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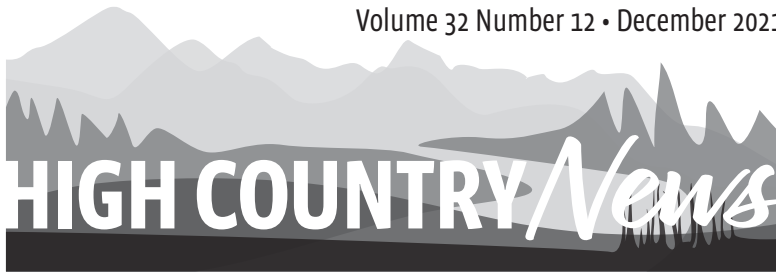
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LETTER FROM THE EDITOR

Merry Christmas

As we prepare for the Holidays, I am particularly aware of the challenges many families and individuals are facing. When I was a young teenager, we had an idea that my parents experimented with at our dinner table to help us be aware of one another's needs. We weren't allowed to ask for anything but had to be aware of those beside us and pass/suggest things like: "Would you like some butter?" Or "I noticed that your glass is empty, would you like more water?" As you can imagine, we didn't always notice our sibling's needs, and there was a lot of throat clearing and plate banging with the utensils to get what we wanted to eat. I think this only lasted a few meals, so fortunately yours truly survived the experiment.

There is a lot of need around us. Our modern society covers it well. The current stat in Alberta is that food bank use is up 29%. That is significant. We put on plastic smiles and say we're fine (freaked out, insecure, neurotic, and emotional). The reality is, we're not. I once heard someone say, "behind every door is a need."

Unfortunately, in our efforts to not be seen as vulnerable, we don't let people in when they knock. This Christmas don't be afraid to open your door, but more importantly, don't be afraid to knock. Recently my 10-year-old son tried his hand at baking shortbread. He gave it to a neighbour because he wanted to do something for someone.

Over the past year and a bit, most media outlets have done a good job of promoting fear. When you think about it, fear is rooted in the fact that our current environment isn't enough. Fear causes us to think about our situation and we begin to act in ways that are selfish, and sometimes downright hostile. Giving ourselves (not just money), causes us to step outside of this fear and touch another's need. One small act of kindness can begin to create a ripple effect in the lives of other people. It softens hearts and takes our eyes off ourselves and onto others.

This Christmas, hopefully you can find someone to bless. It doesn't need to be big, just given from genuine love.

May you know and experience a joyous Christmas Season with your family and friends.

From my family to yours, Lowell Harder



ARTIST PROFILE

"Painting is all about passion," declares Neil Patterson. "If you respond to the passion that you have inside yourself, that's when the real painting comes out. Selling your work is a bonus; painting itself is what really matters." It is his ability to paint feelings rather than merely replication what he sees that makes Patterson's vibrant, impressionistic oils so appealing.

Neil Patterson was born in Moose Jaw, Saskatchewan in 1947 and studied Fine Arts at the University of Calgary. His paintings appear in private collections in Alberta, throughout North America, Japan, China and in Europe. Mr. Patterson's "Winter Light" is one of several paintings displayed in the corporate offices of ATCO Enterprises Ltd. in Calgary, Alberta.

To contact Neil, or learn more about his life as an artist please visit www.neilpattersonopamaster.com

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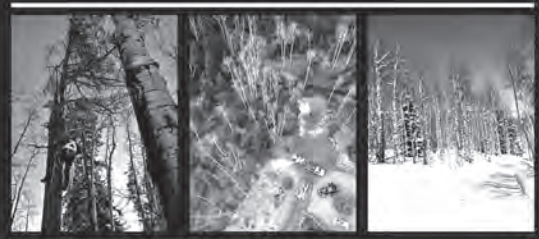
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MASHA SCHEELE, HCN STAFF

New Trails Act: giving recreational groups too much autonomy, or just enough?

Recreational volunteer groups will get more authority to manage and maintain trails on public lands under Bill 79, the Trails Act, introduced in the Alberta legislature on Nov. 2, 2021. Recreational trails have seen a major increase over the last 40 years, and with it came the introduction of off-highway vehicles (OHVs); something not everyone is happy about. Bill 79 offers a chance to find a balance between conservation, recreation, economic use, and the needs of communities and indigenous people. According to the province, this bill ensures the sustainability of trails so they can be enjoyed for years to come.

Bill 79 allows for the designation of trails for specific uses, such as hiking, equestrian use, or riding an OHV. It will also promote a bigger role for partners in trail maintenance, which is something that some environmental groups are worried about.

“Through this bill’s trail manager and trail agreement provisions, Minister Nixon will give himself the power to make any person, including corporations, responsible for managing all aspects of trails on public lands,” said Devon Earl, Alberta Wilderness Association (AWA) conservation specialist. “This invites the privatization of public lands belonging to all Albertans.”

Privatization is dangerous because in a lot of areas the density of trails is already above the threshold where it could impact valued ecosystem components, such as water quality or endangered fish habitat and wildlife, Earl said. Removal of trails is necessary in some areas, not the addition, she added. Instead, AWA wants to see the completion of the regional and sub-regional plans under Alberta’s Land Use Framework, taking into consideration the cumulative impact of recreation and industry to determine appropriate areas for trails. “That takes sustainable recreation into consideration and that would allow us to better plan where trails should go and how they should be managed. With that

in place, I don’t see any need for this Trails Act,” Earl said.

AWA’s main worry is the use of OHVs on unmanaged trails, which may go through creeks and streams and damage fish habitat. If public areas are managed by third-party organizations, they can designate trails and manage them however they see fit, not necessarily based on science, Earl said. She noted that OHV usage in the McLean Creek area is already an issue with many trails being used despite not being part of the designated trail system. There isn’t enough enforcement in place to keep people off those unofficial trails, Earl said.

Miranda Rosin, MLA of Banff - Kananaskis, acknowledged the issue in the McLean Creek area and said the Trails Act will actually help manage the area by identifying and maintaining official trails, adding better signage, and directing recreationists to stay on the designated trails. “We will work with [volunteer] groups to determine which trails should be protected and maintained in the best interest of the environment,” she said.

Rosin said land won’t be privatized, and if the government were to find any of their trail management partners mistreating the land, the partnership would be revoked. The purpose of Bill 79 is to protect the trail work done by volunteer groups for decades and to give them the autonomy to take care of the environment, she added.

Conrad Schiebel, president of Bragg Creek Trails (BCT), thinks the Trails Act has the potential to be a good playbook for managing trails in Alberta and developing collaborations between the government and trail groups. BCT is a group of community members who built and manage 170 km of trail in the West Bragg Creek trail system.

“[The Trails Act] would actually probably provide a better trail user experience than if it were just left to either one of the two entities, either the government or solely the trails operator,” Schiebel said. Trails by BCT were developed in conjunction with government staff and followed all land use recommendations for the area, including different environmental legislation. “Every time we build a trail we have to go through a process where they go through the various stakeholder groups to make sure everybody has buy-in and all concerns are dealt with,” Schiebel explained. He noted that if BCT doesn’t keep up their work, other groups or individuals will come in and build trails and make improvements

themselves. This could be avoided if the Trails Act designated the area to organizations like BCT. However, giving volunteer organizations full responsibility for trail building and management is too much to expect without a financial contribution from the government, he added. BCT provided their feedback for the Trails Act and their two main issues were the lack of clear direction on who has authority over the area and proper funding for ongoing maintenance.

Rosin explained that Bill 79 allows volunteer groups to complete projects more quickly and efficiently. Currently, volunteers have to apply for each new project, which then goes through a rigorous regulatory process that can sometimes take months before approval is received to get shovels in the ground.

“These trails groups have proven over decades that they are better stewards of the land than the government, bureaucrat, or any government employee could be, because they know the local area and are committed to the local area and they are true environmentalists themselves,” Rosin said.

For the first time ever, the Trails Act will instate trail systems as crown land assets, protecting them from other land users such as the forestry industry. Forestry companies can currently harvest across a trail system under their forest management plan with no obligation to reclaim trails, but Bill 79 changes that. Other land users of a designated trails system on public land will have a legal obligation to protect and maintain those trails, and if they can’t do so they have a legal obligation to relocate them, Rosin said.

If passed, the Trails Act will take effect upon proclamation, except for the Trail Management Plan requirement which will take effect May 2022.

*Masha Scheele, HCN Staff
media@highcountrynews.ca*





MP UPDATE - Foothills

John Barlow

A reality check

High River, AB - Canada's Prime Minister and his activist Cabinet need a strong dose of reality. Pandering to their personal global elite friends will have devastating ramifications on Canada's economy, families, and jobs.

Trudeau's announcement at COP26 in Scotland to cap oil and gas emissions as well as his appointment of an eco-activist as Environment Minister leaves no doubt Canadian energy is under attack by our own government.

Every Canadian must understand the critical role Alberta energy has on our lives, our economy and our standard of living.

When it comes to development of natural resources, Canada imposes the most stringent regulatory, environmental and human rights standards in the world. According to data from the Government of Canada's 2019 National Inventory Report, Canada's oil sands per barrel greenhouse gas emissions have fallen 34% since 1990, an incredible success story of innovation and commitment.

Canadians rightfully have important questions for Trudeau regarding this announcement.

Will the emissions cap also apply to the 750,000 barrels of oil imported into Eastern Canada from places like Saudi Arabia, Nigeria and Venezuela? Countries with no environmental, human rights or labour standards whatsoever.

Will this cap on emissions also apply to the cement industry in Quebec? According to Environment and Climate Change Canada the GHG intensity of the mining, quarrying, and oil and gas extraction sector in Canada used 62.7 tonnes of CO₂e per TJ of energy used and dropping. In contrast, cement production uses 73.1 tonnes of CO₂e per TJ of energy used. Will the cap apply to the auto industry in Ontario? Again, according to Environment and Climate Change Canada we account

for 1.6% of global emissions and 11% of that is from the oil and gas sector compared to transportation which accounts for 26%.

How will fossil fuels be replaced to heat homes, fuel vehicles and power our economy?

Here is a reality check. According to Gridwatch, six% of Ontario's energy is coming from wind, solar and biofuels combined. What is the plan to replace the remaining 94% which comes from traditional fuels like nuclear and natural gas?

The fact is, even if Canadian oil sands were entirely shut down, 80% of Canadian emissions would be burned by cars and trucks, using fuel processed from countries with lower environmental standards, multiple human rights abuses and harmfully increasing global emissions compared to Canadian oil and gas.

This is not just an Alberta issue. Alberta oil and gas supports more than 1,000 Ontario businesses and more than 500,000 Canadian jobs. Canadian construction companies, manufacturing and technology firms, hospitals and schools all benefit from Alberta oil and gas. Canada's energy sector accounts for more than 10% of nominal Gross Domestic Product and government revenues from energy was nearly \$18 billion in 2018.

The contributions from energy development to our country cannot be overstated.

When it comes to reducing emissions Canada is not the problem. In fact, it offers the solution.

Here is how the Prime Minister can position Canada to take a leadership role in global environmental policy

First, leverage Canada's world-class innovations and resources like carbon capture a storage and LNG. Export our technology, our skilled labour and our resources to displace "dirty" energy being used in other parts of the world.

Second, develop utility corridors across Canada to ensure our products like natural gas and hydro-electricity can be exported to other jurisdictions in Canada and around the world. This nation-building project would help unite Canada and

reduce emissions. Canada should be energy self-sufficient and not hauling oil and gas by train or trucks.

Third, put your money where your mouth is. Under the Liberal government, greenhouse gas emissions increased three percent despite implementing harmful bills like C-69 and C-48. Therefore, immediately stop importing oil from authoritarian regimes with no environmental or human rights standards.

Fourth, stop ignoring the reality that significant harm is done to the environment by polluting our waterways. The government must get serious and ban municipalities like Montreal and Victoria from dumping raw sewage into the waterways.

If the fight really is about climate change and emissions reductions, then these opponents of Canadian energy and pipelines would be speaking the truth. The truth is in Canada we do it better, safer and cleaner than anybody else in the world.

Unfortunately, this is not about climate change or reducing emissions, because if it were, the Liberals would be a proud champion of Canadian energy and implement these suggestions instead of stoking the alienation of Alberta.

For more information:

John Barlow
John.Barlow@parl.gc.ca
613-995-8471



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DECEMBER NEWSLETTER

Judi Hunter -Ward 5 Trustee

Hard to believe we are into December, it seems like the school year had barely begun.

All Rocky View School trustees attended the Alberta School Boards Association annual fall general meeting. Trustee Baziuk was elected Vice President of the Association for the 2021-2023 school years.

The Board had the privilege of listening to Landry Fortrand from Chestermere Lake Middle School who gave a wonderful presentation on how he has changed his teaching practice in mathematics. The change is a result of the information given in the book "Thinking Classroom in Mathematics: 14 Teaching Practices for Enhanced Learning", by Peter Liljedahl, a mathematics professor at Simon Fraser university.

I have included links to some videos that show how this classroom works:

Video 1: youtu.be/fWSEvyK2rbs

Video 2: youtu.be/g8C0u2XMm88

Video 3: www.youtube.com/watch?v=DmVSEHDNbf0

Robotics programs start early. Elbow Valley Grade 3 students shared the work they were doing with robotics. The students were excited about their work and shared their learnings.

Good news, organizations that are renting Rocky View Schools facilities will have insurance included in the reservation charge. This saves organizations having to show proof of insurance. The reservation charge includes an insurance fee of \$10.00

Below is a link to the information for the EverActive Schools Conference Jan 27-29. While the conference is primarily for educators, parents are always welcome. There are a variety of sessions that parents would enjoy.

Shaping the Future 2022 Conference
Ever Active Schools

The Alberta Learning Disabilities Association is offering video offerings for parents. This is something that school councils may consider offering for parents.

www.normalisntreal.com/

Rocky View Schools in the news

Classroom exchanged for wide-open space
www.producer.com/farmliving/classroom-exchanged-for-wide-open-spaces/

Congratulations to Ms. Knight and her Drama 9 and Drama 20/30 students for a fantastic production of Shakespeare's a "Midsummer Night's Dream". We look forward to more amazing work from our high school drama students.





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BRAGG CREEK CHURCH

As Christmas draws close I want to share a word from one of our church members both because Isa 61 was a prophesy of the coming Christ, but also because sometimes its good to re-center ourselves into something life giving after 18ish months or uncertainty.

He has sent me... to comfort all who mourn and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. ~Isaiah 61.1-3

Community, gathering together, and serving one another are among the things that center me in my faith walk. When at times I am unable to attend I find myself talking to God more due to loneliness from missing my community of faith. Having missed church for the past two Sundays has me thinking about all that has happened in

the last 19 months to the entire world and what Christians in the past went through.

Rhythms of exile and return, diaspora and homecoming, have always been a part of Christian life. And that's true. It's also true, though, that the COVID-19 pandemic has been a season of separation like no other we've ever known. There were months when gathering in person was forbidden. Yet, as we look ahead, we may never appreciate the power of gathering in person more than we do now.

The beauty of worship — gathering in the midst of a world full of distance. The wonder of music — singing together in the midst of a world full of silence and loneliness. The joy of service — working together in the midst of a world full of broken systems and broken hearts.

And this I know as truth, if the world is full of exile, BCCC is a community of return. A place to come home to, again and again. A congregation in which we can tangibly experience God's ancient promise to "bring you back to this place," and "give you a future with hope."

And here's one more thing that's true: even when this pandemic is a distant memory, the world will still be full of need. Still longing for home, for community, for reunion, for return. That's why we're here. That's who we are: a safe harbor of hope when life has become dark. It's the same reason God chose to be born with us as Jesus of Nazareth, to help us build bridges of connection and companionship, so that everyone might experience a homecoming to God's joy, salvation, and love.

So keep praying and giving thanks for all the ways our faith, our prayers, our worship, our music, our service, and our lives help bridge the gaps that divide creation.

Diane Scott

Please continue to watch for Christmas-Eve service announcements, as well as if you happen to know of anyone in need of a food hamper please contact the church



*Let us bless you or
help us bless our community
with food hampers this Christmas*

Food donations can be dropped off
at Bragg Creek Community Centre or The Hub,
234-7 Balsam Ave, Bragg Creek Shopping Centre
before December 15

*(Please note, we are unable to accept open packages, expired goods,
perishables or homemade items)*

If you or someone you know could use the blessing of a
food hamper this Christmas, please contact Pastor Dave
at braggcreekcommunitychurch@gmail.com
before December 15

To donate financially, please visit
braggcreekchurch.ca/give
and specify "food hampers" in the subject line



BRAGG CREEK
community church

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April 18 - 22



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REDWOOD MEADOWS EMERGENCY SERVICES

It's the most wonderful time of the year. Practice these simple Christmas safety tips to keep your loved ones safe this holiday season:

Replace old lights and use them correctly: Use indoor lights indoors and outdoor lights outdoors, and always turn them off when leaving the house or going to bed. Be sure to replace light sets that have broken sockets or frayed wires.

Don't become the subject of the family Christmas story: Ladder injuries send more than 10,000 people annually to hospital. If you're using a ladder outdoors, do so during daylight hours, and clear away snow or ice before setting it down. Never stand on a rung higher than fourth from the top, and don't climb up or down while carrying anything. Instead, place lights or other items in a container and raise and lower them by rope while maintaining three-point contact with the ladder: one hand and two feet, or two hands and one foot. Make sure you have a spotter, too.

Practice car safety when travelling: It's always important to drive safely, but the Christmas travel season can be especially dangerous. Have your car serviced before

leaving on a road trip, carry an emergency kit and give yourself extra time to avoid rushing. Remember to decrease your speed if you're driving in snow or ice, and wait for snowplows and sanding trucks to clear the roadways before starting your journey.

Don't make the tree a fire hazard: If you have a "live" tree, cut off 10 cm (2 inches) of the trunk to expose fresh wood for better water absorption. Make sure there's always water in the tree stand. Keep your tree at least one metre (three feet) away from heat sources or fireplaces. And if you buy an artificial tree, check that it's labeled "fire resistant."

Properly secure the tree: No one wants to get squished by a falling Christmas tree. Make sure your tree is properly secured with a strong stand that doesn't lean. If you have a fresh tree, don't whittle or taper the trunk to fit your stand; this makes the tree less stable.

Don't burn wrapping paper in the fireplace: Don't burn trees, wreaths or wrapping paper; and always use a fireplace screen.

Be sure to fully cook the turkey: Undercooked turkey is one of the top 10 foods that make people sick. But it's not just the turkey: Stuffing absorbs the juices inside the bird, so it has to be as thoroughly cooked as the meat. Eggnog is also notorious for making people sick if it's left unrefrigerated for too long or made with raw eggs, which can contain salmonella

bacteria. Unstuffed turkey should be cooked to 170°F (77°C) and a stuffed one to 180°F (82°C). Alternatively, cook the stuffing separately. Stuffed or not, always roast a turkey in a 325°F (160°C) oven. Never start cooking it in one place, then transport it to another and finish cooking there.

Be careful with candles: The top three days for home fires started by candles in North America are Christmas Day, New Year's Eve and New Year's Day. Be sure to keep candles at least 30 cm (one foot) away from anything flammable. Make sure candles are in stable holders that can't be easily knocked down, and never leave burning candles unattended.

Don't ignore chest pain: The risk of heart attack spikes during the holiday season. Pressure on the chest, neck, throat, jaw or arm discomfort, shortness of breath or nausea that comes out of the blue needs to be taken seriously. Don't guess! Call 9-1-1.

On behalf of all of us at Redwood Meadows Emergency Services, best wishes for a safe and happy holiday season - it was our honour and privilege to serve the community in 2021!

Until next month, stay safe!

Alison Archambault



Robert M. Hughes Financial Solutions Inc.

Revisiting Your Financial Plan

The hits keep coming! With the recently concluded Federal election essentially changing nothing in Ottawa, there is little doubt that annual spending deficits will probably continue to reach new levels. Along with this renewed deficit spending Canadians can expect to see higher consumer prices as various economic disruptions continue to impact Canada and other nations around the globe.

What do you do? The first thing to do is do a SWOT analysis of your family situation. Review your Strengths, Weaknesses, and the Opportunities you are positioned to capitalize on and don't forget to review any possible Threats to your financial well being - such as rising interest rates or food prices for example.

Now may be a good time to review your financial strategy and see what assumptions may need to be adjusted. Perhaps you planned on retiring at age 60. Or that you would have your mortgage paid off in a few years. Or that you would never carry credit card debt. Or that the kids would have all moved out by age 21.

Whatever your assumptions are, it is important to stress test your financial situation by changing some assumptions and see how these changes may impact your financial strategy and either your asset building efforts or your efforts to preserve capital in your retirement years.

What if your adult children run into cash flow problems due to job loss because of the pandemic? Will you help pay their mortgage or cover their rent? How will this impact your own retirement income or monthly cash flow today?

The financial industry always recommends having a three-month reserve of emergency cash on hand to cover unforeseen events such as a job loss or illness. Perhaps it may be also wise to have a food inventory to cover three months or more? Despite reported low official inflation rates, consumers have recently been witnessing rising food costs in both restaurants and grocery stores. Packaging sizes have shrunk and this "shrinkflation" is reminiscent of

the 1970's when chocolate bar sizes shrank before their prices rose. Déjà vu all over again!

Perhaps it is time to review investment return assumptions. With the cost of living rising at a higher rate than the Government's reported Core Inflation Rate your investments need to grow in excess of the current cost of living. How does this impact your asset building efforts and what impact does this have on your planned retirement income?

This fall may also be a good time to review your risk management programs. Do you have the right kind of house and property insurance coverages? With house prices exploding higher in many Canadian cities your current coverage may not have kept up with these higher values.

Do you have enough life insurance and the right kind of life insurance? Are your capital needs temporary, such as a mortgage, or are they permanent, such as sharing a company pension with your

spouse, tax planning and Estate Planning? Is your insurance coming up for renewal in the next 2 years or so? It may be better to shop the market today and replace it for a better premium cost now and lock in a lower rate.

Something most people are unaware of is that you can get a better rate, even from your current life insurance company, by applying for new coverage rather than taking the contractual renewal rate.

Finally, it is always a good idea to review your monthly spending and identify variable expenses that can be reduced or eliminated in an emergency.

Call today to discuss your personal situation and other ideas that may help you keep your Financial Strategy on track.

Warmest Wishes for a Merry Christmas and a Healthy and Prosperous New Year

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How the RCMP sets Policing Policies

Do you have a say in how the RCMP's policing Priorities are set? Yes, you do, and probably more than you think. I will start to address this topic from the local perspective. In the Spring of 2021, Staff Sgt. Laura Akitt sent out a questionnaire, available then on the Foothills County website, asking what citizens like you and I would like to see the RCMP focus their policing efforts on, and what we thought were our main areas of concern when it came to rural crime.

There were 203 responses, a significant increase from the previous year. Of the questionnaire responses, Staff Sgt. Akitt stated, "This information is extremely helpful as we move into a new fiscal year of policing for the County. I am currently reviewing your responses, and based on your information, as well as that of local governing bodies, I will be preparing the Foothills County Annual Performance Plan (APP). Once this report is completed, I will update everyone with the policing objectives for this year."

The local governing bodies referenced are for certain Foothills County council. There were likely others, including the towns and village within Foothills County (Black Diamond, Turner Valley, Longview, etc.); however I cannot say that with certainty.

The questionnaire and the council consultations resulted in Staff Sgt. Akitt's adoption of three key areas. As taken from Staff Sgt. Akitt Mountie Moments, they are:

"Crime Reduction - With a focus on reducing property thefts. One key actively to help us work towards this goal is the active CAPTURE program. I believe to date, we have almost 20 participants in the program. The availability of your security video is vital to our investigations.

Traffic Enforcement - Foothills County RCMP will be conducting targeted traffic enforcement in high volume areas though this year, on high traffic locations as well as areas of construction. We are working together with the Foothills County CPO's to achieve this goal.

Police Presence/Visibility- COVID-19 has made it extremely difficult to maintain a number of personal interactions with Partner agencies and organizations. As we continue to move towards a full re-opening, I am optimistic that we will be able to start to hold our in person activities soon. If there are events you would like us to attend or information talks we can assist in please do not hesitate to let us know."

So, when the questionnaire comes out again in the Spring of 2022, and when you fill out the questionnaire, your voice, concerns, areas that you'd like the RCMP to focus on WILL be taken into account, collectively with other respondents. If you missed the questionnaire or have concerns that crop up from time to time, you have a direct line to the local RCMP detachment. Staff Sgt. Akitt has consistently stated that she is available to hear your concerns personally by contacting her at KFOothillsEngagement@rcmp-grc.gc.ca

I attempted to get further input on RCMP policing priorities on a much broader perspective from RCMP Superintendent Gordon Sage, who is responsible for Southern Alberta (Olds to Drumheller and south to the US border area). Supt. Sage struck me as a commonsense person so, during a one-on-one discussion after the Town Hall meeting with Justice Minister Madu in July, I asked him if I could contact him in the future for an article on "How the RCMP sets its Policing Priorities in Southern Alberta". He was happy and willing to assist.

I posed this question to Supt. Sage, which sheds some light on priorities: "How much does the input from the public vs politicians, head office, and district offices, affect the setting of policing priorities at the local level?" The RCMP's verbatim high-level answer: "I can't break down the percentages but the mayor and council input, as well as that of the citizens are extremely important. The RCMP "Head Office" which would be K Division Headquarters, does not interfere with setting these priorities, other than allowing our commanders to set the priorities that are important to their respective communities (Part of the Detachment Commanders' process of setting priorities involves considering crime statistics and trends that are occurring in each respective community in order to focus on problem areas and issues.). This will leave a slightly different look from community to community, but in reality, they are very similar."

Dave Schroeder
HCRCWA Board Member

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SPRINGBANK COMMUNITY ASSOCIATION UPDATES

Congratulations to incumbent Councillor Kevin Hanson (Div 1, formerly Div 3) and incoming Councillor Don Kochan (Div 2) on their successful election to Rocky View Council.

We look forward to working with both area councillors on the following:

- Improving community engagement practices at RVC including improving notification practices, transparency & resident feedback
- Moving the South Springbank community facility (event centre / gymnasium) project forward in a timely manner
- Improving planning & development processes to ensure that new developments are well-planned - this includes requiring developers to make positive contributions to our community through social infrastructure such as parks and pathways, water and wastewater, roads & more
- Creating new Area Structure Plans for Springbank & Highway 8 that meet the challenges of tomorrow, including addressing the complexities of the shared border with Calgary.

Thank you to Brent V Moore, Div 1 Candidate for his campaign and participation in the election process. We thank outgoing Division 1 councillor Mark Kamachi for his service to the community and design of our logo. We wish Mark all the best.

We would also like to thank outgoing Div 2 Councillor Kim McKylor for all her engagement with the Springbank Community Association over the past few years. Kim worked tirelessly on recreation and raised the profile of the Springbank Off-Stream Dry Reservoir / Elbow River Diversion project (SR1) at RVC.

The \$10M payout to Rocky View County by Alberta Transportation for SR1, which has been earmarked for Springbank recreation, is in large part due to Kim's acknowledgment and advocacy of the Community Association's concerns to the County. Until the Community Association raised concerns about the Dry Reservoir in June 2018, Rocky View County had not taken a position on the project. It was in December 2018 that Rocky View County, spurred by our concerns & Kim's efforts at Council, released a report on the Reservoir and validated the issues we raised, including extensive sediment deposition.

In the spring of 2020, the County took a deal with AT for SR1 (which saw promises of road infrastructure in East RVC, Bragg Creek & Balzac) that required withdrawing

opposition to the project. A motion arising to direct Alberta Transportation's payment of \$10M to Springbank was a byproduct of the deal. This motion was supported by all Councillors including Councillor Hanson. We are optimistic that the incoming Council will honor this commitment.

Thank you, Kim, for advocating for us. We wish you all the best.

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MASHA SCHEELE, HCN STAFF

Business profile: Karen Horte, DID

From picking out the perfect lot for a new-build to the finishing design touches in a redesign, Karen Horte is an interior designer that is able to bring more than 10 years of experience into any project.

"I am a design-build interior designer so I'm involved with every aspect from conception to completion where we do styling and photoshoots," Horte said. An important aspect of what Horte does is taking all the stress off the homeowner throughout a project. To do this, Horte is the main point of contact for clients and handles all site work and sourcing. She builds the floor plans and layouts, which the client is able to revise in order to get exactly what they're hoping for. "Once we get to the construction site, I'm their point of contact still and will help explain things that are going on, give them updates, and then do site walkthroughs with them," she said.

Horte got her start in the industry with a local home builder in Calgary and after a stint with a custom cabinet company, she launched Karen Horte Interiors in 2017. She's currently located in Okotoks and serves the Okotoks, Foothills, and Calgary areas. The Bragg Creek area isn't new to

Horte, as she has worked on some acreages around the community.

Her favourite project so far is one she's currently working on in Revelstoke. "It's a timber-frame home and it's a custom-build, so we started from literally bubble drawings and hand drawings on napkins and created a floor plan that now has gone through the architect process and engineering process," Horte said.

She enjoys being part of a project from the beginning and is working with another client to select the perfect lot that works for the placement of their new-build.

Due to her experience with a custom cabinet maker, she can also provide clients with site knowledge and the creative aspect of building things. "It's really fun to build things precisely to what works for that homeowner," Horte said.

Aside from making a home functional with the right cabinets and layout, she also has the ability to bring harmony into a space. As a trained and certified Feng Shui consultant, Horte optimizes the placement of the home on the lot and makes sure each piece inside is placed to create a positive space. For this service, clients can request a Feng Shui consultation. She explained that sometimes the layout of a room doesn't feel right for an unexplained reason, and a Feng Shui consultation will help figure out why and change that.

"Generally speaking when you're laying out furniture or making sure things have great function or flow to them, those aspects are kind of intertwined into Feng Shui anyway,

whether somebody knows it's from the ancient Chinese chi or not, it's just a part of good design," Horte said.

Interior designing has always been Horte's dream, even as a child. Prior to the start of each school year she wrote down what she wanted to be when she grew up and it hasn't changed since Grade One. "It was a ballerina in kindergarten and then since Grade one, interior designer," she said, laughing. What drew her to the profession was the ever-changing colour palette, layering patterns and textures, and moving around furniture. Growing up on a farm in Alberta, she became quite handy at building things with a hammer and nails, which made the construction aspect of home-building even more appealing. "I thought it was neat how people could build things, like some of the architecture that's out there is stunning. That's kind of how it started and it just grew and grew as I got older," Horte said.

To find out more about Karen Horte or to request a consultation, visit karenhorteinteriors.ca

Masha Scheele, HCN Staff
media@highcountrynews.ca



KAREN HORTE

interiors

SEASONS GREETINGS!

There's no better place to spend the holidays than a home made for you.

Hello, I am Karen Horte, a residential interior designer working in Okotoks, Calgary and surrounding areas. Whether renovating or building new, I would be delighted to talk with you about your interior design needs

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11th & 12th



TRAIL TALK!

Dec 1 marks the start of the Winter Season, so check out our Winter Etiquette to keep everyone safe and having fun!

The last couple of months have been extremely productive... The "Raising of Mountain Road/Beaver Coexistence Project" was completed with the collaboration of many, including Bragg Creek Excavating, Alberta Parks, Pieridae Energy, Alberta Parks, ERWP, Walsh Equipment and BCT. A tonne of fun was had saving the road from flooding while feeding the beavers! The project included:

- 58 tandem loads of pit run gravel hauled, placed and compacted
- 12 loads of 40 mm crushed gravel
- Mountain Rd raised 100 cm for 20 m by the beaver dam
- Mountain Rd raised 30 cm for 100 m east of the beaver pond

Kestrel and Tom Snow trails are complete! Braggin' Rights-Merlin-Kestrel-Tom Snow-Moose Singletrack-Braggin' Rights is a complete 22 km loop, with an additional 27 km version starting from Jumpingpound Demonstration Forest on Hwy 68. Thanks to TransCanada Trail, Auxilium Group, Spin Sisters, Walsh Equipment and the Alberta Equestrian Federation.

As part of the West Bragg Creek Collaborative Stewardship Project, Cows and Fish, ERWP, Grumpy's Greenhouses and Gardens Ltd and BCT teamed up with volunteers and contractors to plant over 700 native plants and locally harvested willow cutting along Bragg Creek in WBC. The project aims to improve native tree and shrub diversity, reduce streambank erosion and soil compaction and direct cattle use away from unstable banks.

A shout out to George Brindle and son, Kyle Klein, Jeff Hughes and Dean Cockshutt for donating and installing wood benches along the TCT. Go check them out - take a load off!

Driving, walking, riding and running on TWP RD 232 just got easier with the completion of the Bragg Creek Bridge by Wild Rose (with pedestrian component). This plan was 6 years in the making, with pedestrian funding provided by Rocky View County, TCT Foundation and Alberta TrailNet.

And last but certainly not least, we have the 2nd Annual Online Auction Fundraiser Running from Dec 1 - Dec 10. One stop shopping BCT style - come and get it at <https://givergy.ca/BCT2021>!

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A MESSAGE FROM THE BRAGG CREEK CHAMBER OF COMMERCE

We are pleased to announce your new Bragg Creek Chamber of Commerce Team and extend a warm welcome to the Board and Directors. See below for updated positions:

President - Sherri Olsen

Past President - Kathleen Burk

Vice-President - Ian Greenhalgh

Secretary - Joanne Birbeck

Treasurer - Neil MacLaine

Marketing & Social Manager - Lauren Shea

Directors - Neil MacLaine, Elizabeth Hertz,
+ 2 other individuals waiting on acceptance confirmation

We are still looking for four more Directors to join our dynamic and growing Chamber. This is an excellent opportunity to get involved with the community and make your voice heard! We have a healthy budget and exciting projects on the horizon.

Please contact office
@braggcreekchamber.com
for more information.

Lauren Shea
Marketing & Social Manager
Bragg Creek Chamber of Commerce
media@braggcreekchamber.com





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**Thank you for your support in 2021.
Best Wishes for a Joyous Holiday Season
and Happy New Year.**

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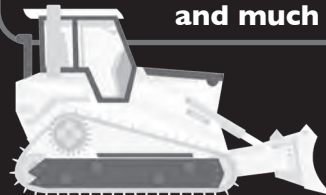
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A LEG TO STAND ON by Jennifer Gordon

Standing on one leg can be a good indicator of your health. How is your balance? Has it changed over the years? Do you practice balance activities?

Research shows that one's ability to balance on one leg is a general sign of one's health. If you have poor balance on one leg, getting better can improve your fitness and, as research shows, potentially your lifespan.

The ability to balance on one leg is linked to increased levels of physical activity and a reduced risk of falling. The World Health Organization states that falls are the second leading cause of unintentional injury deaths worldwide (April 2021). 37.3 million falls across the globe are severe enough to require medical attention each year. Postural instability - poor balance - has been linked to early pathological changes in the brain and functional decline, even in apparently healthy subjects. (Stroke 2015, Tabara et al). Sedentary behaviour and sitting for prolonged periods of time have been associated with lower muscle strength, reduced physical function and a higher risk of falls.

The Single Leg Stance test has been used to assess static postural and balance control. This test is performed with the eyes open and arms at the side. You must stand unassisted on one leg and be timed in

seconds from the time the foot leaves the ground to the time when it touches back down, or an arm leaves your side. If you are unable to perform this one-legged stand for at least 5 seconds, you are at an increased risk for an injurious fall.

Sadly, the strength of our muscles peaks around age 25 and plateaus through ages 35-40 years. From there, an "accelerating decline, with 25% loss of peak force by the age of 65 years". Ughh! This loss of strength may progressively impede our activities of daily living. It may become difficult to carry in groceries, open a medicine bottle or get ourselves up off the floor. However, the silver lining is that muscle strength can be greatly improved with resistance training, even in 90 year old subjects! (Aging and Exercise, Shephard et al, 1998). Protein synthesis (muscle building) proceeds more slowly in older subjects than younger adults, however regular resisted exercise has been shown to prevent the loss of lean muscle regardless of age.

As we age gracefully, the risks associated with falling become greater. There are gradual changes in our physical strength, our bone density, muscle mass and generally our sense of balance. Our other senses that contribute to our body's awareness are also changing. The visual, vestibular and somatosensory systems (the sensory nervous system - touch, pain, temperature, movement) all play a role in our body's proprioception - awareness of body position. If one of these systems fail us, for example our eyesight, our balance can be inhibited as well.

All of these age-related changes are accelerated by sedentary behaviour. HOWEVER, it's never too late! Being active, even in several 10 min bursts throughout the day, can slow age related changes, improve strength, improve balance and reduce the risk of future falls. Lifting weights, yoga, tai chi, postural stability exercises, dancing - are all examples of light to moderate activity that can be incorporated into your day.

If you are struggling with your postural stability and balance, or the Single Leg Stance test was a challenge for you, we would love to help you! There may be an injury or a decline in health and activity for multiple reasons. Our team of physiotherapists, athletic therapy, massage and personal training can help you get your balance back.

We wish everyone in the community a happy holiday season! We are so blessed to live and work here, surrounded by wonderful people and beautiful nature. Enjoy a great balance of rest, good food, many laughs and outdoor adventures this holiday season.

*Jennifer Gordon (BSc.PT, BA Kin,
GunnIMS, AFCl)
Physiotherapist
Bragg Creek Physiotherapy
www.braggcreekphysio.com*

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Bragg Creek Centre

Happy Holidays Creekers! Upcoming Events

Bragg Creek's Spirit of Christmas December 4

Bragg Creek's Spirit of Christmas is a good old fashioned Christmas celebration, guaranteed to get the whole family in the spirit of the season.

The first Saturday in December, Bragg Creek will transform into a sparkly, winter wonderland, complete with all things needed to bring the "Spirit of Christmas" alive in us all. There are many FREE family friendly activities to take in; take a horse drawn wagon ride, have your photo taken with Santa, meet some princesses, enjoy hot chocolate, cookies, and storytelling. There will also be our outdoor Light-Up Market a perfect place to find those one-of-a-kind Christmas gifts. As if all that wasn't enough at the end of this fun filled day will be the official Tree Lighting Ceremony where we countdown and "flip the switch" to light up all the trees in the hamlet followed by a lantern walk through town. There is nothing more beautiful than a snow-covered Bragg Creek in winter. Please join us for all the sights and sounds of our magical hamlet at Christmas.

Nature Adventures Winter Break Camp December 27 - 31

ReDiscover Play is back with school break camps. Sign the kids up for some outdoor adventures during the next school break where they will learn wilderness & wildcraft, shelter making, fire building, creative play and so much more.

Cost: \$250/week

Visit: www.braggcreekca.com to register

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Programming

Visit www.braggcreekca.com for additional programming and services details and full schedules.

Adult Pickleball

Date(s): Tuesdays (Drop-in)

Time(s): 12:00 - 2:00 pm

7:30 - 9:30 pm

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

Yoga

All ages and abilities welcome

Date(s): Saturdays

Time: 9:00 - 10:15 am

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

email: info@braggcreekca.com to register

Rumble & Roar (Indoors!)

Ages 0 - 5

Date(s): Thursdays

Time: 9:30 - 11:30 am

Drop-in Fee: Members - \$2/child

Non-members - \$5/child

Artsy Afternoon

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Date(s): Thursdays 1:00 - 4:00 pm

Drop-in Fee: Members - Free

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Bragg Creek Satellite Library

Visit our take-one, leave-one library or use the online services to borrow books, audiobooks, DVDs, video games, and much more! Local pick up from our Lending Lockers. Visit www.braggcreeklibrary.ca for information.

COVID-19 and other Support Services

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

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

Food Insecurity Support

If you are a family or individual needing emergency food support, please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

The Rural Community Support Program

Providing rural residents, in West Rocky View County, direct access to free and confidential meetings, in Bragg Creek offering:

- Support and problem-solving options,
- Resource information,
- Referrals and help navigating government systems.

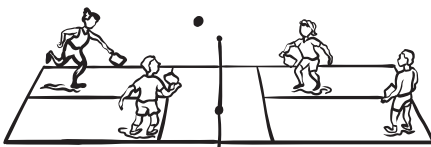
If you or someone you know, has a problem and you're not sure what to do, please contact the Rural Community Support worker. Together, we can discuss solutions, options and first steps.

For more information about this program, please contact: Wendy Farnsworth, 403-851-2286

Is there a program or service you would like to see offered at the Bragg Creek Community Centre? Do you facilitate programming and need space? Contact Christine at program@braggcreekca.com and let's chat. Get engaged! We always have opportunities for the community to help with programs, events, grant writing or with odd jobs around the Centre. Email program@braggcreekca.com to find out how you can get involved!

Follow us on Facebook and Instagram and visit our website at www.braggcreekca.com for news and updates.

Wishing you all the best this holiday season!
Christine Pollard





THE LITTLE SCHOOLHOUSE

We are in the throws of Christmas excitement and fun at The Little Schoolhouse! This past month we have had fun exploring all about animal families and why some hibernate and migrate! Along with animal families we have explored our own families and each of the wonderful differences and similarities that exist in family units. As we move through this Christmas season we will explore kindness, winter weather fun and of course sing up a storm of Christmas songs and rhymes! Our Schoolhouse is a space of creative movement, excited voices and fun!

During this Christmas season we at The Little Schoolhouse wish you and your loved ones joy, happiness, health, safety and peace.

Happy Holidays!

Ms. Shelley

www.thelittleschoolhouse.ca



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MASHA SCHEELE, HCN STAFF

Springbank Reservoir moves to construction phase

Voluntary agreements have been reached with landowners to secure 100% of the land needed for the Springbank Off-Stream Reservoir (SR1), but that doesn't mean landowners are happy about it.

"There was a lot of pressure on those landowners and the expropriation process can be very ugly and I think it's quite difficult to stand against the Alberta Government of all people," said Karin Hunter, president of the Springbank Community Association, adding that these agreements were not voluntary by her definition. Many landowners participated in the Natural Resources Conservation Board (NRCB) approval process this summer and made it clear they were not willing to part with their land. These same landowners held out till the bitter end in a difficult position facing possible

expropriation; Hunter called the term "voluntary," frustrating and misleading.

"Voluntary means that all parties have willingly signed an agreement with the government to sell their land so no expropriation will happen," said Miranda Rosin, MLA of Banff - Kananaskis. While price tags for their land may have been agreed on, she ventured to say that not a single person anywhere in Springbank, Bragg Creek, or Redwood Meadows is happy about this project, including herself as the MLA. Rosin fought against the SR1 for three years and hosted town halls with government officials in the small communities west of Calgary. These events were well attended and even got rowdy. "We had people standing on chairs, yelling. People were upset and I don't blame them," she said. Many in these small communities feel they are being treated as second-class citizens to the City and that they were never given a fair chance to weigh in on this project until it was too late, she said. Once SR1 received approval from the NRCB this year, there was no turning back, Rosin explained.

As a condition of the NRCB approval, the Government of Alberta must create a joint land use committee with the community

and First Nations to identify land use. Hunter noted that there will be a huge area of new crown land sitting in the heart of Springbank, and she hopes to advocate for public use, where it makes sense. "Whether that's pathways, berms, or something to minimize the impact of SR1 in our community in a negative way and maybe provide some positive opportunities moving forward for land use," Hunter said.

Construction of the reservoir will begin without delay in early 2022. The project will protect homes in Calgary and southern Alberta from future floods, but local landowner groups argued that it leaves anyone west of Calgary vulnerable to future catastrophe. The construction phase will be a harsh reality next year and create additional problems for residents already dealing with detours due to Calgary's ring road construction, Hunter said. 3,700 acres of land is required for SR1, but more land has been acquired for the construction phase. The excess land around the project periphery is for construction and equipment and material storage, Rosin said. She was unsure what the intent for the land is once the dam is finished, but said a lot of that land may be put on the market to sell back to landowners or become crown land. Hunter noted that the purchase of excess



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land and the cost attached are also red flags in terms of transparency.

The Alberta website states that the budget for SR1 is \$432M, but that the final budget will be known once land acquisition is complete and costs for final design are known. Rosin said the project is over budget. Hunter added that if you add up the cost to Alberta Transportation from public documents, the cost is well over \$500M, not including payouts to First Nations and Rocky View County residents.

The project will take three years to complete and SR1 can be operational by 2024. Alberta Environment and Parks will be responsible for the operation of the project once complete.

Masha Scheele, HCN Staff
media@highcountrynews.ca





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A TASTE OF THE HIGH COUNTRY

What Do You Give Someone Who Has It All?

We are blessed with a problem in this part of the world. It often is difficult to figure out what to give to loved ones. They either have it all or are so particular you can't make them happy. Meanwhile, cop-out presents are getting a bit old; funny pairs of socks or other undergarments, embarrassing onesies or that book no one will read. Heck! Even the latest wine gadget may become useless, provide little joy and find its way in the dark part of a cupboard. Granted, those kinds of presents can become the perfect "regift" at a future office party to that coworker no one likes but, the pleasure is fleeting. All of this is becoming passé and not in sync with our new social norms - environmental mindfulness - quality living and less is more consumer attitude.

If your loved ones have it all but, love eating - there is one delicious solution for you. Buy them a basket of food. But not any kind of food. Top-quality, locally made food or food ingredients. Yes! Only the best of the best that you can find. The stuff they would not usually buy because it is a bit pricey.

Not sure how to do this? Here are a couple ideas.

Recipe in a food basket. First, find a recipe you think your loved one will like. For example, an exotic cake, foreign stew or soup, the "real" croissant, decadent chocolate dessert or the ultimate Christmas fruit cake. You get the idea. Then, buy all the ingredients needed to make that recipe. But, do not buy any kind of ingredients. Buy only the best ingredients you can find. And, as much as possible, go for local ingredients - organic, sustainable, farm-to-table type of ingredients. Then, buy a lovely basket or box, put everything together, complete with side products to accompany the dish such as jam, condiment, cultured butter

or a thoughtfully paired bottle of wine. Voilà! The recipient of the present will drool in anticipation of what is coming in the kitchen. Or her anxiety level will shoot right up, wondering if she will be able to master the baking technique involved. Irrespective of the initial reaction, the present will display thoughtfulness and engage everyone in lively discussions over the proposed recipe, its ingredients and the intended outcome.

Basket of fine food: Not sure the person you are giving is up for a culinary challenge even though they love food? Not a problem. Take the said basket or box and fill it with ready-made luxury goods: those unique coffee beans, wild berries jams, exotic craft condiments, handmade crackers, luxurious cheeses, fine delicate teas, wildflower honey. Make a brunch in a basket complete with organic orange juice and a fine prosecco to make a mimosa. Alternatively, make the ultimate cheese and charcuterie board basket. Or a farm-to-table bison or elk steak dinner.

Fine food gift certificates: Still, if the research and shopping involved in preparing the baskets of goods are too much work for you, have no fear. Many of our food producers offer gift certificates. Imagine offering a gift certificate to buy a box of organic meat from a local producer. Or delicious artisan baked goods or honey products. No one will regift that? Guarantee.

An offering of fine food can redefine the joy of giving and sharing. It sends a clear message to others that you care. It is also compatible with today's issues of wasteful consumerism, bringing us a little closer to the essence of what the Holidays are - sharing and togetherness.

Having said that, the only challenge I have yet to figure out is how to include a subtle hint that, as a gifter, I would want to be invited to enjoy fine food. Hummm!

I wish you all a delicious, peaceful holiday season with friends and family.

To help you with your shopping, I prepared a sample list of local food producers to consider.

Farmers markets - perfect destinations where to find local supply of quality fine food. And to get into the Holiday spirit. Many are open year-round or have special days for the Holidays.

Organic and natural food stores

Amaranth, Blush Lane, Community Natural Foods

The Organic Box, Planet Organic Calgary SPUD, Sunnyside Natural Market

Meat Producers

Harry's Natural Meats:
www.harrysnaturalmeats.com

Big Hill Sheep: www.bighillsheep.ca

Premium Organic Farm:
www.premiumorganicfarms.ca

Fine food boutiques:

Fresh and Local Farm Outlet:
www.freshandlocalfarmoutlet.com

Trulocal: www.trulocal.ca

Holistic Urban Farmer:
www.holisticurbanfarmer.ca

Rocky Mountain Bison Company
Bragg Creek: www.rockyvison.com

Preserved - Bragg Creek:
www.preservedyyc.com

Silk Road Spice Merchant:
www.silkroadspices.ca

Highwood Crossing (grains and flours):
www.highwoodcrossing.com

Chinook Honey: www.chinookhoney.com

Other great sources of information:

Alberta Farm Fresh Producers Association:
www.albertafarmfresh.com

Rockyview Farm Producers:
www.rockyview.ca/locally-grown



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PRIDDIS NEWS

Merry Christmas & Happy New Year!

Membership Renewal 2022:

Purchase your PCA Membership for the 2021 - 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: priddisassociationpayments@gmail.com In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family. Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Business Memberships are also due, and the form is online. E-transfers will also be accepted. Go to www.priddisalberta.com Fill out your business details and email it with your payment to: priddisassociationpayments@gmail.com How easy is that!

Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities. Thanks in advance.

Priddis Panthers:

Depending on Mother Nature's cooperation, the Priddis Panthers are hoping to get the ice in by early December. We will be hosting the Panthers home opener game on December 11th. Please come out and support your local kids ages 4-17.

Construction of the new Zamboni garage is underway. Framing of the building was started mid-October and substantial completion of the project will be expected for the start of our outdoor hockey season. This new building will allow us to remove the infamous shipping container. Thank you to everyone who contributed to making this building a possibility for us. For more info, please follow our Facebook page:

www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/ or email priddishockey@gmail.com

Priddis Early Learning Program - PELP:

The Priddis Early Learning Program has a few open spaces for new students wishing to join our classes after the winter break. Classes resume January 3 for the 4yr class and January 4 for the 3yr class.

Please email our program director for more information. pelppreschool@gmail.com

<http://pelppreschool.wixsite.com/pelp/registration>

Community Family Skate 2022:

A family skating party is being planned for Sunday, January 16, 2022. Check out our Facebook page for updates: <https://www.facebook.com/PriddisCommunityAssociation/>

Red Deer Lake School Playground:

Red Deer Lake School Council is excited to be getting close to our fundraising goal for the Inclusive Playground Expansion. This fully accessible playground would not only benefit the students at Red Deer Lake School, but children in the surrounding communities as well. Please look at our website for tax deductible donation and sponsorship options. The inclusive playground expansion will promote healthy living, an active lifestyle and fun

for all children. Being the recipient of your generosity would mean that we would be that much closer to making this dream a reality for the kids in our community.

Website: www.rdlschoolcouncil.ca

Parent & Tot Playdate:

We would like to continue the monthly Parent and Tot playdates at the Priddis Hall but need a Co-ordinator to do so. Please contact pcayoungfamilies@gmail.com if you would like to get involved. This is a fantastic way to meet other young families in the community. Check our website and social media for updates.

Anyone interested in donating boxes or bins to help organize our toys and equipment for storage would be appreciated. Please contact pcayoungfamilies@gmail.com if you wish to donate.

Priddis Library:

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

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

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

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

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



Booking the Hall:

We are taking bookings for the Hall for 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments online. To view or book the Hall, contact the Hall Rental Director at PCAhallrentals@gmail.com. Check our website www.priddisalberta.com for availability, pricing, and updates.

Staying Connected:

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

- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms
- [@priddiscommunityassociation](https://www.instagram.com/priddiscommunityassociation) Instagram photos and videos



MILLARVILLE HORTICULTURAL CLUB

In person meetings are held on the second Tuesday of the month September to May. Due to COVID-19 restrictions however, we have been holding Zoom meetings starting at 7:00 p.m.

Speaker arrangements are still in the works for our December meeting and we would ask that you please check our website, www.millarvillehortclub.com or Facebook page to confirm our speaker information, meeting place and time due to changing COVID restrictions.

We hope to make it an in-person Christmas decoration depending on interest.

A friendly reminder that membership dues are now payable; \$15.00/single person and \$20.00/family. E-transfers can be sent to millarvillehorticulturalclub@gmail.com.

If you are a new member, please be sure to include your address and phone number.



MILLARVILLE COMMUNITY LIBRARY

We'll be well into winter reading season when you read this and the Millarville Library's avalanche of books (audio books, dvds, magazines and more) for all ages, tastes and interests and of course there are lots of holiday books celebrating all faiths. So drop by and stock up for those cold, snowy days and nights (We have enjoyed an amazing fall but we all know it's coming!). Of course you can order online through Marigold and pick it up at your convenience. See below for Christmas hours. If you visit the library be sure to check out the art display featuring the Grade 5 dreamcatchers.

Our library will be closed from December 20 to January 2 (open on Wednesdays from 1:00 - 7:30).

Our lobby is full of donated books (a buck for a bag with proceeds going to the library). Great for stocking stuffers!

Many of you will have followed the Giller Awards. The winner What Strange Paradise by former Globe and Mail journalist Omar El Akkad. The Giller jury wrote of this book:

"Amid all the anger and confusion surrounding the global refugee crisis, Omar El Akkad's What Strange Paradise paints a portrait of displacement and belonging that is at once unflinching and tender. In examining the confluence of war, migration and a sense of settlement, it raises questions of indifference and powerlessness and, ultimately, offers clues as to how we might reach out empathetically in a divided world."

And some reviews from our younger readers.

The Enchanted Wood by Enid Blyton

I like to read the book at night with my dad. I like the levels above the tree. I like the adventures the characters go on in the different lands and the slippery slip (slide) the characters can go on to get to the bottom of the tree. I like when the old lady in a shoe puts a sofa on top of the slippery slip.

Review by Lorelei Goerzen. Age 4

The Duckling Gets a Cookie by Mo Willems
I like to read this book with mom. I like this book because the duckling is kind. I like the pictures, especially the cookie with nuts.

Reviews by Corban Motz. Age 5

Dragons Love Tacos by Adam Robin

I love tacos just like dragons love tacos. I like to read this book with dad. The dragons have a taco party but you can't give them spicy salsa.

Wishing you all best wishes for Christmas, your holidays and the New Year.



Barn Quilt Painting Class

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Date #1: Sunday Jan 9, 12:30-5:00 at Red Deer Lake Community Centre

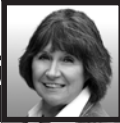
Date #2: Saturday Feb 19, 12:30-5:00 at Red Deer Lake Community Centre

Email: jane.morgan@outlook.com

Fee: \$110.00

Class space is limited.
www.quilterspalette.ca





COUNCILLOR UPDATE Foothill County

Barb Castell - Division 3

My name is Barb Castell and I am pleased to announce that I am your newly elected Councillor for Division 3, Foothills County. First, I would like to sincerely thank everyone who signed my nomination papers, helped door knock, put up signs, phoned voters on Election Day, or helped in any other way.

Council met for the first time on October 28th to select a Reeve and Deputy Reeve as well as appoint each councillor to committees. Congratulations go to Reeve Delilah Miller and Deputy Reeve Rob Siewert.

Here are my Committees for 2021- 2022:

- County Cemeteries (Blackie, Cayley, Pine Creek, Davisburg)
- Crescent Point Community Foundation Committee
- Dark Sky Initiatives Stakeholders Working Group
- Development Appeal Board
- Family and Community Support Services (FCSS)
- Foothills Cemetery Board
- Foothills Land Trust
- Historical Committee
- Leighton Art Centre Board
- Longview Intermunicipal Committee
- Marigold Library Board
- Millarville Recreation Board
- North-West Foothills Recreation Board

- Okotoks Public Library Board
- Sheep River Health Trust Board of Trustees
- Turner Valley and Black Diamond Intermunicipal Committee

More information about all the Boards and Committees can be found on the Foothills County website, www.foothillscountryab.ca.

Here are a few of the issues that came up while I was on the campaign trail:

- Communication to residents of issues affecting Division 3
- Calgary Metropolitan Region Board (CMRB)
- Rural Crime
- Logging
- Water
- Traffic Safety on Rural Roads (including bicycles, motorcycles, speeding, and noise levels)
- Dark Sky Concerns
- Red tape Reduction

The November Millarville Christmas Market was a huge success despite having to navigate and adapt to restrictions.

Tickets were pre-sold for the 8 days with specific time slots. This did alleviate the past parking issues. I was privileged to volunteer on both Saturday mornings as a Shopper's assistant in the Kids Only Shoppe. If you have not had a chance to bring your children to this fun experience, be sure to make plans for next year. All the profits go to school lunch programmes in our area.

Time is running out to get your name in the Millarville & District Telephone Directory or make changes to existing information for 2022. Advertisers are welcome too. Contact the Society for Millarville School Fundraising at 403.938.7832 or millarvilledirectory@gmail.com.

Keeping residents informed is one of my priorities. You can subscribe to my newsletter via my website, www.barbcastell.com.

Thank you and I look forward to representing you for the next 4 years. Have a Merry Christmas and a Happy New Year!!!

Barb Castell

Phone: 403-931-3690

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RED DEER LAKE UNITED CHURCH

Join us in person or online on Sundays at 10:30am as we embrace everything Advent and Christmas have to offer. If you've fallen out of the routine of coming to church or are looking to join us in person for the first time, this is the perfect opportunity to make that happen. Everyone is welcome, wanted, and accepted.

We are asking everyone attending our services and events to provide proof of full vaccination or a medical exemption to help keep the community as safe as possible. We hope this measure is a temporary one! If you are unvaccinated, we encourage you

to check out our online services which are broadcast on our website and YouTube at 10:00am on Sundays.

Please check our website:
reddeerlakeuc.com
for the latest information.

Light & Lament: A Service for Everyone Who's Struggling

In-person Dec 12 @ 10:30am

The holidays are hard. Whether it's grief, loneliness, stress, anxiety, despair, sadness, cynicism, or all of those combined, Christmas isn't always a time of being merry and bright. We invite you to join us for a time of naming it all and experiencing some peace, solidarity, and calmness as we embrace the liberating and good news of Christmas: God is with us and for us, and we are not alone.

Christmas Eve

We are very excited to be offering two in-person Christmas Eve services this year. Check our website for times and register for the service of your choice before heading out. We look forward to keeping everyone safe and celebrating this most sacred time with you. Thank you for making Red Deer Lake United Church part of your Christmas.

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



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COUNCILLOR UPDATE

Foothill County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Alberta Provincial Police Service

Transition Study update: Since the Fair deal panel and the Summer 2021 Justice Minister tour, we have been waiting on further information. Recently, the Province released their Transition Study report to assess the operational requirements, processes and costs of transitioning from the RCMP to an Alberta Provincial Police Service (APPS). Three documents can be found on the Alberta Government website: APPS Transition Study, a current state report and a future state report. Visit the following link to access the news release and these reports: www.alberta.ca/provincial-police-service-engagement.aspx

There's a lot to take in on this topic. While there could be improvements on the policing side, the major input from engaged citizens has been a request for change to the revolving-door justice system side. Whether a new policing model would solve issues is something we have to decode, because there are many unanswered questions regarding the details of the evaluation:

- Would there be cost and service benefits due to removing the federal workload and obligations?
- Would a new configuration to 113 detachments and coordinated resources equal results after transition, such as more boots on the ground, improved relations and increased policing presence in the rural areas?
- Is the Federal Government moving to a new scope of RCMP services anyways, as reported to have been discussed within a June 2021 Commons committee, that may eventually require new provincial policing options?
- The APPS report consultants have concluded that the adjusted current policing model runs at \$783 M, and proposed that the potential future models come in at \$735M (Model A)

or \$759M (Model B), with additional start up costs at \$366M.

- Will the promised engagement with communities provide more clarity, to help us understand these proposed models and identify further implications, including impacts on service levels, municipal and provincial costs, and local input into policing?
- Our Rural Municipalities of Alberta Association will be also be providing an analysis for our reference in the near future.

As the Justice Minister noted in his news release, the Provincial Government has not made any decisions on this, so we do look forward to participating in the upcoming engagement, where we can dive into detail. Look for announcements about taking part in these discussions, at the same web-link as previously included in the first paragraph of this article.

Just a reminder, as we head into this provincial policing dialogue... After a couple years of bringing light to rural crime concerns, the Alberta Government responded with making changes to the number of police officers, support staff and some justice system edits. Since 2020, Foothills County and all rural and small urban municipalities have been required by the Provincial Government to contribute 30% of the cost of policing from our municipal tax dollars. This contribution has been staged over four years and will amount to an increase of taxes of 3% by 2023, when the full payment of \$2M per year comes into effect here

in the County (with the total amount to be reviewed every five years). Along with the change in cost through municipal tax collection, Foothills County has also recently undergone changes on how the RCMP service is delivered. We are now served by the Foothills County Rural Policing Program, a unique configuration of the rural resources of three RCMP Detachment response areas that team up on serving us. Under this new system of organization in the rural area of Foothills County, we have seen improved communications and service level.

High Country Rural Crime Watch Association (HCRCWA) - Meeting

Notice: You are invited to a meeting of the HCRCWA with guest Foothills County Rural Policing RCMP member. You will hear about crime trends and action being taken, by local and provincial prevention organizations, on behalf of citizens. The meeting date is Thursday, December 9, 2021, at 7:00 p.m. via Zoom. Look for information to confirm all the details, which will be posted on the HCRCWA's Facebook page or in your email, if you are a HCRCWA member. Or, you can contact me as well.

For Other News & Updates:

Website: suzanneoel.com/

Facebook: [www.facebook.com/](http://www.facebook.com/CouncillorSuzanneOel/)

CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

With Best Regards,

Suzanne



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ALBERTA 55PLUS

Hope everyone had a happy and safe Thanksgiving. It's hard to believe we have already completed four qualifiers for the summer games – golf, cycling, horseshoes and bocce, darts for the winter games and one open event in lawn bowling that has qualified for Kamloops. It is such a busy time with qualifiers for the winter games almost every week in the next few months. You should have received an email with the schedule and there should be posters at your local senior and rec centres and other community bulletin boards. Everything is online at alberta55plus.ca and you can check all the rules for your particular event.

In memorium

Peggy Stockwell passed away on May 20, 2021 at the age of 93. She moved from Turner Valley to Sundre in 2002, and at ninety years of age she moved in to the Mountain View Senior's Housing complex. She competed in cribbage in the Alberta 55+ Games for many years and has many medals to show for it, including a gold in the last Provincial Games in 2019 in Medicine Hat. She was a strong competitor until the end, participating in many activities at the Lodge and loving her life there!





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SQUARE BUTTE COMMUNITY

As we prepare to enter the Christmas Season, still in the grips of the COVID-19 crisis, we are reminded of the many blessings we received during the last 18 months.

- Many people experienced a closer relationship with family and friends who were part of their immediate cohort.
- People got married in less costly celebrations, often in an acreage or ranch setting.
- Individuals appreciated their homes and the natural environment they lived in, taking walks, hiking, biking and using groomed winter trails for cross country skiing and snow shoeing.
- Technology, allowed us to stay connected to the outside world (Thursday night video chats with grandchildren)
- We showed genuine concern for the health and safety of our family, friends, health care workers, and essential service workers.
- New projects were taken on, such as gardening, reading, home renovations and learning or honing skills in cooking, baking, sewing, carpentry and even learning a new language.
- Many people decided to change their relationship with their employer and have chosen to work from home on a part time and even full time basis moving forward.

The Square Butte Community Association send our best wishes for members of our community and our neighbors to stay safe and healthy as we await the cautious reopening of our ability to gather and once more enjoy the activities that keep people connected and enjoying one another's company.

AGM Postponed. Our November 18th AGM had to be postponed until we can open our hall to the public once more. We are very fortunate to have three new people join our Board of Directors and we welcome: Becky Wiens, Katie Wilchak and Kuriakos (Kerry) Pawchuk. Thank you for stepping forward and filling the roles left open by retiring Board Members. It is exciting to have the enthusiasm of new Board Members who bring differing experiences and perspectives to the role of managing the affairs of the Community Association. These three individuals will be appointed to their positions by the current board of directors, pending their election to office at the next public AGM. We extend our appreciation to retiring members: Lorne Hamilton, Keith and Beverley Walters.

Christmas - Square Butte Community Style

From the early days of the inception of the Square Butte Community Association, monthly gatherings and events at the Hall were the highlight and focal point of socializing with neighbors and friends. Quite often for many, these events were the only social outlet after long days working with cattle, riding, fixing fence, cutting hay, or the mid winter "doldrums" where most wouldn't or couldn't navigate the backroads to travel very far. Most of the young children were bundled up and taken along to dances and events, and the cloak room at that time had long wide benches that served as sleeping bunks for the younger children.

One of the major events that focused on the youth of the Community was the annual Christmas concert. In the early days, a fresh tree was cut that was decorated and remained up through the New Year's Eve Party. The community accumulated many decorations to create a festive glow to our hall. More often than not, long hours of rehearsal and building excitement preceded the night's events. One of the community youngsters was often chosen to be Emcee of this production and everyone gathered to encourage local talent - young and old - to showcase original plays, skits,

musical creations, poetry recitations, and tell jokes (one of my favorites was watching the re-enactment of the Robert Service poem - "The shooting of Dan McGrew" - which my siblings, cousins and their friends created).

At that time, the Community kept track of every single child in the area (remember, this was much easier when our population wasn't so dense and far-reaching!) and somehow Santa managed to ensure every child under the age of 12 received something special when he visited during the Concert. It was amazing that he always knew the way, the date and time to arrive to share his sack of gifts! I distinctly remember the year I turned 12 (right before the Christmas concert) and knowing that I wouldn't be receiving a gift from Santa that year, local member Liz Mitchell ensured that I had something to open - it was a cute t-shirt with a picture of a kitten on it. I was so touched that someone would go out of their way to ensure a smoother transition into the "older realm" of childhood/early adulthood and I wore that t-shirt with pride and gratitude!

Friends and neighbors brought treats to share during social time after the concert and every child went home with their special new treasure and memories of the night, many of which have lasted a life time!

Our community has managed to keep this long-standing tradition alive to present day, many of the night's activities mirroring what they were decades ago. Santa has a little more help now from local parents, but the mood, philosophy and spirit of sharing has thrived. We hope to be able to gather again soon for this long standing tradition.

From the bottom of our hearts, we wish you all many blessings during this holiday season - health, love and prosperity! (Submitted by Susan Graham)

Website: www.squarebuttehall.com

Facebook: www.facebook.com/Sqbuttecommunity

Rental Inquiries:

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DEWINTON COMMUNITY ASSOCIATION

It's Time to Renew Your DCA Membership

Hello Friends:

With the fall season comes a new Membership Year for the De Winton Community Association.

For those prior Members, we wish to thank you for your continuing support of our Community Association.

Maintaining and growing the membership of our Community Association allows us to continue to offer community Play School programs; host activities and meetings for our members as well as numerous non-profit groups such as 4H and the De Winton United Church and provide activities of interest to the broader community.

Our fine Community Centre facility is a great component of the De Winton Community, and your Membership goes a long way towards funding its maintenance.

The De Winton Community Association is a non-profit Society, incorporated under the Alberta Societies Act in 1962.

DCA owns and manages the De Winton Community Hall through a volunteer Board of Directors.

Membership in the De Winton Community Association is open to all residents of the De Winton area as well as to users of the De Winton Community Hall and all interested businesses and individuals.

Your Annual Membership in DCA Provides Many Benefits

- Community Events: Membership Dances, July 1 Pancake Breakfast; Christmas Craft Fair and more.
- Community Activities: Yogic Stretching Classes; Dance Fitness Classes;
- Bridge Club; Quilting Group; Book Club and ongoing information about our De Winton community.
- De Winton Playschool - Our fully registered Playschool holds sessions for 3 year olds and 4 year olds, and has been an institution in the De Winton community since the 1960's.

- Special Access and Rates on Hall Rentals to hold your own functions.

You can join or renew your annual DCA Membership with a \$21 payment by filling out the membership form at www.dewintonca.com/join and then

1) Dropping off payment to the Community Centre during business hours 9 am to 1 pm weekdays OR 2) Send us an e-transfer to dwca@platinum.ca

For your next important occasion consider the Dewinton community hall

De Winton Community Hall is a hidden jewel in the rural Calgary countryside. Located in the village of De Winton, just west of Highway 2a, De Winton Community Hall is 10 minutes south of Calgary, and 10 minutes north of Okotoks. Built in 1997, this modern facility has been serving the area for many years. It caters to a great variety of functions including community events, weddings, special events, business luncheons or banquets, and trade seminars.

The main hall accommodates up to 196 for a seated dinner, and boasts a beautiful hardwood floor. The high vaulted ceiling provides a spacious feel to the room.

As well, the conversation area, accented with country décor, features as its centerpiece a gas fireplace.

A well-lit wrap around veranda provides guests an opportunity to enjoy the country air and the panoramic view of the valley and the mountains. A gazebo is available and is ideal to host outside wedding ceremonies and serves as a great centerpiece for wedding photos. A full-sized video screen is available for power point presentations.

The Centre is equipped with a full commercial kitchen for all catering needs, as well as a full bar centre for entertainment needs.

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well, we have had a pretty mild winter so far at the time of writing, a light skiff of snow on November 15, and temperatures are below freezing overnight. Our Winter Solstice this year is on December 21, and we are well into the holiday season.

It's so nice to see that we will be having our annual Light-Up in Black Diamond this year! The Light-Up Team has assembled Santa to be available for virtual meetings which will be scheduled through Zoom by appointment only. Yes, Santa has the technology! The businesses in town will be advertising specials and sales, and watch for selfie photo stations throughout town. Be sure to get your residence or business decorated for the Christmas Lights Contest. The mayor and Lodge residents will be touring around judging each display and awarding cash prizes up to third place. Stay tuned on Black Diamond's town website or social media for more details on Light-Up! It will run from 5-9 on Saturday, December 4.

Check out the High Country SPCA's annual Christmas Market during the day on December 4, it will be held in the Flare and Derrick in Turner Valley from 9-4. There will be \$5 tickets for Christmas hampers to be won, and 30 local artists, craftspeople, and businesses will be available to peruse that perfect Christmas gift. Also, local baking, including Melissa's famous carrot cakes and other delightful goodies will be available, and proceeds go towards our very own local Animal Rescue Society. This SPCA is untiring in helping out animals in our Foothills and I highly praise them, so please come and support the SPCA while shopping and having a good time. The event will also be selling hot dogs, burgers, hot chocolate, coffee, and muffins, and they are also holding raffles. For more information, you can check out the High Country SPCA on Facebook, and to volunteer or make a donation, call Susi at 403-880-2273.

Leighton Art Centre will be hosting their Christmas in the Country Art Sale online from November 6 - December 17 24/7, or in person at the Centre from 10-4 until December 20. This Market features thousands of pieces of fine art and craft from local artists, and includes

free admission and complimentary treats. The Leighton Art Centre is located near Millarville.

The Fire Department didn't have their annual Food Drive this year, but a drive by Food Bank donation event was organized instead. You can still help out by donating dry goods and grocery gift cards at the Food Bank, or there will be boxes for donations at the AG Food Store. Items especially needed this year are: salad dressings, seasoning packets, muffin, cookie, and cake mixes, cookies, size 5 diapers, and dish soap. Oilfields Food Bank is located in the United Church in Turner Valley at 125 Royal Avenue. They accept donations from 11-12 on Tuesdays, outside in the weather permits, and inside if not.

While gathering food donations, look through your winter gear and if you have any clean, gently used winter clothing such as jackets, mitts, ski pants, hats, and boots in both kids and adult sizes, gather them up as well for the United Church's annual Jacket Racket. To contribute, drop off your items (no other clothing please) at the Church on Tuesdays between 11-3 or at one of the donation boxes located at either town's office or the ATB in Black Diamond. These items will be available to ANYONE who needs winter clothing, stop by the Church on Tuesdays from 11-3 and look through the racks to find some warm winter clothing if needed.

We love our local AG Foods! This season, buy an AG coupon book, save money and support local programs. New businesses in town include Dairy Queen and A&W, Pet Value, and a new bake shop is in the old bakery building on Main Street in Black Diamond. Kaiser's Bakery has moved up on the east side of Government Road. These new businesses will help with taxes and provide jobs. The town is asking the public for help with ARP – Area Development Plan, for downtown Black Diamond and the highway corridor. They would like to develop a clear long-term vision of this area, and create a comfortable and engaging pedestrian experience. I think we are well on our way as on nice weekends you sure see a lot of people walking around Main Street and checking out the stores and restaurants there, and they are starting to notice the shops on Government Road as well. Take part in this survey online at blackdiamond.town.ab.ca.

Several organizations provide Christmas support to residents of the Foothills. Donate early, and by December 3 so

organizers can do their organizing! These organizations include the Oilfields Food Bank, Baby It's Cold Outside, The Salvation Army, Seniors Secret Service, Simply Compassionate Advocacy Society for Seniors, Magic of Christmas (drop off new unwrapped toys at the ATB or Focus Fitness in Black Diamond), Shop of Wonders, and Rowan House Emergency Shelter. Anyone needing help this Christmas can contact the Food Banks in the Foothills, in Turner Valley or Okotoks, or the Salvation Army Foothills Community Ministries, or Baby It's Cold Outside. For toys and gifts, again you can contact the Sally Ann or Baby It's Cold Outside, or My City Care in Okotoks.

The Legion in Turner Valley will be closing for the holidays on Dec 18 - Jan 5, and would like to wish everyone a Merry Christmas and Happy New Year. Look for details next issue on all the Legion has to offer, and hopefully by next year there will be less restrictions in our province and everyone can get back to normal!

St. George's Anglican Church in Turner Valley will be hosting their Christmas Bake Sale on December 11 from 2-4:30. Goodies include butter tarts, mincemeat tarts, cranberries, and frozen cookie dough. The Church also sells homemade strawberry/rhubarb, apple, and blueberry pies the first Tuesday of every month from 2-4, this month's date is December 14. To pre-order or to find out more, call Carol at 403-933-4771, Pat at 587-364-0302, or Janet at 403-933-5622. St. George's is located at 202 Main Street SW in Turner Valley.

If you don't drive, the Sheep River Shuttle is available for doing your Christmas shopping on Tuesdays and Thursdays for the low cost of \$3 within town or to Turner Valley and \$7 to Okotoks. Charter trips are available on a limited basis also, depending on driver and vehicle availability. The Shuttle is disability accessible and comes right to your door. Call 403-861-2081 to book your ride or for more information.

One last gift idea is the annual STARS calendar. These are available at the Black Diamond Town Office for \$30, and are a good fundraiser to help keep STARS Air Ambulance in the sky. If you have any events or news for January, please drop me a line at elaine.w@telus.net. The deadline for this issue is December 15.

Warm, safe, and happy holiday wishes to all,

Elaine Wansleben



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Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
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New to the library is *Stories From The Rocking Chair* by Celia Dewane, a long time resident of Longview. It is full of stories that make you laugh, cry and ponder.

New books arrive to the library every month. Stop in and check them out. We also have a large selection of DVDs and some great literacy kits filed with games, toys and activities.

Some of the new books this month are: *A Year in the Woods* :Twelve Small Journeys into Nature by Ekel und Torbj Lysebo, *Oh William* by Elizabeth Strout and *State of Terror* by Louise Penny and

Hillary Rodham Clinton. The two met in the Eastern Townships in Quebec and have become fast friends. Penny is an award winning author of mystery novels and a member of the Order of Canada that has contributed to the cultural life of Canada.

A good read is *We Begin At The End*, by Chris Witaker, a British crime writer. It is part thriller, part mystery and part Western. The story is about two children, one a

teenage girl, Duchess, and her six year old brother, Robin. Their lives are ridden with neglect and hardship, but Duchess, like Scout Finch in *To Kill A Mockingbird* is strong, compassionate and cares for her brother and shelters him from a grim murder and its aftermath.

Happy Reading,
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SHEEP RIVER LIBRARY

Due to COVID and the restrictions that brings, the library has become the drop off location for several organizations in our area. In lieu of the Fire Department's annual Food Bank Drive, non-perishable donations for the Food Bank can be brought to the library. Toys for Christmas gifts can be left in the Salvation Army box by the front desk until the end of the first week in December. The bin for gently used jackets, coats and boots for the United church's Jacket Racket is located in the entryway. Please consider giving to any or all of these community efforts and thank you to those of you who have already done so.

As with last year, many of our seasonal activities such as the volunteer Christmas banquet and Stories with Santa are on hold once again. Last year these cancellations led to the production of a video featuring local celebrities reading 'Twas the Night before Christmas. We will feature this video again in December on our Facebook page to get you into the holiday spirit or you can find it on YouTube with this link: youtu.be/QoQXsLs081E

The following is a poem we wrote about making the video last year:

'Twas right before Christmas and
all through the stacks
Not a patron was browsing,
or sitting to relax
The doors had been closed
by provincial decree
The library was quiet, as quiet can be.
The staff were much saddened as all
they had planned

To celebrate the season was legally banned.
No programs could run or
groups come and meet
Or patrons dropping off sweet
Christmas treats.
No Stories with Santa this year
would be read
To children with sugarplums
a-dance in their heads
Their bright cheery faces we would
not get to see
As he told them of Rudolph and
the reindeer with glee.
Our annual banquet for our volunteer force
This great celebration was
cancelled of course.

So, no lovely dinner, with tons of dessert
No way to thank them -boy did that hurt.

How could we still keep the spirit
of the season
To celebrate with all, but not
commit treason.

Then in the middle of the night,
an inspired thought

Into our manager's brain was brought.
"If they can't come to us, we'll go to them
And create a wonderful community gem.
We'll send it out both far and wide
We can still celebrate this COVID
yuletide!"

We made a list and of course
checked it twice

Every person we asked was particularly nice
About reading a verse from that
poem of yore

A classic composed by Clement Clarke
Moore. We had workers in restaurants, and
local store owners. Some of whom like to
be great library donors. Poets of the region,
the mayors of both towns. Were keen to

recite in this time of shutdown.
Staff Sergeant Akitt from the RCMP.
Was joined by our Deputy Firehall Chief.
One of our Ramblers, stood out in the
trees. Guitar-man Jim spoke his lines
with such ease.

It was all filmed by Doris and edited by Al.
We put it on Facebook and You Tube as
well. It was our gift to the people we missed,
who are the reason the library exists!
The patrons all loved it and were happy
to know that COVID hadn't stolen all of
the show. That right before Christmas
the library was there bringing much joy,
togetherness and cheer.

The library will be closed December 24 - 27,
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DUANE HARDER

Some Thoughts for The Season

As I look out the window and see the brown hills, I have to remind myself that Christmas is just a bit over a month away. Having been raised in the town of Crossfield, just north of Calgary, I can remember a few years where we had a brown Christmas and kept the skates, toboggans, sleds and skis in storage hoping that the snow would come before the Christmas holidays. The fact is, I lived in a world that revolved around me and my pleasures.

So when did the actual significance of Christmas really begin to dawn on me? The more I think about it, I carried a lot of my childhood focus into my adult years. It was about 7 years into our marriage that my ego-centric world started to crumble. We were in the kitchen and my wife looked at me and said, "Duane, you don't love me." Those words hit me like the proverbial ton of bricks. I would have said "she is the love of my life." I needed some time to process her statement.

The next day I sat at the edge of the lake with a pen and pad of paper. I felt constrained to write out the details of my life - all the things that involved my time. I was pastoring a church of about 150; did counseling for a medical clinic; prepared two one hour and one half hour radio programs plus a daily one-minute spot for the local radio station. I was on two of boards for our denomination plus edited

the quarterly paper for our western region. And the list went on. At the end of the list the picture was clear: I was in love with Duane Harder and his drive for significance and success. Marva was an appendage to my life, not central to it. I needed a major overhaul. It was at this point that the real significance of Christmas began to move from what I knew in my head to what I lived out in my life.

Back in 1885, Christina G. Rossetti published a song entitled, "Love Came Down at Christmas." That song encapsulates what's at the heart of the Christmas story. Here are the words of the first verse.

Love came down at Christmas,
Love, a lovely love divine.
Love was born at Christmas,
Star and Angels gave the sign.

Christmas is about the unfathomable, unending, immeasurable love that God expressed in sending His son to earth. The babe in the manger was God invading our lives for the purpose of releasing in us His great love. I needed that love to get translated into a different set of actions in my life. Come explore this with me.

In Greek, there are four words that describe love:

Eros: a sensually stimulated and experienced emotion

Storge: describes a natural affection that one has for animals, hometown, possessions or country

Philia: is a love between friends that is based on commonality. It describes people who share similar values, interests, or objectives.

Agape: this is unconquerable benevolence; invincible good will. It is a deliberate

conviction of the mind ensuing in an action of the will.

It is agape that describes the act of God in releasing His Son as a babe in the manger. That love which came down to invade, infest and conquer us is what I needed to know and walk out. It can be described as follows:

Is Patient: I will not impose a time limit for change on God or others.

Is Kind: I will choose words that affirm and actions that invest in you.

Not Jealous: I will choose to be content with where I live and what I have.

Does not brag: I am the composite of many people's investment.

Is not arrogant: I will not measure my weakness with my strength

Does not act unbecoming: I will limit my freedom to not make you uncomfortable in my presence

Does not seek its own: I will accommodate the needs of others

Is not provoked: I will give you the right to your preferences

Does not take into account a wrong suffered: I won't keep a record of your wrongs

Does not rejoice in unrighteousness: I will choose heroes of character not personalities of fame

Rejoices with the truth: I will align myself with those whose word can be trusted

Bears all things: I will carry the weight of your wrong with a view to your restoration

Believes all things: I will view all things through the eyes of a sovereign God who can put any Humpty Dumpty back together again.

Hopes all things: I will anchor my expectation in the invincible, inviolable Word of God

Endures all things: I will keep my eyes on the eternal reality not the temporal trial

Love never fails: I will stay in the race until I cross the finish line

Love will never come to an end.
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Love will never end.

Let love flow from your life and I'll see you at the top in a great celebration of the love that got us there!

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I AM BEING NAMED EXECUTOR FOR MY PARENT! HELP!

Your parent asked if you would be the executor of their Will. Your initial reaction is "I would be honoured!" but then you start to wonder what you are supposed to do and how much work this will involve.

This article will talk about some suggested "pre-planning" while your parent is alive to help make the task easier.

In Alberta, the term "personal representative" is used for "executor". As people most commonly know the term "executor," it will be used here instead.

As executor, you are required to act honestly and in good faith, in accordance with your parent's intentions and what they have indicated in their Will, and use the same level of "care, diligence and skill" required of a person entrusted with the property of another.

As you are required to act as your parent intended, even before your parent passes,

find out what your parent would want you to do when they pass; have them elaborate their intentions in more detail than in their Will and in addition to their Will. It can be a difficult but important conversation.

Find out where the Will can be found.

Often it is at a lawyer's office or it may be in safekeeping somewhere else. You will need the original Will and generally you will not have this, or even copies of it. Lawyers often advise that neither the Will nor copies should be given to family because if bequests are changed, it is best that family not know the fine details of the Will so no one is unhappy if those change.

As executor, one first responsibility is to arrange the funeral. If the funeral is not pre-arranged, that is the executor's responsibility. While usually the Will contains only brief wishes, most family want to know what their parent wants in more detail, so it is important to determine this. Find a way to talk to your parent before they pass and ask what they would want.

As executor you need to determine the assets and debts that your parent has. Your role as executor requires you to know this. Have your parent keep an up-to-date list of their assets, where the assets are located

(if not obvious), and where this list can be found. Find out passwords or how the passwords can be found. Determine expenses that need to be paid regularly and those automatically deducted from their bank account.

A Power of Attorney is valid only while your parent is alive so you need to have a plan to pay expenses after they pass. In many cases, you cannot access their funds until you have probate. However, contact their bank and it will usually pay necessary expenses directly from your parent's account until you have probate.

This little bit of "pre-planning" can really help. While this is just a start, it can be an important start to ease into and assist in your role as executor.

Sylvia Carruthers



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ANGELS by Andrea Kidd

"An angel was in my truck that morning," said Joe.

We waited in silence to hear if Joe was going to explain. People don't talk about angels very much these days, certainly not people like Joe. Joe didn't tolerate silly airy-fairy nonsense. Kicked around and abused by his father as a child, he had learned to be tough in order to survive in a brutal world. When he spoke he was blunt and opinionated. We didn't know what to say, and we were not about to question him.

"I would have shot right through the windshield if it wasn't for that angel," he continued. "Cars coming from the other direction - I had no choice! This old truck was in my lane! I swerved and hit him. His full load of apples scattered all over the highway! And my semi slammed straight into the cement wall of the underpass! They all thought I was dead! But that angel held me tight back in the driver's seat, pressed on my chest and stomach real hard. I didn't have a seat belt on. They got me out with the Jaws of Life - crumpled metal all around me! Banged up I was; had quite a spell in the hospital. But it was like that angel kept me safe in a cocoon, like a mother's womb. God sent an angel to save my life! That's a miracle!"

Angels! Who believes in angels these days? Beautiful, too good to be true, wings sprouting from shoulder blades? I've never seen one. Have you? Joe didn't see one either, but he believes an angel held him.

What is an angel anyway? An angel is a messenger from God. The angel that Balaam's donkey experienced had a message for Balaam: "Don't do this!" The angel that Mary experienced had a message: "You are going to have baby. It's okay. This baby will be conceived in you by God. Don't be afraid!" The angel that Joseph experienced had a message: "Get out of town - now!"

Have you ever experienced an angel? Have you ever felt a sudden change of mind? A time when your anger suddenly melted? A time when panic suddenly dissolved into peace? A time when a startling revelation

made it clear to you what you should do? A time when you were frustrated, cornered, trapped and didn't know the way out, then suddenly the tension relaxed and you knew how to handle the situation?

Did an angel visit you? Did the Holy Spirit give guidance? Did God speak to you? Does it matter? An angel is only a messenger. It is God who sends the message.

What message did God have for Joe? He sent an angel to say, "God loves you, Joe. You are precious to Him. You should die right now, but, instead, He is giving you life."

Ask Joe's wife, Nancy, if her husband experienced an angel. Ask his daughter, Cheryl, if her father experienced an angel. "Oh yes!" says Nancy, "he was gentle and kind to me for the rest of his life." "Oh yes!" says Cheryl, "Dad treasured Mom after that, and stopped yelling at us all the time. He was different."

Don't tell Joe there aren't any angels. He will soon put you in your place.

Andrea Kidd



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MORTGAGE MATTERS

Mortgage Planning Tips For 2022

Whether you are buying a home or renewing/refinancing an existing home this coming year, it is important to make informed housing finance decisions that will help make homeownership viable and affordable over the long term.

By planning your mortgage out in advance, you'll save money and be better prepared to deal with any financial setbacks.

Improve your credit score

Your credit score is one of the factors lenders use when they consider you for a mortgage. It's a number that signals your financial health at a specific time. It also gives information about your financial past, and how consistently you pay off your bills and debts

- Pay your bills in full and on time.
If you can't pay the full amount, at least pay the minimum shown on your monthly statement.

- Pay off your loans, credit cards and lines of credit as quickly as possible.
- Stay within the limits on your credit cards. Keep your balances as low as possible.
- Don't apply for more credit cards or loans than you can comfortably manage.

Borrow less than you're allowed

Prime mortgage lenders use 2 rules to decide how much they'll lend you:

- Your housing costs cannot be more than 35% (39% for those considered well-qualified) of your gross monthly income. Housing costs include mortgage principal and interest, property taxes, heating expenses, to also include other potential fixed costs such as water hauling, leased-land fees, HOA fees, condo fees, etc.
- Your total debt (all housing costs as per above, plus car payment, credit cards, child/spousal support, etc) cannot be more than 42% (44% for those considered well-qualified) of your gross monthly income.

Borrowing this maximum amount can be risky. If your income drops, your expenses increase, or interest rates rise, you may have trouble making your payments.

Take on a smaller mortgage than your maximum so that your housing costs stay within your means.

Think about how higher interest rates would affect your payments

An increase in the interest rate will increase your future monthly payments. For example, if interest rates rise from 3% to 5%, renewing a \$250,000 mortgage will cost an extra \$260 per month.

Pay off your mortgage faster

Try to pay more each month:

- Increase your regular payment amount.
Pay \$700 rather than \$652, for example.
- Make lump sum payments to your mortgage principal. An extra \$1,000 here and there can make a big difference.
- Make accelerated payments. Instead of making one payment per month, make accelerated payments every two weeks (26 per year).

By paying more now, you'll save money in the long run and you'll build a financial cushion.

Seek help right away if you can't make your payments

Your lender can help you deal with financial setbacks. Don't wait. Let them know if you're having financial issues.

Candace Perko, Mortgage Broker

MERRY CHRISTMAS
& HAPPY NEW YEAR

I share my warmest wishes for a holiday season filled with joy, peace and good health.

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All the best, Candace

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GET RIPPED

Edition 4

Welcome back to the final edition of Jari Love's ten-minute full body workout! With so much of our lives tied to our PCs, from work to Zoom meetings, we're sitting a lot! We asked Jari Love, certified personal trainer, author, and creator of the incredibly popular and scientifically tested Get RIPPED! workout series, to create a ten-minute full body workout that you can work into the busiest of schedules and do from the comfort of your own chair! In this edition, we will cover the final three exercises to complete the workout!

*Before beginning, for safety, be sure to use a sturdy chair on a flat surface. Avoid using a chair with wheels as they are unstable.

9. Bicep Curls:

Sitting at the end of your chair, hold dumbbells in each hand with your palms facing up. Bring the weights to the shoulders and squeeze at the top, then slowly bring the weights back down to the hips and repeat. Do 12-15 reps for 1-2 sets.

10. Shoulder Press:

With your chair against the wall, sit all the way back in the chair, holding a pair of dumbbells in your hands with your palms facing out. Have your elbows at 90 degrees, then extend your arms up towards the ceiling and lower the weights back down to the ears or 90 degrees. Do 12-15 reps for 1-2 sets.

11. Push-ups:

With your chair securely placed against the wall, put your feet in the middle of the chair. Place your hands on the floor, with your arms fully extended. Hands should be shoulder width apart and your elbows directly under the shoulders. Keep your

core tight and back straight, then lower your upper body down to 90 degrees and use your arms to push your body back up to the starting position so that your arms are at full extension. Do 8-10 reps for 1 set.

About the authors:

Charlene Bazarian is a health and lifestyle writer as well as a fitness and weight loss success story after losing 96 pounds. She mixes her no-nonsense style of fitness advice with humor on her blog at Fbjfit.com. You can follow her on Facebook at FBJ Fit and @FBJFit on Instagram.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® Series that garnered her international attention as a top trainer and fitness personality. Jari makes her home in Calgary, Canada, and most recently has been busy filming and preparing for the launch of her brand new Get RIPPED!® Live + OnDemand. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.

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OUT OF THE RUT

Chapter 136

Did you know? Half of Canada's Chinook Salmon are endangered. By some estimates, in the past century, we've obliterated 75% of Canada's Sockeye Salmon. Exacerbated by over-fishing, poor watershed management and a changing climate, this has significant effects on related ecosystems, bringing other species to the edge of extinction.

The west coast Tsleil-Waututh traditional practices enabled them to harvest salmon for a thousand years and still have the famously abundant salmon rivers that the first Europeans 'discovered'. By using an incredibly simple principle of harvesting predominantly male fish to enable the salmon to continue breeding and maintain their numbers, the fish population remains high. Doesn't this highlight the importance of learning from others, rather than assuming modern technology will resolve everything?

I am reminded of a book about the search for the famed Franklin Expedition (in search of the Northwest Passage), there were 50 or so expeditions to find Franklin's sailors and ship. I think it was Overland To Starvation Cove that brilliantly brought things to life; making one experience the frigid temperatures, mind-numbing cold and the ear-numbing cacophony of the ice packs, along with the dumb resilience of the 128 men on board Franklin's lost ship. This book highlighted the simple truth that those explorers who interacted consciously with the Inuit and adopted their dress and manner of eating, suffered no scurvy, malnutrition or frostbite which had carried off all previous explorers to their deaths. The trauma that those westerners went through on their route to death included cannibalism. When reports filtered back to England, the smear campaign that was launched in denial of these suggestions was rooted so deeply in anglo-saxon arrogance it's painful.

There's currently an exhibition in Ontario that showcases the history of this ill-fated expedition and subsequent search teams, from the perspective of the Inuit and how those events impacted them. It was the assistance of the Inuit that finally, in 2014,


brought the wrecks of two of the lost ships back to light. I would love to see that!

On a completely other note... I had occasion to check out the offerings of a new place in Bragg Creek! The Handlebar Cafe and Bike Tours hub is centred in the Old West Mall and they have a fantastic, but small, selection of home-baked goods, along with the obligatory great coffee and tea to wash things down. I had a lovely chat with the folk there and treated myself to the most delectable Apple Strudel I have eaten in decades. I felt like I had been transported back to the Bavarian countryside... packed full of apples at their peak, with super spices, nuts and love jammed into that little package. If you're planning a cuppa and a chat with friends, you may do well to try out this new little gem to add to our already great group of cafes and restaurants in Bragg Creek.

Maybe we can hang out there some time.

With gratitude and love,
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ADHD AND YOUR CAREER PATH

What can I work in as a career with ADHD

Students sometimes say: "Why do I have to do all this homework if I can get A's on all my tests?" or "Why do I have to learn Math if I'm going to be an artist?" The quick answer: "Because it forms the building blocks for further education..." just doesn't work. ADHD individuals need to know what the goal is and what we are trying to achieve. This type of discussion allows for their focus and reason to kick in. The goal should not be to get to college or to get a degree. During high school there is not much opportunity to think about that when you're trying to pull all-nighters with assignments or studying for exams. The goal should be a career that you can enjoy. So, change your mindset and don't get stuck on what you want to be, but instead think about how you want to live your life. Then figure out the path to get there.

How do I find the perfect career?

Be methodical. Make a list of things you're passionate about, things you can make money at and things you'd like to be really good at. Then recognize that overlapping 'sweet spot' in your Venn diagram. This could be it! Now actively try it on.

Begin to explore your passion. Summer jobs and experiential camps are crucial (cooking, acting, coding) or volunteer positions. How much money is enough? Create a living budget for fun (cost of a car, maintenance, insurance, medical plans, housing), then take the total expenses with an hourly rate to get an idea. Don't forget your taxes. How do I become world class? Be honest about your strengths and weaknesses; celebrate trials and tribulations as you explore this.

What are some career ideas?

Think of passion-based career examples (alternative energy technician, video game designer, personal trainer) or non-traditional (fishing charter captain, dog walker, art therapist). Pick several careers and consider your next steps.

Determine your path

What is your passion match, what are the educational or registration requirements, what skills do I need to build, is the job environment a good fit for me? Location is equally important in providing the opportunity you need for building a path to your success.

LinkedIn power tip

For career planning and college selection, you can click on a company name in LinkedIn. Click "people" on the left panel. Research the colleges where companies hire from, where their employees live and the different skills they have. This quick tip,

is a simple roadmap for how to get hired to work in any company.

Consider your next steps

Higher education may be online, part-time, full-time or evening classes. A gap year can help you to explore potential career options, to grow maturity and independence by living away from home. To build life skills first without the crush of academics, can be a real challenge for executive functioning in people with ADHD. Some companies offer internships without the need for you to have a completed college degree or diploma. Think about the cost of college and your potential income. You may even consider a high-level, specialized job training program instead. Entrepreneurship can be a relative risk but one that you can balance. Perhaps try something out during your gap year, or work for a start-up instead of creating one and remember you don't have to be the CEO to be an entrepreneur!

Sources: www.necessarybrilliance.org is an excellent website where people share unusual success stories.

Sources:

Hallowell, E. (2019). *Next Steps: After The Adult ADHD Diagnosis*.

Sinfield, J. *Untapped Brilliance Blog: Five Stages of the ADHD Emotional Journey*.

Roché Herbst, M. A. R. Psych.

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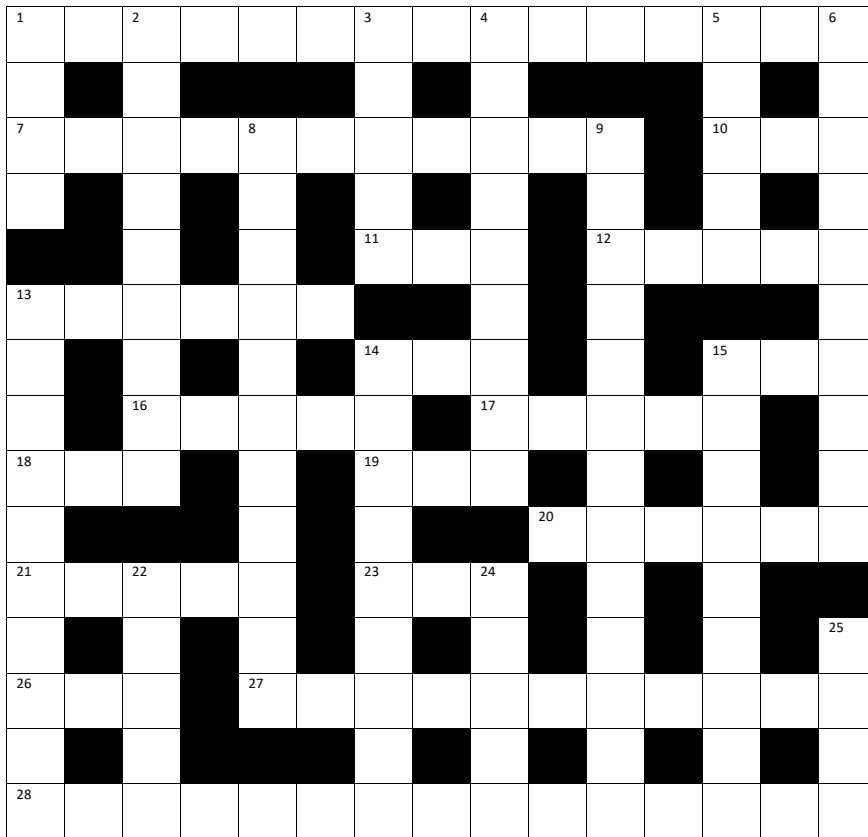
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Across.

1. A semi firm shout regarding H2O should help someone not in their usual environment. (1,4,3,2,5)
7. Getting 2 down will result in one of these. (4,2,5)
10. Endless source of light when on the run from the police. (3)
11. Pryer drops public relations for this type of whisky. (3)
12. Push back! Repel this infectious outcast. (5)
13. To sever or to stick to, it's all the same. (6)
14. Fruit loses last right to become a vegetable. (3)
15. Back half of 16 across provides female undergarment. (3)
16. Switch first and last letters around middle of celebrity to find striped animal. (5)
17. Reptile primarily found in Guyana, Ecuador, Columbia and half of Kona. (5)
18. Ma gains nothing when hunting for this extinct flightless bird. (3)
19. Maiden name found in middle of 20 across. (3)
20. Tin with repeated vowels sounds makes this symptom of 2 down. (6)
21. At east north-east location the food was consumed. (5)
23. Page returns without compass point from opening. (3)
26. Item for a one-armed cheerleader or a British convict in Australia. (3)
27. Injury on one with a sharp flavour produces a pleasing combination (11)
28. Journey for the French blackbird to a northern people group may end up at the Kentucky Derby. (6, 5,4)

Down:

1. Chop the French shaft for a rotating wheel (4)
2. In chimney duct, New Zealand gets a viral illness. (9)
3. Concealed in overrun Derby is the opposite. (5)
4. "No returns", add clumsy eager audio visualists initially, as a rule. (2, 7)
5. In Paris you make an impudent remark about a flower from Amsterdam. (5)
6. Re-arm Blake? That's extraordinary. (10)
8. O dwell on cereal before church for this peace offering. (9,5)
9. Looks like you see me between the large room and the country but it's an illusion. (13)
13. Perch bot Ma, in a way, on this old-fashioned loo. (7,3)
14. Have the god of nature for example, cry up around one tribute. (9)
15. Drink tea from this femur above Asian country. (4,5)
22. Permit loses the right to set the speed of musical pieces. (5)
24. Image of special shot posing striking boys came in 2nd place. (5)
25. Go up about monster. (4)

Cryptic Crossword #7 By Jan Burney

Photo 25. Ogre

13. Chamber Pot 14. Panegyric 15. Bone China 22. Temp 24. Remarkable 8. Olive Branch 9. Hallucination

1. Axle 2. Influenza 3. Under 4. On Average 5. Tulip 6.

Down:

17. Gecko 18. Moa 19. Nee 20. Sneez 21. Eaten 23. Gap 27. Harmonizing 28. Triple Crown Race

1. A fish out of water 7. Life or Death 10. Lam 11. Rye 12. Leper 13. Cleave 14. Pea 15. Bra 16. Zebra

Across:

Answers:

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

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