or neutered, especially your cat if they are outdoors. Our vet clinics can advise you when the next spay/neuter clinic is, and can get your cat done for a minimal cost, and advise about strays in your area. Long live the famous words of Bob Barker!

There are several organizations where you can choose to give your donation dollars to this year. Oilfields Food Bank accepts food and cash for their Christmas hampers. The Salvation Army accepts gift cards and new, unwrapped toys, and cash. Seniors Secret Service accepts cash or gift cards (403.257.8339). Donate cash and gift cards to Rowan House Emergency Shelter. Or drop off a new unwrapped toy at Western Financial in Turner Valley for the Alberta Children's Hospital Toy Drive. Please have your donations in the first week of December so these organizations can get them together in time. The Town of Black Diamond is also collecting new toys and gift cards up to December 6 for the Tree of Giving, which will be distributed to the Sally Ann. You can also drop off your donation at the Griffiths Centre on Light Up.

If you need help this year, residents of Diamond Valley and Foothills County can apply for Christmas meal hampers through the Oilfields Food Bank, or for toys/gifts for children 18 and under, the Salvation Army Foothills Community Ministries may be able to help.

Remember someone special this year with Sheep River Health Trust's Points of Light Program.

This program has been going on for many years and has a big impact on the Trust providing important equipment and services for our community. Buy a light for one of the trees alongside Oilfields Hospital or Okotoks Rec. Centre, and you can ask for a recognition card to send to your Point of Light, your

someone special or their family. Make sure you take a drive during the season and check out the beautiful trees all lit up. For more info on the program, visit sheepriverhealthtrust.ca.

The kids have an early dismissal on December 18, and are not back to school until January 6. C. Ian McLaren will be holding their Christmas Concert on December 19 at 6:30, Turner Valley School will hold theirs on December 18 at 1:30 and 6:30, and Oilfields High School will be hosting their Winter Market and Band Concert on December 2. Oilfields High will also be presenting Senior Drama productions December 12-14 at 7pm, in the Drama Room.

Looking for something fun and unique to do this Christmas season? **Check out Christmas at the Hive at the Chinook Honey Farm.** Visit donkeys, taste mead or make beeswax candles, s'mores, honey taffy, mulled mead, or honey hot chocolate! Admission is free to this event which runs from 10-5 December 7-14. \$2 per activity will go towards Foothills County Hospice. For more info, visit chinookhoney.com.

The Saskatoon Berry Farm is another nice place to spend a day. They will be hosting their Christmas Market on December 7-8, and again December 14-15. Parking and admission is free, and you will be supporting over 200 local vendors. The Farm is off the #2 Highway by DeWinton, for more info, call 1-800-463-2113.

Granary Road will be holding their Christmas Market from December 6-22. Free parking and free admission. The event features photos with alpacas, Santa's workshop, tractor rides, and a petting zoo. Help support 40+ vendors, for more info, granaryroad.com.

If you haven't got your **raffle tickets for Oilfields Hospital Basket Raffle**, you have until December 5 to do so. Every year they have fabulous baskets donated by local businesses, and you can buy tickets to win baskets of your choice. The baskets are on display in the front entrance of the Hospital. On December 5 at 3pm they will make the draws. Come check out their **Bazaar and Bake Sale and Silent Auction** as well on that day. All proceeds go towards programs and equipment for the Hospital, which we are so lucky to have in our community.

All of our local churches invite you to visit this holiday season. The Gospel Chapel in Black Diamond will be having their Live Nativity on December 6-7 at 7pm. There will be a petting zoo as well for the kids,



You are invited to join
Roger Reid, MLA & his staff
 at a seasonal
Open House
 to say thank you
 for all your support this year!

Friday, Dec 13 • 5-8pm
 High River Constituency Office
 618 Centre Street SE
 RSVP
livingstone.macleod@assembly.ab.ca



Parents of young children in the community will be interested to know about the selection of Kits and Games offered by your library.

One is a VR Kit that includes 2 iPhones with apps and accessories, a ViewMaster, 6 VR/AR discs, a Toy Story Augmented Reality Book and Quiver Colouring sheets.

Another is a Snap Circuits Kit that includes a full starter kit of snap circuits along with instructions for over 22 tasks/creations to make.

Please stop by the library to ask Lynda more about these.

Also for children are two delightful books. One, *The Cat That Lived With Anne Frank*. Told through the eyes of Mouschi the cat, it gives a glimpse into the lives of Anne and her family as they hide from the Nazis. Another is *Go Show the World* by Wab Kinew. This is an inspiring look that tells brave stories about some famous and not-so-famous Indigenous people.

An exciting program held at the library this fall was called *Conscious Aging..... Cultivating Wisdom, Connect with Others and Celebrate Life*. The facilitator was Colleen Lemire from Okotoks. Colleen led the participants through a series of discussions about Forgiveness, Self Compassion, Transformative Practices and Surrender. The program was developed by the Institute of Noetic Sciences, a global movement encouraging the investigation of subjective knowledge.

On January 8th. Marigold will be in the library to give a session called *Your Library is Mobile*. You can bring in your device, learn all about apps and how they work on different platforms. Time to be announced.

New books in at the library are Margaret Atwood's *The Testaments*, *The Shape of the Family* by Shilpi Somaya Gowda and *The Wine Makers' Wife* by Kristin Harmel.

A gripping read is *Inside the O'Briens*, (2015) by Lisa Genova, author of *Still Alice* (2007). Genova has a PhD in neuroscience and writes fascinating, intriguing novels about diseases of the brain and of how they affect the families of those who are ill. *Inside the O'Briens* deals with Huntington's disease, a lethal genetic degenerative illness with no treatment or cure as of now. While the subject matter is bleak, the characters are dear and loveable and the story heartwarming. It has been made into a movie with Russell Crowe and Nichole Kidman.

An uplifting Xmas story is *The Thirteenth Gift* by Joanne Huist Smith. It is a true story of a mother and three children facing their first Christmas without their father. It, too, is a heartwarming story of community, love, family and a mystery miracle. This book will ground you in this coming hectic season.

Happy Reading!
 Sylvia Binkley, sliv@telus.net

continued from page 34

and snacks and hot drinks to follow the Nativity. St. Michael's in Black Diamond has a Christmas Eve Mass at 5 and 8pm, and a Christmas Day Mass at 10am. St. George's in Turner valley has a Christmas Eve service at 4pm with hot apple cider and shortbread to follow. And the United Church in the Valley (933-4114), home to the Oilfields Food Bank, invites you to their Sunday service at 10am.

Turner Valley has a long standing tradition of hosting *Family New Year's Eve celebrations* on December 31. This fun, free, family friendly celebration will feature face painting, outdoor skating, hot dogs, hot chocolate, hay wagon

rides, music, and fireworks. Volunteers are needed and appreciated! Sponsors are also appreciated, a good business opportunity awaits there. The event runs from 5-8 at the Flare and Derrick and the skating rink, for more info, call the Town of Turner Valley at 933-4944.

Snow angels are needed! Volunteers are needed to shovel walks for seniors and those needing a hand. If you are interested in becoming a volunteer Snow Angel, please contact Suzan at 403.933-4348 for the address of someone in your area who could really use your help. And December 5 is Volunteer Day. Call Suzan at the Town for a list of volunteer opportunities, you could start right away or wait until the new year, as little or as much as you want.

There are many volunteer opportunities in our Foothills and right in our towns. There is nothing like volunteering for someone who really needs help to pick you up out of the doldrums. Volunteers are the mainstay of all our not-for-profit organizations, and our town's events such as Light Up and Parade weekend. If we all were to volunteer just a little bit here and there, we could do so much more as a community.

If you have any events happening in January that you would like to see in the High Country News, please email me at elaine.w@telus.net. **The deadline for this issue is December 15.**

Have a safe and happy holiday,
 Elaine Wansleben

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Chaulk Talk

By Wayne Chaulk, Real Estate Agent

Foothills Visual & Noise Bylaws – How They Can Impact Acreage Owners & Property Values

Municipal governments have numerous and detailed bylaws regarding property development such as development, home acreage construction, home business operations and Dark Sky lighting guidelines to name just a few. They are too extensive and detailed to cover in an article such as this, but as a point of interest as it pertains to how certain bylaws may affect property values if not adhered to, I am just highlighting some of the Community Standards Bylaws adopted a few years ago by the MD Foothills as they are the day to day obvious things one can be impacted by. These bylaws were developed to help create order and respect for each other's privacy and right to both quiet and visual enjoyment of one's property.

Over my career on my visits to a wide variety of properties for either evaluations purposes, listing of properties, or representing buyers looking at acreages and land, it has been interesting and troubling to see firsthand how in several cases property owners and their neighbours are not adhering to several of the MD community standard bylaws. Whether one is affected by bylaw contraventions as a neighbour or whether what you may be doing or not doing may be affecting your neighbour, I felt it useful to include in this article a summary of these bylaws in case some readers are not aware of them or need a reminder about them.

There is nothing more troubling than arriving at a beautiful property I am asked to evaluate and list than to see the neighbouring property messy, uncared for, and run down with cars, trailers & equipment strewn across it. I'm sure the selling client has been bothered by this while living there but likely held back complaining because they don't want soured relations with their neighbour. Nevertheless, for property owners it is troubling that your property may not be as marketable or valuable when it comes time to sell unless the contravention/s of the bylaws are rectified.

Furthermore, contravention of bylaws, whether you are doing them knowingly or not, could be affecting the attitudes of your neighbours towards you, creating discontent and harbouring of resentment. Ideally, correction of contraventions should take place voluntarily over formal complaints being lodged for enforcement. Certainly the wise counsel of "Do unto others as you would want them to do unto you" applies to how you keep your property and respect your neighbours.

Visual Bylaws: First, a definition of Unsightly Premises outlined in the MD Foothills standards documents.

"Unsightly Premises" means any premises whether land, buildings, improvements to the land or buildings, personal property or any combination of the above, located on lands within the Municipal District, which, in the opinion of an Officer, is unsightly to such a degree as to detrimentally affect the repose, amenities, use, value or enjoyment of the surrounding lands in reasonable proximity to the Unsightly Premises, or is otherwise detrimental to the surrounding area.

Conditions constituting a Nuisance or Unsightly premises may include but not be limited to:

- Accumulation of rubbish, garbage, containers, dirt, soil, gravel, dissembled machinery parts, hazardous materials etc.
- Uncut grass or presence of excessive levels of weeds which demonstrates neglect.
- The presence of more than 2 unlicensed vehicles on 2 acres or less and more than 3 unlicensed vehicles on larger parcels.
- Vehicle parts, equipment or machinery that has been rendered inoperative.
- The accumulation of animal material or yard material or scrap building materials, scrap, waste.
- All buildings, structures and improvements to property to be maintained consistent with the surrounding area so that the foundations, exterior walls, roof, windows & frames, doors, steps, driveways and fences are kept in reasonable care.
- All fixtures, improvements, renovations, or additions to any building, structure but not limited to exterior stairs, porches, decks, patios, landings, portable seasonal lawn furnishings, gazebos, balconies etc. must be kept in reasonable state of repair consistent with the surrounding area.

Noise Bylaws:

General Prohibitions: No person shall in either the day time or the night time:

- (a) make, continue, cause or allow to be made or continued any excessive, unnecessary, or unusual noise of any type.
- (b) allow or permit any real or personal property that is owned, occupied or controlled by that person to be used in a way that allows excessive, unnecessary, or unusual noise of any type to emanate from such property.
- (c) Operate, allow or permit the operation of a Speaker System of any type at an unnecessarily loud volume, thereby creating excessive noise.
- (d) Operate a Vehicle, including Off-Highway Vehicles, if the exhaust muffler is cut-out, disconnected or has had the baffle plate or other parts removed.

Activities in Residential Developments:

Vehicle Noises:

Except as authorized through development permit approval, no Person shall permit a Vehicle located in premises to emit Noise which emanates from the Premises and disturb or annoy a Person, including Noise from racing,



Merry Christmas

To all our past and present clients, we wish you a Merry Christmas and a Happy New Year!

Wayne, Rebecca & Denise Chaulk

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excessive engine revving and stereo and amplification equipment in the vehicle. For the purposes of the Bylaw, A Vehicle includes a Vehicle or Off-Highway vehicle but does not include tractors or other Vehicles operated in the normal maintenances of property, or productions of livestock or crops.

Some other areas of concern:

Businesses being operated without a licence – thus bringing additional people, equipment and car traffic to an area when it should not be happening unless an approved MD business operation. This is an area that warrants a separate discussion because of the various

discretionary and non-discretionary uses. It is best if you are uncertain to research this area of the bylaws.

If you are uncertain of any Bylaws that may affect you visit the MD Foothills site at: www.mdfoothills.com and navigate to “land use bylaws.”



The library is fortunate to have many people who devote their time and resources to making it a success. We take the time in December to thank all our volunteers who put in so many hours in the stacks, doing recycling, sorting donated books, special projects, packing courier, running programs and serving on the Board. Our annual Volunteer Christmas Appreciation Event is a party not to be missed, with great food, entertainment and door prizes. So, if you want to attend this event next year, sign up to volunteer in the capacity of your choice. One group of volunteers we could not do without is the Friends of the Library whose task is to raise money for programs like Out Loud and to provide equipment such as our snowshoes and computers. A big chunk of their funding comes from working the casino every 2-3 years. The date for the next casino is June 15 & 16, 2020. If you would like to be one of the team involved with the casino, please call the library and we will get you connected with the Friends.

Once again, we will host Santa at the library to read stories to the kindergarten and Grade 1 students early in December. Please call the library for dates and times.

Any pre-school children are welcome to attend. If you are unable to attend the Santa visits, please note that we have an extensive collection of Christmas picture books in our children’s area. We have also reintroduced our themed book bags to the Easy and Juvenile sections. Each bag contains 10 books on the same subject: sports, fairies, penguins, cookbooks etc. They are perfect if you are in a hurry and do not have time to browse the entire selection on the shelf.

As the Christmas/New Year season approaches we remind patrons of our reduced hours. We will be closed December 24 – 26 and December 31 - January 1; open December 27, 28 and 30 from 12-4 pm for all circulation desk services. We will resume regular hours on Thursday, January 2. Please return items in the outside drop box which will be checked regularly on our closed days. Please note that courier items will not resume delivery till January 2.

If you wish to donate to the Salvation Army Toy Drive, the library is a drop off location until December 6, for new, unwrapped toys for children 18 years and under.

Please leave your donated items in the box by the circulation desk.

For those of you who have accumulated late fines on your account you can wipe them out by bringing non-perishable items for the food bank to the library. Every donated item equals \$1 of fines. We will collect items throughout the month of December. This amnesty applies only to fines, not lost or damaged items.

Our new list of programs for Winter/Spring 2020 will be available at the front desk and online at our website by mid-December. They will also be featured in the centre pages of the High Country News January issue.

For those who have tuned into CBC TV over the past few summers, you may have enjoyed our events. It is your participation, laughter and questions that make the series so much fun to produce.

Mysterious Illness Turns Out To Be Prolonged Carbon Monoxide Poisoning

Imagine living with an incurable flu for a quarter of your life, suffering symptoms including malaise, muscle ache and fatigue; the forty-year-old you becomes more debilitated over time, walking like an elderly woman with the help of a cane, eventually becoming mostly bed-ridden. You see doctors, yet the condition continues to baffle you, your family and your doctors.

This mysterious illness that left a mother with extreme fatigue for 10 years, turned out to be chronic carbon monoxide poisoning, resulting from a slow leak in the home's heating and water systems. Yet, her CO monitor did not detect it.

Imagine your home, the place you relish for safety and comfort, slowly killing you. Effect varies - certain people in your household may be affected by carbon monoxide poisoning quicker than others. Those at particular risk include babies, young children, pregnant women, seniors, and people with heart or breathing problems.

The effects of severe exposure to carbon monoxide are well understood (recall the last time someone died due to "overnight" CO poisoning); slow carbon monoxide poisoning is not well understood, is real and typically missed by medical experts masquerades as a typical flu.

Symptoms of low-level carbon monoxide poisoning include:





- headaches
- tiredness and confusion
- nausea (feeling sick) and vomiting
- dizziness
- stomach pain
- shortness of breath/ difficulty breathing

The longer you inhale carbon monoxide, the worse your symptoms will be. You may lose balance, vision and memory or even experience impaired mental state and personality changes.

Long-term exposure to low levels of carbon monoxide can also lead to neurological symptoms, including difficulty thinking or concentrating as well as frequent emotional changes like becoming easily irritated, depressed, or making impulsive decisions.

After 10 years, the mother has a new lease on life, healing and improving daily - thanks to her contractor who found the carbon monoxide leaking from her home's gas burning

CARBON MONOXIDE (CO) POISONING

CAN'T BE SEEN

CAN'T BE SMELLED

CAN'T BE HEARD

CAN BE STOPPED

equipment. Irrespective of the reason, aging equipment or poor construction practices in a roaring economy, do your family a favour and check your system today!

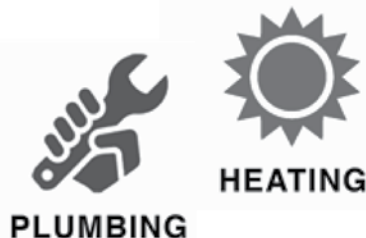
by Carla Berezowski, Home Comfort Expert and Aging in Place Specialist

Carbon Monoxide Debilitates, Kills

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Financial Literacy Matters for the Young & the Young At Heart

by Phil Goddard



We have partnered with the Canadian Foundation for Economic Education (CFEE), a non-profit, non-partisan organization, to offer free financial workshops to youth, newcomers, and seniors in communities across Canada. These free, local events provide valuable information to a variety of Canadians who may not know where to begin on their journey of financial knowledge and awareness.

Workshops Tailored to Needs of Seniors: A popular CFEE workshop focuses on the needs of Canadian seniors. We believe that seniors who have a thorough understanding of their finances can better enjoy the retirement they've worked hard to achieve. The workshop provides advice on a wide range of topics including:

Setting Financial Goals: Budgeting and planning tools are explained to help set realistic goals to make the most of retirement.

Understanding Retirement: Plan better for the years ahead with less fear about running out of money. Seniors learn about the benefits available to them, what they qualify for, how much they can expect, and for how long.

Planning for Lifestyle: Budget for lifestyle goals such as travel or renovations, while still making money last.

Estate Planning: Advice on how to create or tune-up an estate plan so it doesn't become inadequate or outdated.

Fostering Community And Learning Together: These workshops are spearheaded by CFEE and facilitated by local senior centres and agencies, inviting individuals who want to learn more about financial planning for seniors to attend. These events attract a wide audience

of nearly and newly retired Canadians who are either planning for retirement or looking for strategies to maintain their lifestyles. Learning alongside like-minded people creates a warm and open environment that fosters discussion and reminds seniors that they have allies in their quest for financial knowledge.

Knowledge is Power: Visit the Empower Your Tomorrow section of our website to learn about specialized workshops and presentations for youth and families affected by Alzheimer's through our affiliations with CFEE and the Alzheimer's Society.

**Remember, December 31 is the deadline for TFSA contributions. Look for your allowable limits at the bottom of your 'NOTICE OF ASSESSMENT' from CRA for the 2018 tax year.*

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Flowing From the Source

by Andrea Kidd



A newborn, struggling to exit the tight channel that was constricting and squeezing his little being, was suddenly thrust into the world. Gasping for a breath never taken before, he let it out in a cry of resistance to the sudden change from the warm, wet, comfort of a young, healthy woman's womb into moving cool night air, vast and empty. Arms enfolded him, skin against skin, and he nuzzled to nurse, squirming till, finally quiet and, wrapped cozily in linen and lamb's wool, he slept for a couple of hours till hunger gnawed. Mary's umbilical cord lay useless, limp and drying in cloths to be burned, no longer able to supply him with nourishment through his navel. Paradoxically, the Lord of Creation, who created life before Mary existed, was given physical sustenance from the fruit of his own creation.

Forty days later, Mary and Joseph, carrying their month-old son, walked steadily along the well-worn trail from Bethlehem to Jerusalem. In the evening they found a place to stay, prepared a meal and slept.

The next morning they purchased a pair of pigeons, presented them to the priest at the entrance to the temple and waited while he made the customary sacrifice.

Simeon, a stranger to the couple approached, peered into the bundle in Mary's arms and took the infant into his own arms. He pushed aside his straggly,

grey beard so as not to tickle the child. Wonder and joy filled his watery eyes as he gazed into the baby's clear, dark eyes.

"Sovereign Lord, my eyes have seen your salvation!" he proclaimed. Then he looked straight into Mary's eyes and said, "Many will rise and fall because of this child. The thoughts of many hearts will be revealed. And a sword will pierce your own soul."

Calm settled on his face. Tension drained from his limbs. He passed the child back to the mother. His mission was accomplished. He was glad to have lived; glad to have held this baby and was ready to depart this life. He knew God was doing a new thing for his nation and all people everywhere. Salvation, peace and goodwill were available for all people. He would die peacefully, satisfied, full of grace and gratitude.

But Simeon's words had startled Mary and Joseph. What meaning did they have? Were these the ramblings of an old man? No! His words confirmed to Mary and Joseph what the surprising visits from the angel Gabriel and the shepherds had told them; they were also troubling.

The sacrifice complete, Mary prepared for her Mikvah. Joseph held Jesus while Mary prepared for her cleansing. Tingling with anticipation at this turning point in her life, she slowly descended the seven steps into the ritual bath, pausing to pray on each one. Warm, clear water, quietly flowing from a spring, crept up her body and covered her long hair. She allowed the water to wash away experiences of the past few months: seclusion, bleeding, rapid body changes and fluctuating emotions. She rose; dipped again; and again. Each time adjusting to embrace this new phase in her life: of motherhood

and consummation of her marriage with Joseph; the joys, responsibilities and pain of life ahead. God would feed her spirit in the same way her son received nourishment from her breasts.

She dressed in the clean clothes she had brought with her, tingling again, but this time from the refreshing, cleansing of body and soul. She smiled up at Joseph, took Jesus in her arms and wept quietly in Joseph's embrace.



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ADHD & VAPING

by Roché Herbst, M. A. R. Psych.



What Is Vaping?

It is the act of inhaling and exhaling vapors heated from flavoured nicotine “e-juice”, marijuana or hash oil that are suspended in propylene glycol and vegetable glycerin. These liquids or solids are contained in a sleek looking metal device called a ‘vape’, ‘vaporizer’ or often called ‘juuling’. The use of vaping has skyrocketed especially among teens. Approximately 2.1 million middle to high school students (illegal and under-aged) were users in 2017.

What Is The Connection?

ADHD teens are particularly susceptible because they have a neurochemical condition that results in impulsivity and inattentiveness. The three core deficits that contribute to starting the habit of vaping is their inability to sustain attention to work, inability to focus and poor impulse control. Furthermore, they struggle socially with a constant

worry about what they have said, they want to be liked, to fit in and belong. The truth is that vaping does not make you happier, nor improves your social status!

How To Feed The Need For Speed?

ADHD teens are already at risk for nicotine addiction, as they are low on naturally occurring dopamine and norepinephrine levels in the brain. Nicotine is a central nervous system stimulant. So, when it is inhaled, it will release dopamine. Most people are: ready, aim, fire. ADHD people are: ready, fire, aim. Let’s just do it and think about the repercussions later. It feels good. I like it. I want more. Some brand name pods contain 5% nicotine, which is equivalent to one pack of cigarettes. That does not necessarily mean that the other 95% of the pod, mod, juice, e-liquid or cap consists of water. It could be a mix of as much as 700 different carcinogenic compounds that are harmful for your health and developing brain.

What Can Go Wrong?

Many devices contain batteries....a risk for a leakage or an explosion (during storage or charging, inhalation or in your pocket). The actual device heats up to 400F to turn the liquid into vapour. Even though there is no tar,

side-effects can include addiction, painful mouth sores, hoarse voice, permanent lung damage, and chronic bronchitis. When teens with ADHD try to stop vaping, the same or worse symptoms that they try to manage with their general ADHD are exacerbated i.e. anxiety, inattention or insomnia.

What Can Parents Do?

You can check. There are simple, easy to use dipstick urine tests available to accurately detect the amount of nicotine-cotinine. You can help them escape a bad situation.

- Create a word or phrase that only you know the meaning of and means: “PICK ME UP or HELP!”
- Have a plan for youth to leave an uncomfortable or unsafe situation IMMEDIATELY. No questions asked.
- Teens should always share their location with their parents.
- Talk openly about nicotine addiction and vaping. Consult an addiction counselor if needed.

When Saying “No” Is Not Enough... Then Script

- “Not sure if you know, but I got into enough trouble the last time to last me forever.”
- Keep a bottled drink or lemonade with you at parties. “I’m covered”. Students are less likely to offer other substances if they see you already have something in your hand.
- Blame your parents for finding out. They would be happy to be the scapegoats.
- Find something to do. Look busy. Get up and dance. Offer to DJ.

Sources: <https://www.fda.gov/tobacco-products/youth-and-tobacco/youth-tobacco-use-results-national-youth-tobacco-survey>; <https://e-cigarettes.surgeongeneral.gov>; www.nbcnews.com.1/24/18; <http://ecigone.com/featured/e-cigarette-explosions-comprehensive-list>

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What's Forecasted for 2020 - 2021 Mortgages?

Where are we today?

- Bank of Canada (BoC) rate, that we often refer to as the “prime rate”, hikes have been paused since October 2018.
- The BoC has left the prime rate unchanged even though the USA and Europe have cut rates to respond to weaker economic activity.
- Most economists forecasted that the BoC would remain unchanged until after the federal election in Canada.
- The prime rate set by the BoC increases when the economy is doing well; but if there is a recession, then lower rates are used to stimulate the economy. Since forecasters are expecting rates to begin dropping it implies they are expecting an economic slowdown or recession.

• Canadian fixed mortgage rates did rise in October, due to investors selling off assets, Government of Canada (GoC) bonds, for example. The selling of these bonds causes their prices to fall and their yields, which our fixed mortgage rates are based on, to rise.

What's forecasted ahead?

- The consensus is that now that the federal election is over rates will begin to drop in the short-term.
- Rate decreases will also be in response to an economic slowdown.
- Several key indicators point to a 2020 USA recession which would inevitably impact Canada.
- Canada has had an inverted yield curve (when 1-year bonds yield higher interest rates than 10-year bonds) for several months now. All past recessions have been preceded by an inverted yield curve.
- No matter how well-researched the economist's prediction are, mortgage rate forecasting is only an educated guess.

I have a mortgage renewal coming up, should I be worried?

Borrowers generally do not have to undergo the “stress test” or re-qualify when they

renew with their existing lender. This allows the existing lender to offer a much higher rate as they know the borrower may not be in the position to leave. It is so very important to shop around at time of renewal, even if you are unsure if you'd re-qualify.

What's a person to do?

- Earlier this year, there was a consensus that interest rates would eventually rise but that is likely no longer the case.
- Predictions are that fixed rates will probably be lower or similar to today. Any potential increases should be modest at 10-25 bps.
- You can lock in a rate up to 120 days before closing on a home sale or the renewal of your mortgage. This is insurance in case rates increase.
- Variable rates may be a better bet (if you have the risk tolerance for fluctuations!). Based on the latest forecasts, variable rates are more likely to fall than rise in the next two years.
- The scary part of this forecast is that dropping rates would be an appropriate bond-market response to an upcoming recession.

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Do You Have Any Rooms?

by Duane Harder



As we neared the airport, I could see our plane on the approach to the runway. I watched in disbelief as it proceeded to take off. I went into the terminal and discovered that the plane was full and my seat had been given to a standby passenger. I had arrived at the counter 15 minutes before the scheduled departure and was told the airline was within its rights to give my seat away.

If I wanted to be at my destination for my late morning speaking engagement the next day, I would have to drive to Nanaimo, catch the ferry to Vancouver and then depart on an early morning flight from Vancouver. They changed my ticket and I was set for plan "B."

I arrived in downtown Vancouver at about 10 pm and proceeded to look for a hotel. The first one I checked out was sold out. The clerk informed me it was the first weekend of the PNE and all the downtown hotels were sold out. However,

I was told, there might be a room left at one of the downtown "luxury" hotels. They phoned the hotel and sure enough, they had one room available. They were willing to hold it until I arrived.

Much to my shock, the price of the room was three times what I would normally pay. I explained my situation and they were gracious enough to give me the room for half price. My plane left at 7 the next morning so I had very little time to enjoy the luxury of a beautiful room.

I remember the lonely feeling of being in a city surrounded by "No Vacancy!" It took me back to the journey of a newly married couple and their experience in a city where there was "No Vacancy!"

Mary and Joseph, the earthly parents of Jesus Christ, made the arduous journey from Nazareth to Bethlehem. Under command from Caesar they were required to return to their ancestral home and register for taxation purposes, an event that history documents. The journey was complicated by Mary's pregnancy. She was due to deliver at any time. Imagine their dismay as they heard the words of the inn keeper, "Sorry, no vacancy." He added, "I do have a stable and you would be welcome to sleep there."

A friend of ours established a home for orphans in Burundi. She has made this statement concerning her work: "If I have room in my heart for another child, there is always room in the home."

The inn keeper forgot there was one room available and that was his. Of course, he couldn't give away the rooms that he had rented to other guests, but he could have given up his room. That was the one room over which he had total control.

But! That would have cost him something. Making room for a pregnant woman and her husband would have called for personal sacrifice. Their need and his room just did not connect in his mind.

Unfortunately, like the inn keeper, we can also post a "no vacancy" sign over our lives. We can't be bothered making room for those in need. We don't mind sending people to the barn, just don't ask us to get involved with their lives. Keep people and their need at arm's length and let them forage for themselves in the barn.

Sociologist Robert Bellah, in his book, *Habits Of The Heart*, points out that ours is a culture of self-containment. People are not willing to make a commitment to anything that is outside their circle of interest. They are absorbed with events that give them a good feeling and luxuriate in things that add status to their lives. They exist as the center of their universe and all activities must revolve around them. "But," you say, "many people give to charities, both with their time and resource, doesn't that count for something?" Remember, you can give time and money and still remain disengaged from those who receive the benefit. Opening your heart to people in need taps into your emotional reservoir of love, compassion and care. When you give from that supply, time and money can release a flow of life that brings change in the life of the recipient.

Christmas is more than a nice tradition. It is an invitation to extend the life of the One who brings light to darkness; healing to brokenness; hope to shattered dreams; rest to weary souls; comfort to grieving hearts; order to tangled messes and restoration to troubled minds. For that to take place, the "no vacancy" sign must be taken down. Remember, if there is room in the heart there will be room in the house.



Chicken like Grandma used to cook!

Jerry & Nancy Kamphuis

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Out of the Rut *Chapter 111*



For our last hurrah of this year, I find myself in a holding pattern... sitting waiting for my number to come up at a Service Canada facility. What joy. This morning began with a swift tramp around the woods following the joyously bouncing bottoms of three canine friends. Spectacular clear blue sky after a spectacular clear full moon night during which I had to stop and admire the gemstone glitter of snow crystals in moonlight more than once.

The Christmas season is upon us. We have the beauty of our fabulous surroundings, the exquisitely orchestrated rainbow world of self and everything else. Did you make kites when you were a kid? I used to love building kites; fragments of coloured tissue-paper wrapped around splinter-thin dowels hung together with a central knot of thin string. Adding the tail... butterfly bows of rainbow hues dotted along another length of string. Then finding a place to fly: High on the south Downs of Kent, a great place to fly a kite. Endless rolling acres of green turf building upward to the sky and falling away beyond sight. As a small person, these places were limitless, thousands of oak trees and millions of bluebells in the spring. On the outer edges of the downs we found crumbling concrete Pill Boxes, remnants of a war that now is beyond memory for most. I unearthed thick smoothed chunks of greenish glass, fragments of a magnifying mechanism, treasured for years among my many magpie finds.

Another time, far, far to the north, on the edge of a small, lesser loch in Invernesshire (I enjoy the three esses in that last). The one purchased kite I remember, a novelty – manufactured from the new, exciting, transparent plastic - a clear membrane with the image of a kite, wings spread broad, across the widest part of the diamond. It flew badly compared to our home-made ones & I remember it plunging into the chilly peat-hued waters of the loch more often than not.

This evening I was flying my nostalgia kites through clouds of rose, slate, cerulean, aegean, umber, milk and golden haze. Walking trails between towering trees I lost the canvas of colour above on which to play. My gaze was harnessed by the undulating ground and the navigation of ice, snow, fallen trees, low-hanging branches and plenty more to bring me back to the present moment.

Later, back in the ease of the interior world, I remember the brass of my youth, not just the thre'penny bit and the Yorkshire slang of my parent's folk. I relished the tours of Lower Darwen Paper Mill with my Dad. He showed me the whole process at the age of four or five. I saw the giant bales of shredded newspaper – oohh, did someone mention recycling? - that were burst open into gigantic brass and copper-bound vats. Like gargantuan bowls of porridge stirred by invisible, yet immense, submerged arms. The resulting pulp was spat slowly out across a broad brown felt blanket about half an inch thick. This blanket wrapped and rolled along a series of giant brass cylinders, progressively pressing and squeezing the pulp into paper, the water draining away through the woollen fibres beneath. A whole complex sequence of rollers and presses and various bopamagilvies, all kinds of lime-encrusted taps and pressure gauges, some misted over with decades of use, men in tin hats and overalls, specks of pulp like concrete blobs adhered to almost everything. As I recall that now, I realize that my Dad had specks of pulp stuck to him for most of my childhood, one way & another. He started his work life in that Mill and ended his work life closing it down – a hard way to wind down a life & one that so many have gone through as change keeps pace with us all.

We had a long pine table in the kitchen with stools and benches around. That table was, more often than not, sheathed in a cloth of white paper and mounted with crayons and pencils. We wrote messages, doodled, dawdled and created magical sketches of meaninglessness on that table. Each time the paper cloth was filled, it went to light fires. We replenished from a great roll of paper that Dad brought home from time to time, an end-of-line quantity, too small for the mill to process.

Those brown woollen felt blankets populated my early years – bed covers, insulation, mattress for camping, dressing up. When I finally achieved my ultimate dream of a pony, they became outstanding horse blankets, along with my baler-twine-made harnesses. I even built a pantomime horse complete with rolling eyes and moveable mouth – my friend & I performed a pantomime dance in a horse made from paper-pulp-pressing blankets. I must have been about 12. Not much has changed. Everything is different.

Anybody fancy a bit of panto?

*With gratitude and love, Kat Dancer
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2000 Sq Ft, located in the Old West Mall, Bragg Creek. Call for more info 403.540.4242

FOR SALE

FIREWOOD, Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403.333.8462

HELP WANTED

We're hiring a part-time General Labourer for our water well servicing company located in Millarville. Approximately 20-30 hours/week. Salary \$15-\$25/hr depending on experience. Own transportation required. Position can be physically demanding including heavy lifting. Plumbing and/or electrical knowledge and/or experience an asset. Reliable, responsible and self-motivated applicants please. Please forward application to allisonbaker@aquamule.com. No phone calls please, only those applicants selected for an interview will be contacted.

WANTED

Stationary Exercise Bike. Ph. 403-931-2201

Looking for 4 burner electric stove in working condition. Call or text 403-703-5169, email burntjustright@hotmail.com

Looking for a good quality food processor that can place the processed product into a separate bowl. Call/text 306.641.4447. Turner Valley. awionzek6@sasktel.net

WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Also wanted: John Deere LA from the 40s or any parts for one. I am also looking for a medium size Stihl chainsaw in very nice condition. Call, text or email Al, awionzek6@sasktel.net, 306.641.4447

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

CHURCHES

Foothills Bible Fellowship, 403.775.9690, Diamond Valley. Meeting at Valley Neighbors Club Sunday mornings at 11AM for worship, Bible investigation, and fellowship meal. Check out fbfellowship.ca for other gatherings and Bible studies. john@fbfellowship.ca

FOR SALE

Free Range Eggs for sale. Located between Bragg Creek & Priddis. 403-931-3261

50 air guns for sale, brand new, 20-30% below retail. Inquires to 403.609.7275 or vanveldhank@gmail.com

Canadian made, solid pine, four poster, queen size bed with a rarely used Sealy Perfect Sleeper queen size mattress. Asking \$500.00. Contact Monica at: jscheel@shaw.ca, 403.949.4900.

Nordictrack Walk fit manual treadmill and a Nordictrack Ski machine \$75.00 each. Dry spruce firewood, under cover, requires splitting, cut in manageable size rounds. 402 931 4261

White 25 cubic foot LG French door refrigerator with ice maker. In excellent condition. External dimensions - depth: with handles: 34 1/4"; width: 35 3/4"; height: 68 3/8". Asking \$275. Located in Bragg Creek hamlet. Call 403-949-0044

Whole Lamb For Sale, Pasture Raised, Naturally Good, Foothills, 403.558.2202.

Calgary Flames Tickets for sale. I'm out of town for most of the season so all games available below face value. yycleroy@gmail.com

2015 DODGE RAM 3500 Laramie Longhorn, Diesel, one owner, like new, 61,000kms. Asking \$54,900. 403.330.6161, Lethbridge, jkgotit@shaw.ca

FOR SALE

Michelin studless 225/50R18 winter tires on Infiniti rims. Used one winter, excellent condition, paid \$2500, no longer own the car. Asking \$900 firm. Priddis area. Serious inquiries only please. 403.615.9729, lornamsilver@hotmail.com

36" TV toshiba and custom stand. Two Michelin tires, 205 65R 15. Will Consider Offers. Contact Ross Best, rossbest@telus.net, 403.933.3637/403.851.0562

FOR RENT

Bragg Creek: Private 2 rm apartment on 2nd flr of log home, private bath, one of the rooms has a kitchenette, tastefully fully furnished. The only thing you have to share is the entryway + laundry. Avail. Dec. 1, 2019, long or short term. Monthly rent is \$1,200 incl. all utilities, internet, satellite TV & landline phone. Non smoking and no pet house. Contact Vera at 403.949.3770.

BABY/PET/HOUSE SITTING

Your best friend bored/lonely all day? BRAGG CREEK DOG WALKER offers years of K9 handling/walking experience. I love dogs and I am reliable. Patricia Sterling 403.390.0187 or sterlingslate@gmail.com

Mature Responsible Babysitter: I am fun, truly love kids and have successfully completed my Canada Safety Council Babysitters Certificate Program. I also have lots of references and can drive to/from you for cost of fuel. Please contact Aimee: Text 403-618-7744 or call 403-949-7741

House/Pet/Plant sitter available. References available. Please contact Aimee at 403-949-7741 or text 403-618-7744 for rates and availability.

Looking for fun, safe, active childcare for your little ones? Responsible local 14-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure out time together is fun and active! I can provide references and have completed the Red Cross Babysitter's Course. Mackaela Archambault, 403.949.8422.

DID YOU KNOW...

The High Country News has a local events page where you can advertise your group's event. For more information and to post your event, visit highcountrynews.ca/events

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:

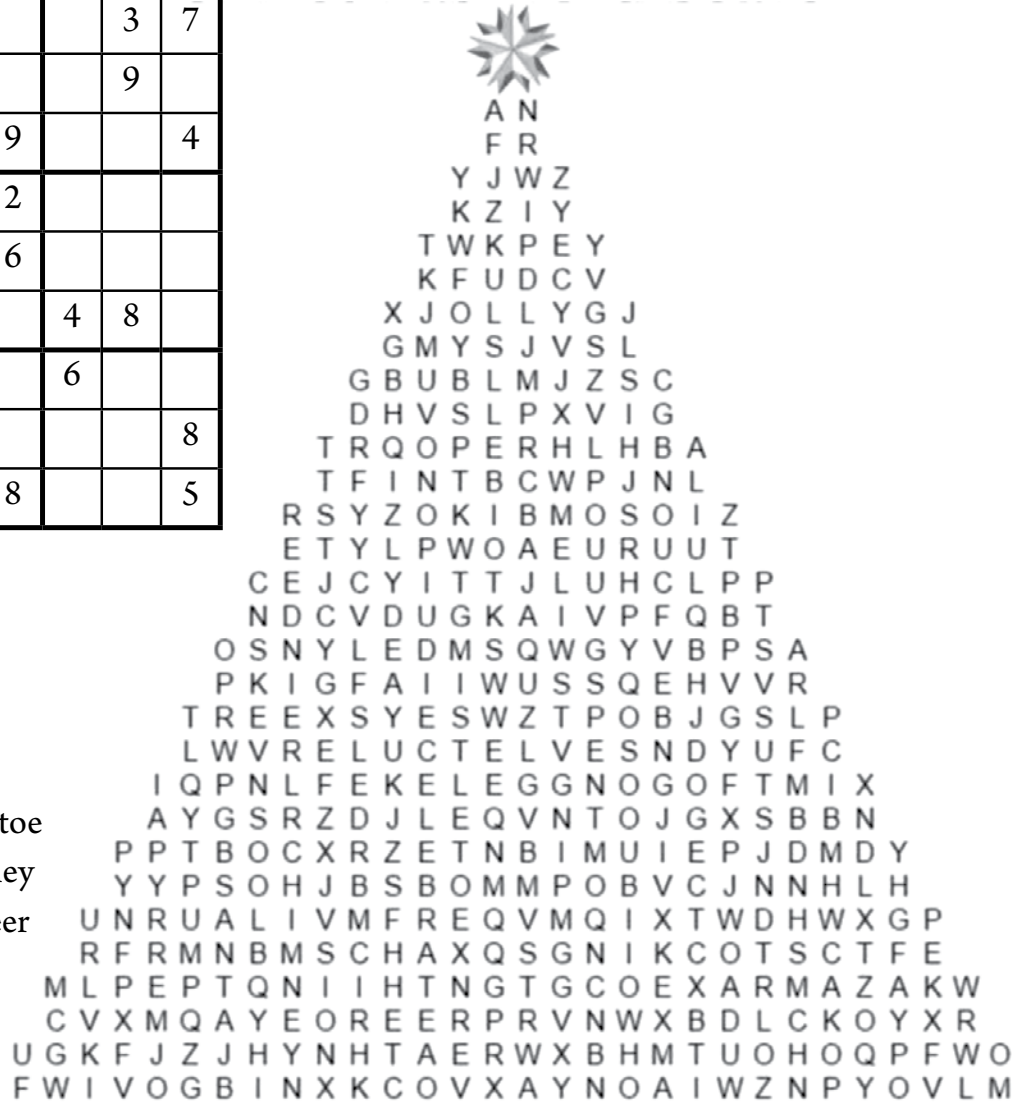
\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted

Information contained herein, while not guaranteed, is thought to be correct

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			5	4	6			
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3	9				8			5

Word List:

- bells
- stockings
- wreath
- elves
- sled
- celebrate
- eggnog
- tree
- jolly
- santa
- merry
- mistletoe
- chimney
- reindeer



Where in Bragg Creek were the school Christmas concerts held in the 1950s?

Bring your answer to the Trading Post **before Dec 15** and you will be entered to **WIN** a gift from the store!

Happy Holidays!

From all of us at the HCN

KIDS ZONE

December's Kids Zone generously sponsored by:

The Bragg Creek Trading Post

117 White Ave • 403.949.3737
Open daily 9am - 6pm



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HEART WEST HAVEN 403.651.3459

KRUGER'S GUEST HOUSE ACCOMMODATIONS 403.949.3770

ACCOUNTANTS

WILSON PLUMER CHARTERED ACCOUNTANTS 403.949.4947

ACREAGE SERVICES

GRASSLAND ACREAGE SERVICES grasslandacres@gmail.com 403.852.7131

ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK 403.949.2650

ARBOR CARE & TREE REMOVAL

BORDERNORTH TREE SERVICES, micah@bordenorth.com 587.216.8372

DRAGONLAND TREE & EXCAVATING, dragonlandexcavating@gmail.com 403.466.3132

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

SPRINGBANK CUSTOM SOLUTIONS, springbankcustomsolutions.ca 403.612.0654

TREEWORX TREE CARE, www.treeworxpro.com 403.554.2370

BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS 403.466.2204

HEIDI'S BLIND NOOK 403.651.3459

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS 403.816.3802 / 403.246.1482

BUSINESS COMPUTERS, NETWORKS & PHONES

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CHILD & DAY CARE

COUNTRY KIDZ CHILD CARE 403.809.3546

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403.949.2072

FOOTHILLS BIBLE FELLOWSHIP, Serving Diamond Valley 403.775.9690

CLOTHING & JEWELLRY

CRABAPPLE COTTAGE FASHION BOUTIQUE 403.949.4264

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CONSTRUCTION, CONTRACTING & EXCAVATION

BRAGG CREEK EXCAVATING 403.949.2756 / 403.620.0250

CENTURY ROCK MASONRY - DAVID ANDRUKO 403.819.5303

COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842

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BRAGG CREEK - ROCHE HERBST, R. PSYC. 403.510.9984

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KATERINA RENNY, R.Psych, www.foothillscounselling.com 403.819.7691

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CLEAR SKY ELECTRIC clearskyelectric@gmail.com 587.225.4294

DOWN TO THE WIRE INC. www.downtothewire.ca 403.479.9049

HIGHWOOD CONTRACTING & SOLAR, highhoodcontracting.com 403.803.7102

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CARE IN THE CREEK MEDICAL CENTRE 403.949.2457

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MAID IN THE FOOTHILLS, Patricia Holt, peppermintpatti@telus.net 403.933.2233

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ZHIVOV LAW, Personal Injury Law, zhivovlaw.ca 403.770.4939, x103

MEAT PROCESSING

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