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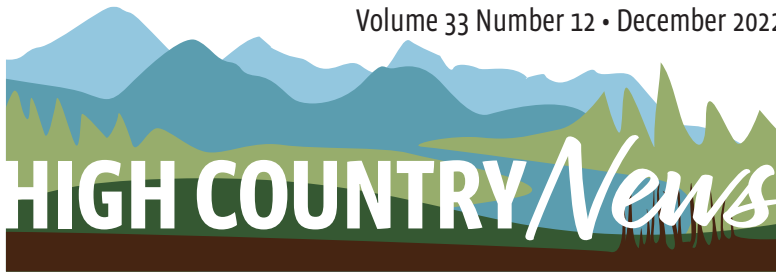
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## LETTER FROM THE EDITOR

### Merry Christmas

One of my younger children informed my wife and I that he was creating an activity plan for us regarding Christmas as we weren't very organized last year. That calendar is in trouble as "its days are numbered." In all reality we can come under a lot of pressure during the Christmas season. In looking to create special memories we often ask, "Did we give enough? Will they appreciate what was given?" It can feel a bit overwhelming at times.

In looking at the origins of the Christmas Story, it seems to me it was about the giving of oneself. The birth of Jesus as a gift of hope for mankind. Joseph giving of himself to Mary when culturally he could have easily cast her aside. Mary both gave of herself to Joseph as well as her newborn son in order to fulfill a larger plan. The larger question is this, how can we give of ourselves to our family, our neighbours, and our community? Not begrudgingly or out of duty, but truly giving of ourselves for the greater good.

My wife and I choose to homeschool our children. One of our past facilitators recently retired, and so the board with whom we're registered assigned a new facilitator to our family. Recently, we had the privilege of meeting with him for our first visit to review learning progress this fall. We were both impressed with his genuine engagement and interest that he gave to our children. He intently listened and carefully reviewed their work, giving encouragement and suggestions on how we can work with each child in their uniqueness.

I came out of the time inspired, not just with regards to our role as educators of our children, but with this question in my mind. If I could emulate something of what I experienced with our facilitator in taking a genuine interest in the lives of other people, how would that positively impact those around me? We have opportunities for meaningful relationship all around us. During this Christmas, we can learn to see these opportunities, perhaps taking the moment to fully engage the lives of those we intersect every day.

Please look at the many opportunities highlighted in this edition as well as the online calendar to see how you can participate in your community this holiday season.

*A Merry Christmas and Happy New Year  
from our home to yours!*  
Lowell Harder



## ARTIST PROFILE

### Art for the Heart

Original Paintings by Ursula Pagenkopf

Ursula Pagenkopf is a native of Germany and has made her second home in Calgary where she and her husband raised three children.

Her paintings reflect the 'naïve' style which people have come to know as 'happy painting' because of the subject matter: children at play. Ursula has been a long-time member of the Calgary Sketch Club. With this group she exhibits regularly in various locations throughout Calgary. Ursula's paintings have also been auctioned off at the Western Art Auction of the Calgary Exhibition and Stampede where she also has been a 'Quick Draw Artist' for 11 consecutive years.

Ursula is a self-taught artist and has received various art achievement awards. She has also been featured with her art work in various local newspapers and magazines.

With her art she supports 'Operation SMILE', The Rotary Club's yearly fundraisers and a Haitian Orphanage. Her painting 'Giddy Up' was the feature painting at UNICEF'S Calgary Auction/ Dinner 2008.

### ARTIST STATEMENT:

I often think of my own childhood experiences and those of my now grown children. This is what I portray in my paintings: favorite childhood activities, interacting with animals, sometimes with a fairytale appearance.

**"HAPPY THOUGHTS KEEP US YOUNG AT HEART"**

Hence the title: 'Art for the Heart'

For more information you can reach the artist at her studio at 403.242.9386

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



**HIGH COUNTRY LIFE**

BY MARK  
ADMAKI.CA



BLINDA



BILOU

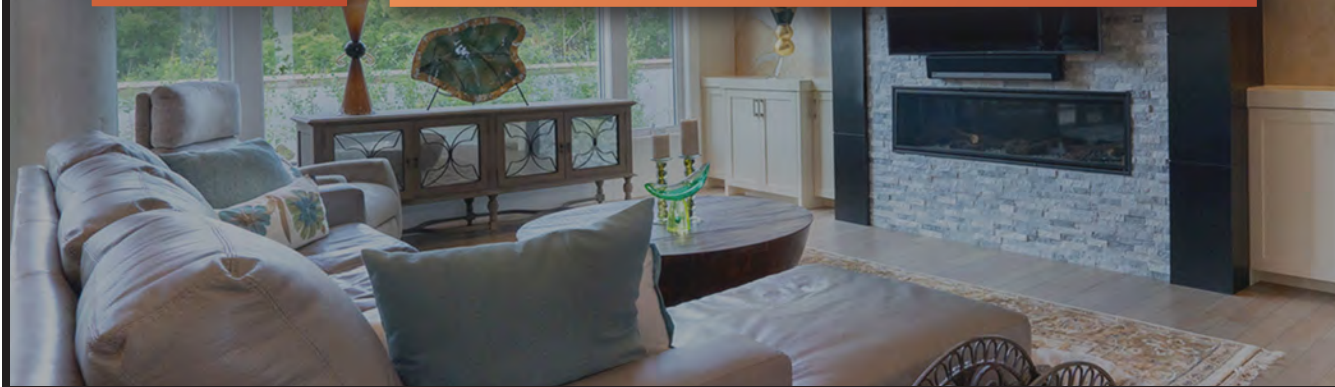
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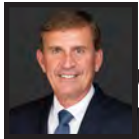
If you haven't stopped by and wrapped a mitt around a glass of Hut Whisky, there's still time. When our inaugural batch of 450 bottles (375ml) arrived last month, we expected folks to come in, sample Hut, and fingers crossed, take a bottle home. Instead, folks discovered the perfect holiday gift and bought Hut by the case. Don't let procrastination get the best of you. Drop by and grab your bottle of Hut today and let us fill you full of holiday spirit. Literally.



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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

Hi everyone, the following information is for your use:

**Council Changes** – An organizational meeting was held on October 25th that resulted in a few position changes. Although my appointment as Mayor was for 2 years, I have decided to step down as Mayor and resume my Councillor role and focus on Division 2 items such as the Springbank ASP that is being developed, the Springbank Community Centre and recreational facilities that are being planned as well as the transportation and water co-op issues that have been coming to the forefront. All further Mayor appointments will be for one year as per the new procedural bylaw. Rocky View's new Mayor and Deputy Mayor are Crystal Kissel and Sunny Samra respectively.

Council has also established a Governance Committee made up of all Council members and I have been appointed to chair that committee. The establishment of a Governance Committee is to help Councillors better manage public meeting times, and to provide a venue for more in-depth discussions with County staff on questions of governance outside of regular bi-weekly council gatherings. Council will have an opportunity to provide administration direction before an item comes to Council for a decision.

**Council Open Houses** – The 2022 Customer Satisfaction Survey indicated that residents wished to be more informed on Council matters, therefore we are proposing on having Council Open Houses whereby topics of interest can be discussed with the community. We were hoping to commence the open houses starting in 2023 with the different divisions selecting a month and topics that would be of interest to the area.

**Budget Allocator Tool** - When we surveyed residents through the 2022 Customer Satisfaction Survey, residents asked for more opportunities to provide feedback on service levels. To help Council in their budget planning, a budget allocator tool has been put on the county's website so that you may provide input on what service

priorities are important to you while still balancing the budget. Please feel free to provide your input for our use.

Council will be commencing budget discussions in November.

**Springbank Community Centre**– Rocky View has retained a consultant to undertake a business case study for the development of South Springbank Community Facilities. The work program is to identify the types of facilities to be developed, functional programs for the facilities and associated costs. The facilities are expected to primarily serve residents of Springbank however surrounding areas are also expected to use the programs and services at the facilities. Rocky View has purchased land on the west side of RR33 between the Heritage Club and the Springbank for all Seasons facility to accommodate any planned new facilities. Currently, the Business Case is being evaluated and discussed through an Advisory group comprised of strong community leaders within the Springbank community. With constructive input from the advisory group, the business case will be available to all community members once the final draft is presented to Council. This will probably occur the early part of 2023.

**Costco Application**–Administration has been working with Costco on the application and they are expecting Costco's new drawings and documents to be submitted by mid-November. It may take several weeks to finalize the review and determine if the revised documents align with all policy and technical requirements.

**Springbank Area Structure Plan (ASP)** – Administration is working on drafting the new ASP with the feedback outlined in the Engagement Summary being considered against other influences such as the Regional Growth Plan and technical constraints. Administration hopes that they will have an initial draft before the end of the year. Administration will present the updated plan to the Springbank community in the new year. An Engagement Summary Report of the communities' input can be found on the county web-site. Please visit: [www.rockyview.ca/springbank-area-structure-plan](http://www.rockyview.ca/springbank-area-structure-plan)

**Rural Municipality Association (RMA)** - Council attended the annual RMA conference that included a series of workshops and a ministerial forum whereby the delegates were able to ask questions of the ministers regarding issues in their municipality. Health care, agriculture and reclamation practices were some of the prime topics that were questioned.

There were also presentations provided by the Nurse Practitioner Association, Alberta Energy Association, Alberta Roadbuilders & Heavy Construction Association, RCMP, etc.

As part of the conference I was presented Queen Elizabeth II's Platinum Medal award. The Platinum Jubilee Medal honors those who have reflected dedication to family, community and country. The Medal marks the 70th anniversary of Her Late Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada and her exemplified true meaning of public service.

Don Kochan  
[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)



## WELCOME TO SUE WINSOR



We are very pleased to welcome Sue back to MaxWell Canyon Creek after being away for a few years. Sue is excited to work with her past clients and friends to help them with their real estate needs. Give her a call at 403.333.3717. "NO Horsing Around"





## NEWSLETTER

### Judy Hunter -Ward 5 Trustee

Best wishes for our winter break and for the new year.

Good news ... The Board has received \$908 000.00 to expand the Stepping Stones mental health program that is currently operating in our schools. This funding will provide more service in all our schools with grades 5 to 9. Thank you to Lori Meyer, Sherri Black, and Jodi Neetz for their successful application!

The funding is in addition to:

- \$1.4 billion in Learning Support funding to meet the specialized learning needs of students and provide them with additional supports, such as student wellness programs.
- Alberta's recent announcement of \$87 million over three years to help support the development of a school based services model to integrate and expand access to addiction and mental health services for children and youth from elementary to high school.
- The expansion of the Integrated Schools Support Program to provide children and youth with prevention and early intervention supports that improve their health, wellness, and quality of life by building strength and resilience.
- It is encouraging to see, government ministries working together. The ministry of Health link contains many connections to education Child and Youth Well-being Action Plan I would encourage community groups and schools to read this plan as there maybe opportunities for funding local initiatives.

Rocky View Schools applied for and received \$384 306 learning disruption funding to provide between 12 and 16 weeks of targeted programming during this school year. School authorities will have the flexibility to design this programming to best meet their local needs.

At the recent Alberta School Boards Association, Minister of Education LaGrange announced that the first option for new school builds will no longer be Public, Private Partnership (P3s). This news was welcomed by Boards across the province.

# SEASON'S GREETINGS

The Cochrane & Area Humane Society wishes you, your family and your pets a happy, safe and healthy holiday season.



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## MLA UPDATE - Banff/Kananaskis

**Miranda Rosin**

Introducing Alberta's new Parliamentary Secretary for Tourism: me! Last month I was humbled and honoured to be sworn in as Alberta's Parliamentary Secretary for Tourism as part of Premier Danielle Smith's new leadership team. Parliamentary Secretaries work as key representatives of their respective portfolios. In this role, in addition to my duties as your MLA, I will work closely with Minister Todd Loewen of Forestry, Parks and Tourism to champion our government's policy development and stakeholder engagement with regards to tourism.

Over the past three years I have had the absolute pleasure of working with and getting to know our province's many tourism and hospitality operators, entrepreneurs, and industry partners – both here in Banff-Kananaskis and far beyond. With expenditures peaking above \$10 billion in 2019 from 34 million visitors, and a contribution of \$8.4 billion in GDP and 82,000 full time jobs to Alberta's economy, our tourism industry is world class. Still, there is boundless opportunity across our beautiful province to strengthen, grow, and diversify.

In my first meeting with Premier Smith after her United Conservative leadership victory, knowing that most MLAs in my caucus would give voice to Alberta's resource industries but that few were as well-equipped to give voice to the unique world of tourism as myself, discussing the growth and vitality of our tourism sector was my primary focus. Supported by no less than 250 pages of highlighted, tabbed, and organized research which I compiled and brought to our meeting, she and I discussed the immense potential for this industry, and what it needed to thrive. It was that conversation that inevitably led to my appointment. With this appointment, but only six months until the Spring election, Minister Loewen and I have a lot of work to do in a short amount of time. Recognizing this, we immediately got together after being sworn in and concluded that the industry's biggest opportunity was in recreational tourism; the industry's biggest constraint was access to labour, and that the industry's biggest limitation to reaching new markets was

sustainable funding for Travel Alberta. Based on these conclusions, Minister Loewen and I promptly submitted a package to Premier Smith detailing how we believed best to address that which we had identified. Shortly thereafter we received our mandate letter from the Premier which accepted all of the ideas we had submitted in addition to providing us with an even more expansive mandate. We are going to have our hands full! Given that 60% of our beautiful province's landmass is Crown Land, there is tremendous opportunity grow our recreational economy. Unfortunately our Crown Land policy in its current form is restrictive, and has resulted in a \$10 billion tourism trade deficit to British Columbia. To increase Alberta's recreational competitiveness, Minister Loewen and I will begin the important work of developing clear, concise, policy that will empower Alberta entrepreneurs to create opportunities for Albertans and visitors alike to experience Alberta's wild.

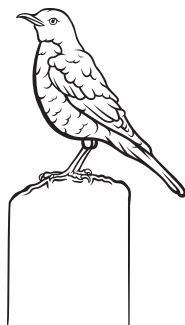
Tourism and hospitality's heavy reliance on international and temporary foreign workers, amongst other factors, has resulted in a systemic labour shortage. Even in times of economic stagnation in Alberta, when other sectors struggled with high unemployment, these sectors maintained more jobs available than they were able to fill. Today the industry has more than a 20% labour shortage in some areas of the province, forcing hotels and businesses to shutter their doors for time when they would otherwise be open. While immigration is largely under federal jurisdiction, Minister Loewen and I will immediately begin the work of pursuing an expedited tourism and hospitality immigration stream through channels which the province can control in hopes of easing the strains caused by the labour shortages for the winter ski season.

Finally, to ensure that Travel Alberta can fulfill its complete mandate of not only promoting Alberta to key international markets but of undertaking tourism policy development, partnering with private industry to expand experiential offerings in the province, and establishing new international markets from which to attract visitors, Minister Loewen and I will assess the advantages of having the full 4% overnight hotel levy invested fully in Travel Alberta. When this levy was initially introduced in Alberta years ago, its intent was solely to support Travel Alberta and guarantee the agency sustainable funding that would not be beholden to the whims

of subsequent governments and their budgeting priorities. Unfortunately with time, governments began diverting the levy into the government's general revenue fund. Travel Alberta has tremendous potential to usher in growth, but they need reliable funding to do so. In addition to these key priorities which Minister Loewen and I set together, we have also been given instruction by Premier Smith to shorten permit and license approvals for new tourism ventures; invest in the infrastructure of Kananaskis, Waiporous, and other high traffic areas; initiate negotiations with the federal government to ensure national park pass revenues generated from Alberta national parks stay within Alberta national parks, and develop a long-term growth strategy for the industry.

There are very few places on earth to whom a thriving tourism economy comes more naturally than our beautiful province of Alberta, and it is time that we recognize that beauty as the true natural resource that it is.

I am grateful to Premier Smith for understanding the important existence of tourism as part of Alberta's economic future. For a government to produce such an extensive list of mandates related to specifically to tourism, an industry that for far too long has gone overlooked, is unheard of in recent Albertan history. This signifies the dedication that myself and our United Conservative government have to the industry's many entrepreneurs and visionaries, and to Alberta's broader economic diversification. Together we will strengthen the sector, provide it with opportunities to flourish, and secure jurisdiction over that which is rightfully Alberta's. Now, it's time to get to work!







## SPRINGBANK HERITAGE CENTRE

### 1. December 14 Christmas

#### Dinner Tickets

Members-\$30, Guests-\$35

Please note that Guests will be put on a Waiting List until November 23 (= 2 weeks) to ensure that the Members have time to get their tickets first. Please pay for the Guest and it will be reimbursed if spots are unavailable.

We now have 147 Members and the Hall will only hold 104 for a meal using the round tables. So please buy your tickets early. Email Klaaske (klaaske@telus.net) and pay for them by November 23.

### 2. Upcoming Club Activities

Dec 14, Wednesday, 1:00 pm Caroling & Christmas Dinner

### 3. Jubilations Dinner Theatre

PLAY: Mama Mia

WHEN: Wednesday, February 15, 2023

TIME: Bus leaves Heritage Center at 5:15 pm (show approximately runs from 6:15pm – 9:45pm)

COST: \$51.25 + tax + gratuity = \$63.04 total / person

Deposit of \$20.00 per person to be paid by November 9

Paid to Janice (Tuesday) or Brenda (Wednesday) We have to tell Jubilations this week with the numbers so that they can hold the seats.

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## Generating Investment Returns

During my ongoing weekly discussions with clients, we occasionally get questions from individuals about their approach to investing – particularly in terms of fees and value.

The questions are usually focused on the cost of accessing investment advice, or the cost of buying specific investment vehicles such as mutual funds, Index funds, etc. With the rise of electronic trading platforms for smartphones and so on, I am also hearing questions about the technology related to buying, selling, and monitoring investments.

The "trap" with "new" technology is the lack of clear focus on the process of constructing and monitoring a complete portfolio (RRSP, TFSA, Open investments) as opposed to just monitoring individual holdings.

The concern is that, in a decade from now, new investors may have paid low or no fees but likely actually achieved very poor returns. This is not a prediction but an observation on the study of behavioural economics and experience.

The other concern is that a generation of younger investors may avoid owning equity investments because they focused on short term events (volatility & market corrections) rather than on long term realities - the growth potential of the overall economy over time.

What is "investing?" It is simply the purchase of an ownership interest in a public company (via a mutual fund or segregated fund) which entitles investors to share in profits generated on an annual basis. Professional investment managers spend all their time researching and selecting the right companies with the best long-term prospects for growth - at rates above inflation and interest rates.

This is what Warren Buffett refers to when he says: "In the long run the stock market is a counting machine (of your growing wealth) but in the short term the stock market is a voting machine (driven by investor emotions)."

The opposite of "Investing" is "Trading" which is any system based on price movement or momentum. Inexperienced investors often buy investments near a "top"

when something looks like a "sure thing" - after it has already risen dramatically. One only need to examine the money flows into technology mutual funds in late 1999 – only a few months before Nasdaq famously crashed, or the recent crypto currency crash!

The real question investors should ask is "how to generate investment re-turns?" You cannot buy an 8% compounded return. Investment returns are a by-product of process. Which means the method of creating and maintaining a portfolio is VERY important to the outcomes.

There are various approaches to selecting investments and creating a portfolio. You can use a growth, value, or momentum or some combination of these investment styles. These styles always involve assessing potential profits over time.

There is also the option of adding in various analysis screens (top-down macro, contrarian, etc.) to the mix.

The key to long term financial success is, that, whatever portfolio management strategy you apply, you are consistent over time. Investment returns happen over time and over numerous business cycles. "Trading" based primarily on short term trends seldom produces long term financial gains! Patience is your friend.

In summary:

1. What disciplined investment process are you using?
2. Are you an investor or a trader?

Call my office today for a review of your overall portfolio and how everything ties together into your long-term asset building and preservation strategies.

**Robert Hughes,**  
P. Eng., CFSB, CFP, CPCA

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



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## MAKE YOUR MARK By Mark Kamachi

### “Is it in you to give?”

On a recent trip to visit family in BC, I discovered a craft brewery brand that caught my eye: Yellow Dog Brewing Company. As their product name and design stood out from the hundreds of other can designs (yes, I select beer, wine and spirits based on design), I thought I'd bring some home: Squirrel Chaser Pale Ale and Play Dead IPA. However, what intrigued me most about this brand was its direct association to BCSPCA (British Columbia Society for the Prevention of Cruelty to Animals). The BCSPCA logo is on their cans. That's gutsy, but as a dog-loving connoisseur of craft beers, I was intrigued, motivated, and so I bought some to show my support. On my next trip, I will buy more as the beer didn't disappoint (can't wait to try their Retriever Golden Ale). Their branding is definitely working for them.

There are many ways you can personally donate or bring awareness to help a cause.

Take last month's Movember Men's Health Awareness month. It's conducted annually, worldwide, to raise awareness for men's mental health, suicide prevention, prostate cancer, and testicular cancer. Mo-Bros and Mo-Sisters grow moustaches and host events to create buzz for the cause.

I have been an active participant for the past six years (sadly, it takes weeks for my moustache to surface) and I've dyed my hair in past pink (Breast Cancer) and blue (Prostate Cancer) as there's no growing period.

One of the “consequences” of my actions is seeing the growth of my personal brand (ego). Not only in daily life, but in the business community as well. To this day I still get asked what “hair-raising” thing I'm going to do next for myself and for AdMaki (stay tuned). These acts reflect what I do for a living, and that is to create brand attention and be memorable. Could your business do the same?

As a business owner, have you ever considered tying your brand to a specific

cause? I'm not talking about participating in annual one-off initiatives such as Orange Shirt Day, food, clothing, and bottle drives, etc, but to dedicate your business towards one cause (while still participating in those events of course).

Associating yourself with a cause is a way your business can profit from helping others. It's a win-win partnership. It shows you're a caring business that gives back and that helps to build strong customer loyalty. Yellow Dog Brewery and BCSPCA is great example of a symbiotic relationship that works.

“Blood. It's in you to give.” This is perhaps my all-time favourite tagline (it's not a slogan and I'll save that discussion for another time), created in the late 90's for Canadian Blood Services. It was rebranded in 2018 to “Together, we are Canada's lifeline” to celebrate their 20th anniversary. The tagline speaks to us to give both with your heart and with your brain – hey sounds like a great match up for AdMaki. Coming soon every time a reader responds to one of my HCN articles maybe I'll donate a pint! Or two, or three.

Season's greetings to you and yours.  
*Cheers, mark.*



 **BRAGG CREEK**  
community church


# Christmas Eve

## CAROL SERVICE

**7:00pm • Saturday December 24th**  
**Bragg Creek Community Centre**

Bring the entire family and join us as we celebrate the reason for the season at the heart of Christmas!

Questions? Check out [www.braggcreekchurch.ca](http://www.braggcreekchurch.ca) or email [braggcreekcommunitychurch@gmail.com](mailto:braggcreekcommunitychurch@gmail.com)




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indeed

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## THE CASE FOR PERINATAL REHAB

By Susie MacPhee

Pregnancy is the ultimate endurance performance. Your body starts changing and adapting as soon as your pregnancy starts, and has to constantly adjust for around 40 weeks. Every system in your body is affected by pregnancy; from hormonal and gastrointestinal, to respiratory and circulatory. When you are pregnant your muscles, joints, skin and other tissues have to accommodate for the growing baby. How you move has to change too. There is no sport that has the same demands on your body for such a prolonged period of time. When pregnant, you don't get rest days, there are no breaks from the training, and it gets progressively harder as it goes.

What are some of the changes that happen in the body during pregnancy and childbirth that need to be addressed? One is diastasis rectus abdominis, otherwise known as diastasis recti or 'split abs'. This is the normal process that happens in nearly every pregnancy, where the rectus abdominis muscles (the long superficial ab muscles that go from your pubic bone to your ribs in the front of your torso) widen and thin in between the two sides of the muscles to allow the belly to expand. As well, there is a significant amount of pressure on the pelvic floor during pregnancy that decreases its capacity by about 25%.

Another change that occurs is relaxation of the ligaments, which is essential to allow

for joint expansion and movement, but can lead to instability which puts strain on the muscles that support the area. Clearly, the body goes through a lot of challenges while pregnant.

If pregnancy is like a performance sport, then childbirth is like the ultimate sports injury. All the 'training' you have done over the past 9-10 months ends suddenly, with either the major traumatic event of vaginal delivery, or a major surgery when a caesarean section is performed. Your body is pushed to its limits physically, mentally, emotionally, and there is a risk of complications or infection. If this was a sports injury there would be weeks and months of rehab, to help the body recover and return back to its previous abilities. Yet, this is not typically the case here in Canada. Instead, you are essentially left to figure it out on your own. There may be some vague guidelines such as "don't exercise for 6 weeks", or "no lifting anything over 10lbs" and "keep your scar clean and dry". That seems like a pretty poor way to handle such a significant event.

So what could be done differently? How could we treat pregnant and postpartum women like the endurance athletes that they are? What if we focused on care both during and after pregnancy? Perinatal rehab could address the aches and pains that show up during pregnancy such as sacroiliac joint pain, sciatic pain, carpal tunnel syndrome, and sore ribs from growing babies. It could include some basic core stability exercises that are safe to do during pregnancy and one of the first steps of retraining postpartum. As well, encouraging a maintenance of activity during pregnancy will help keep the body strong and able to handle both delivery and then recovery.

In the early stages of postpartum recovery it is important to focus on these three aspects; to relearn how to move, repattern muscles and nerves that haven't worked together in months, and to retrain core control, alignment and breath. The goal is to restore proper movement, it is not about exercise. This retraining could be as simple as starting with some breathing exercises for about 5 minutes each day. Setting a foundation of proper movement allows you to gradually increase your strength and function so you are able to handle whatever else comes your way. Even if you are many years postpartum, it is not too late to start the process of retraining.

Making perinatal rehab a priority will help you through the incredible process of pregnancy and childbirth. Having a therapist who is experienced and trained in perinatal care is one step in the process. If you have questions or are looking for guidance we are happy to help you, at any stage of your journey! Let's work together to improve perinatal care.

Susie MacPhee BKin, CAT(C)  
Athletic Therapist  
Bragg Creek Physiotherapy  
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### 2023 Budget Deliberations Underway

This year, Administration tried out a new process to help collect resident input. The County invited residents and businesses to try their hand at balancing municipal tax revenues and spending through an online Budget Allocator tool. The users were directed to increase, decrease, or maintain spending for services that directly affect their daily lives. Public comments were accepted from October 18, 2022, to November 1, 2022, and the results remain available to residents after this period for ongoing viewing. I consider this to be a pilot project for continuing to use the tool in future years.

So far this fall, Council has had a preliminary Workshop, followed by a Special Council Meeting where each department provided us an overview of their services, what their plan was for 2023, and the associated budget required to deliver that program. This is the core Budget to maintain current service levels. It is considered our baseline case and is currently available for viewing on the County's website.

Finalizing our 2023 Budget continues with another Special Council Meeting scheduled for December 14th. At that

meeting, Council will be presented the results of the Budget Allocator survey, time is allocated for further public input, and we will discuss a variety of potential new initiatives being considered for next year. Depending on where the final budget numbers are landing, a preliminary tax rate increase is estimated, with the final residential and business rates set in the spring once property assessments are finalized.

#### Fall RMA Convention

5 Councillors attended the convention this year, including myself. I spoke at the rural caucus meeting giving an update on RVC's perspectives from the past 6-months of experience participating in the Calgary Region Growth Board. During the Resolution Session, with help from our administration, I introduced a successful amendment to a motion pertaining to Intermunicipal Collaboration agreements. The amendment removed potential for unintended consequences for rural municipalities that were members of a Regional Growth Board. I asked Sturgeon County to be the seconder for our amendment. Rocky View continues to establish closer relationships with other rural municipalities that surround Edmonton, as we have much in common.

#### Clearwater Park Discussion with Provincial MLA's

I recently attended a meeting organized by the Discovery Ridge Homeowners Association and Elbow Valley Resident's Club. In addition to myself, Clr. Richard Pootmans was in attendance representing

residents in Calgary. The meeting was hosted by MLAs Mike Ellis for Calgary west, and MLA Miranda Rosin for Rocky View area, but Miranda was unfortunately not able to attend. Alberta Transportation Ring Road management was also in attendance.

The purpose of the meeting was to raise awareness with the MLAs of the potential for a tying a series of Elbow River green spaces upstream from Weasel Head through Griffin Park, through the Ring Road TUC, through Calgary-owned Clearwater Park, and potentially tying in further upstream Rocky View County Municipal Reserves, Environment Reserves, and perhaps some private land within the floodplain. Active Transportation access through / across the TUC was also discussed. These are still preliminary discussions, but my purpose was to ask the province what role they should or could play in the creation or coordination of a multi-jurisdictional park space on the west side of Calgary / Rocky View County.

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



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## BRAGG CREEK TRAILS

### Make friends with Winter

The wonder of winter is upon us and by this point we are sure (or hope) you have been out on the trails enjoying the snow. December 1st marks the official start to the winter season in West Bragg Creek, so please be respectful of winter trail etiquette, including checking out which trails are best for your activity of choice. Thousands of volunteer hours go into keeping the trails in tip top shape for our users, many of which are in the middle of the night in cold conditions. Everyone at BCT appreciates when users help us keep the conditions great for everyone. We have already seen so many smiling faces enjoying this beautiful place - let's help keep those smiles going through all the snowflakes that fall this season.

### Let BCT help you sleigh' your holiday shopping!

START THE CAR! The season of giving is approaching and on Dec 4, Bragg Swag is relocating to the Spirit of Christmas Market in Bragg Creek. Let's get merry with PomPom toques, Craft Nordic Ski beanies, plaid shirts, custom MTB long sleeve jerseys, tees, hats, pint glasses and more. Whatever gifts you need to put under the tree, you will find at the Christmas Market or at the Trail Centre (only open on the weekends!). Not ready to trade in those flannel PJ bottoms for real pants and actually venture into town? Then check out the Online Auction on our website that runs from Nov 26th to Dec 7th, 2022. Sorry Grandma... these donated items and services will give even your sugar cookies a run for their money. So many great items were contributed in support of the trails, and we appreciate each and every one! Thank you to all our donors! It's community supporting community, and we love it. Well, that's a wrap! Catch you on the trails!



## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

### President message for year end 2022

Greetings everyone;

I am pleased to report many Chamber accomplishments this past year. Namely:

- Bylaws updated; area map reach extended
- Policy review underway
- Onboarding documents created for new Board members
- Gathered important historical documents and filed in one place
- An interactive mural for photo fun!
- Kiosk updates underway
- Turnkey Succession planning via a timeline of decisions and events mapped out each month. This creates a proactive approach for strategic planning; budgeting; to identify clear goals and tactics for our funding requests.
- Recruitment efforts - joining Board easier with above documents in place
- Advocacy via many meetings with Rocky View County and new CAO
- Launching Arts, Eats, and Beats festival
- Comprehensive marketing plan for tourism and non tourism business
- New website with events calendar and job board
- Brand update - new logo and videos
- Benches and tables along the berm (coming)
- Several projects underway (survey, compost, high school)

The full AGM presentation can be viewed at [www.visitbraggcreek.com](http://www.visitbraggcreek.com).

I'm also delighted with the collaboration between Chamber and other groups:

Kiosk - with Bragg Creek Trails and Community Hall

Welcome to Bragg Creek baskets - Jenn Pole  
Space rentals - Community Hall, Snowbirds and The Post House

Bear Presentation - Bragg Creek Wild

Upcoming festivals - Bragg Creek Performing Arts

Let's keep this going! The events calendar is a huge step towards supporting all community groups and businesses with their activities. Please use it so we all know what is happening around town.

Thank you to Rocky View County and Travel Alberta for your monetary support that enable the Chamber to continue. Thank you Councillor Hanson for scheduling meet and greets in November and on Dec 8. Please go and speak with him! Thank you Gateway for the much needed additional parking beside Ida Mays.

Thank you to the Chamber Team of volunteers for your hard work. You are valued. To Bragg Creek and Area, thank you for your membership and I look forward to working with you all again next year.

*Kind regards,  
Sherri Olsen  
President*

### Foot Care In The Creek!

Clinics:	Thursdays at 6 week intervals
Location:	Snowbirds Chalet 19 Balsam Ave, Bragg Creek
Hours:	9.00am - 4.00pm
Clinician:	Jill Read-Johnson, Certified Podologist
Cost:	\$35.00/session cash only
Appointment:	Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

\*Clients must provide their own foot basin & towel

#### The benefits of regular professional foot care:

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







## BCCA

Our Christmas in the Creek Market was an outstanding success! A record 4,859 passed through our doors and shopped from our 50 vendors, which this year included the Bragg Creek Artisans. We were pleased to

see the local businesses were also enjoying the number of visitors to Bragg Creek. What a fantastic way to showcase the hamlet!

On November 25 we hosted our first Paint Night event since Covid. We are hoping to offer these in house events monthly.

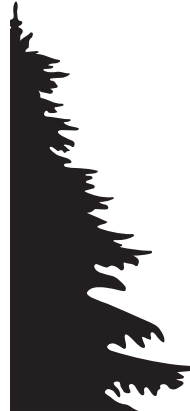
We are looking forward to welcoming everyone back to the centre for the Spirit of Christmas Market & Light Up on Saturday,

December 3. The number of tree sponsorships were down this year, but we chose to light up all the trees to bring Christmas cheer. We are saddened by the news of Verne Kemble's passing. Verne & Connie have played a major role in the Spirit of Christmas event by providing horse teams and wagons for the visitors and residents of Bragg Creek. Our heart felt condolences to Connie and the Kemble family.

Finally, our Rink Committee is busy planning our Winter in the Woods Event! We welcome everyone to join us on January 28!

With three very successful Christmas events under our Santa belts, we look forward to enjoying the rest of the holiday season admiring our beautiful Hallmark town. We wish everyone a Merry Christmas and look forward to an exciting New Year!

*Kim Perraton  
General Manager  
Bragg Creek Centre*



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Bragg Creek's  
Spirit of Christmas

**SAVE THE DATE**

Dec 3rd from 12pm to 5:30pm

**Bragg Creek Community Centre**

**Join us for an old fashioned Christmas celebration**

Horse drawn wagon rides - Carollers - Pictures with Santa  
Princesses - Light Up Market from 12pm to 5pm - Kid's Only Store  
from 10am to 2pm - Fresh cut Christmas Trees available from Coy's  
12pm to 5pm - Tree Lighting Ceremony at 5:30pm

**braggcreekca.com**

all activities are free of charge and subject to change without notice



## REDWOOD MEADOWS EMERGENCY SERVICES

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

1. **Merry and Bright:** Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.
2. **Lights Out:** Always turn off holiday lights when you leave the house unattended or when going to bed.
3. **O Christmas Tree:** If you have a freshly cut tree, keep it watered and away from open candles. If you buy an artificial tree, make sure it's labeled "fire resistant." Fire-resistant trees are less susceptible to catching fire.
4. **Work as a team:** When stringing lights and decorations above your normal reach, be sure to use a proper ladder with someone supporting the base.
5. **The Great Outdoors:** When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain

gutters. Use insulated tape or plastic clips instead of metal nails or tacks to hold them in place.

6. **Don't burn wrapping paper in the fireplace:** Paper burns very hot, which can ignite a fire in any residue in your chimney or the chase. Instead, recycle (or better yet, reuse!) your wrapping paper. And, have your chimney professionally cleaned prior to use.
7. **Secure candles:** Keep candles on a sturdy base to prevent tipping. Never leave a lit candle unattended.
8. **Sound the Alarm:** Test your smoke alarms monthly to make sure they work, and be sure to install smoke and carbon monoxide (CO) alarms on every level of your home -- especially near sleeping areas.
9. **Clean the Clutter:** Don't store combustible materials near your tree, furnace or block furnace vents. Think of your friendly local firefighters when you're decorating near front doors and ensure there is ample room for us to move in/out of your front entrance, without bumping into Frosty the Snowman!

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

*Until next month, stay safe & happy holidays!*



## LITTLE SCHOOLHOUSE

The Little Schoolhouse is buzzing with Christmas excitement! Each of our classes are preparing for Christmas with lots of fun stories, songs, rhymes, artwork and card making! Our preschool and kindergarten classes are looking forward to a pyjama party and hosting a Christmas concert this month. We can't get enough of all the Holiday fun! From all of us at The Little Schoolhouse we wish you this season safety,, happiness and health.

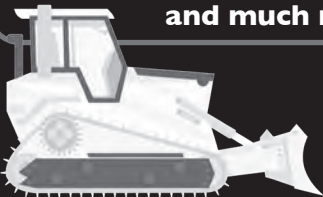
Please check out more information regarding our preschool and kindergarten programs on our webpage at [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)

*Ms. Shelley*



*Wishing you a Merry Christmas  
& Happy New Year!!*

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All of us at The Powderhorn Saloon would like to wish our amazing customers a very Merry Christmas & Happy New Year!

On December 31st The Powderhorn will be hosting another New York New Year. Special menu (to be announced), reservations required for NYE menu, full bar menu available and festivities at 10pm which gives our customers time to get home to bring in the Alberta New Year at home.

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## Lighting up the darkest time of year

It may be dark, but it can be beautiful at this time of year. We're privileged that we can enjoy the night sky in a way not many people around the world can. In November we've had some incredibly bright moonlit nights, and some of us will even have seen the full lunar eclipse (though I confess I wasn't one that stayed up to watch the

whole spectacle). Even on the darkest nights though, if the sky's clear, we have a good chance of seeing the Milky Way on a regular basis. It can take your breath away.

Alberta has some fantastic dark sky preserves, like at Jasper, where stargazing is spectacular. Unfortunately, though, the global expansion of population and development means dark skies are shrinking. Lighting that's necessary for us to get around at night and see where we're going has encroached more and more into areas where it isn't needed – this is light pollution.

Light pollution has an effect all year round, all over the world, interfering with ecosystems and the rhythms of our wild neighbours. Plants, corals, insects, birds, bats, amphibians and mammals large and small all rely on circadian rhythms prompted by light levels. Light pollution disrupts things like food source reliability and can have a knock-on effect on behaviour. Some species are going extinct because of it.

Locally, we have the Dark Sky Country area around the U of C Rothney Observatory and the Cross Conservation Area. The dark skies there allow both astronomical observations and – importantly - the unimpeded functioning of local wildlife. If you follow this link, you'll find a video with more information about how and why it was set up, and suggestions for how to set up dark-sky-friendly lighting. [science.ucalgary.ca/rothney-observatory/community/dark-sky-country](https://science.ucalgary.ca/rothney-observatory/community/dark-sky-country)

For us (humans), this darkest time of year is also the season of celebrations: the winter solstice has always been a time for festivities to mark the turning of the year and the return of the light. Putting up Christmas lights and so forth is a big part of what many people do at this time of year. It's pretty and fun, it's cheerful and welcoming.

Sadly, it can also present danger for wildlife. There are stories every year about Christmas lights tangled in antlers and animals being sedated to remove them. In the worst cases, elk and deer may be trailing strings of lights that then catch on vegetation or rocks and strangle them.

Advice from such sources as Parks Canada and the Town of Banff suggest the following things we can do to help with both the issues of light pollution and danger to wildlife:

- Wait until December to put up lights when the rutting season is over.
- Put lights on a timer so that they go off for most of the night – leaving wildlife with some periods of darkness.
- Make sure outdoor lights are at least 10 feet/3 metres off the ground, or that they're "secured tightly" – to avoid animals becoming entangled.

[www.darksksociety.org/](http://www.darksksociety.org/)  
[www.darksky.org/](http://www.darksky.org/)

Please keep reporting wildlife sightings to Bragg Creek Wild – your response up to now has been fantastic. Thank you. Wishing you a happy and healthy festive season from all at Bragg Creek Wild! See you in the New Year!







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

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## REMEMBRANCE DAY CEREMONY IN BRAGG CREEK 2022

A big thank you to all the participants of the Bragg Creek Remembrance Day Ceremony 2022. Being a small community and achieving such a great turn-out is inspiring and encouraging – it gives us Veterans the feeling of appreciation, honor, and pride to be part of this charming community.

It is a special delight to have the Right Honorable Mr. and Mrs. Harper in our midst and actively participating in Bragg's ceremony. Thank you, Sir, Thank you, Ma'am.

No ceremony could take place without the volunteers that drive the event behind the scenes. Some of us are working, coordinating, and organizing weeks prior to November 11. Without the volunteers – mentioned below, it simply would not have happened!

A sincere and grateful thank-you – to the following persons (in no order) - for their dedication, time investments, effort, engagement, and support:

- Pastor David Zimmerman from the Bragg Creek Community Church - who is always-always-always-always a part of it;
- Nigel Radwell for distributing, collecting and re-filling the Poppy-boxes in the community as needed;
- Country singer - Dick Koetsier - who's live performances elevate the ceremony to a higher level;
- Michele and "her" Auxiliary Ladies for putting together yummy-tasting snacks and hosting the reception following the ceremony (year-after-year-after-year-after-year!);
- The Bragg Creek Community Center and the ever so helpful and supportive staff (Kim, Lilly, Amanda and Lynn) – and then there is Adrian Turner who raises and lowers the flags in the wee-hours of the day, who's "Don't worry mate – I've got this" - approach is 2nd-to-none;
- Wendy Feagan who helped organize and co-ordinate so much behind the scenes – Veterans-Food Bank – snow clearing, blankets and so much more;
- Theresa Radwell for so elegantly presenting in "Flanders Field";
- Grizzly-Adam - also known as ZZ-Top-Adam – who shows up with his tractor and snow-clearing equipment and made the snow disappear around the Cenotaph in lightening-speed!;
- Thank you to the local businesses for supporting the Poppy-fund by "selling" the Poppies and allowing your venue to be used to generate funds for the Legion and therefor for Veterans.

On behalf of the Bragg Creek Veterans - Thank y'all so much.

We are looking forward to welcoming everyone back for the Remembrance Day Ceremony in 2023.

*Be safe – be good!*

*Lest We Forget!*

*M-J. (Mark) Nussbaumer - CD*

*Sgt (ret)*

## HARDER & SONS

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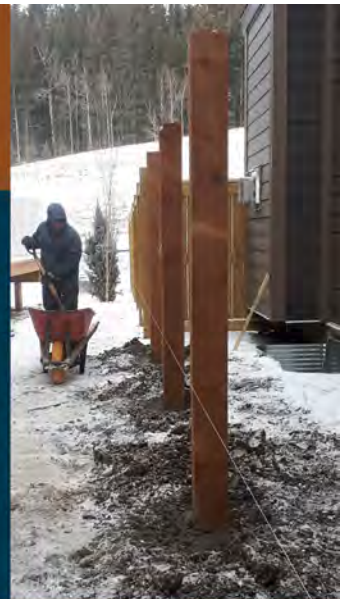
- The structural landscaping is completed before the growing seasons starts
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- Wood doesn't have the same swelling and shrinking common in the spring

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## BRAGG CREEK CHURCH

What are you guys doing for Christmas? It's kind of an interesting question because for the most part, we do the exact same things we did the year before. We get excited about lights, tinsel, trees, extra sweets, crazy sweaters, delicious feasts, skiing, sledding, sitting by the fire, Christmas TV specials etc. These are things we romanticize heading into the Christmas season. We seem to forget crowds, jammed parking lots, obligatory work parties, massive meal prep (and clean up), crazy Uncles and drunk Aunts (remember if you can't identify one of those in your family, it probably means YOU are that Aunt or Uncle.)

Of course, over the past few years, conversations have gotten a bit more "delicate" around dinner tables or company Christmas parties, to the point where it doesn't always feel like a season of peace. We also recognize that Christmas ends up being a difficult time for a lot of people. Sometimes it's a reminder of family loss or it illuminates financial difficulties or stretches already tight schedules to the point of breaking.

The first Christmas wasn't all glitter and lights, either. There were oppressive rulers, poverty, long journeys, exile, etc. In fact, there were many circumstances and events during that time that were awful rather than being awe-filled. That's part of the reason we turn our heads and hearts to charity this time of year. Yes, gift giving is a reflection of both the wisemen's gifts given, and a celebration of God's gift to us in Jesus. But we also look more intently to help the wanderer, the refugee, the impoverished and the marginalized, because they are all represented in the Christmas story. Take some extra time and re-read the accounts of the birth of Jesus in the Gospels and notice who the story involves.

So what are you guys doing for Christmas? Maybe we should make this Christmas special by taking to heart a possibly-familiar verse: "Do justice, love mercy and walk humbly before your God." Sometimes we focus on wanting to "get justice" rather than "just us" doing the right thing, right now. There is always space for large charitable campaigns doing great work, etc., but how about starting with justice in your backyard, at the dinner table? Love mercy, be quick to forgive, quick to be generous... even to those you might consider enemies. What a Christmas gift!! Walk humbly: in a world of self-focus and self-promotion it's a refreshing gift to be "other-facing". Can I also say it's really good for your soul as well? Maybe this is what we can do for Christmas this year. I hope you have a truly awe-filled Christmas.



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## A TASTE OF THE HIGH COUNTRY

Celebrating the Holidays With Rani's Homemade East Indian Food

Rich, fragrant, sumptuous and sophisticated! East Indian cuisine is the ultimate winter comfort food, pleasing all the senses and keeping you warm, as would a gentle fire in the fireplace. A perfect food on a cold winter day or Christmas eve.

Many in Bragg Creek have already discovered Rani Mandhar's authentic, homemade Punjabi East Indian food. She makes each dish, even her samosas dough, from scratch, in small batches, as she would for her family. It can be said that her well-sourced spices are the soul of her recipes, exuding aromatics that fill any cuisine with anticipation of what is for supper.

Rani and her husband, Rav, serendipitously discovered Bragg Creek after a long and tiring road trip. Travelling on holiday from British Columbia, they took a wrong turn and ended up in Wintergreen, where they found "home." That was in 2006. Rani's culinary journey however began long before that.

Her passion for food started as a child in India. Her parents, who lived in England, sent their seven-year-old daughter to live with her uncle and aunt in Northern India to learn about her culture. For seven years, and until she turned fourteen, Rani discovered the local cuisine of her village. Like all the other children, she would roam the streets learning from mothers cooking outside and who, it seems, were feeding every passing kid. Back home her mother

taught Rani many more cooking techniques convinced her daughter's skills and talents would serve her well for the rest of her life. She was right.

In 2016, settled in Bragg Creek, Rani felt it was time to share her passion with the local community. She did this by taking part in the first Taste of Bragg Creek. Set up in the Creeker Liquor store, she shared samples of her curry with all who walked in, noting the tasters' reactions and ideas. Shortly after Rani's Rasoi was born.

Today Rani offers a full menu of homemade dishes influenced by her home village's - somewhat heavier and more intense in flavours. She caters and sells frozen food directly to customers or through one of the few selected local businesses (Bragg Creek Food, The Heart's Cafe, Mabels and Marie's bakery and Black Diamond, Country Food Mart). She also has a quarterly event - Curringio! - an "All-You-Can-Eat" buffet (\$29.99/person) at the Powderhorn Saloon. Finally, Rani also sells at the occasional craft sale.

She was first invited to sell at the 2018's Kananaskis Redwood Meadow Christmas Craft event. Rani was not convinced it would work. After all, what does East Indian food have in common with Christmas handicraft? She quickly found her answer, selling out on the first day of the event. In 2019, even though she doubled her quantities, she sold out again before the end of the event.

Rani's commitment to home-quality food means that she carefully plans the growth of her business, deliberately keeping it small and choosing quality over quantity. To learn more about Rani's Rasoi, and to order food, visit [www.ranisrasoi.ca](http://www.ranisrasoi.ca)

## Pairing East Indian Cuisine

Pairing rich, often creamy, intense, and complex food, with either sweet, mild or hot spices is tricky. The diversity of flavours and textures means one can quickly go down wine pairing rabbit holes. Still, here's a couple tips that will give you a start.

The wine must stand up to the intense flavours and heat of the dish. This is best done with aromatic, off-dry (meaning with a hint of sweetness) white wines that are lower in alcohol (i.e. 7 to 12% abv). Alsatian or German Kabinett wines made with Gewurztraminer or Riesling grapes work well. Austrian Gruner Veltliner is also an exciting choice, as is off-dry unoaked Viognier from warmer climates such as in Australia or California. Limit the use of red wine to those that are light to medium body and are fruit-forward such as it may be with Zinfandel, Pinot Noir, Gamay or Garnacha. But, the Goldilocks of wine pairing is a fresh, zesty, fruity Prosecco or an IPA (Indian Pale Ale beer); both are hard to beat. However, confronted with an especially spicy hot dish, I will inevitably beeline for that tall glass of ice water.

*Happy Holidays!*

*Renée Delorme*

*Drink less, drink better*



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## Invitation to food artisans, growers, producers and restaurateurs:

Do you produce, make or serve quality local food that best exemplifies our terroir? Interested in being profiled? Please email Renée at [mail@tastingpleasures.ca](mailto:mail@tastingpleasures.ca)



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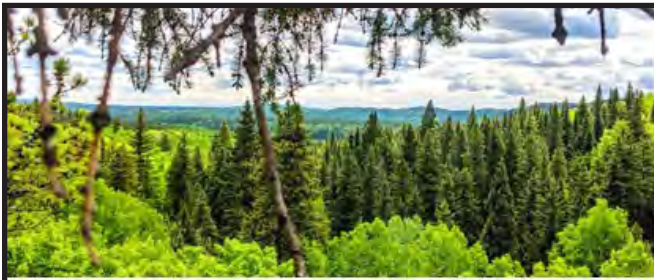
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## Do You Commit 3 Crimes a Day?

In June of 2011, a popular book came out with the title insinuating that the average person commits three felonies a day. It was written by Harvey Silverglate a Boston lawyer. In full disclosure, I have not read the book. I have, however, done some research regarding this topic.

The book involves the United States and lawyers – need I say more? (Before all you lawyers out there get too up in arms, I had designs on becoming a lawyer once upon a time, but alas once I'd received my undergraduate degree, I was tired of school and out of funds. I have however taken something like half a dozen university law classes in Canada and the US.)

The complete title of the book is *Three Felonies a Day: How the Feds Target the Innocent*. From the description on Amazon "In *Three Felonies a Day*, Harvey A. Silverglate reveals how federal criminal laws have become dangerously disconnected from the English common law tradition and how prosecutors can pin arguable federal crimes on any one of us, for even the most seemingly innocuous behavior." This implies that if "they" want to get you they can.

If one takes longer timelines into account, and if the 3 felonies per day were true, that would equate to 21 felonies/week, 90/month and over a thousand per year. Nobody would be walking the streets!

That, however, is the United States, the most incarcerated nation in the world with a rate of 639 incarcerations per 100,000. Here in Canada, we rank number 143rd with 104 incarcerations per 100,000 (according to Wikipedia). The World Atlas website lists Canada at 88 incarcerations per 100,000. Alberta comes in at 112 above the national average but five provinces or territories have higher numbers.

The topic of the book is "Felonies". It does not pertain to driving around with a broken tail light which will get you a ticket, but not a criminal record. Traffic violations, strictly interpreted, are a whole other matter and I suspect three traffic violations per day is a "maybe" for some people (most people?). From the comments of people who have read the book, which 3 crimes, or categories of crimes, people supposedly commit, Silverglate never identified them. It wasn't the book's purpose.

Felonies/Canadian Criminal Code violations are serious offenses not misdemeanors. From the Government of Canada website, "The Criminal Code is a federal law that includes definitions of most of the criminal offences that the Parliament of Canada has enacted. The Criminal Code includes a wide range of crimes, such as murder, assault, theft and fraud. There are other federal laws that also

contain criminal law but do not form part of the Criminal Code, such as the Firearms Act, the Controlled Drugs and Substances Act, and the Youth Criminal Justice Act." Rural property crime can fall under the Canadian Criminal Code.

What exactly is in the Criminal Code? "The Criminal Code

- Defines the conduct that constitutes criminal offences;
- Includes rules that set out how people can be guilty of crimes if they help or encourage others to commit crimes, and rules for how corporations and other organizations can be found guilty of crimes;
- Sets out defences that a person can raise if they are charged;
- Establishes the kind and degree of punishment that may be imposed on someone convicted of an offence; and
- Describes the powers and procedures to be followed for investigation and prosecution of an offence."

More from the Government of Canada website: "Criminal law exists to help maintain public safety, security, peace and order in society. In Canada, the responsibility for criminal justice is shared between the federal government and the provincial and territorial governments.

Canada's constitution gives the federal Parliament the power to make criminal laws and as a result, criminal law applies across the country.

The provinces and territories are primarily responsible for enforcing the criminal law. This includes investigating and prosecuting most offences, and providing services and assistance to victims of crime."

Given the above, it is highly unlikely you, as an average citizen in Canada, are committing three felonies/crimes a day. As far as traffic violations go, well...

*Dave Schroeder*  
HCRCWA Board Member

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## MILLARVILLE 4H CLUB

The Millarville Stockland 4-H Club is back for another year! We had our first meeting of the year on October 12th 2022 at the Millarville Racetrack Hall. We have 7 Senior Members, 4 Intermediate members, 7 Junior members and 6 Cleavers Kids in our club this year. This year members will be participating in Beef, Sheep, Poultry and Goat Projects.

Our Beef members got their projects started on October 30th with Weigh In

of the Steers and Heifers. We want to say a Big THANK YOU to Black Diamond Land and Cattle Company for once again letting us use the scale and facility to weigh and tag our 4-H Beef Projects. Members also had an opportunity to learn to judge heifers; an excellent start to multi-judging for our 4-H members.

Did you know that the Millarville Stockland 4-H Club is over 70 years old?! The Club began in 1949 before 4-H was in Alberta. When 4-H clubs started in 1952 we officially started as a 4-H club. Stay tuned for more adventures from the Millarville-Stockland 4-H Club.

Submitted by Joseph Arkes, Club Reporter



Above: Some of our Members at Beef Weigh in and Heifer Multi Judging on October 30th 2022 held at Black Diamond Land and Cattle Company.

Across: The Heifers that we used for our multi-judging class.



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held at Ranchers Hall in Millarville on the second Tuesday of the month, September to May, at 7:00 p.m. Please do not use Google to try and locate Ranchers' Hall as it will direct you to Heritage Park. Millarville only has one main street so you cannot miss it; it is located beside the school.

Our December meeting will be our annual Christmas decor making workshop. The date and the project will be confirmed shortly. Check the Facebook site for further updates.

Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for families. If you are interested in becoming a member or simply attending any of our presentations, please contact Gail Dziuba at millarvillehorticulturalclub@gmail.com.

## COY'S CHRISTMAS TREES



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### **CANADIAN NAVIGABLE WATERS ACT**

Alberta Transportation and Economic Corridors hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans. Pursuant to paragraph 7(2) of the said Act, Alberta Transportation and Economic Corridors has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and under registry number 6572 or, under the NPP File Number 2012-600858, a description of the following work, its site and plans:

**Bridge rehab/widening on Hwy 22X over Fish Creek located in SW SEC 26 TWP 22 RGE 3 W5M, approximately one kilometre north of Priddis, AB Longitude -114.323470, Latitude 50.892200.**

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or, if you do not have access to the internet, by sending your comments directly to:

#### **Navigation Protection Program - Transport Canada**

344 Edmonton Street  
Winnipeg, MB R3C 0P6

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it. However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.



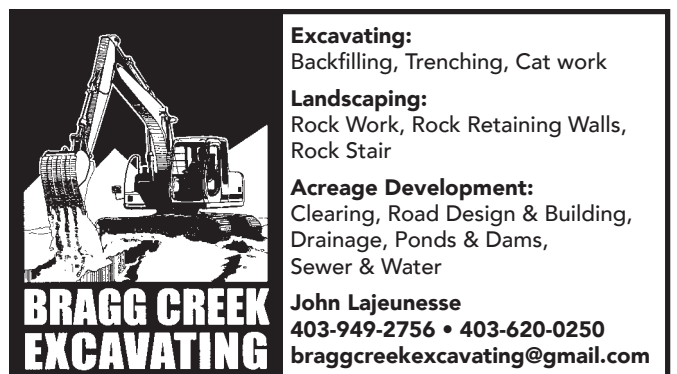
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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Foothills County Enforcement & Fire Complaint Chart: Please refer to this chart as a reminder about who to contact in response to various situations where you may wish to register a complaint or make an inquiry as to follow-up action. These three agencies are a phone call away – numbers are listed in the chart. Please contact Foothills County Protective Services (Peace Officers) regarding traffic, bylaw, and animal complaints. When it comes to urgent enforcement complaints, please call the local R.C.M.P., or in an emergency call 9-1-1. If you need to report a fire or burn complaint, please contact our Foothills Regional 9-1-1, for dispatch of the Foothills Fire Department and other agencies as needed.

The Community Aggregate Payment Program: Rural municipalities and the Alberta Sand & Gravel Association (ASGA) are working together through a program, enabled by a Provincial Regulation, to offset the multiple impacts which this industry has on the local municipalities. The ASGA represents over 125 member companies that produce over 80% of Alberta's processed aggregates. The Rural Municipalities of Alberta (RMA) represents 69 counties and M.D.s in coordinating with the ASGA and the Provincial government regarding the Community Aggregate Payment (CAP) Program. After discussions and

public processes, this program between cooperating industry and municipalities has evolved. Since negotiations are currently under way for updating the Community Aggregate Payment Levy (CAPL) Regulation, I thought I would share with you a bit of history on a matter of importance to Foothills County.

### CAP Program Background

- The Community Aggregate Payment (CAP) Program was enabled in 2005 and a Community Aggregate Payment Levy (CAPL) Regulation, under the Municipal Government Act, came into effect in 2006.
- The RMA and the ASGA were involved in its creation.
- CAPL is a tax on industry that impacts municipalities (effects on taxpayers, costs to taxpayers, municipal roads, landscapes, watersheds, etc.).
- The CAP Program and the CAPL Regulation are in effect through the
- Government of Alberta. The CAPL Regulation details the reporting of tonnage by aggregate producers and includes the maximum rate. The initial rate was \$0.25/tonne of aggregate extraction. In the 2016-2017 review, CAPL increased to \$0.40/tonne. The CAPL Regulation can be found here: [kings-printer.alberta.ca/documents/Regs/2005\\_263.pdf](https://kings-printer.alberta.ca/documents/Regs/2005_263.pdf)
- Not all municipalities use CAPL. If municipalities decide to go forward with this, a CAPL Bylaw is required and a rate is determined locally. Foothills County has a CAPL Bylaw.
- CAPL expires at the end of 2022. Discussions are going on now between RMA and ASGA. ASGA has requested changes. Municipalities want

CAPL funds to continue to support municipalities for offsetting the effects of the operations of this industry. The Alberta Government may extend the renewal date.

- Our County believes this levy has led to a lot more approvals because the industry then lessened its burden on municipal taxpayers by paying the tonnage fee to the local municipality.
- Effects of this industry include road damage, dust (air quality) from extraction-crushing-transport, noise, traffic, inconvenience, annoyance, sometimes 24/7 operations, potentially devaluing of neighbouring properties, environmental concerns, landscape alteration, etc. Reclamation is also a part of this industry process.
- Gravel is a non-renewable resource, and it must be managed well. The Province of Alberta approves the use of sand and gravel. Municipalities are involved because it is their jurisdiction to do a land-use change to re-zone properties for industrial natural resource use, through a public process. Municipalities also incur the damages and receive the complaints.
- The Province of Ontario also has a CAP Program.

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

**For Other News & Updates: Facebook:** [www.facebook.com/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)  
**Email:** [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)  
*Best wishes this Christmas Season!*  
Suzanne

### Foothills County Enforcement & Fire Complaint Chart

#### TRAFFIC, BYLAWS & ANIMAL CONTROL COMPLAINTS

Monday - Friday  
8:30am -4:30  
Call Foothills Patrol  
403-603-6300



#### NON-URGENT ENFORCEMENT COMPLAINTS

Evenings, Weekends &  
Holidays  
Call Foothills Patrol  
403-603-6300

Leave detailed messages &  
your call will be returned on  
the next business day

#### URGENT ENFORCEMENT COMPLAINTS

Evenings, Weekends &  
Holidays  
Call RCMP

RCMP Complaint Lines  
Okotoks: 403-938-4202  
High River: 403-652-2356  
Turner Valley: 403-933-4262

#### FIRS/BURN COMPLAINTS

At all times

Call  
9 1 1







## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

Winter is here and Christmas is coming!

#### Public Works

A big shoutout to our Foothills County Public Works! After a big snowfall, the County's Public Works staff plough through the night to try and get the roads cleared. They made upwards of three passes in a few days during the storm in November.

#### Snow Ploughing

One way we can help is to make sure the snow we plough off our internal roads does not get shoved across the County roads. That can cause problems for graders and for fellow travelers when it leaves a trail of snow for others who have to cross over. A good idea is to shove the snow in the ditch beside your entrance.

#### Council

Foothills County Council held its annual Organizational Day and elected the Reeve and Deputy Reeve and reviewed and assigned Boards and Committees. Congratulations to Reeve Delilah Miller and Deputy Reeve Rob Siewert on their respective appointments.

#### My Boards and Committees for 2022-2023:

- County Cemeteries (Blackie, Cayley, Pine Creek, Gladys Union, and Davisburg)
- 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
- Marigold Library Board
- Millarville Recreation Board
- Northwest Foothills Recreation Board
- Okotoks Public Library Board
- Turner Valley and Black Diamond/ Foothills County Intermunicipal Committee

- Village of Longview/ Foothills County Intermunicipal Committee

#### Foothills County - Proposed Fee Bylaw amendments.

The Council of Foothills County is considering amending Foothills County Fee Bylaw 73/2021, which establishes the fees, rates, and charges for a variety of municipal services.

On October 26th, 2022, Council granted first reading to Bylaw 58/2022 to amend Fee Bylaw 73/2021.

The proposed amendments are on the Foothills County website: [www.foothillscountyab.ca/node/871](http://www.foothillscountyab.ca/node/871)

Prior to considering second and third reading to Bylaw 58/2022, the Council of Foothills County will hold a Public Meeting tentatively scheduled for Wednesday December 14th, 2022. Details regarding the Public Meeting will be posted approximately 3 weeks prior to the Public Meeting.

Should you have any questions or would like to provide comments, please contact Samantha Payne at 403-652-2341 or [Samantha.Payne@FoothillsCountyAB.ca](mailto:Samantha.Payne@FoothillsCountyAB.ca)

#### Leighton Arts Centre Festive Foothills Art Sale

In Person: November 5 - December 21  
(Closed Mondays)

10:00 am - 4:00 pm

Online: November 10 - December 21

Discover over 100 talented artists and find truly unique gifts for your loved ones at this annual art sale (formerly 'Christmas In The Country'). Free parking and admission by donation. Spectacular Rocky Mountain views included!

For more information:  
[www.leightoncentre.org](http://www.leightoncentre.org)

#### Millarville Stockland 4-H Club - Good News!

Congratulations to Millarville Stockland 4-H Club member Maddie Watkins who recently won the Carol Eignar scholarship at the Farm Fair. This does not surprise me having watched her in Public Speaking since she was very young.

#### Millarville Directory

The next edition of the Millarville & District Telephone Directory will be available in the Spring of 2023. If you are new to the area, you can add your information to the directory. If you operate a business, is your chance to place an ad.

Remember 100% of the profits benefit the Millarville Community School.

Contact them at:  
[millarvilledirectory@gmail.com](mailto:millarvilledirectory@gmail.com)

The deadline is December 23, 2022.

Millarville Racing and Agricultural Society (MRAS)

#### Annual General Meeting Monday, December 5, 2022

7:00 p.m.

Open to members and welcoming new members. The MRAS is looking for new Board of Director members. Contact President Anna dePaoli for more information: [mraspresident@gmail.com](mailto:mraspresident@gmail.com)

Memberships have many benefits:

GENERAL members are entitled to reduced rental rates for facility rentals (including campground) & on advertising in our Track Watch publication; voting privileges at MRAS AGM; and admission to MRAS sponsored events and activities including Races, Fair, Chuckwagon & Chariots, Farmers' Market, and Christmas Market. This policy will be reviewed annually.

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#### Kids Only Shoppe

One of the many delightful comments at Kids Only Shoppe at the Millarville Christmas Market:

Enthusiastic little girl: I'm buying for all these people on this list, so I might as well buy one for me too.

I say: Good idea

We go to the cashier and pay. Then we go to the wrappers. She prints on the gift tag:

To: Me

From: Me

Giggles all the way out the door.

*Wishing each and everyone of you a very Merry Christmas with family, friends, and neighbours.*

Barb Castell

Phone: 403-931-3690

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## SHEEP RIVER LIBRARY

Have you ever thought about joining a book club? Perhaps you have wondered what the purpose of these groups is and if there is any benefit to joining. The Diamond Valley Book Club has been meeting at the library for over a decade on Tuesday afternoons. This group chooses a contemporary book two months in advance and all books are available through the library system. The Austentatious Book Club will be starting up again in January and this group chooses from the classics: Jane Austen, Charles Dickens, Charlotte Bronte and the like. All the members of these groups will tell you that there are many benefits to being part of a book club:

1. It creates reading accountability as you commit to reading the chosen book by the discussion deadline. If your group meets once a month, then you know you will read at least 12 books annually. If you find you like a particular author that was chosen by the group, you will read far more than the selected dozen.
2. You will delve deeper into the book than a quick read-through usually allows. Knowing that you will be discussing the material helps you slow down and actually digest what you are reading. It's amazing what little details you notice that otherwise you would skip over.
3. Want to keep your brain sharp and develop critical thinking? Book clubs are an effective way to do this. By working through and discussing the book together, many aspects of a topic can be uncovered. This helps to keep the brain active and having to recall incidents or passages from a book is a great way to keep the memory sharp.
4. People from different backgrounds and life experiences, see literature in different ways. So many different perspectives can be discovered in a book club discussion. This allows for you to see things in a new way that you would miss if you were reading by yourself.
5. After two plus years of pandemic isolation, socialization is something we are all craving, and a book club is a wonderful way to meet with others and make friends with other book lovers. Who wouldn't want a bunch of bibliophiles as besties?

6. Finally, book clubs foster a love of literature, whether the classics or contemporary. Many members of the classic book club at the library have expressed their appreciation of these older works of fiction and how much they have learned about history, the living conditions of the times, the lives of women and the plight of women authors, as well as the beautifully written prose and exquisite use of language. (Can you guess I'm a fan?)

If you are interested in joining either of our groups, please contact the library at 403-933-3278.

Congratulations are due to the winners of our annual Sheep River Ramblers photo contest. First prize goes to Sylvia Angelini for A Magical Early Morning Hike; second place to Minette Rafuse-Monette for Somewhere Between Heaven and Earth and third place to Sylvia again for "My Heavenly Place". The top 13 winning photos will be featured in the Sheep River Ramblers 2023 Wall Calendar.

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## LONGVIEW LIBRARY

You are invited to a Christmas Open House at the library on Wednesday, December 7th from 1-2:30 p.m. Come and celebrate the season with the Writers Group. Enjoy some poetry, treats and a beverage.

There is a movement afoot to form a book club in the library. Keep an eye on the Bulletin Board for more on this.

Story Walks have been disbanded for the winter months. Story Walks create family friendly literary outings and we look forward to having them again in the summer months

Random Screening Kits are available by searching Marigold Random Detector in the TRACPac. These kits are provided by the Alberta Lung Association and Health Canada. They test your home for orderless and toxic gas which can be trapped in your house.

Some holiday readings are Just like Magic by Sarah Hogle and Snowed In For Xmas by Sarah Morgan.

Happy Holidays, Sylvia Binkley  
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## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well, we sure received a dump of snow in November, and went from 25 degrees in October to minus 30 with the wind chill within a few weeks. It's funny how we acclimatize to winter, as when it got to be below zero we all said we were freezing and then the next time it got to be about minus 5 we all said how beautiful the weather was. In any case it will be what it will be and let's enjoy the nice days when we can.

Diamond Valley's Light Up is scheduled for Saturday, December 3 and let's hope the weather is not too cold for this annual treat. There will be photos with Santa, lighting of the Christmas tree, Live Nativity at the Gospel Church, firepits, and late-night shopping. Businesses are encouraged to stay open late and many have great sales and raffles also. Light-Up runs from 5-9 in Black Diamond. Full details at town. [blackdiamond.ab.ca](http://blackdiamond.ab.ca).

Since Black Diamond gets Light-Up, Turner Valley gets New Year's Eve! Dress the family warm for this free celebration held on December 31 from 5-8 and head on down to the Flare and Derrick, the ice rink, and Millenium Park for all kinds of winter fun. Festivities include hay wagon rides, outdoor ice skating (helmets please, but no sticks or pucks), face painting, musical entertainment, a family dance, and fireworks! At last check, Turner Valley is working hard to partner with another organization so that they can extend the evening until midnight, so check the Town's website for updates. Volunteers are always needed and appreciated for New Year's Eve, please give the Town a call if you can help out.

Our own local High Country SPCA's Christmas Market is one you don't want to miss. I went last year and was pleasantly amazed by all the vendors, raffles, baking, hamburgers and hotdogs, coffee, hot chocolate and muffins, and beautiful gifts they had to offer, and this year's promises to be just as awesome. This is a major fundraiser for the SPCA, and they do tiresome work in our community for strays and other pets who need their help. The Market will be held in the Flare and Derrick in Turner Valley on December 3 from 9-4, watch for signs.

Another great local Christmas Market will be held at the United Church in Turner Valley on Saturday, December 10 from 10-4. This Christmas Bazaar will feature crafts, baking, new-to-you tables, and local vendors. The United Church is home to the Oilfields Food Bank and the beautiful Church's congregation does so much for the less fortunate in our community, so come check this one out! The Church is located at 125 Royal Avenue across from the school's field.

The United Church is also home to Jacket Racket, which is an annual event they hold to provide warm winter clothing to those in need. Come to the Church Tuesdays and Thursdays from 1-3 to pick up these items or donate some. They are always in need of winter boots, and also coats and jackets, mitts and gloves, hats and scarves, and snow pants, for all ages. These items must be gently used and clean please! So make some room in your coat closet while helping out a great cause.

Okotoks will be hosting their annual Kids Christmas Market in old Towne Okotoks on Dec. 7-8 and again on Dec. 14-15. Kids can shop their Christmas lists here from 4-8. The Market is located at 8 McRae Street in the Main Street Market. And Spruce Meadows will be holding their Market on the weekend of Dec. 2-4, more info can be found at [sprucemeadows.com](http://sprucemeadows.com).

The annual Santa Shuffle is scheduled for December 10 at Eau Claire Market in Calgary. This is a fun fundraiser for the Salvation Army, one of my favorite charities, and they partner with The Running Room for a fun walk/run, of course, dressed in your best Santa costume. The event is full of fun surprises and cool prizes. All ages are welcome, to sign up and for more information, visit [santashuffle.ca](http://santashuffle.ca).

The 10th annual Avenue of Trees takes place at the Best Western in Okotoks, where there will be beautifully decorated Christmas trees of all designs, and you can place a bid on these trees. Proceeds will go towards the Sheep River Health Trust, which helps with equipment and programs for our rural health care system. It's free to get in and look at the trees, and you can place your bid until Dec. 14. Santa will be on hand to take a picture with also, for more information, visit [sheepriverhealthtrust.com](http://sheepriverhealthtrust.com).

Every year over 100,000 children from Southern Alberta and across Canada rely on the specialized medical care provided by the doctors and nurses at the Alberta

Children's Hospital. Give the gift of hope this season by dropping off a new unwrapped toy by early December, there is a box in the AG Foods in Black Diamond, or Western Financial in Turner Valley.

Other great and reliable charities this year to donate toys, food, cash, gift cards for gas and food, are: Baby It's Cold Outside (403-660-3648), The Salvation Army (403-336-4387), Seniors Secret Service (403-257-8339), Magic of Christmas Foothills (403-921-0588), and Rowan House Society (403-336-9046). If you are sincerely in need of a Christmas Hamper, please contact either Turner Valley's or Black Diamond's FCSS, through the Towns offices.

I hope these ideas get you in the mood for Christmas, and hopefully you can do most of your shopping at these local Markets for truly unique gifts, or make a gift of a donation in honor of someone you love.

One last note is that our Organics bins will be picked up every two weeks during the winter season, as we don't have any yard waste at this time of year. However they do accept food waste, which I think is so nice not to just throw those items in the garbage bins. I always hate to throw away food, especially meat as that comes from an animal, but if you can't eat all the leftovers, you can set them in compostable bags in your green bins and they will go towards composting into the earth, rather than rotting in the landfill. Black Diamond's dates for December's Organics bins are the 14th and 28th, and Turner Valley's are the 7th and 21st. Remember also you can leave your Christmas tree out by your bins after the season is over, the Towns will pick them up in January, chip them up, and use for mulch along pathways and trees in our parks.

*I wish you and yours a very pleasant Foothills Christmas and a Happy New Year!*  
Elaine Wansleebe







## SQUARE BUTTE COMMUNITY

By the time this article is read, December will be upon us and many of us will be scrambling with Christmas preparations and holiday gatherings! The Square Butte Community Association has had a busy few months with many community-focused events and are in the midst of planning a New Year's Eve Party – the first one we will host in many years!

Purchase tickets at [www.squarebuttehall.com/dance-tickets](http://www.squarebuttehall.com/dance-tickets) (\$25 for members, \$30 for non-members) before they sell out and be guaranteed a fun evening with friends and neighbours to ring in 2023... 8pm to 1am, 10:30 pm lunch, door prizes, cash bar, DJ music for dancing and midnight toast!!

Our New Year will also welcome new Board Members to our Association and we thank those that volunteer to help make our lil' Community Hall a gathering place and focal point for celebrations, fundraising, family focused events, and rental opportunities. It is through our Community focused approach that our Hall becomes a 2nd home for many and a welcoming place to visit with friends and neighbours, both young and old.

Every year brings change and new opportunities for everyone. There have been decades of work and commitment that have built, maintained, promoted, preserved and celebrated our special Community. Mary Ann Watson is one such individual who has given her time and historical knowledge to help make our Community thrive! Her family has long, strong ties to this place we call home and Mary Ann has always been focused and committed to celebrating and preserving what "community" means to many of us!

Mary Ann, her brother David, and parents Norma and Tom Wildman, moved to the Square Butte area in 1947. Her brother David first attended the Square Butte school until it closed, and later both Mary Ann and David attended Sheep Creek School. Traveling to school in those early days often involved some eventful rides on horseback but by the time Sheep Creek School opened, there were buses to take the children back and forth. Mary Ann recalls (through her musings in "Foothills Echos") that she often got into trouble at school for too much talking and giggling – a trait many of us enjoy to this day!

Childhood memories for her focused on this community, its happenings and the beauty of our area, all while working hard to build their ranch. When Mary Ann's father passed away, she, her mother Norma, and her brother David, continued working and running the family ranch. For a time, Mary Ann moved away and lived in the Sangudo area with her husband Earl Watson and they both pursued a variety of successful business opportunities. They later returned back to our Community and she still currently lives on part of the property that her mother Norma and step father Alex Lyall owned. Mary Ann's mother Norma was a long time member of the Square Butte Ladies Group and Mary Ann continues to be an integral part of this group to this day.

Our Board will be left without Mary Ann's invaluable contributions as she re-focuses her attentions on her many other pursuits – she certainly is a busy lady! Thank you so much Mary Ann!

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## BOW RIVER BASIN COUNCIL

### Wading into water concerns in the Bow Basin

If you've ever seen someone in hip waders shuffling their boots and swirling a net through shallow river waters, chances are you've seen biomonitoring in action. Simply put, biomonitoring is looking at life in rivers and streams to better understand their health. With increasing land use

pressures in Alberta's front ranges, the need for biomonitoring is on the rise.

At a recent Biomonitoring in the Bow workshop hosted in Calgary by the Bow River Basin Council (BRBC) and Living Lakes Canada, the potential threats to local watersheds and opportunities to deepen watershed knowledge were explored.

The BRBC is a multi-stakeholder charitable organization working toward promoting balanced solutions for a healthy watershed. The Science Committee is one of five volunteer committees working toward this goal and this event was the second in a series of Community/Citizen Science

Workshops planned by the BRBC Science Committee volunteers.

As commented by Wendell Koning, Science Committee Co-Chair, "Our main goals were to provide a forum for the community to reconnect with one another and to allow for practical questions to be answered about biomonitoring... we were really pleased with the outcome of the workshop."

Watersheds throughout the Rocky Mountains' eastern slopes face a myriad of potential negative impacts as a result of various land uses. Originating from mountain glaciers, water travels through diverse landscapes. This includes municipalities, agricultural lands, recreational areas, and resource exploratory and extractive activities. Since every person living in these watersheds depends on clean water, land use pressures must be monitored utilizing the best practices grounded in science. This is where biomonitoring comes into the picture.

Through the collection and identification of aquatic macroinvertebrates — small bugs without a backbone living in water — biomonitoring can tell us how healthy the waterway is. Biomonitoring can detect declining water quality. It can alert us to the presence of invasive species and detrimental pathogens such as whirling disease that has infected some trout and whitefish populations in Alberta

Co-host Living Lakes Canada is an award-winning water stewardship NGO based in the B.C. Columbia Basin. Alongside the Oldman Watershed Council, Living Lakes is a founding member of the Eastern Slopes Collaborative, which is working to develop a community-based water monitoring network for the region and support local water monitors.

"It was wonderful to co-host this event with BRBC and see so many enthusiastic water stewards and volunteers," said Rhia MacKenzie, Biomonitoring Program Coordinator with Living Lakes Canada. "Moving forward, we're excited to keep strengthening and working together with our partners to protect Alberta's waterways."

The key to successful biomonitoring is collaboration between organizations and with local communities. Collaboration facilitates sharing of expertise and resources, and helps to educate and empower citizens to care for the freshwater they rely on. The Biomonitoring in the



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Bow workshop is “a great example of the kind of successes the organization has when the community comes together to collaborate,” said Mike Murray, BRBC Executive Director.

Workshop presenters included Environment and Climate Change Canada, the Oldman Watershed Council, Ghost Watershed Alliance Society, Elbow River Watershed Partnership and the University of Calgary. A special thank you also goes out to the City of Calgary for providing the space for this event in the City of Calgary Water Centre.

For more information or to get involved with either of the organizations, please visit [www.brbc.ab.ca](http://www.brbc.ab.ca) and [www.livinglakescanada.ca](http://www.livinglakescanada.ca).

Nicole Trigg, Communications Director  
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Photo Captions

Participants pose with their kick-nets during a biomonitoring training led by Living Lakes Canada in Canmore with the Ghost Watershed Alliance Society. LLC Photo



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## ADHD AND EATING DISORDERS

### What is the link?

This is an area where we have seen a lot of new data lately. The connection between ADHD and eating disorders is not difficult to understand. Just because you have ADHD does not guarantee that you will develop disturbed eating behaviours.

However, it is easy to see how ADHD puts someone at a disadvantage given the difficulty with impulse control which is the central underlying attribute.

### Eating disorder or disordered eating?

One study focused on overeating and eating disorders (Quinn & Nadeau, 2015). It found that women with ADHD tend to eat a lot of carbohydrates and they eat for stimulation. It seems that there is not a high incidence of anorexia nervosa or active bulimia (overeating and purging), but they did report a high incidence of binge eating and compulsive overeating.

Many women described a pattern of 'comfort food', sweets and starchy snacks in the evening not only as a means of reward, but also for self calming or self-medication.

Those with ADHD tend to overeat for many reasons i.e. when they are bored, overwhelmed, feeling that they are out of control or stressed. They also have lack of

impulse control or impulsivity. Once they start eating, they can't stop. Many times they have a lack of awareness of how much or why they are eating. They seem to go on auto-pilot. Mindful eating won't make you thin, but it can be a self-regulating tool to help pay attention to your eating cues.

### ADHD and weight issues

Weight management can be difficult and more so for those with ADHD. It is harder to lose weight and to sustain dietary and lifestyle changes for longer than a few weeks. It appears there is a sub-population of people with disordered eating who can't maintain weight loss because their ADHD behaviors do not allow them to stay with a dietary plan for very long.

The implication is for the ADHD to be successfully treated so their weight reduction program may be successful.

### How can it be overlooked?

ADHD and eating disorders share several key characteristics. These are impulsivity, low self-esteem and depression. In the past, most of the research focused on males and children, instead of young adults and all adults with ADHD. Another study found that adolescent girls with ADHD: Combined Presentation, showed more eating pathology. It is the symptom of impulsivity that seems to be related to ADHD and eating disorders. Other factors included peer rejection and strained parent-child relationships (Hinshaw et al. 2008). There is more variability in how it shows up in adults i.e. lifestyle choices, eating as a coping mechanism, using food in the context of addiction, etc.

### What treatment helps?

There needs to be a multi-factorial approach to treat co-existing ADHD and eating disorders. The stimulants used to treat ADHD by themselves decrease the urge to binge. The symptom of binge eating may result from impulsivity, therefore decreasing the impulsivity in bulimia after the use of ADHD medication can potentially decrease bingeing and purging.

Secondary, the appetite suppression is noted. Effectively treated individuals will more likely sustain healthy eating habits.

### Sources:

Dukarm, C. (2015). *Pieces of the Puzzle: The Link Between Eating Disorders and ADD*. Washington DC: Advantage Books.  
Hinshaw, S.P. et al (2008). *Eating pathology among adolescent girls with ADHD*. *Journal of Abnormal Psychology*, Feb; 117(1):225-235.  
Roché Herbst, M. A. R. Psych.

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## SAC MOBILE LAW

### "MAKE A WILL MONTH"

#### A Comprehensive Estate Plan

Did you know that November was "Make a Will Month"? This is something that has been created given that over 50% of people do either not have a Will or an up-to-date Will. This serves as a reminder to those who do not have current Wills. Do you?

But a Will alone does not provide you a comprehensive estate plan. Consider these other documents.

#### Enduring Power of Attorney

A Power of Attorney names someone to make financial/property decisions for you if you cannot. However, the Attorney must consult with you before making any decisions and attempt to determine what you wish them to do. If they cannot determine that, they must do what they think you would have done, and if they do not know that, decide what would be best

for you. An Attorney must understand that this is their role, and they must continually consult the person for whom they act. This is commonly misunderstood.

#### Personal Directive

An Agent under a Personal Directive makes decisions about personal care matters, when you are not able to do that yourself. Again, the Agent must always consult the person who named them their Agent, in the same way as an Attorney must. They must keep records for each decision they make during the time they act and for 2 years afterwards. The Agent must carefully assess before making any decision, whether the person who named them as Agent is capable of making the decision in question themselves.

#### Plan of Care

It can also be helpful to complete with your doctor, a Plan of Care which sets out your choice of medical aid under certain circumstances. This is then placed along with your Personal Directive in a green folder on top of your refrigerator to assist emergency personnel.

#### Supported Decision-making Authorization

The Supported Decision-making Authorization is not commonly known. While an Agent under your Personal Directive only acts if you are not competent to make personal decisions, this person or persons, assist you in making personal care decisions while you are still competent. It allows these persons to access information about the decision to be made and assist you by discussing it with you. For example, if you need to make a decision about treatment options, this person can obtain information from your doctor which they may not otherwise be able to access. It allows them to explain to you something you may not yourself understand as they can access that information.

#### Assistance for Your Executor

Be sure to maintain a current list of your assets, in a place about which your executor knows. Also list any special wishes you have. Make sure you discuss this role with your executor and make their job easier.

Making a comprehensive estate plan is a lot of work, but keep in mind, that the more you set out ahead of time, the less stress and unhappiness you will create for your loved ones in the future.

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## MORTGAGE MATTERS

### Mortgage borrowing tips for homebuyers

November was Financial Literacy Month in Canada. To help celebrate this occasion our colleagues at the Financial Consumer Agency of Canada (FCAC) have provided you with some helpful tips on how you can find your financial balance.

Most Canadians have some form of debt. Not all debt is bad — for example, taking out a mortgage to buy a home can be a good investment. Borrowing wisely will help you keep your budget in balance. Here are some things to keep in mind.

Shop around for a mortgage

Shopping around is key when getting a new credit product such as a mortgage. Different lenders will have different interest rates and conditions. Take some time to compare the different options available such as variable and fixed interest rates, and open and closed mortgages. Make sure

you're getting the best mortgage product for your needs.

Try the Financial Consumer Agency of Canada's Mortgage Qualifier Tool to help you determine whether or not you can qualify for a mortgage based on income and expenses. The tool offers unbiased, trustworthy information. We also offer several different calculators to support you at every stage of your home buying journey.

If you already have a mortgage and are having trouble making your payments, don't hesitate to contact your financial advisor to evaluate the different options available to help you.

Think carefully about getting a HELOC

A home equity line of credit, often referred to as a HELOC, is a form of credit that relies on using your home as a guarantee that you'll pay back the money you borrow. Unlike a loan, a HELOC lets you borrow money, pay it back and borrow it again up to a maximum credit limit.

It can seem like using the equity in your home is a quick and easy way to pay for larger expenses. While you may benefit in the short term, it's also important to consider the longer-term risks. Large amounts of available credit can make it

easier to over-spend and carry debt for a long time. You may also have to pay back your HELOC in full if you want to switch lenders when renewing your mortgage.

If you decide a HELOC is right for you, make sure you understand all the terms and conditions of your product before signing on the dotted line. Take time to review and compare your options and ask potential lenders to clarify anything you don't understand.

Ask yourself these questions:

Consider the following before you borrow:

- Do you need the money now or could the expense wait until you've saved for it?
- Do the monthly payments fit into your budget?
- Will you still be able to afford the payments if interest rates change?
- What happens if you miss a payment?

You can find more practical tips and tools to help you borrow wisely at [canada.ca/financial-literacymonth](http://canada.ca/financial-literacymonth).

*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.

*Thank you for your business!  
All the best, Candace*

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## OUT OF THE RUT

### Chapter 148

As I finalize, I remember it'll be December. I have to say, it's been a great year. Lush. Thanks everyone who's been a part of it in any way. I appreciate the great and magical good fortune that showers upon my life here. Bless y'all & Merry Merries!

... back to my musings, out of the rut...

Reposed in body-sculpted bed-come-couch-lounge-living-platform-cushioned-haven, limned in sunlight, I take a deep, satisfying draught of tea. I recently reinvested in black tea to complement my red Rooibos obsession. It's become a revisiting of traditions, dwelling in the rapture of a robust morning cuppa. I don't think rapture is too strong a word. Occasionally I lose myself in the experience; first in intimacy of scent, flavour, heat. Sensation of china cup beneath skin, feel of a delicate rim against one's lips. Soft caress of steam and subtle visceral expectation, followed by a burst of delight as flavours dash against the back of the tongue (where it all happens) and on into the myriad adventures of the digestive tract.

It's a love song, this hail fellow, well met! greeting. Coming home to something so deeply ingrained in my psyche and physical past, conjures myriad memory mountains flooding me. The simple act of brewing and drinking a cup of tea from the northern Indian lowlands, it's as warming as the sunshine streaming through windows illuminating hands and heart.

A good, strong cup of 'English' tea reminds me initially of two things: Sitting at the long pine table in our kitchen in the south of England, my hands wrapped around a mug of steaming tea, a trail of goat 'raisins' around the kitchen that blended pretty well with the floor's random texture and pattern. Somewhere there would have been a black dog, orange cat, white goats, a bunch of rodents and serpents, a multitude of feathered fiends, definitely not friends. I painted warning signs about our bantam cockerel who used to lurk in the hedge and leap out in pursuit of unsuspecting passers-by.

Another cuppa in a thick mug in a red brick tack-room. A tiny place edging

someone's vast estate in the southern shires. 3 or 4 horses, a regular mid-morning break between turning out, mucking out and whatever else I got up to there. My morning breaks were a strong cup of tea and a few Hobnobs. Graham the gardener would switch to heavy shorts on March 1st regardless of the weather. Robust knees that man possessed.

Earlier, on a sweep around the house at floor level - it's often preferable to safely slide rather than risk inattention or fatigue on single-legged escapades - allowing fingertips to rest against a door corner, sensing a draught seeping between door and frame, a small chunk of weather stripping having disintegrated and not yet replaced.

In the wee hours, the moon's brilliant smile beams, illuminating sleeplessness, memories: Rainy day games indoors in out-of-the-way places. White-washed stone cottages clutching hillsides of remote Scottish islands. Our blue-striped, shallow draughted, puffin-sailed dinghy, Scottish Loch adventures. Rain pattering a tiny blue tent small enough to now be considered a child's toy. I'm not sure how a family of four camped in the Scottish Highlands in such a thing. Often we didn't. After a solid week of desolate grey rain, our Scottish sojourn would be abandoned for the delights of home, near the rainiest place in the whole of the UK. What a choice.

Our holidays were full of board games like Draughts, named from old English dragan to drag/draw/pull. Anciently known as Alquerque. Archaeological fragments and images carved into temple walls, show play across the Middle East, Mediterranean basin, India and Ancient Egypt. We continue the trail of history...

Is it the tea or is it the sudden draught across my neck? I'm on a carriage seat looking over dark rumps of gleaming

draught horses. A millisecond, another taste-bud fires, I am listening to my deranged friend's exploits at university, where at the end of a famous bar crawl my hilarious chum attempted a yard of ale, a notoriously tricky draught.

An entertaining phenomenon, to be teetotal in a university of nine bars with 4,500 students. I spent many an entertaining evening on the other side of the bar, watching a progressively more inebriated crowd sway, listening and singing with my comical chum on the piano. He could take any popular song and play it instantly, not only play it, but also funk it up while creating hysterically funny alternative lyrics on the fly.

Silly Frank, our barman, had a party trick of laying an unopened Newcastle Brown Ale on its side, neck protruding past the edge of the bar. Squeezing the tips of his thumbs against the top neck/cap of the bottle, he'd lift it, horizontal. I don't think I ever saw anyone else master it. Silly Frank was immortalized as Judge in an Alice In Wonderland mural I created. The summer I drafted that huge image, revelling in creativity, youth, freedom... days covered in paint, supping cups of tea, playing with my dog, hanging out with Bolton Wanderers FC on campus for summer training. Good times.

In the murky no-man's-land of Canadian English, amalgamation and assimilation is everywhere... interchangeable spellings and meanings of words. In English English, the spelling draft had a specific meaning from draught. It's happening right now, under our noses... time passes, changes, continues, words morph and slip sideways into new subtleties or fall out of use. How many different draughts are there above?

*With curiosity, Kat Dancer  
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## TREASURE FOR THE HEART by Andrea Kidd

"Mary treasured up all these things and pondered them in her heart."<sup>1</sup>

What was she treasuring? What was she pondering after the coarse, bumbling shepherds had left the stable? She lay down and nursed her infant, holding his little fingers in her hand.

Was she pondering the rustling and whispered voices at the stable door that night? In the dead of the night, before the roosters would break the quiet, Joseph had been concerned. He had opened the door to a group of rough-looking shepherds. They were breathless from running; respectful and gentle in demeanor; eager to see the baby. They were smelly and not very clean, but then, the stable was smelly, too. They gazed in awe, knelt and bowed their heads. Were they praying? Were they worshipping? How surprised she and Joseph had been! How did these visitors know she had given birth? How did those

shepherds find out about Jesus, and how did they find their way to this stable? They said an angel told them; and they said her baby was "Lord" and he would save people. That was something to treasure and ponder.

Cousin Elizabeth had said the same thing. Mary had gone to visit her while she was pregnant and Elizabeth had called her "the mother of my Lord"<sup>2</sup>. Elizabeth, unlike some people, was delighted she was pregnant.

And Joseph! How she treasured him right now, calm and firm, by her side, encouraging and protective. She remembered how, at first, he had been horrified and hurt that she was pregnant. And then, how his mind had changed completely. He, too, had been told by an angel that the baby within her was their Lord. "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit."<sup>3</sup>

It was the same message she had received all those months ago, at home with her parents before she had talked with Joseph. "You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High."<sup>4</sup>

Astonishing events! So much consolidation! Different people, having no contact with each other, all receiving the same message!

As she lay in the hay, with baby Jesus in the crook of her arm, she could not imagine the future, his first few steps, playing with the other boys, his manhood. She just treasured what she did know.

This baby I have born is my "Lord"? I have conceived him by the Holy Spirit, and not by Joseph or any other man. He is God's Son. He is both my son and my Lord.

Two thousand years later we ponder these events and know Jesus has the power of a Lord in our inmost being. His power breaks the grip of guilt and sets our spirits free.

<sup>1</sup> Luke 2:19 NIV

<sup>2</sup> Luke 1:43

<sup>3</sup> Matthew 1:20b

<sup>4</sup> Luke 1:31,32a



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## ROCKY VIEW COUNTY

### NOTICE OF COMPLETION Municipal Public Works

#### Bragg Creek Flood Mitigation Project

In compliance with Section 534 of the *Municipal Government Act* RSA 2000, c M-26 (the "MGA"), Rocky View County hereby gives notice that the Bragg Creek Flood Mitigation Project (the "Project" was completed as of October 31, 2022.

This Notice of Completion has been sent to all landowners whose land abuts the Project area. Pursuant to Section 534 of the *MGA*, if not already compensated, an owner of land that abuts a public work may make a claim for compensation for "injurious affection" due to the existence of the public work. Claims must be received by the County within 60 days of this publication and must state the amount claimed and the particulars of the claim. Claims must be filed in writing and send by registered mail to:

Rocky View County  
Section 534 Claims  
262075 Rocky View Point  
Rocky View County  
T4A 0X2  
Att: Rafeal Odie, Capital and Engineering Services

**This notice is required under Section 534 of the *MGA* and is NOT an admission of liability on the part of the County.**

Dated at Rocky View County  
November 24, 2022

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## DECK THE HALLS WITH BOUGHS OF SPRUCE By: Laura Griffin

Tis the season to appreciate the lovey green giants that speckle the winter landscape giving it some much needed colour, the mighty spruce tree. Now many of you may not genuinely appreciate the lyrics of "Oh Christmas Tree" but by the time this article is done hopefully you're left with something to sing about.

If you find an evergreen tree that you think is a white spruce, you will notice the needles are attached singly on the branch. They are also four sided (it will roll in your fingers, but not smoothly). Their silhouettes are like arrow tips making them easy to draw and one of the reasons why it is such a popular choice for a Christmas tree. In addition, it has a very aromatic smell, particularly when a needle is broken. These needles are slender and coated in a waxy substance which is key to its ability

to 'stay bravely green in Winter-time' as it prevents loss of water from the needles.

The white spruce is a bounty of gifts. 'How lovely are thy branches' particularly in winter for the wildlife. Due to the shape of its boughs and needles the accumulation of snow under a spruce tree is only half that of a deciduous tree during a storm. This means animals can use less energy as they pass through the groves underneath; no one wants to navigate through giant drifts of snow when food is scarce. All the snow being caught in the spruce branches provides insulation as well, so winter birds can hide close to the trunk to find warmth and shelter from cold winds. The spruce cones, full of seeds for energy are flaky and pull apart easily for squirrels providing quick meals, unlike the hardened pinecones.

Maybe you're unwilling to huddle underneath a spruce tree to experience how comforting it can be on a winter's day. No worries, the spruce tree is one of the top ten medicinal plants of Canada. Perhaps a warm cup of tea from its needles is more your style, full of vitamin C and

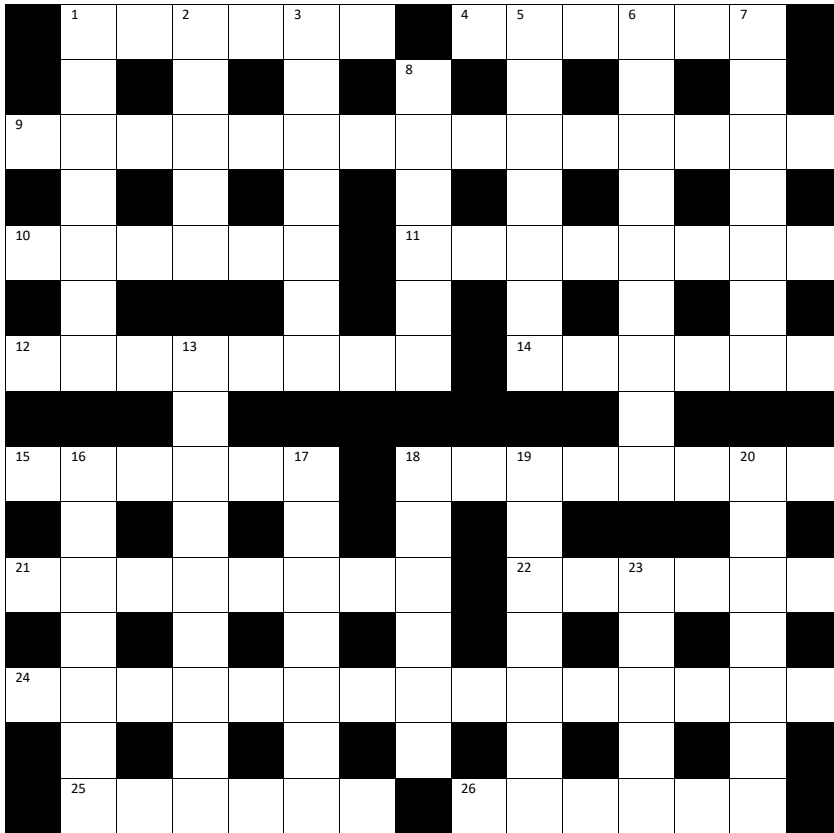
antioxidants. Or chew on some spruce gum to get rid of your coughs and sore throats. When using any plants for medicinal purposes make sure you consult those who currently use the plant so they can warn you of side effects (like drinking too much spruce tea can have laxative effects).

If you are still unconvinced that spruce trees are something to be celebrated, just remember as you read this that your house is mostly likely already spruced up. Spruce is one of the most common lumber choices for framing, construction, even sounding boards in instruments because it resonates so well. So, gather close to the ones you hold dear and raise a glass to the spruce this holiday season to say thanks for the memories between your walls, on your back decks, and through decked halls. Thank you spruce for giving warmth to wildlife and us through winter storms and in our hearts as you stay evergreen reminding us of the beauty of life throughout the year.

*"Downy woodpecker taking shelter in spruce tree." Photo credit to Jackie Sills*







### Across.

1. In the first place, cougars are northern animals discovered all over this country. (6)
4. Characters seated improperly become tranquil. (6)
9. He, from the east, with two blokes, haphazardly followed this navigational aid. (4,2,9)
10. Office lover surrounds ancient city. (6)
11. Agreement is found through tatt, according to Spooner. (4,4)
12. Brayed repeatedly for sandwich ingredient. (8)
14. Over-sensitive person finds it within to shout "ouch" yesterday. (6)
15. Mix together arsenic, iodine, titanium and sulfur in the existing circumstances. (2,2,2)
18. Quiet fortune in finally removing someone from danger. (8)
21. I follow crazy purse or a great lake. (8)
22. Country where thick oily substance is located, so it is said. (6)
24. Cora! Grasp Tin Tin wildly while wasting time. (15)
25. Small department located in front of empty Headquarters has great insights. (6)
26. Windy N. A. Mountain hides an extremely energetic person. (6)

### Down:

1. Lemon flavour found in city surrounding half of Russia. (7)
2. Courage to never falter. (5)
3. Extremely difficult and obtuse, spread over a wide area. (7)
5. Sex hat worn round University can drain resources. (7)
6. A large vehicle going around the west, east and south is amazed. (9)
7. She lay around the end of the settee to bat this at me. (7)
8. Liquefied, I receive fifty with Edward. (6)
13. Flatter lavishly about average grade might produce yellow flower. (9)
16. Crew is around about multiplying by itself. (7)
17. Turn a church onto Popeye's favourite vegetable. (7)
18. In texting you are surrounded by compassion and piety. (6)
19. A change at the top of the agency gets you, right away. (7)
20. Limitless knock and zero chance I can perform the task. (2,3,2)
23. Additional former girlfriend returns painting. (5)

Cryptic Crossword #19 By Jan Burney

# KIDS ZONE

Spinach 18. Purity 19. Urgency 20. No can do 23. Extra  
7. Eyclash 8. Melted 13. Buttercup 16. Squared 17.  
Down:  
Depths 26. Dynamo  
Plucking 21. Superior 22. Greece 24. Procrastinating 25.  
11. True That 12. Ryebread 14. Touchy 15. As it is 18.  
1. Canada 4. Sedate 9. Star of Bethlehem 10. Bureau  
Across:  
Answers

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Have your parent or guardian submit your completed project (have an adult look it over first!) to [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca) and you may see your project in print!

We will include your first name and age if you include that information

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## ANN & SANDY CROSS CONSERVATION AREA

### What does it mean to leave a legacy?

Every so often you have the privilege of meeting someone who truly leaves an impact, through the people they meet and the impression they leave with their character. This could be said for many of our volunteers over the years, who have given not only their time, but have demonstrated a special care in what they do that we should all aspire to.

In my time, which represents just a sliver in the pie of our decades long history, I have been fortunate to get to know Barry and Joyce Connatty. There is family, and the extension of that being those people who

make you feel like family with their care and kindness. Barry and Joyce embody this completely.

With Joyce's recent passing, this sentiment has only grown stronger. She was more than a volunteer, but our friend, a valuable part of what we are. As the year comes to a close, we're reflecting on the legacy that she and others have left behind.

We are all a part of that legacy. Let's continue to protect what matters.

Please consider a donation to ensure that the Ann & Sandy Cross Conservation Area continues to be a valuable wildlife refuge, a carefully preserved haven to learn, heal, grow, and reflect in nature. By special arrangement with the Calgary Foundation, all donations made from now until the end of the year will be placed in our endowment and be matched dollar for dollar by the Calgary Foundation.

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# CLASSIFIEDS

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your ads (typed, please) by the 15th of the month OR visit highcountrynews.ca

## SERVICES OFFERED

**MAXWELL SEPTIC:** Engineered solutions for new installations & repairs. Ph 403-874-7035  
Servicing Bragg Creek & Area

**HIGHWEST ELECTRIC:** Residential or commercial projects, large or small, free estimates. Friendly master electrician, insured, licensed, certified, bonded. Competitive rates for quality electrical work. Service panel upgrades, sub panels, new home wiring, renovations, aluminum rewiring, hot tubs. Phone: 403-998-4517

**JIMMY J's TOWING**  
PRIDDIS. Cash for scrap vehicles. Farm & acreage clean-ups. 403-891-3994

**Babysitter Available** Contact: Sharonhanson786@gmail.com Price: \$20 (negotiable)  
More information: Hello I am a mom of 3 children and have them all in school. I am available to care in my home from Monday to Friday from 3-8pm for anyone that needs a bit of help for the kids after school. I can be available in the evenings should you need a date night with your spouse. I am located in the Lott Creek area and have a valid drivers license and police check available.

## HELP WANTED

**Baby Sitter Needed.** Contact: Anne Wagner  
Price: \$22.00 More Information: Hello! We are looking for an enthusiastic and caring part time caregiver for Mondays-Tuesdays- Wednesdays from 3Pm to 7pm. Our daughter is 8 years old.  
For more information regarding the position email: annewagner607@gmail.com

## WANTED

**LOOKING FOR AXES OR AXE HEADS.**  
Contact: Deon Phone: 403-852-6711 More Information: Hello I am looking for older axes or axe heads to refinish. Also older tools that can be salvaged to be used again. I can also refinish and return if you would like to keep them. Thanks for your time and my phone number is 403.852.6711.

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

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

**WANTED, BASS GUITARIST, LOCAL TO BLACK DIAMOND, TURNER VALLEY, OKOTOKS, LONGVIEW.** I have several opportunities to host Round Table jam sessions at local establishments. The priority is Sunday afternoons. I am a singer / guitarist fully capable of hosting the functions but looking to team up with a bass guitarist. You can expect the music genre to be older country / folk as these tend to be the types that show up. You will need to be able to follow

and/or pickup quickly on the tunes that are presented. Please contact Nathan at 406 933-7160, leave a message. I will get back to you.

**WANTED FIREARMS.** Contact: Al  
Phone: 306-641-4447 More Information: I'm a licences buyer paying cash for unwanted firearms in any condition, ammunition and accessories in Okotoks, Black Diamond, Calgary and surrounding Area, registered or not.

**FREE ACCOMMODATION IN EXCHANGE FOR WORK.** Responsible person wanted to occupy a very nice 2 bedroom 900 square foot Cabin available near corner of Hwy's 549 and 762, in exchange for 60 hours per month of work and share of utilities (gas, electric, internet, telephone, septic). Cabin has 2 bedrooms, kitchen, bathroom with shower and living area but no laundry. Work would include house checking, snow clearing/removal, gardening, check on animals, general maintenance etc. Prefer someone with rural/farm experience able to operate tractor/skid steer. Ideal for single person or young couple or recent retiree. References required. Contact: Allen Hagerman at Allen.millarville@gmail.com or 403-540 0763

**WANTED: PLEXIGLASS FOR BARN WINDOWS.** (2' x 20' opening, 1/9" - 1/4" thick  
**LARGE SIZE CHEST FREEZER** - good working  
**FARM GATES** - (4) - 6 ft. **CATTLE PASTURE** for 20-25 cow/calf pairs for Spring/Summer & Fall 2023 & years beyond. Responsible Farmer willing to repair fences & manage pasture sustainably. **HOME WINDOWS** - Double pained, opening, sizes flexible.  
Phone: 403-931-2201

**COUNTRY LANE QUILTERS GUILD** meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

## FOR SALE

**FREE FIREWOOD:** Seasoned. - or Donation to the Red Cross Ukrainian fund - 403-931-2201

**BLUE METAL BUNK BED.** Great condition. Double on bottom and single on top. Bragg Creek area. 403-949-4041

**ELDERLY MOWER NEEDS WORK** but 42-inch blade and chains for 20x10.00-8 tires with 2x20kg weights have handled snow well. This can be yours for \$300. Duane - millarviller@gmail.com

**FOUR FIRESTONE R225 60R 16 97T WINTER TIRES FOR SALE.** Only used one season. First \$400 takes them all. Call 403-949-2276 for directions. Ask for John.

**CUSTOM WILLOW CREEK HIGH ROPER SADDLE** 16" seat semi quarter horse tree. Used only for trail riding, good for a horse with a higher wither, very good condition \$2300 including breast collar 403 931 4261

**TOY POODLE CROSS CHIHUAHUA PUPPIES.** 2males, 1female. First shots, very healthy. Looking for new homes. text/call, 403-768-1978

**MEN'S SIZE 3XL "XPRT" HEAVY DUTY BLACK LEATHER,** Kevlar reinforced, armored Motorcycle jacket with removable "Thinsulate" lining and front, side and back vents. \$100. **WOMEN'S SIZE L "XPRT" HEAVY DUTY BLACK LEATHER** armored Motorcycle jacket with removable "Thinsulate" lining and front, side and back vents. \$100. **WOMEN'S SIZE S ADJUSTABLE HARLEY DAVIDSON BLACK LEATHER CHAPS** with side pockets \$100. Call: 403 606 3030

**VINTAGE ROYAL DOULTON BUNNYKINS FINE BONE CHINA** 4 piece set; 2 plates, 1 bowl and 1 two handle mug- Excellent condition-\$60.00, Swissmar Eiger Eight Person Raclette Cast Iron Party Grill- Model #: KF-77071. Only used once- Excellent condition- \$60.00; Iron firepit grill grate- rusty but in good condition- 27 in. diameter - \$20.00. Pics available upon request. Contact: jscheel@shaw.ca

**STORAGE SHELVING.** Bolted heavy duty steel 6 shelf storage rack, 36W x 12D x 72H \$85.00 **FILE CABINET** All steel 3 drawer lockable lateral file cabinet, 36W x 18D x 40H \$110.00 **MICROWAVE** Kenmore 0.8 cu ft 800W microwave. Good working condition. Outside dim 20w x 16d x 11h. \$20.00 **PATIO TABLE:** Beige color metal framed patio table with tempered glass top, rounded corners, 72 in x 42 in. with 2 chairs and cushions. \$60. **BIRD CAGE:** 14W x 16D x 24H suitable for budgie to cockatiel with 2 door wheeled microwave cart used as a stand and storage. Photo available. Send request to cwmcnabb@telusplanet.net for more info. Price: \$65.00. **CHIMINEA:** Black cast iron Chiminea, 15" circular fire bowl, overall chimney height 42". Comes with 17 curved firepit bricks. Price: \$45.00. Send request to cwmcnabb@telusplanet.net. **Delivery Warren 403 949 3452**

**FOR SALE: STRAW - SMALL SQUARES** of Barley Straw, not desiccated, 35 lbs. \$4.00/bale - pick up. Min. Delivery of 20, price based on mileage. **DIESEL SLIP TANK** - 100 gallons - \$250. **FANNING MILL** - Works, with multiple screen. Cleans multiple grains - \$100. **FARM FUEL TANKS** - On pedestals, Diesel 300 gal. - \$300/ Gas 100 gal. - \$100. **USED HOCKEY EQUIPMENT:** Goalie gear: pads, gloves, stick, etc. - \$100. obo phone: 403-931-2201

**FIREWOOD,** Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403-333-8462.

**DE JAZZY SELECT 6 POWER WHEELCHAIR**  
Contact: Marilyn Phone: 403-949-4062  
Price: \$1,000.00. More Information: Price reduced! Very good condition electric wheelchair. Includes removable rehab seat and backrest for extra comfort, really comfortable seat is in top condition - no tears or holes. Battery is 18 months old and works perfectly and chair is 3 years old and only used indoors. Includes charger. Easy to use joystick. Original owners. Great for indoor use. Paid \$6000.

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

Free and Commercial/ Business Classifies  
Send your ad to: classifieds@highcountrynews.ca or submit online via highcountrynews.ca/classifieds.  
Classified ads not accepted by phone  
\$20 for a maximum...

# BUSINESS DIRECTORY

**LIST YOUR BUSINESS**  
**ONLY \$9.50 PER MONTH - 403-949-3526**



## ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER SCULPTOR ..... 403.990.1266

## ADULT LIVING

MOUNTAINVIEWVILLAGE ..... 403.493.4993

## ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast ..... 403.949.3951

KRUGER'S GUEST HOUSE ACCOMMODATIONS ..... 403.949.3770

## ACCOUNTANTS & BOOKKEEPING

PRIDDIS BUSINESS CONNECTION INC ..... 403.680.8683

WILSON & PLUMER CHARTERED ACCOUNTANTS ..... 403.949.4947

## ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK, info@braggcreekvet.ca ..... 403.949.2650

## APPLIANCE REPAIR

Country Life Repairs, www.countryliferepairs.com ..... 780.871.4279

## ARBOUR CARE & TREE REMOVAL

BIG TWIG TREE EXPERTS, facebook.com/bigtwigtreeexperts ..... 403.401.3939

BORDERNORTH TREE SERVICES, micah@bournorth.com ..... 587.216.8372

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

TRUE NORTH TREE SERVICES INC., www.truenorthtrees.com ..... 403.690.1269

TREEWORX TREE CARE, www.treeworxpro.com ..... 403.554.2370

## AUTO SALES & SERVICE

KAT AUTOMOTIVE, www.katautomotive.ca ..... 403.850.1043

## BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS ..... 403.466.2204

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS ..... 403.816.3802 / 403.246.1482

## CARPET CLEANING

BASCO CHEMDRY, bascochemdry@gmail.com ..... 587.317.6096

## CHILDCARE

BRAGG CREEK OUT OF SCHOOL CARE at Banded Peak School, I. Schiemann ..... 403.619.0136

## CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman ..... 403.949.2072

FOOTHILLS BIBLE FELLOWSHIP, Serving Diamond Valley ..... 403.608.7037

## CLOTHING & JEWELLRY

CRABAPPLE COTTAGE LADIES FASHION BOUTIQUE ..... 403.949.4264

## CONSTRUCTION, CONTRACTING & EXCAVATION

ALBERTAINDOORCOMFORT.COM, Independent Living Renovations ..... 403.230.2690

BRAGG CREEK EXCAVATING ..... 403.949.2756 / 403.620.0250

CENTURY ROCK MASONRY - DAVID ANDRUKO ..... 403.819.5303

COWBOY COUNTRY LOG HOMES Log Home Refinishing ..... 403.968.8842

DTC LTD. Painting & Decorating - Facebook.com/rollwiththechanges ..... 403.651.0254

HILMON HOMES LTD, Residential Carpentry and Renovations ..... 587.433.3161

LT EARTH SERVICES - Full Service Excavation ..... 403.478.0050

ON POINT PAINTING, facebook.com/onpointpainting20 ..... 587.888.4353

RENOVATE FOR GOOD, Stephen@RenovateForGood.com ..... 403.863.2085

TKMS GROUP, tkmsgroup.ca ..... 877.651.0398

TOOL TIME Handyman & Construction Services ..... 403.949.2349

WOOLRICH GROUP - woolrichgroup.com ..... 403.851.0076

## COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. .... 403.390.1815

BRAGG CREEK - ROCHE HERBST, R. PSYC. .... 403.510.9984

PRIDDIS - ERICA BERNARD, MSW, RSW ..... 403.874.0176

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

## DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com ..... 403.276.7918

## DENTAL CARE

BRAGG CREEK DENTAL CLINIC ..... 403.949.2288

## EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK ..... 403.949.3939

## ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca ..... 403.932.9289

BRIGHT EARTH ELECTRIC, office@brightearth.ca ..... 587.435.2244

CALGARY SOUND, calgarysound.com ..... 403.932.9289

CLEAR SKY ELECTRIC clearskyelectric@gmail.com ..... 587.225.4294

HIGHWEST ELECTRIC, cmkish1@gmail.com ..... 403.874.7035

## FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY ..... 403.949.3513

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES ..... 403.949.2599

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES ..... 403.949.3250

INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) ..... 403.949.3250

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL ..... 403.560.6016

## FIREWOOD

FIREWOOD TIM (PINE & BIRCH) ..... 403.333.8462

## FURNACE & DUCT CLEANING

ALBERTAINDOORCOMFORT.COM, Indoor Air Quality ..... 403.230.2690

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES ..... 403.888.2000

## HAIR & BEAUTY

ALLURING ELEMENTS HAIR STUDIO ..... 403.949.2168

## HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC ..... 403.949.3953

BRAGG CREEK HEALTH FOODS, Chinese Herbal Dispensary ..... 403.949.3581

BRAGG CREEK PHYSIOTHERAPY ..... 403.949.4008

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY ..... 403.829.1148

MASSAGE - SYLVIE LAPPA RMT ..... 403.828.5408

## HOUSE CLEANING

IMMACULATE ADVANTAGE, Naomi Nadeau, immaculateadvantage2018@gmail.com ..... 403.618.2605

LOCAL PROFESSIONAL CLEANING, cleaning@fastmail.fm ..... 403.619.9441

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920

## LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

MAISONSCAPES, www.maisonscapes.com ..... 403.971.6657

TKMS GROUP, tkmsgroup.ca ..... 877.651.0398

## LEGAL

LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248

MAVERICK LAW ..... 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca ..... 403.554.8535

## LIVESTOCK EQUIPMENT

Horse, Cattle, Sheep, Goat ..... www.jonesfarmssupplies.com / 403-873-6200

## MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca ..... 403.256.4925

## PAVING

LAMBERT BROS. PAVING ..... 403.287.3252

## PEST CONTROL

ABSOLUTE PEST CONTROL ..... 403.238.7400

## PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING ..... BRKon762@gmail.com ..... 403.949.2963

FUR PERSON DOG SERVICES, furspersondogservices.ca ..... 403.949.4147

MANY LEGS PET GROOMING & SUPPLIES, eason@telus.net, manylegsincc.com ..... 403.949.3555

## PLUMBING & HEATING

ALBERTAINDOORCOMFORT.COM, Plumbing, Heating, Air Conditioning ..... 403.230.2690

ALLANS PLUMBING AND HEATING ..... 403.888.5200

BRAGG CREEK PLUMBING & HEATING LTD. .... 403.931.0486

BRICO PLUMBING INC. .... 403.998.5580

## PROFESSIONAL SOUND

CALGARY SOUND, calgarysound.com ..... 403.932.9289

## REAL ESTATE & PROPERTY MANAGEMENT

ANGELA PRICE REALTOR® priceandcompany.ca, Calgary & Acreages ..... 403.923.3159

CANDACE HENDRICKSON, RE/MAX, Mountain View & Bragg Creek ..... 403.681.4391

DEBORAH CLARK, REALTOR® - C21 BAMBER REALTY, Bragg Creek, Elbow Valley ..... 403.835.3385

DIETER HENDRICKSON, RE/MAX Mountain View & Bragg Creek ..... 403.612.7849

ELENA STEPANENKO, Realtor/Property Mgmt, MaxWell Capital Realty ..... 403.560.5468

KATHLEEN BURK RE/MAX Realty Professionals, Cochrane/Bragg Creek/Redwood ..... 403.818.8049

MEGAN STUART Greater Calgary Real Estate ..... 403.978.9117

SHARON BAYER, REAL ESTATE PROFESSIONALS INC. .... 403.554.8978

SHERRI OLSEN, MAXWELL Capital Realty, Bragg Creek, Calgary, Acreages ..... 403.519.5998

STEVEN HILL, Sotheby's International Realty Canada ..... 403.863.6344

TATYANA BAKANOVA, REALTOR®, STAGER CSP™, GREATER PROPERTY GROUP ..... 1.877.837.0220

WILLIE PREBUSHESKY, REAL ESTATE PROFESSIONALS INC. .... 403.660.3767

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com ..... 403.252.5900

## RESTAURANT

BAVARIAN INN, Bragg Creek ..... 403.949.3632

CREEKERS BISTRO, Bragg Creek ..... 403.949.3361

POWDERHORN SALOON, Bragg Creek ..... 403.949.3946

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek ..... 403.949.2750

WATER'S EDGE PUB & Cafe, Priddis ..... www.watersedgepub.ca ..... 403.931.0155

## RETAIL

BRAGG CREEK TRADING POST ..... 403.949.3737

ENLIGHTENED HERB CANNABIS, Black Diamond, enlightenedherb.ca ..... 403.933.5323

MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147

## ROOFING & EXTERIORS

DAZA ROOFING dazaroofting.com ..... 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. .... 403.264.7844

GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhroofing.ca ..... 403.796.ROOF (7663)

MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

## SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES ..... 403.288.9500

A-EAGLE SEPTIC, eagle-7@telus.net ..... 403.650.9436

ACREAGE DEVELOPMENT SOLUTIONS LTD. .... 403.815.0004

BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com ..... 403.804.5551

LT EARTH SERVICES - Design and Installation ..... 403.478.0050

STEELHEAD VENTURES, svlgroup.ca ..... 587.318.2205

## TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

LT EARTH SERVICES - Full Service Trucking ..... 403.478.0050

ROSS TRUCKING ..... 403.651.9428

## TOWING

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

## UPHOLSTERING AND WINDOW COVERINGS

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## WATER HAULING

BIG DRIPPER WATER HAULING INC., svlgroup.ca ..... 587.318.2205

BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com ..... 403.804.5551

DIAMOND VALLEY WATER HAULING, www.dvwh.ca ..... 403.933.4438

## WATER WELLS

AQUA MULE Water Well Systems & Services ..... 403.931.2991

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## WELDING

Archer Custom Fabrication, www.archercustom.com ..... 403-463-3366.