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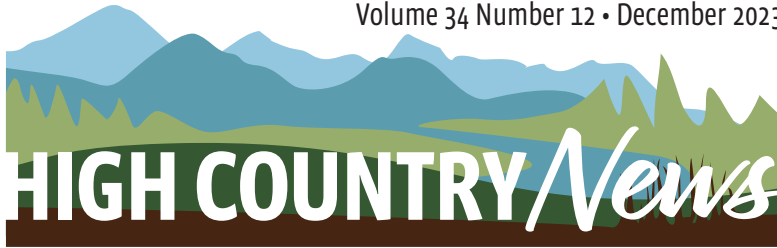
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Friday, December 15**

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## LETTER FROM THE EDITOR

Merry Christmas! Amidst this special, yet busy time of year, make sure you take the opportunity to enjoy some of the festive events taking place in our communities. As I have mentioned in previous years, my two youngest sons (who really aren't all that young anymore) love Christmas. We have an "After Remembrance Day" policy on Christmas decorating, so immediately after the local Remembrance Day service out came the decorations. (I now get to sort the storage room again). We had an extra strand of lights so my son decided it would be a "good idea" if we wrapped another tree. I found myself in a situation where I battled a decidedly rebellious tree branch. In the dark. Surviving the incident, Enmax can now capitalize on my son's love of Christmas and my wife can remind me that the lights don't "match". My son is planning on where we can add more lights to our home for next season. I answer with a non-committal "we'll see".

On a recent clear night, I took my boys outside to see what I told them were "God's" Christmas lights. I showed them

numerous constellations, tried to tell them some of their related stories, (thank goodness for apps), and showed them the visible planets as we watched for shooting stars. It was a special time. The evening could have been used for catching up on some emails, but an opportunity arose to take some time with a couple of boys that often get the left-over energy of their father.

The Christmas season can be a crowded and intense time. Numerous social activities, shopping, and meal preparations all create emotive pressures which cause us to lose perspective on what's truly important. Our "responsibility" list can be long, clouding our minds from seeing the opportunities for genuine relationship, or the ability to speak positively into the lives of the people you encounter.

The winter solstice needs the lights that these relationships bring us. It isn't just the physical darkness we face. It doesn't take long in reading the news to see the uncertainty of the days we are in. This uncertainty may not be fully eradicated, but we can take a friend, find light on a dark night of the soul, and enjoy the mutual warmth of their company

*From my family to yours,  
Lowell Harder*



## COVER ARTIST PROFILE

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.

*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.*



Veterans at Remembrance Day Ceremony in Bragg Creek. See event thank you on page 21.

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HIGH COUNTRY LIFE

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## MP UPDATE - FOOTHILLS

John Barlow

### Standing Up for Our Canadian Energy Sector.

Once again, this Liberal-NDP government's disdain toward Canada's energy sector has been made loud and clear. The Liberal's Just Transition, or Bill C-50, is a dangerous, government-mandated and direct threat to hundreds of thousands of Canadian jobs which support hard working Canadians families.

This careless Liberal-NDP government's "Just Transition" would shatter the prosperity, stability and economics of Canada, as well as our energy and agriculture sectors. Indeed, rather than being proud of the sustainability, innovation and skill sets we have developed here in Canada, the Liberal-NDP government is proud of the number of jobs it would be eliminating through this legislation.

According to the Liberal's own internal briefings, this legislation would kill 170,000 direct jobs, displace 450,000 direct and indirect jobs and cause large-scale disruptions to the manufacturing, agriculture, transportation, energy and construction sectors, impacting 2.7 million jobs.

On top of that, Bill C-50 is targeted and divisive.

There is no question it would disproportionately harm the economies and jobs primarily in B.C., Alberta, Saskatchewan, New Brunswick, and Newfoundland and Labrador. It is no coincidence that the energy sector is a large contributor to the GDP and the economics of these provinces. For Alberta's GDP, it is about 27.3%, and in Newfoundland and Labrador it is 36%. This would affect 187,000 jobs in Alberta and more than 13,000 workers in Newfoundland and Labrador.

The commissioner of Environment and Sustainable Development stated, "the government is not prepared to provide appropriate support to more than 50 communities and 170,000 workers" who would be impacted by this legislation. The government can talk about this being a just transition to new jobs, but the new jobs do not exist. The bill would impact 450,000 direct and indirect jobs, and maybe 2.7 million jobs across the other sectors, but the new jobs are a figment of Trudeau's imagination, to say this is a transition to future employment is simply false.

There is no doubt this will harm other industries. For example, this half-baked legislation from the NDP-Liberal government would not only increase the cost of living for Canadians and ignore our world-class energy and agriculture industries, but it would also cost 300,000 jobs in the agriculture sector. Food security and affordability are two of the top priorities. Therefore, rather than trying to find ways to address that by reducing taxes, reducing red tape and ensuring we have reliable supply chains to get our products to market, the Liberals have found another way to pile on additional red tape, regulations and burdens on one of our most important industries.

On a global scale, the Liberals will jeopardize Canada's ability to provide clean and ethical energy to countries that desperately need it. They undermine Canada's energy supply and potential self-sufficiency and security. Despite this Liberal-NDP disdain and disregard for Canada's energy sector, it remains a cornerstone of Canada's economy. Oil and gas alone accounted for \$116.8 billion in exports in 2021, 18.3 % of all Canadian exports. On top of that, oil, gas and electricity account for 10% of Canada's GDP and directly employs 188,000 Canadians.

If we were allowed to get our energy to market, we would actually reduce global emissions by 23%. That would be a success. Canada's oil and gas sector is about 0.3% of global emissions, and our record in agriculture is even more impressive.

At the end of the day, without a strong economy supported by Canada's key industries, being energy and agriculture, the means to make effective strides to protect the environment become increasingly elusive. Conservatives are the only party that will find common sense solutions to the problems facing Canadians, and we will be proud of our resource sectors and the men and women who make their living in those industries.



## SPRINGBANK HERITAGE CENTRE

Springbank Heritage Club  
December calendar....

### MONDAY

Pickle Ball....12:30-4:30.

Last day Dec 18, resumes Jan 8, 2024

### TUESDAY

Singing....10-12

Games.....1-4

All activities will close after Dec 13 and resume Jan. 10, 2024

### WEDNESDAY

Weights & Balance.....9:30-10:30.

Last day Wednesday Dec 06,

resumes Wednesday Jan 17

10 week session (\$65/ member, \$75/non member) MUST pay when registering  
CCC....1-4 (Craft, Coffee, Chat)

### FRIDAY

Weights & Balance.....9:30-10:30.

Last day Friday, Dec 15, resumes

Friday Jan 19

10 week session (\$65/member, \$75/non member) MUST pay when registering

NOTE: Happy Hoofers have retired their shoes till Spring

Jubilation Theater presents Beach Boys in February..if you're interested we'll take the bus.....more updates later

*Consider a membership \$50.00 per year – take advantage of everything the Centre has to offer! (must be 50 years young to qualify)*

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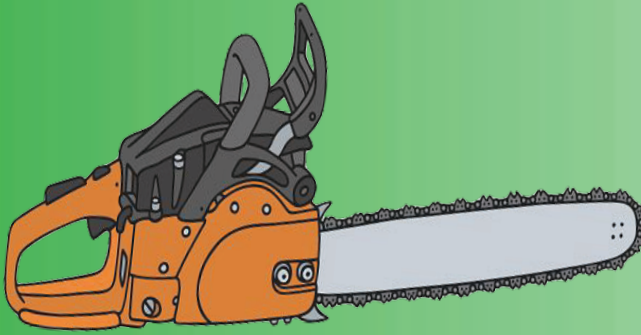
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## **SPRINGBANK CURLING**

### **SPRINGBANK FRIDAY MORNING 50+ MIXED CURLING**

Wow! 13 enthusiastic teams are enjoying the Friday Morning Mixed Curling. This is up from 10 teams last year. With 6 sheets of ice this means one team has a bye each week. However, spares are always needed, so those players usually have the opportunity to curl if they wish. Maybe we'll be looking at two draws in the future if the increasing interest in participation continues.

In the meantime, with winter holidays being so popular we always lose some curlers after Christmas. So, if you might be interested in joining us for the Winter Session, which runs January through March, please contact Brian Davies our Draw master at [briancapitalland@gmail.com](mailto:briancapitalland@gmail.com) or our president, Tim Presber at 403 827 2755 or [tpresber1@gmail.com](mailto:tpresber1@gmail.com)

All skill levels are welcome from rank beginners upwards. Introductory or refresher clinics are available at the start of each session.

*Contributed by Shirley Tajcnar*



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one key at a time."*





## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

#### Council Organizational Meeting –

On October 17th Council had its organizational meeting and the following boards and committees is what I have been assigned to:

- 1) Council - Deputy Reeve
- 2) Governance Committee - Chair
- 3) Subdivision Development Appeal Board (SDAB) - Chair
- 4) Enforcement Appeal Committee - Chair
- 5) Public Presentation Committee - Vice Chair
- 6) Recreational Governance Committee - Member
- 7) Agricultural Service Board/ALUS - Member
- 8) Calgary Metropolitan Regional Board - Member
- 9) Emergency Management Committee - Member
- 10) Spring Bank for all Seasons Board - Member
- 11) Town of Cochrane Intermunicipal Committee - Member
- 12) City of Calgary Intermunicipal Committee - Member
- 13) RVC/Airdrie/Calgary Trilateral Joint Planning Area 1 Committee - Member

#### Springbank Area Structure Plan

**(ASP)** – Administration has completed the engagement Summary report and is in the process of modifying the draft ASP to reflect the results. Community feedback was very constructive and helpful for administration on the What We Heard Report, so administration, at the Chair's discretion, has opted to defer the Springbank ASP report to the January 16th Governance Committee to ensure correct statistics and accurate representation. The Draft ASP was to be presented to the Governance Committee on November 21st however with the many changes and to ensure completeness of capturing the community feedback extra time was requested therefore the ASP will be presented in January to the Governance Committee. The website will be updated to reflect this.



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**Springbank Community Centre** - The County has launched a web page South Springbank Community Events Center | Your View ([rockyview.ca](http://rockyview.ca)) on the South Springbank Community facility project that will provides background, timelines and details on how the community can be further engaged in the development of the community centre and future phases. The community centre was identified as a priority due to the displaced renters from the old hall that was decommissioned. There will be a lot more opportunity for the community to be engaged in this project. We are just at the beginning stages and once we move forward with some site studies, we will have a clearer picture of timelines.

**Petro –Canada relocation proposal** – An Area Structure plan (ASP) and Land Use Redesignation application for the property located at 33019 Township Road 250 (subject property) has been presented to administration. The subject property is located at the southwest corner of Range Road 33 and Township Road 250. The proposed land use application will seek a land use redesignation of the subject property to redesignate the lands from the current Special, Public District (S-PUB) to the proposed Commercial, Highway District (C-HWY) to permit the future development of an integrated energy centre. The redesignation is being requested to allow for the potential relocation of Petro Canada's existing Jumping Pound integrated energy centre located at the northwest junction of Highway 22 and Highway 1. The potential relocation of Petro Canada's Jumping Pound facility is a result of potential planned improvements by Alberta's Ministry of Transportation and

Economic Corridors (ATEC) to the highway interchange at Highway 22 and Highway 1. Petro Canada intends to develop the subject property similar to what exists at the existing Highway 22 and Highway 1 location. These applications are currently within the initial review portion of the application, once the Planner assigned is satisfied the information provided is enough to circulate the files they will have the notices drafted and mailed out to area residents along with a sign being posted on the property to notify area residents of the proposal. Landowners within 1.6km of the subject parcel will be directly mailed a notice in accordance with Council Policy C-327 (Circulation and Notification Standards).

During the circulation the County will be seeking responses from applicable agencies and area residents on the proposal. These comments will then be redacted, where necessary, and shared with the applicant so they can determine how they would like to proceed with their application. Should the applicant wish to proceed to Council without major changes to their application the Planner assigned to the files will draft the Council report and prepare it for internal reviews prior to a Public Hearing date with Council being determined. Should the application proceed through this process a final Council meeting date will be determined and a Public Hearing notice will be sent to the residents within 1.6km of the subject parcel as well as notices posted on the County website.

If you would like to provide comments on the application, please send them to Bernice Leyeza at [BLeyeza@rockyview.ca](mailto:BLeyeza@rockyview.ca)

Don Kochan - Deputy Reeve - Division 2  
Councillor - [kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)



## MLA UPDATE - BANFF/KANANSKIS

### Sarah Elmeligi

When I first became your MLA, many people asked me if it felt like I was drinking from a fire hose, referring to the bombardment of information, and learning that I must be experiencing. In truth, a summer of community events and BBQs in the Alberta sunshine felt like sipping trickling water out of a fountain in comparison to the last month.

In my last weeks before heading into the legislature, I made a trip up to Bottrel in the very north-east corner of our riding. What a neat little spot! The Bottrel general store, surrounded by fine cattle and ranching lands, is the oldest general store in continuous operation in Alberta. I also met with a sheep farmer and landowner in the area. With that, I had managed to connect with every community and section in our riding. It was a busy, but extremely fun summer meeting with folks and chatting about your priorities and concerns.

I learn every day on this job and most of that learning comes from each you. Thank you for taking the time to chat with me, meet me, share a burger under bluebird Alberta skies, or enjoy a coffee together. Meeting you is the best part of this job!

We started in the legislature on October 30 and it's been whirlwind of activity, learning, and debating ever since. The first week in the legislature, I had two questions in Question Period to the Minister of Energy about coal exploration and development along the Eastern Slopes. Question Period is a chaotic, rapid fire 50 minutes every day we're in session, and I love it. The opportunity to stand and champion the needs of folks in our riding fills me with pride and I have many other questions in the queue. I look forward to holding our government accountable and making sure they are serving your needs.

In that first week, I also delivered my inaugural speech. The inaugural speeches are for new MLAs to describe their riding and its people. I loved listening to all the MLA speeches, and it reminded me how we are all in this room because we love where we live and have a deep desire to serve the people of our ridings. It is the thing that binds us all in the legislature,

regardless of party lines or community of residence or professional background.

If you'd like to see my questions in QP, or my inaugural speech, clips have been posted to my Facebook page (Sarah Elmeligi – Banff-Kananaskis NDP). You can also find them on Alberta Legislature YouTube's channel.

There has already been ten new Bills introduced in the legislature this fall session. Experiencing and being a part of how laws are discussed, debated, and passed or rejected is most interesting. I have participated in the debates for Bill 4: Tax Statutes Amendment Act and Bill 2: Alberta Pension Protection Act.

Bill 4 involved several changes to various tax or levy related acts. We supported this bill overall that extends the fuel tax pause and stipulates changes to the tourism levy act to ensure more equity for businesses and short-term rental hosts. I stood to champion the need that the tourism levy be used to fund destination marketing organizations, strategic tourism planning, and working with communities.

I have heard concern from many of you about the switch to an Alberta Pension Plan. Bill 2 sets the stage for an Alberta Pension Plan. There are so many things wrong with this and it's been abundantly clear that Albertans don't want to move to an Alberta Pension Plan. We will continue to fight this bill and any move to create an Alberta Pension Plan.

These past few weeks and into December, I've modified my "MLA on tour" to entail visiting every holiday market in our riding. Wow. We have so many amazing, talented, creative people selling so many different things. It has been so nice to fill my family's holiday stockings with locally made goods and to buy locally made ornaments for the tree in our office. Drop by our office and check it out anytime during business hours or make an appointment to meet with me or Sean and have a chat.

As this will be my last MLA update in 2023, I wish you and yours a happy holiday season. I hope you eat too much food, have too many laughs with family and friends, and enjoy our great outdoors with the people (and dogs or horses or other furry beasts) you love.

*Sarah Elmeligi*

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## MLA SARAH ELMELIGI BANFF-KANANASKIS

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Meet Sarah in person. See the MLA on Tour  
December schedule below.

**Saturday, December 2:**  
Banff Christmas Market  
11:00 - 2:00PM

**Saturday, December 9:**  
Bragg's Korner Kitchen, Bragg Creek  
10:00 - 12:00PM

**Saturday, December 9:**  
Ribbon Cutting Ceremony, Ghost Lake  
Community Hall  
1:00 - 3:00PM

**Thursday, December 14:**  
Elbow Valley Community Winter Hike  
More Details to come, please RSVP at our Office

With the holiday's coming, please note Sarah  
will be out of office starting December 18. Sarah will  
be available virtually starting January 3rd with a  
full return to office on January 20th.





## NEWSLETTER

### Judi Hunter - Ward 5 Trustee

On behalf of the Board of Trustees, I wish each of you a wonderful holiday break and a Merry Christmas.

Our staff and students have been working hard. Schools are busy places, not only focusing on academic learning and assessment but also giving band performances, engaging in sports competitions, drama productions, leadership activities, field trips, and community contribution activities. The Board has published its Annual Education Assurance Results Report. It is available on the Rocky View Schools website. [rockyview.ab.ca](http://rockyview.ab.ca)

Congratulations to Airdrie City Council for working with the new Francophone school to build a gymnasium that can be used by the public. The City will run the gym. Strathmore built a similar facility. This model is an effective use of our taxpayers' hard-earned dollars. For those of you who

would like to see this in action, I invite you to visit the George Freeman School in Strathmore. The gym is built with a separate and secure entrance for public use.

Link to article [www.airdriecityview.com/local-news/airdrie-council-commits-up-to-4m-for-gym-at-new-francophone-school-7799160](http://www.airdriecityview.com/local-news/airdrie-council-commits-up-to-4m-for-gym-at-new-francophone-school-7799160)

The new Hautes-Plaines Francophone school is set to open in Airdrie in 2027.

The name Hautes-Plaines refers to the topography of the territory where the school is located. The latter is located on a plateau of approximately 1,100 meters above sea level, surrounded by plains which form the beginning of the Canadian prairies and the beginning of the Rocky Mountains.

The Tsqéscen is the seventh First Nation to do so since 2022 [www.wltribune.com/news/tsqescen-first-nation-takes-control-of-childrens-education-6830875](http://www.wltribune.com/news/tsqescen-first-nation-takes-control-of-childrens-education-6830875)

#### Indigenous Cultural Liaisons

The Indigenous Learning team is happy to welcome new Indigenous cultural liaisons. Stacey Dyck and Nicole Runner These two new members will support schools in offering cultural lessons, teachings, and support to staff and students, as well as

support bridging communication between school and home for Indigenous students and families.

#### Mandatory Holocaust Education in BC High Schools

[www.cbc.ca/news/canada/british-columbia/bc-holocaust-education-mandatory-1.7013308](http://www.cbc.ca/news/canada/british-columbia/bc-holocaust-education-mandatory-1.7013308)

British Columbia will make Holocaust education mandatory for Grade 10 students starting in the fall of 2025. B.C. Premier David Eby says the move comes during a "frightening" time for the Jewish community, citing a rise in antisemitic incidents in B.C. amid the ongoing Israel-Hamas war.

Education minister tasked with creating universal nutrition program.

Manitoba's new education minister has been handed an ambitious to-do list that includes developing a universal nutrition program, appointing a senior advisor of Indigenous excellence in schooling, and introducing P3 accountability legislation.

Nova Scotia education minister says naloxone in schools being discussed for new year.

Nova Scotia's education minister says the government is discussing the idea of making naloxone kits available in the province's schools, as the Liberal opposition presses for rapid action. Naloxone is used to reverse the effects of an opioid overdose and can save lives if administered rapidly. Education Minister Becky Druhan says the use of opioids at high schools in the province is "concerning."

B.C. announces funding for prefab classrooms for growing Vancouver Island school district

The B.C. government is funding the expansions of at least two schools using prefabricated additions — which are more permanent than portables and quicker to complete than traditional construction.



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The focus here is on you as an investor! What do you bring to the table in terms of investment experience and personal temperament (emotions). This, will impact your investment returns and satisfaction while building your nest egg?

2022 has been a year of extreme volatility. A key to investment success over time, is to train your emotions to handle the uncertainty (natural and normal ups and downs) of the economy, life, and the investment markets.

The best time to start investing is early in life. When you have a long-term financial plan and many years to go before retirement, you are ideally positioned to handle market corrections and the emotional stresses that come with market volatility. This is where your investment advisor can offer support and encouragement to keep you focussed on the long-term game plan.

We have seen emotions undermine both beginner investors and those who have accumulated assets of over \$1 million. A beginner investor starting out with \$10,000-\$30,000 is often concerned with losing part of their assets to a market correction. The coaching for this investor is to have them focus on the long-term objective of building assets that will generate retirement income of about \$50,000 per annum (This is the amount that media surveys quote as the desired retirement income of the average Canadian.).

If our beginner investor's portfolio dropped 10% during a market correction, they can easily make up this decline through additional savings. When they continue buying investments during a downturn, they are getting their favourite investment funds for a "sale price".

A rule of thumb in building assets is that, in the beginning, your savings rate is more important than the investment returns. Once your asset values grow to around three times your annual earned income, then investment returns and savings rate become equally important.

As investment values grows to a substantial level, then investment returns matter the most. While monthly saving continues

to play a role, the impact of new savings on overall capital accumulation may be small in terms of the overall portfolio returns. That is why investing for capital preservation plus returns for portfolios greater than, \$500,000 may become the primary focus.

There is a challenge for a nervous investor with a large portfolio (\$1 million or more) and those who are retired with no way to replace lost investment assets. It often becomes more difficult for them to manage their emotional responses to market volatility. In those situations, it is vital to have professional advice, an impartial third party who can help you navigate the road ahead.

Those who gather a large amount of capital through the sale of a business, or a wind fall or inheritance later in life (in their 60's or later) often allow the fear of loss or running out of money during retirement to interfere with long term investment planning principles.

Everyone has heard of the Seven (7) Wonders of the Ancient World. There are two (2) additional Wonders – Time and Compound Interest! That is why, it is recommended that parents help to train their teens to handle money and invest early. Even if young people can only invest 5% or 10% of their income, but start early, it will create, in them, a discipline of saving/investing. In addition, they have time on their side.

The key to successful long-term investing is to keep your present situation in perspective and be optimistic that you can respond to any circumstances that life throws at you, while working with a professional advisor.

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## MAKE YOUR MARK By Mark Kamachi

### Does your brand need a polish?

From a bright yellow Jeep (destroyed in a head-on with a bull elk), to a shiny red one, I was forced to readjust part of my personal brand overnight. Thankfully, for me and my team, it's our forte to build brands that are resilient and can stand the test of time barring unforeseen changes. Not allowing for adaptation can harm or even kill your brand. Whether it's a bump in the road or one you encounter on the road, a brand built on a solid foundation can take a hit and move on.

So what do I mean by "take a hit"?

Well, fortunately for me, not so for Mr Elk (I gotta move on), after much soul searching and Jeep hunting, I was able to find a replacement for the Twinkie-mobile. If you who don't know what I'm referring to by calling my Jeep a Twinkie, I'll just let you ponder that.

Initially, realising how difficult it would be to find its twin, I contemplated replacing it

with another vehicle brand. A purple VW Beetle? My wife, boss of AdMaki, Tanya, and my creative partner, Kate, slapped me to my senses pointing out all the brand equity I had built with the yellow Jeep. They reminded me how it reflected on our business of building brands. Yup. I needed to stay on course and stick with a Jeep. Its uniqueness is what attracted me to one 30+ years ago. The challenge was to find one that wasn't black, grey or white, which in my humble opinion (IMHO for my younger audience members), meant "middle of the road", where the elk and I collided.

As the title of this article alludes to, something as simple as the colour of my Jeep plays a huge part of my personal brand. I like bright. Can you say 'extrovert'? I am in the business of making business' products/services stand out amongst its competitors, so it doesn't hurt to walk the walk.

Are your products/services standing out for you? Are you standing out for your products/services? Uniqueness gets eyes. You want your brand to be memorable because boring ones get forgotten. If your brand took a hit, would you be able to adjust quickly without skipping a beat?

How quickly would you be able to get back in the right lane?

There are many reasons why a brand needs correction. Look at Kodak (film cameras!!). Or Block Buster (video rentals!!!). Black Berry (hello!!!!). You see, although the change may not be sudden, change happens, and you must adjust accordingly. Nintendo is a good case study - did you know they originally sold playing cards? In the late '50s they started seeing falling sales of cards as the nation grew interested in other newer pastimes. They pivoted in the late '60s, investing into the brand new electronic gaming sphere that made them into the Nintendo video game company we know today.

Other mega-companies like McDonald's, Jeep, 7-Eleven and Disney have been zigzagging for decades and that's why they're still around to this day. Other reasons to have to revisit your brand might be in a merger/acquisition, your customers' age, market changes, etc. Now might be a good time to reflect on your brand to see if it needs a polish. Or possibly a new coat of paint?

All the best to you and yours this festive season.

*Cheers, mark.*

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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

**Kevin Hanson - Division 1**

### Quick Bits

On the senior's front, the official opening of Abrio Place in Airdrie has been delayed into January-February next year. Work continues to go well this construction season with respect to the Council-approved Local Improvement Tax (LIT) project to enable supply from the County's Bragg Creek Utilities in the Hamlet to the Wintergreen Water Co-op. More news coming in the Spring as the project comes to completion.

### Lest We Forget

I am very grateful to the organizers and veterans that I was invited to attend the Bragg Creek Remembrance Day Ceremony on November 11th. There I had the honour to lay a wreath at the base of the cenotaph on behalf of Rocky View County. The high winds on the day added to the ambience of the ceremony and were a gentle reminder that some discomfort is somehow fitting. Afterwards the Ladies Auxiliary hosted a light coffee luncheon in the Community Centre. There has been work underway to improve the cenotaph, and if you have not seen it recently, you should stop by for a moment of reflection.

### Rocky View 2024 Budgeting

The budgeting process and engagement kicked off earlier this summer, and the first draft budget was published November 2nd. (Search "Draft 2024 Budget" to find the lead-in on the RVC website.) Our first special council meeting on the budget was November 15th, and Special Meetings will continue into December. New this year is that we are moving towards a service-delivery-centric model from the old department-centric approach. It will take at least one more year for administration to complete the transition, as Council's strategic project for improved service delivery finishes up. It is excellent work and sets us well above our peers in the province.

On the capital budget front, there is a recommended project under Rec/Parks & Community Services – Regional Pathway – Balsam Ave and West Bragg Creek Trail. It was informed by the 2018 Active Transportation Plan South County. On page 82 it references this project as "3a".

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The project includes the south side Balsam Avenue issue and recommends upgrading the pathway for improved drainage, and it also includes a new north side section that correct a connectivity gap.

### Calgary West Ring Road and Hwy 8

At the Rural Municipalities of Alberta fall convention in Edmonton, I managed a short chat with Darren Davidson, Alberta Transportation's manager for Southern Alberta. As a Councillor, you normally accost Provincial politicians, not their administration, but the Minister was in short supply at the conference. I indicated to Darren that there was some confusion in the communication from the CWRR project to residents in East Springbank and Elbow Valley. I think he was listening, as Kurt Gibb, the CWRR project director reached out to Rocky View Administration with current information.

"The remaining Hwy 8 work across the Elbow River is still planned to be completed as per the original plans of the South West Ring Road, we are just completing the remaining design of the road twinning and bridge replacement.

The large pile of fill that you are seeing on the north side of the road is material that we have pre-staged for use in the embankment and sub-grade construction for the sections of road to be built up and twinned."

Reading this carefully through the lens of any project's iron triangle - scope, schedule and budget - these statements only cover the scope aspect. The good news is that our Administration indicated that further discussion with CWRR on the timeline and budget (and hopefully some allowances for Active Transportation designs) are scheduled for late November.

Contact: [KRHanson@RockyView.ca](mailto:KRHanson@RockyView.ca)  
or call 403.463.1166.







## GET BACK ON TRACK THIS NEW YEAR By Jennifer Gordon

2023 has come to an end. Hopefully you can look back on it with some happy memories, accomplished work and adventures in your pocket. With the new year ahead, it's time to put the focus back on you and start next year off right.

Let's discuss one of the most common injuries. Back pain. According to a 2016 systemic review of the literature (Pubmed - Bloxam et al), 60-80% of adults in western countries are likely to experience lower back pain (LBP). It is associated with increasing medical expenditure, work absence, and is the most common musculoskeletal condition.

There are many causes of LBP, including other co-morbidities, lifestyle and genetics. A global study in 2010 (Lancet, Vos T et al.) looked at "years lived with disability" from all causes. Among the top 10 leading causes of disability were Diabetes, migraines, anxiety, depression and the #1 cause of global disability...lower back pain.

The lower back is an area of the body containing interconnected and overlapping elements. There are structures such as tendons, muscles, spinal joints, spinal discs, and sensitive nerves that travel from the lumbar spine down the lower extremities. While lower back pain is common, the symptoms may vary greatly. A seemingly simple muscle strain may cause severe back spasms, while a degenerative disc issue might only cause mild discomfort. Sometimes, a disc or joint injury in the back, can manifest as lower leg pain,

numbness or weakness and patients report very little pain in the lower back.

Typically a muscle or ligament strain involves severe or aching pain in the lower back after activity, repetitive bending, or lifting a heavy object. This may cause difficulty moving, bending, walking or standing. Pain may move into the butt or groin region, but rarely travels down the leg. The lower back area is often described as dull, achy and stiff. Modified activity, gentle stretching and lower back exercises are often helpful.

A herniated disc occurs when the fibers surrounding the lumbar disc are injured and the gelatinous disc material inside bulges out onto the nerve root. Pain is typically ongoing and may be worse in the leg and foot than the lower back. Pain may be more predominant on one side and worsened with sitting or standing, with some relief when walking. Pain is often described as burning, tingling, numbness and may be accompanied by weakness in the leg. Sciatica is a symptom that describes the pain felt down one's leg. When the nerve is compressed in the lower back, pain and numbness is felt in the buttocks, leg or foot. Sciatic pain may be brought on by a herniated disc putting pressure on the nerve, or the narrowed joint space encroaching on the nerve tissue.

Degenerative disc disease can be brought on by many factors. There is a correlation with genetics, age related changes, and traumatic causes. It is estimated that at least

30% of people aged 30-50 years old have some degree of normal disc degeneration. This may or may not come with any signs or symptoms. As we age, our tissues change, have less water content and collagen. The thickness of a disc can lessen, narrowing the joint space and potentially irritate surrounding nerves and muscles.

Mechanical changes also occur, as the disc cannot absorb the stress on the spine effectively, the resulting movement changes put stress on other joints and muscles.

If your low back pain is accompanied by issues such as unexplained weight loss, significant leg weakness, sudden bowel or bladder incontinence, or severe abdominal pain it is important to seek immediate urgent care.

For most people, these lower back issues can be successfully treated conservatively with physiotherapy, strength, flexibility, aerobic exercises and modified activity. The first line of action is usually to avoid aggravating positions, typically bending and twisting. An individualized exercise program is key to returning you to activities and preventing further damage. Body awareness and core stability exercises can help to awaken muscles that stabilize the spine. Stretching may focus on the hip flexors, quadriceps, hip muscles and back muscles. Use caution with stretching the hamstrings as the sciatic nerve runs along the back of the leg and if that structure is irritated, stretching can aggravate those symptoms. Aerobic activity, such as walking, increases blood flow and nutrients to the soft tissue structures in the back. This will stimulate the healing process and reduce stiffness. When we move and exercise, endorphins are released, a chemical in the brain associated with pain control and general well-being.

The team at Bragg Creek Physiotherapy are here to help you start next year off right! We wish you all the best enjoying the holiday season with friends and family. Happy Holidays!

Jennifer Gordon (BSc.PT, BA Kin, AFCI)  
Physiotherapist - Bragg Creek Physiotherapy  
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## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Greetings all;

As I wrap up my term as President of Bragg Creek and Area Chamber of Commerce I'd like to share achievements, challenges and next steps. I have enjoyed contributing for the last four years (prior as a Director) and will still serve as Past President.

After Covid the team wondered how best to re-ignite the Chamber and how we could serve our membership and tourism. I shared a personal motto of: **connect, collaborate and contribute** in my leadership role and to guide in Chamber direction.

Congratulations Board on some well done **achievements**:

- We presented a business plan to Rocky View County in order to have set funding for our planning purposes. RVC has now created a policy and budget for us

- In partnership with Bragg Creek Trails, a new visitor kiosk is in the BCCA parking lot

- We have commissioned new lamppost banners that should be up by this spring

- New tear-away maps for businesses to hand out

- New social event calendar and job board on our website

- Arts, Eats & Beats Festival held in September 2022 and 2023

- Timelines for Chamber activities to help Board members

- In 2021 we completed Shop Local campaigns, marketing videos, art murals, benches and picnic tables, a complete re-brand including new colours, logo and a new website

- Updated bylaws and consolidation of two non-profit corporations into one

- Support funding to Bragg Creek Veterans Memorial Association for the repairs to the cenotaph and the Remembrance Day Ceremony

- Sponsorship funding to Bragg Creek Community Association for Bragg Creek Days, EV charger campaign, and Spirit of Christmas

- Free advertising in the Chamber's newsletter and social media accounts for our local non-profit groups' activities

And we had fun! Our Member meetings were full and we enjoyed guest speakers sharing information like Business Grants, Social Media information, and access to free website help. The networking between

businesses has been an important way to connect and support each other.

I love this one most of all - the creation of a **'Community Groups'** meeting at the request of Councillor Hanson. He wanted us all in one place so we could share our thoughts to him and create an ongoing feedback loop. Two meetings have taken place so far with the next one booked in February 2024.

Last year I asked to meet with Travel Alberta and Councillor Hanson to share my concerns that the Tourist portfolio in Bragg Creek is an important one and has been done by the Chamber (volunteers) with money from grants only (which takes time to apply). I worry about getting enough volunteers to complete the tasks (the challenge). Our official hat is Business support and our membership funds go towards supporting businesses. Tourism is not a Chamber mandate but it still needs to be done as it supports some of our local businesses. So I had 3 C's above for a motto and I have 3 P's for tourism - tourists need to park, go potty and see something pretty! Thanks again to Gateway for creating some parking for us as the big RV's were taking up the Hamlet mall space. My hope is that Travel Alberta, Alberta Economic Development and Rocky View County will work together to strategize and plan for Bragg Creek Tourism.

The challenges above and below could use your involvement for **next steps!** To support business and tourism we must continue conversations around Egress, fire safety, development both in Hamlet and along highway 22, a potential bridge, and seniors housing to name a few. **Which one catches your interest?** Do you want to be part of the conversation? This reminds me of the wonderful work of Margaret Wheatley in her book *Turning To One Another* - **"There is no power greater than a community discovering what it cares about. Ask "what's possible" not "what's wrong"... notice what you care about...be brave enough to start a conversation that matters...be intrigued by differences you hear... real listening always brings people closer together and trust that meaningful conversations can change your world."**

Bragg Creek is one special place and I have enjoyed supporting this community. Thank you to the team: Ian Greenhalgh, Joanne Birbeck, Neil MacLaine, Harmke de Bruin, Brett Schönekeess, Taylor Clarkson and Sunil Mattu for your contributions to the Chamber Board. We did well!

Here's to possibility, courage and commitment for your upcoming year ahead. enjoy the beautiful trees, snowflakes and smiles this holiday season.

*Sincerely, Sherri Olsen  
Bragg Creek and Area Chamber of Commerce*





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## Celebrating Responsibly: Ensuring Wildlife-Friendly Christmas Decorations

The twinkling lights, vibrant baubles, and festive garlands adorning our homes during the holiday season bring about a sense of joy and celebration. However, amidst the cheer, it's essential to pause and consider the unintended consequences our decorations might have on the wildlife around us.

The wonderland we create with our Christmas decorations can unknowingly pose risks to the creatures that inhabit our surroundings. As we deck the halls, it's crucial to acknowledge and address the potential hazards that our festive adornments might present to wildlife.

Entanglement remains a significant concern. Loose wires, ribbons, or netting can pose a severe threat to wildlife. Birds, squirrels, and other critters may inadvertently become ensnared, leading to injuries, stress, or even fatalities. Something as simple as a string of lights or a bit of tinsel can become a dangerous trap for unsuspecting animals.

Moreover, the ingestion of decorative items by curious wildlife is a genuine risk. Bright and colorful decorations might resemble tasty morsels to animals. Small, shiny objects such as decorative beads or baubles can be mistaken for food, causing internal injuries or blockages. This can result in digestive problems and severe internal damage, affecting the well-being of the animals.

The disruption of natural behaviors caused by excessive or overly bright lighting can profoundly impact nocturnal animals. These animals, accustomed to the darkness of the night, may find themselves disoriented or unable to carry out their



**Deer entangled in Christmas lights, observed late October on Bracken Road,**

natural activities like feeding or hunting due to the overwhelming brightness.

Furthermore, the risk of electrocution looms when animals perch on power lines or damaged decorations. This threat, particularly to birds, arises when wiring is faulty or exposed, posing a fatal hazard to unsuspecting wildlife.

As well, we cannot overlook the impact of environmental pollution caused by Christmas decorations. Materials like plastic, glitter, and synthetic elements

can find their way into natural habitats, adversely affecting both terrestrial and aquatic wildlife. The allure of glittery decorations often results in debris entering ecosystems, causing long-term harm to the environment and its inhabitants.

As we revel in the festive spirit, it's crucial to celebrate responsibly by adopting wildlife-friendly practices in our outdoor Christmas decorations. Here are some Wild Smart tips to ensure a wildlife-safe celebration:

### Tips for Wild Safe Outdoor Christmas Decorating

#### **Choose Wildlife-Friendly Materials:**

Opt for decorations made from natural, biodegradable materials to reduce environmental harm.

#### **Secure Loose Wires and Decorations:**

Ensure all decorations are securely fastened and free from entanglement risks. Strings of lights should be installed 10' above ground to avoid deer becoming entangled (Parks Canada)

**Use LED Lights:** Choose LED lights, which are energy-efficient and emit less heat, reducing the risk of attracting wildlife.

**Avoid Excessive Lighting:** Minimize outdoor lighting to reduce disruption to nocturnal animals' natural behaviour.

**Proper Disposal of Decorations:** Dispose of decorations properly to prevent littering and pollution of natural habitats.

**Educate and Encourage Others:** Spread awareness about responsible outdoor decorating within our community. Encourage neighbours to follow wildlife-friendly practices and share safety tips.

Let's celebrate the holiday season while being mindful of our impact on the wildlife that we share our environment with. By making conscious choices in our decorations, we can ensure a festive atmosphere that is both joyous for us and safe for our beloved wildlife neighbours.

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## XC BRAGG CREEK SKI AND BIKE SOCIETY

### 'Gearing Up' for Winter Fun with XCBC

XC Bragg Creek runs fun winter recreational and competitive cross-country ski and biathlon programs for youth ages 5+. Cross-country skiing is the foundation of all of the XCBC winter programs, and great news: it's a fun family activity too! This month, the XC Bragg Creek team is offering tips for setting up a successful kid-friendly winter day on the trails:

Be a mentor. Kids are more likely to be interested in something if they see that their parents enjoy doing it too. Take the whole family out for a day of cross-country skiing, snowshoeing, or hiking, and make it a fun adventure. Pack a backpack with a picnic lunch and bring some hot cocoa to enjoy on the trail. A few well-timed treats can also help keep everyone's spirits up.

Start small. Don't expect your kids to tackle long distances right off the bat. Start with shorter, easier trails and gradually work your way up to longer, more challenging ones. This will help your children build confidence and develop their skills.

Kids are great guides. The West Bragg Creek Trails are well marked and maps are strategically placed at intersections. This is a great opportunity for your little ones to learn important skills in map reading, orienteering, and navigation while feeling empowered by leading your group.

Make it fun! Play games on the trail, have a scavenger hunt or make up challenges on the fly. The more fun your kids have while skiing, the more likely they are to want to do it again.

Dress for success! A fun day on the trails begins with staying warm and dry the whole day long. Skiers need to be onions - dressed in layers, not smelly (though they're often that too). Layers help wick moisture away from the body and allow for adding or subtracting to maintain a comfortable temperature. Teaching your child how to choose and dress in the right layers is a powerful tool in your winter-fun toolbox.

- 1) Start with a base layer. Base layers are comfortable layers that wick moisture from the skin and stay comfortable even when they get sweaty from exertion. Synthetic poly-pro or merino wool fabrics make the best base layers. Avoid cotton as it stays wet and causes a chill.
- 2) Add a middle layer for warmth. This layer can be removed or added as

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needed and continues to wick moisture away from the body. Fleece and down are popular middle layers. Packable warm layers are great because they can be easily stuffed into a backpack. Resist the temptation to let your child choose their favorite cotton hoodie as a middle layer. Cotton still holds moisture when used as a middle layer and will quickly lead to chilly kids. These are great items to leave in the car to snuggle into AFTER a great day on the trails.

- 3) Top with a water-resistant, wind-resistant, breathable outer layer. Lightweight soft shells or breathable rain jackets make great outer layers. These can be used directly over a base layer to cut the wind or layered over everything to keep your child warm and dry.



- 4) Accessorize! It's important to make sure your child has a ski beanie or a toque. The hood of a jacket will still allow air to circulate around the head and cool them down. Warm heads mean warm bodies. A buff or neck gaiter will prevent those adorable rosy cheeks from getting frostbitten and stops the wind and snow from creeping inside the layers. Don't forget the mittens or gloves. It's great to pack an extra pair in your backpack, that way if fingers get chilly, there is a drier, warm set to slide on.

- 5) Socks rock! Investing in a good pair of merino-blend ski socks that fit your child properly might be the best twenty bucks you spend all winter. High-quality ski socks keep kids' feet warm and dry even when they are sweaty. Keeping those toes warm and dry will make the difference between tears and terrific.

Do you need skis, boots, poles, or snowshoes for the day? The Moose Mountain General Store and The Handle Bar in Bragg Creek both offer rental services.

The fun doesn't stop when the snow flies; our XC Bragg Creek athletes and coaches will tell you that the best part of the year is just getting started. We hope these tips will help your family get the best out of winter too. For more information on XCBC programs, check out our website, [www.xcbraggcreek.ca](http://www.xcbraggcreek.ca).

*See you on the trails!*





## BRAGG CREEK TRAILS

### Winter Is Here Ready Or Not?

Winter can take on many forms out here in West Bragg Creek so being ready for variable conditions can help save the day. It's also the time when trail use gets a bit more complicated because we have dedicated winter trails that separates some of our users from each other. Let's take some time to go over the basics.

- Because we have designated winter horse trails that cross groomed fat bike and ski trails, we ask that you yield to horses at these junctions.
- Bikers yield to all trail users
- Fat bike trails can be damaged by tire widths less than 3.7 inches (9.5 cm). Ride those "fatties" and leave no ruts behind.
- Loose dogs on ski and bike trails are a hazard if they aren't under control. Yard sales and injuries are not what we like to see. It's on you as your dog's guardian.
- Respect the work of the groomers. They are putting their hearts and souls into making great trails for you.

**What's in your pack?** Taking a few basic items along will keep you safe, confident and comfortable.

- First Aid kit with blister dressings
- Basic survival kit
- Basic repair kit for your gear
- Dry mittens/gloves/hat
- Hooded warm jacket
- Energy snacks and warm fluids
- Headlamp or flashlight
- Knife
- Boot crampons/spikes
- Bear spray (Yes! Year-round)

### Emergency Communication in WBC

- Cell coverage in WBC is spotty at best
- There is a free Wi-Fi hotspot at the Trail Centre
- Trained BCT volunteers are able to communicate with Kananaskis Emergency Services directly by radio
- Personal satellite communication devices have saved the day out here more than once
- Carry a whistle. 3 shorts blasts means HELP.

## Give the gift of Bragg Creek Trails SWAG this Holiday Season

Are you done with mall parking? BCT offers a wide variety of gift ideas for those hard to buy for trail enthusiasts right here at the trailhead.

Get ready to strut your stuff on the trails with these ultra-cool accessories that not only keep you cozy and stylish, but also support our beloved trails. Don't wait too long to snag yours - life is short and trails are long... so make sure you're doing it in style with custom beanies and socks!

### NEWS FLASH –

#### Don't be left out in the cold!

BCT's Annual Online Auction closes at 10 pm on December 2.

A wide variety items has been donated by local business' and individuals in support of Bragg Creek Trails.

Check out at [www.can.givergy.com/](http://www.can.givergy.com/) BCT2023 and place your bids.

Thanks to all our donors and supporters!

*See you on the trails*

*Conrad Schiebel (BCT President)*

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**BRAGG CREEK TRAILS**

## 4TH ANNUAL ONLINE AUCTION

OPEN NOVEMBER 25 – DECEMBER 2

Support BCT	Amazing Donors
Help Fund New Equipment	Help Fund New Trails
Help Fund Environmental Initiatives	Shop Online



**BIDDING CLOSSES:**  
**DEC 2 @ 10 PM**

**WWW.CAN.GIVERGY.CA/BCT2023**



## BCCA

It doesn't have to be cold outside to feel the need for warmth and happiness. Everyone needs a spark once in a while to help them shine from the inside out. The beauty of community is that sometimes you are the one shining the light for someone, but other times, you are the one leaning into others for their brightness to fall upon you.

The Bragg Creek Community Centre has had an exciting few months planning heart warming and memorable Christmas Festivities. Our staff are thrilled to introduce our new **Spirit of Christmas Weekend** for our beautiful little Hamlet!

- We will host our renowned **Christmas Vendor Market** from December 1st to 3rd. These specialty, hand picked vendors will appeal to all age groups with hand crafted products from over 40+ vendors! There will also be yummy treats sprinkled amongst the market to enjoy during your stroll around our very own Christmas Town.
- Friday 5 to 9pm, Sat & Sun 10am to 5pm

- Our **Spirit of Christmas Event on Saturday December 2nd** will celebrate the season by welcoming back our Horse Drawn Wagon Rides! There will be 5 Wagon Stops throughout the community with activities including Face Painting, Story Telling, Craft Corners, Kids-Only Store, Christmas Tree lights, Hot Chocolate & Cookies, Bonfires, Winter Princesses and so much more! A highlight for our young, and young at heart, are visits and special photos with Santa & Mrs. Claus.
- Sat 10am to 5pm

- This very special weekend is always dependent on our wonderful community volunteers. We cannot thank you enough! Please check our website and SignUp for a multitude of **fun volunteer opportunities**... spend time with neighbours, friends and, of course, the Horses!

Our Rink Committee is excited to see us all out skating as soon as the weather and conditions permit. There is a daily schedule posted at the rink for both open skating and ice hockey times.

Holiday stop and go dates for our regularly programmed activities:

- Pickleball – last session on Thurs, Dec 21, resumes on Tues, Jan 2;
- Artzy Afternoons – last session on Thurs, Dec 21, resumes Thurs, Jan 4;
- Rumble & Roar – last session on Thurs, Dec 14, resumes Thurs, Jan 4

A reminder that The Bragg Creek Community Church offers support in many ways including food bank access. If you need to reach out, do not hesitate to contact the Church, us or anyone you feel comfortable with. Bragg Creek is a supportive community and we want to ensure the warmth of the season is felt by all.

Looking towards the new year, we are excited to bring you Winter in the Woods on January 27th. You won't want to miss this family fun winter event - **SAVE THE DATE!**

When that midnight blue of the night surrounds us and you can feel the air's crispness in your lungs, shake off the cold and instead see the sparkle of the snow and the twinkle of the coloured lights. Feel the warmth of your neighbour's smile and pass it along.

Wishing you a very Merry Christmas. Peace and Joy for all.

*Your Bragg Creek Community Association*

# SPIRIT OF Christmas

**DECEMBER 2, 2023**  
**10 AM - 5 PM**

*Visit the Hamlet of Bragg Creek  
for a magical event this season!*

FACE PAINTING  
STORY TELLING  
CRAFT CORNER  
KIDS-ONLY STORE  
CHRISTMAS TREE LIGHTS  
HOT CHOCOLATE & COOKIES  
BONFIRES  
WINTER PRINCESSES  
CHRISTMAS MARKET  
PHOTOS WITH SANTA  
CHRISTMAS TREE LOT  
WAGON RIDES  
AND SO MUCH MORE!





[www.facebook.com/BCSpiritofChristmas](https://www.facebook.com/BCSpiritofChristmas)  
[www.braggcreekca.com](http://www.braggcreekca.com)

# SPIRIT OF Christmas

## MARKET

**December 1 - 3, 2023**

**Friday: 5 pm - 9 pm**  
**Saturday: 10 am - 5 pm**  
**Sunday: 10 am - 5 pm**



**Bragg Creek Centre**

**50+ Vendors**

**23 White Avenue Bragg Creek, AB**





## SWAMP DONKEY MUSICAL THEATRE

Looking for a local activity to celebrate the holiday season? Join Swamp Donkey Musical Theatre Society for our third annual Christmas production. This original musical, *Christmas at the Creekside Grill*, was co-written by our President, Trisha Gizen, and Artistic Director, Melanie Baux. It is a heartwarming story that is sure to entertain audience members of all ages. The production runs December 15 to 17, 2023 and features a cast from Bragg Creek, Calgary, Cochrane, and Canmore.

Why not spend the day in Bragg Creek? We have partnered with eleven local restaurants and the Bragg Creek Distiller. Our partners are offering 10 to 15 percent off your food purchase when you present your Swamp Donkey performance ticket. Show tickets and a full list of our partners and their offers can be found at [www.swampdonkeytheatre.ca](http://www.swampdonkeytheatre.ca).

We hope to see you at the show!

**HIGH COUNTRY News**

Check us out online: [highcountrynews.ca](http://highcountrynews.ca)



## BRAGG CREEK DENTAL

**Make an appointment with Dr. Michael Clancy and staff  
and check out our new digital equipment**

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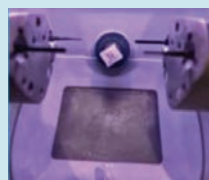
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BEFORE



AFTER



## BRAGG CREEK PERFORMING ARTS

We're launching a new season of performing arts. Mark your calendars!

For BCPA President Clint Docken, kicking off a new season is magical. "I can't believe it's almost 2024," Docken says. "It just crept up on us. There will be insanely incredible touring artists coming to perform."

The 2024 season has a sweet start on February 10. The Bragg Creek Snowbirds Chalet will come alive with the soulful rhythms of ZENON+: R&B peppered with jazz and a whole lot of soul. Zenon+, the electrifying duo pronounced Zen-un, promises an extraordinary vibe. The sultry tones of jazz from ZENON coupled with BEV's rhythmic beat-keeping and harmonies create a unique R&B soundscape that promises an unforgettable evening.

Next up, Tim Isberg takes the stage on April 13, 2024. He is not only a performer but a storyteller. Tim's repertoire is a fusion of Alt-country, Roots, and Contemporary Folk songs. Tim effortlessly weaves his stories and songs with genuine sincerity a delightful sense of humor. The backbone of Tim's music lies in his solid guitar rhythms and his ability to transport his audience into the very heart of each song's narrative.

A highlight of the season unfolds on June 8, 2024, with Wendy Walker & the Tribe. Wendy is an established Cree Métis and Mi'kmaq First Nations singer-songwriter who has toured Canada and abroad. Her grassroots musical flair spans folk to rock, at times including a traditional

musicality, that compliments her powerhouse voice. This will be an unforgettable musical experience.

Docken encourages the community to explore diverse the performances. "The performing arts are about discovering new

perspectives," he says. The aim is to show the variety of artistic expressions and viewpoints, making the arts accessible to everyone.

"As people have choices on where to spend their entertainment dollar, for us, the heart and soul of what we do is bringing the community together and ensuring there's something to suit everybody's taste and that it's affordable," Docken adds.

### About Bragg Creek Performing

**Arts Music Series:** The Bragg Creek Performing Arts Music Series is not just about entertainment; it's a commitment to delivering live concerts that captivate and inspire. The Society, a registered not-for-profit charity run entirely by volunteers, invites everyone to join them in celebrating the magic of music and the arts. For more information, contact Clint Docken at <mailto:cgd@docken.com>. Don't miss the next musical event on February 10, 2024!




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From our family at*

*Maverick Law*

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## REMEMBRANCE DAY CEREMONY IN BRAGG CREEK 2023

A big thank you to all the participants of the Bragg Creek Remembrance Day Ceremony 2023. 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 was joyful to see so many young people participating in the Ceremony! Thank you parents and grandparents to allow your children to participate – Thank you!

It is a special delight to have the Right Honorable Mr. & 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 – 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;
- Mark Griffiths and Terry Handrahan for organizing, supporting so much from behind the scene;
- The Auxiliary Ladies of Bragg Creek for putting together yummy-tasting snacks and hosting the reception following the ceremony (year-after-year-after-year!);
- The Bragg Creek Community Center and the ever so helpful and supportive staff;
- Wendy Feagan who helped organize and co-ordinate so much behind the scene with the Veterans-Food Bank; AND
- Thank you to the local businesses for supporting the Poppy-fund by “selling” the Poppies and purchasing a Wreaths and supporting the Legion Poppy-Fund.

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 2024.

Be safe – be good! Lest We Forget!

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



## There's no escaping the S-word

### Snow. Snow. Snow. Snow. Snow.

Okay. Now that that's out of the way it's time to plan for the inevitable: snow removal. Keeping your property in a passible condition and free of ice is not only convenient for you but also a requirement by home insurance plans and emergency services. Spend what little daylight we have by staying warm and doing what you actually want to be doing: like laying fresh tracks in snow. Give us a call, book now and leave the heavy lifting to us.



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## INTRODUCING BCEC

### Who are BCEC and what are they up to? And why now?

Bragg Creek/Redwood meadows is our special place in the woods. For those who grew up here and for those who have come to live here later in life, it represents many things. Some of those things are in urgent need of protection.

We all know how the presence of wildlife in our midst affects our lives, delighting many of us and requiring us to do things differently than we would if we lived elsewhere. The animals, birds and insects are here because of the ecosystem that exists around us, though. And in order for this place to continue to be special we need to pay attention to more than the animals themselves.

The native trees and other plant life, the soils and the river and so on – as well as many quiet natural spaces - make this a unique place for all to thrive. Without those supporting elements the wildlife won't stay. In the last few years Bragg Creek Wild (BCW) has done an amazing job drawing attention to the presence of wildlife locally, reducing the number of WVCs\* and educating visitors/residents about such things as fawning/rutting seasons, how to avoid encouraging unwanted visits from wildlife by removing attractants etc. However, we need also to pay attention to what supports the wildlife that live here.

An article in Bragg Creek Wild's January 2023 newsletter described how the only

other place on Earth besides Bragg Creek with such biodiversity and rich wildness close to more than a million people is Nairobi National Park, Kenya.\*\* So this place is even more special than many of us had realised.

Bragg Creek Environmental Coalition (BCEC) was originally founded in 1995 and was instrumental in the 2007 Bragg Creek Area Structure Plan, as well as limiting the Kananaskis clearcuts of 2012 – enabling Bragg Creek Trails to maintain a forested network of trails. BCEC has been revived now in the light of current developments that will almost certainly affect our ecosystem here.

We hope to guide and inform sustainable growth and ensure the maintenance of a greenspace "Trailhead Community". We want to widen the focus of conservation work to include East Kananaskis and the Elbow River/Upper Jumping Pound watersheds on which we rely. In doing so we hope to work in tandem with BCW as well as such other organisations as Bragg Creek Trails, TASK\*\*\*, WildSmart, The Tsuu T'ina Nation, Canada Parks and Wilderness Society, Alberta Wilderness Society, and conservation groups in the Diamond Valley/Ghost River areas.

Projects that we foresee:

- creating an environmental reserve within the important habitat along the Elbow River floodway upstream from Balsam Avenue bridge,
- continuing to monitor wildlife sightings and animal movements in the greater Bragg Creek, Redwood Meadows and 762 areas,
- campaigning to limit clear-cutting in the East Kananaskis area used

primarily for non-motorized wild land recreation,

- mapping old-growth forest "refugia"
- mapping wetlands in the greater Bragg Creek area to better understand our resiliency to drought and floods going forward
- advocating for a more modern legal structure that shift the emphasis on natural areas in Alberta from exploitation to sustainability.

Over the years the monitoring, research, and policing functions that were once part of provincial governance of our wild lands have been defunded and left to private citizens and non-profits. This comes at a time when increasingly extreme weather is stressing our ecosystems and requires our education and preparation. BCEC wants to better understand our Foothills landscapes and connect with the lives of all that share this place. We want to communicate that connection with our children, neighbours, and government. We welcome your passion and hopes for our collective landscape.

There are many ways you can help. If you're passionate about living in this landscape and want your children and grandchildren to have these same experiences, we need you! Please consider becoming a member of BCEC.

You can contact us at this email address: [info@braggcreekenvironmentalcoalition.ca](mailto:info@braggcreekenvironmentalcoalition.ca)

\*WVCs = Wildlife-Vehicle Collisions

\*\* Dr Brad Stelfox (UofA Adjunct Professor) Pers.Comm. 2022

\*\*\*Take a Stand for Kananaskis

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## THE LITTLE SCHOOLHOUSE

Merry Christmas from everyone at The Little Schoolhouse!

Our classes are brimming with Christmas excitement and cheer.

December is full of celebrating the importance of sharing kindness and special gifts of love with others.

Each of our classes are looking forward to sharing some Christmas laughter and cheer with a special Christmas concert for our families.

Our pyjama day is also a highlight as we celebrate all things cozy and warm for the first day of winter.

December is always a special month in our cozy, little gingerbread schoolhouse. We are so fortunate to work, play and learn with such an amazing community! If you would like to be a part of our community at The Little Schoolhouse, please see our website for more information. We would love to have you join us. [thelittleschoolhouse.ca](http://thelittleschoolhouse.ca)

Wishing you all a wonderful holiday and happy 2024!

*Ms. Shelley and The Little Schoolhouse team*



## REDWOOD MEADOWS EMERGENCY SERVICES

### Oh Christmas Tree!

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly!

Did you know: Almost one third of home Christmas tree fires are caused by electrical problems?

Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.

A heat source too close to the tree causes more than one of every five of the fires.

**Picking the tree:** Choose a tree with fresh, green needles that don't fall off when touched.

**Placing the tree:** Before placing the tree in the stand, remove 2 inches from the base of the trunk and make sure the tree is three feet away from any heat source. Add water to the tree stand daily.

**Lighting the tree:** Use lights for their designated purpose – indoor or outdoor. Replace any lights with worn or broken cords or loose bulb connections. Never use lit candles to decorate a tree and always turn off Christmas tree lights before going out or going to bed.

**After Christmas:** Get rid of the tree after Christmas or when it gets dry. Dried out trees are a fire danger and should not be left in the home, the garage or placed outside against the home.

On behalf of all of us at Redwood Meadows Emergency Services, we wish you happy and safe holidays with family and friends!



## VISIT THE HISTORIC BRAGG CREEK TRADING POST

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## A TASTE OF THE HIGH COUNTRY

### Farewell For Now

In the Spring of 2020, Lowell Harder kindly invited me to write about and celebrate all matters of food and drinks in our area -- Covid was raging on, and we were confined to our homes. The time has now come to move on. This last article is a memento to you, including a couple tips for this Holiday Season.

My first articles focused on home cooking and sourcing local quality food ingredients. Covid may be over, but inflation is giving us new reasons to seek our local food producers; cooking at home remains one of the best alternatives to healthy eating on a budget. And while this is true throughout the year, the Holiday Season is synonymous with home cooking and indulgences. Go ahead, pour yourself a nice glass of wine, survey what's in the fridge and pantry, select mouth-watering recipes and cook away. A snowstorm may be raging out there, but inside, the comforting aromas of a hearty stew will warm the whole family.

Other articles explored our local beverages. Canadian wines are improving yearly and are worth our full consideration and support. Closer to home, we are fast developing a reputation for excellence in brewing and distilling. In fact, we have all we need to become world-class producers: talents, knowledge and fine ingredients.

We only need time to get on our game and get the word out. So visit our local distillers and brewers on your weekend outings. Or, buy samples from different producers, gather friends and indulge in a tasting comparing and learning about their products. It's so much fun.

Of course, my tips would not be complete without inviting you to consider the importance of pairing food with wine, beer or spirits. This article can't do justice to this complex art, but here's a suggestion to set you off. Consider wine as a condiment. Would you match a delicate white wine with a heavy braised beef? No. You would not taste the wine. Conversely, would you pair an intense Argentinian Malbec with a light white fish? No. You would not taste the fish. Remember, it is all about balance and complementarity. Pair your light wine with your delicate fish and intense Malbec with the hearty braise beef. Once you taste the difference, you are well on your way

to elevate your dining experience. And if you like what you taste, go a step further and watch videos and read about pairing. Keep it simple, tackle one element at a time (acidity, tannin, saltiness and sweetness). Discover what Andre Simon (1877-1970), famous French wine merchant, gourmet, and writer meant when he said; "Food without wine is a corpse; wine without food is a ghost; united and well matched they are as body and soul, living partners."

I am thankful for the opportunity the High Country News offered me – the privilege to write on wines, spirits and food and discover our region's best offerings. I hope you found the articles helpful and perhaps even inspiring. Eating and drinking are essential life functions that happen to be great sources of pleasures, with deep roots in cultural expression. I invite you to journey on and indulge your senses of sight, smell and taste and discover the multifaceted cuisines of our high country.

And now, it is time for me to sign off, sharing one last observation from an anonymous online source. It addresses one of the wine's side effects you may experience or encounter this Holiday Season. It goes like this; "Warning, the consumption of wine might cause you to

## Give the gift of the Bav Tav

Reserve your spot in our dining room or lounge this festive season with colleagues, friends, or family and savour the Bavarian cuisine that's perfect for this giving time of year. Too busy to dine in? Then stuff their sock with some tasty schnitzel. The gift certificate kind. Either way, enjoy the Bav and Tav. All the best to you and yours in the new year from all of us.



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MOUNTAIN DINING TAV  
MOUNTAIN DRINKING

AT THE BAVARIAN INN BRAGG CREEK AB

## SWEETWOOD SEASONINGS

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think you can sing." But not to worry, that side effect proves that life is good indeed!

Farewell for now.



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 11:30am - 1:30pm  
*All Bragg Creek area business owners/operators welcome!*  
  


**Bar U Ranch National Historic Site**  
**Pekisko Creek Western Christmas Market**  
**Saturday, December 2, 2023**  
**10 am - 5 pm**

Local vendors and artisans  
 Vendors inside and outside  
 Wagon Rides through the Bar U Ranch from 11 am - 3 pm  
 Complimentary Coffee and Hot Chocolate  
 Fire Pit  
 Admission: Cash donation, proceeds will go to the  
 High River Food Bank and Magic of Christmas  
 Bring Cash for Vendor Payments - cashless wifi is not available

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 You can also still join us virtually on Facebook Live or YouTube  
 Pastor Dave Zimmerman • [braggcreekcommunitychurch@gmail.com](mailto:braggcreekcommunitychurch@gmail.com)  
[www.braggcreekchurch.ca](http://www.braggcreekchurch.ca)

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**Historic Ranch Association**  
**23rd Annual Stockmen's Dinner**  
**Fundraiser**  
**January 27, 2024**

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To help us for next year, where  
 did you hear about the dinner?  
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**Friends of the Bar U**  
**Historic Ranch Association**  
**23rd ANNUAL STOCKMEN'S DINNER FUNDRAISER**

Honoring the families of  
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Highwood Centre - High River  
 Saturday, January 27, 2024  
 Cocktails 5:00 p.m. • Prime Rib Dinner 6:30 p.m.  
 Silent Auction

Cash Bar Tickets - \$85.00



# WELL OWNERS

**ARE YOU NEGLECTING YOUR WATER SYSTEM?**



## **Standard Water System Maintenance Schedule:**

<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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## Cybercrime May be Your Biggest Threat

We often associate crime with theft of physical things. However, there is a growing trend of theft through cybercrime. The dollar amount of cybercrime theft could very well be your most costly vulnerability – the dollar value loss of a few tools or even a vehicle can pale in comparison to having your bank balance cleared out. I will define cybercrime as theft via phone, email (computer), and cell phone.

I have noticed recently that I am getting emails from my banks with tips or even online courses with respect to protecting myself from cybercrime. The banks have a vested interest in your account security as they will often cover the loss. A lot of the following information is taken from CIBC and Alberta Treasury Branch information intended to help you recognize a cyber attempt to access your funds.

By the time of this publication, December 1, ATB's online security course will have expired (November 30th) but I will summarize the basic protection recommendations.

Cyber crime's basic modus operandi is the use of phishing where thieves try to convince you to divulge personal information. Any email, text, phone message that sets you up to divulge this information should be a BIG RED FLAG that someone is after your hard-earned cash. Immediately be on your guard.

So, what is the personal info you need to be concerned with: your bank account number, PIN's, credit card details, codes, passwords, and SIN numbers. Never give these out without really having a hard look at why you are being asked for this information and if you really need to provide it.

The initial contact with you will be an attempt to gain your trust. Once they have that, they will abuse it. An attacker wants you to act without thinking first. So, if you receive an email, message, or other form of communication that is out of the ordinary for you, slow down and analyze it carefully.

Let me give you a live example of this. I received a call on my cell phone from someone purporting to be from the Canada Revenue Agency complete with

their name and an "agent number". I had received a few calls from this number in succession, so I picked up my cellphone as it appeared someone had made numerous attempts to contact me. As a side note, I ask people not to call me on my cellphone as there is a high likelihood of losing the call due to poor reception.

I asked the caller to call me back on my landline. At this point they asked me for my landline number. That was a red flag as two things occurred to me at the time. One was the CRA should have my landline number as that is the only one I would have given them if I had historically given them a phone number. The second thing was that I would never have given them my cellphone number due to it being unreliable. I told them off (I love that part) and, amongst other unrepeatable things, told them I knew they were a scam. They hung up and I never heard from them again.

If the Canada Revenue Agency is trying to contact you, they will be relentless. So, if someone is telling you they are from the CRA and you only hear from them once, it wasn't the CRA. If you want to check if CRA is really trying to contact you, you can call them at 1-800-959- 8281 (Individuals) or 1-800-959-5525 (Businesses).

Look for some warning signs in a message that it belongs to a scammer: 1) threatening or urgent language. Forcing you to act without thinking is one of their tactics. An example of this is "Your bank account has been frozen due to an unauthorized charge. Call to rectify the

situation". 2) generic language. Example "Dear User". 3) Spelling errors. Most of the cyber crime attempts come from overseas where English is not their first language.

Beware of attachments. They will often contain a virus or other malicious software. Don't open or download anything you were not expecting. Make no assumptions. Treat all requests for sensitive info with a high degree of skepticism. A live example of this is a phone message I had purportedly from the "Security Department" of a bank that used the unauthorized charge, frozen bank account method. The red flag was that my name was never used, and it also occurred to me that more than one person in our household had an account with that bank and yet the message did not say whose account was involved.

Beware of providing too much personal info on social media. This info can be used to craft a more personal/believable message to you requesting additional personal info to access your account.

Keep devices and software updated as updates can be for plugging loopholes and vulnerabilities.

Protecting your personal info requires a commitment to security awareness. Unfortunately, it is a sign of the times in which we now live. This is as important as locking up your physical items. I would go so far as to say that it is probably more important because the dollar value of your loss may be much greater.

*Dave Schroeder - HCRCWA Board Member*



## 12 DAYS OF CHRISTMAS SALE

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## PRIDDIS COMMUNITY

Hello Priddis,

Maybe not everyone is excited for winter's arrival, but we do know that our hockey players are very excited about the season and are eagerly awaiting our rink flood!

The PCA and its Executive Director are continually planning and executing amazing programs and events. Here is what is coming up in the next couple of months:

### Santa Photos

Santa and Mrs. Claus are coming back to town on December 3rd! We are pleased to be hosting this fun photo opportunity for a 4th year in a row. Avoid waiting in line and book your visit with Santa right here in Priddis. Each slot is 5 minutes long and allows you to take as many pictures as you would like. Tickets are \$25 for PCA Members and \$30 for Non Members. Don't wait too long as this event always sells out.

Pay for your spot by purchasing a ticket through our website. After payment has been received, you will receive an email containing the link to sign up for a time slot. [pca.getcommunal.com/parent\\_programs/303](http://pca.getcommunal.com/parent_programs/303)

### Community Memberships

It is time to renew your membership! Memberships are valid from Nov 1- Oct 31 each year. Memberships help us to be able to maintain our community's much loved facilities including the hall, playground, skating rink, library and tennis/pickleball courts. They also allow us to put on events such as the Stampede Breakfast, Fall Supper and Winterfest. Being a Priddis Community Member comes with benefits such as discounted tickets to our events and major discounts on hall rentals (after being a member for 2+ consecutive years). Memberships can be purchased through our website. <https://pca.getcommunal.com/memberships>

### Indoor Pickleball

The court is lined and the net is up. Join us for some indoor pickleball fun. Whether you are new or a seasoned player, there is space for everyone. You can sign up for a spot through the link below. [signupgenius.com/go/60B0C4AABA72BA1FC1-44869971-pcaindoor](https://signupgenius.com/go/60B0C4AABA72BA1FC1-44869971-pcaindoor)

### Community Skating Rink

As Winter draws closer, we always get a lot of questions about when the rink will be ready and what the schedule will be. Our ice crew is monitoring the weather and

will start the initial flood as soon as it is consistently cold enough to do so. Please be sure to abide by all posted signs and stay off of the rink until it is opened for skating. Going on the ice before it is ready, even if it looks ready, can cause damage to the base layer and delay the opening of the rink. Before the rink opens we will post the public skating schedule on our website.

### 2023 Annual General Meeting

This year's AGM will take place at the hall on December 14th at 7:30pm. Please send an email to [priddispresident@gmail.com](mailto:priddispresident@gmail.com) if you plan to attend. Your registration will ensure that you receive our AGM package in advance.

### Board of Directors

We are still in need of a more permanent treasurer. You do not need to have an accounting background to volunteer for this position. Please reach out to [priddispresident@gmail.com](mailto:priddispresident@gmail.com) for more information.

On a more personal note, if at all possible, donations made to the bottle/can bins should go inside the bin. It is best to have them in smaller bags for ease of deposit. Leaving your donations beside the bin has led to theft, and also the dumping of household garbage. Thank you for your assistance in keeping our community clean.

Take care, everyone!

*The Priddis Community Association*



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## RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together in community and explore God together Sunday mornings at 10:30 am, with coffee & social gathering time afterwards. We offer a wide variety of programs and events for all ages, such as: bible studies, KidsZone, youth programs, healing ministry and community care. Whether you're looking to explore your faith and spirituality, would like to be active in social justice, need some special care or support, or want to meet new friends, we hope you can find something here. We are an affirming, safe space for all and are located on the south side of the new ring road in SW Calgary. Check us out online at [reddeerlakeuc.com](http://reddeerlakeuc.com) or call the office at 403-256-3181.

### UPCOMING EVENTS:

**FAITH & COFFEE:** Bring your coffee and join us, on the first Wednesday of the month at 10 am, as we explore the stories of our faith and hear the wisdom they offer us today.

### CONCERT SERIES:

Dec 3, 2:30 pm - High Country Chorale is an adult mixed-voice, non-audition community choral group, with an eclectic

repertoire. Join us for this free event. Reception after the concert.

Dec 8, 7:30 PM – Rocky Mountain Symphony Orchestra: A classical Christmas featuring Liz Tremblay. You don't want to miss the beauty of this music. To learn more about their program or to purchase tickets, go online at <https://rockymountainsymphony.ca/christmas>

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. For more information or to purchase tickets, go online at <https://reddeerlakeuc.com/concerts>

### SEASON OF ADVENT:

December 10, 7 pm – Blue Christmas Service. Blue Christmas is a reflective service that supports people who are struggling emotionally during this holiday season. Stay for coffee & refreshments after the service.

December 17, 10:30 am – Christmas Pageant. All are welcome. Soup lunch to follow the service.

December 24, 1 pm and 7 pm Christmas Eve Services

December 25 and 31 we will not be offering Worship Services

**MEN'S BREAKFAST:** December 30 at 9 am – Join us on for breakfast and fellowship. We meet for approximately 2 hours to enjoy a meal and a chance to come together.



## LONGVIEW LIBRARY

Marigold will be offering a new resource called Canopy Plus. It is a streaming service that provides access to critically acclaimed movies, documentaries, and award winning films. You have unlimited borrowing access. For more information, consult our librarian, Lynda Winfield.

Marigold is also offering Library eBooks for Mobile Devices, cloudLibrary, Libby, and @Read Alberta eBooks @eMagazines. Again, ask Linda for help with this if you need to.

Lynda has brought an Aero Garden from home. She and the children will be growing herbs over the winter and patrons will be able to help themselves. The library smells delicious and spring like.

New books to the library are How to be a Canadian by Will Ferguson (non-fiction), Second Act by Danielle Steel (Fiction) and Santa Shark: a Great White Christmas a Picture Book.

Sylvia Binkley - [sliv@telus.net](mailto:sliv@telus.net)



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## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m. The meetings are held at the Millarville Anglican church house.

Our next event will be the Christmas arrangement workshop being held at the MRAS quonset on December 9, 2023 at 11 am. Paul Rishaug is leading us in making a festive arrangement. The deadline to sign up is December 4. There will be a list items to bring such as gloves, secateurs, personal decorations that will be given upon registration. Cost to be announced at registration.

Our next meeting is Tuesday December 12 at 6 pm. We will be having a Christmas potluck. Bring your favorite Christmas party food. Note the earlier starting time.

Tuesday January 9, 2024 is the January meeting date. Speaker details to follow.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new president) at [louisepattersonbruns@gmail.com](mailto:louisepattersonbruns@gmail.com) or at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well

Millarville Horticultural Club  
[millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com)  
[millarvillehortclub.com](http://millarvillehortclub.com)



## MILLARVILLE COMMUNITY LIBRARY

December greetings from your Millarville Community Library. We have a new program beginning this month. On Friday mornings in December you will hear the busy sound of children and parents at our newly scheduled Parents and Tots Story time. It will meet December 1, 8 and 22 beginning at 10:00 a.m. A great time to connect with other parents and watch your little ones enjoy their first time in a library.

We will have regular hours Monday, Tuesday, and Thursday 9 - 3, and Wednesdays 9 - 7:30 until December 22 when our staff and volunteers will take a well deserved break. Through the holiday we will be open Jan. 2 from 9-12 and Jan. 3 from 10-7 so you can refresh your selections and pick up your holds. Regular hours will resume Jan 8th.

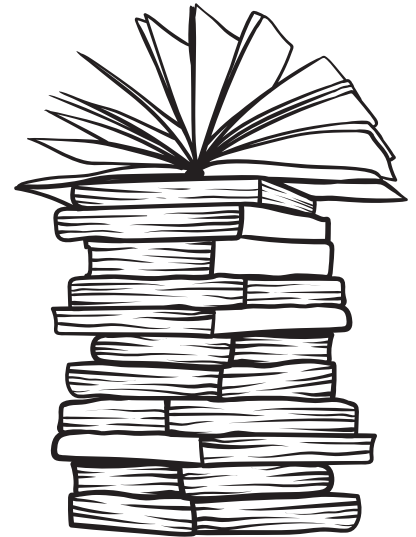
Big announcement: Splisherbocker Books in Diamond Valley is doing a fundraising drive for the Library during the month of December! Add \$5-10 or more to your purchase and we will then buy books through Splisherbocker to add to our library. We are so very grateful to them for helping us to buy a larger selection of new books for all ages! Tax receipts are available as well for your donation.

Do check out our facebook and newly renewed instagram pages, or call us for dates and information on our winter/spring workshop line-up: Slow Stitching, Gardening in our Foothills Climate, Photography, Massage, Preserving Food, Cyber Security, and Cake Decorating.

There are classes for everyone, so don't miss out.

*We want to acknowledge with thanks the donation of class fees from Sheila Woolner's amazing Christmas Cracker Workshop held earlier in November to avoid the Christmas rush.*

There has been a lot of hype anticipating the release of Abraham Verghese's 14 years of writing "The Covenant of Water." A long read that only comes together in the weaving together of 3 generations in the final chapters. A deep, layered, multi generational story that touches on arranged marriage, caste differences, inherited diseases, love, faith and medicine set in Kerala, India. A humbling testament to the difficulties undergone by past generations for the sake of those alive today. A masterful literary novel, certain to keep you reading through the long winter nights.



## BENEATH THE ARCH CONCERT SERIES

### MARIEL BUCKLEY & BAND

**SATURDAY , January 27, 2024**

Concert at 7:30 pm ~ Doors Open: 7:00 pm

**Adult: \$25 / \$30 at the door**

**Child (6-12) \$10 /Kids under 6yrs - Free**

Flare & Derrick Community Hall, Diamond Valley

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## SHEEP RIVER LIBRARY

Heading into winter at Sheep River Library

As fortunate as we have been with the weather so far, we know, as Game of Thrones tells us, winter is coming. We have equipment at the library that will help you get through the icy and snowy months ahead. You can take out microspikes for your boots and shoes, along with walking poles to help navigate icy sidewalks or pathways. Snowshoes are also available when you wish to go further afield on the hiking trails in our area. All of these items can be checked out on your card and are available on a first come, first served basis. Our telescope is currently being replaced but we should have the new one in the library by the end of the year. Call ahead if you wish to reserve it.

Not everyone likes to venture out of doors in winter. If you prefer instead to curl up with a good book, but have run out of reading material, do not despair! Reading material of all types is at your fingertips through your library membership. Through the e-resources provided through the TRAC system, you can read e-books, newspapers or magazines or listen to audiobooks. You can also learn a new language or computer program or watch instructional videos on handicrafts. If all of this seems a bit daunting and you are not sure where to start, please call the library (403-933-3278) to set up an instructional session with Gita. Wednesday afternoons at 2 pm have been set aside for this purpose. Whether you want to know about a specific resource or how to access e-resources in general, Gita can help you get started.

We are pleased to announce that our children's librarian position is now full-time. Teagan can now devote more time to children and teen programming. If you have any programming ideas or suggestions, she would love to hear from you.

Christmas is fast approaching with all those festivities that take a lot of work. If you are looking for new recipes or craft ideas or handmade gifts and ornaments, the library has a vast array of books and resources to help you out. Some will be on display, but still able to be taken home. There is plenty of Christmas fiction and movies as well

– particularly if you are sick of the 27 actor-three setting- two writer-one plot Hallmark movies.

During the Christmas break this year the library will be closed December 25, 26 30 and 31 and open on December 27, 28 and 29 from 10 am to 4 pm. Borrowed items can be returned in the outside drop box on days the library is closed.

Next month's issue will feature our program guide for January to June. If you can't wait that long, the programs will be showing on our website ([sheepriverlibrary.ca](http://sheepriverlibrary.ca)) starting mid-December. So, mark your choices and call to register at the library so you don't miss out. See you in 2024!



## MEMORY CAFE ANNOUNCEMENT

Diamond Valley Memory cafe will be holding a Christmas gathering on Friday December 8 ( instead of the usual 4th Friday of the month) at the Griffith Centre in Black Diamond from 1:00 pm to 2:30 pm. Bring your loved one and enjoy Christmas music and treats.

Memory Cafe is an opportunity for caregivers to bring their loved ones with memory loss for connection, compassion and resources. Call Jennifer for more details at 403 969 6040





## Memory Cafe

Compassion | Connection | Resources

An opportunity for people with memory loss and their caregivers to meet for mutual support

**Griffiths Center**  
**122 Government Road, Black Diamond**  
**1:00 - 2:30 pm**  
**Fourth Friday of the month starting June 23, 2023**

**Contact Jennifer 403 969 6040**



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## HELLO DIAMOND VALLEY

Happy Holidays Diamond Valley!

Saturday, December 2 marks our annual Diamond Valley Light-Up, a free, family friendly event that runs from 5-9 pm in Black Diamond. Gather up your family and friends for a stroll down Government Road and Main Street where businesses light up and stay open late, many offering raffles, special offers, and goodies. Take a horse drawn hay wagon ride through the streets and don't forget to stop in and visit Santa at FUEL, located in the Sheep River Centre on the corner of Centre Ave. and 1st Street S.W. There will be firepits, music, and hopefully the weather will be decent, so come join your neighbours and enjoy the evening that will be sure to get you into the Christmas spirit.

A reminder that the Diamond Valley Christmas Market will be held on December 2nd as well, at the Flare and Derrick in Turner Valley. I went last year and was so impressed with all the hand crafted items and baked goods, and the raffles were really amazing as well, lots of good packages to buy a raffle ticket for. Proceeds go toward the High Country SPCA. The Market runs from 9-4.

And for New Year's Eve, dress warmly and head on over to the Flare and Derrick and Centennial Park in Turner Valley for a free family dance party, a skate on the outdoor rink, free face painting, snacks, hot chocolate, and horse drawn wagon rides. To cap off a fun starry evening, there will be fireworks at 8pm. The event runs from 5-8, if you would like to help sponsor this event, please contact [events@diamondvalley.town](mailto:events@diamondvalley.town).

Oilfields High School is pleased to present their Winter Market and Band Concert on Thursday, December 7. The Market runs

from 4-7 and includes a silent auction, photos with Santa, handcrafted items, food, and more! This is a fundraiser for the School, and for an added treat, the Band Concert will be held from 5-6:30. Please bring a non-perishable item for the food bank.

The Red Deer Lake United Church will be hosting the last day of their Christmas Country Handcrafted Market on December 3 from 10-3, and also over in High River, there will be a Winter Market on Dec. 1 from 2-9, and again on Dec. 2 from 10-4. This Market will be held at the Highwood Centre located at 128 5th ave. S.W. in High River.

Our own United Church in the Valley will be hosting their annual Christmas Market on December 9 with baking, new to you items, and vendors. It will run from 10-4. Their address is 125 Royal Avenue in Turner Valley. The United Church is also the Home to the Oilfields Food Bank.

The Oilfields Food Bank is available for help this season in the form of Christmas Hampers. If you truly need help this year to make your Christmas dinner a nice one, you can register with them at [oilfieldsfoodbank.com](http://oilfieldsfoodbank.com) or call 403-612-1291. Another wonderful charity, Baby It's Cold Outside, can accommodate a Christmas meal also, please contact them at [bcohelp@hotmail.com](mailto:bcohelp@hotmail.com) or call 403-660-3648. This charity also offers toys and gifts, as does the Salvation Army Foothills Community Ministries, at 403-336-4387 (children 18 and under please), as well as My City Care, 587-205-0355.

In addition to the Market and the Food Bank, our beautiful United Church in the Valley is home to Jacket Racket, a program that helps provide warm winter clothing for those in need. If you have any clean, gently used winter clothing for both adults and kids, such as coats, jackets, ski pants, hats and mitts, or boots (no other clothing

please), drop them off at the Church Tuesdays from 1-3, or you can also drop them off in the boxes located at Black Diamond ATB, Diamond Valley Town Office, or the Sheep River Library. If you are in need of winter clothing, you can go to the Church Tuesdays from 1-3 to pick these items up.

This year I've decided to donate in my family's name instead of giving gifts. If you can help out the less fortunate this season, there are many different organizations that will ensure your gift helps out those in need. This list is as follows: Oilfields Food Bank, 403-612-1291, The Salvation Army, 403-336-4387, Baby It's Cold Outside, 403-660-3648, It Takes a Village, 403-401-3005, Magic of Christmas, 403-921-0588, Rowan House Society, 403-336-9046, Seniors Secret Service, 403-257-8339, Shop of Wonders, 587-205-0355, and any one of our amazing animal rescue societies, High Country SPCA, Pound Rescue, and Heaven Can Wait. It just takes a little bit to truly help out a family or an animal in need, and a better feeling cannot be had!

Lastly, Western Financial Group is running their annual Toy Drive for the Alberta Children's Hospital. Every year, approximately 102,000 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. Drop off a new, unwrapped toy early in December to the Western Financial Office in Turner Valley, located on Main Street. Gift suggestions can be found at [westernfinancialgroup.ca/toy-drive2024](http://westernfinancialgroup.ca/toy-drive2024).

If you have any items for January you would like to see in the High Country News, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net), before the 15th of December. I wish everyone a peaceful and joyous season!

*Elaine Wansleben*

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# Light-Up Diamond Valley

Saturday, December 2  
5 pm - 9 pm

Featuring Horse Drawn Wagon Rides, Santa Photos, and Treats and Specials from over 30 Local Businesses!

View the Event Map detailing the offerings of local groups and businesses

  
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# TOWN OF DIAMOND VALLEY

## New Year's Eve Celebration

**A STARRY NIGHT SPECTACULAR!**  
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**WELCOMING THE NEW YEAR 2024**  
Sunday, December 31, 2023  
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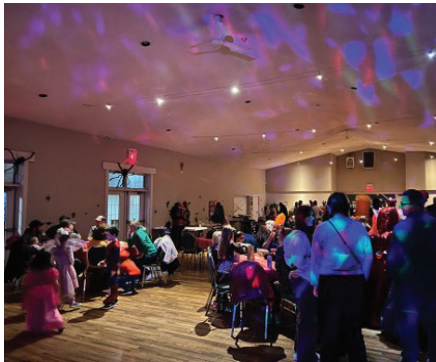
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## DEWINTON COMMUNITY NEWS



### GHOUL FEST WAS A SUCCESS!

Thank you to the many families that came out for our Annual Halloween Party!! With just over 200 in attendance, it was a "Spook"tacular time! Big thank you to Lisa King for once again lending her props to make our Haunted House the best one yet, and to the many volunteers that helped assist games and visitors to our Haunted House! This couldn't be the success it was without the direction and hard work of our own Hall Manager Amanda Gotmy.



## DE WINTON COMMUNITY 2023/24 MEMBERSHIP DRIVE

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#### WE NEED HELP WITH:

- Board positions
- Canada Day
- Ghoulfest
- Christmas Craft Fair
- Gardening and work projects around the Hall







## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**Foothills County Stats:** According to census results, 23,000+ people call this beautiful rural municipality "home". Our County features the foothills, rivers and prairie of sunny, southern Alberta, covering an area of approximately 3,600 square kilometres. The County maintains over 2,000 kilometres of road and features 2 Provincial primary highways. Highways 2 & 22 run through the municipality, giving easy access to Canadian and US markets, an ideal location for homes, farms and businesses. We are next-door to Calgary and 13 other municipal neighbours, and we've been around in our current form since 1954 (69 years). Our records show 15,300+ taxable rolls here; that is, separate-titled properties to which property taxes are applied. If your property is one of these tax rolls, located here in Foothills County, your property taxes will be owing every year by September 30.

**What is a Municipality?** Foothill County is a rural municipality, a separate local-government corporate entity, subject to the provincial department of Municipal Affairs, and laws of Alberta, Canada and our own Foothills County Bylaws. Municipalities come in different forms, including counties, municipal districts, specialized municipalities, cities, towns and villages. A number of hamlets are part of the County's jurisdiction (not separate corporate entities). Our County is a part of a collaboration of all 69 counties and municipal districts, called the Rural Municipalities of Alberta (RMA). Find more details, here: [rmalberta.com](http://rmalberta.com)

**7 Divisions:** Foothills County is divided into 7 electoral divisions, each represented by a Councillor. I am writing to you from Division 4. As your local councillor, it is my pleasure to assist you with matters of a municipal nature and also help refer you to other resources. You can search our division map and land use maps on the County's website: [www.foothillscountyab.ca](http://www.foothillscountyab.ca) Printed paper maps are available for purchase at the County's office.

**Division 4 Councillor Tasks:** I prepare for and attend weekly full-day Council meetings (which are now live-streamed), have on-going interaction (work, support, meetings) with residents, community associations, businesses, school divisions, provincial & federal departments & representatives, attend RMA conferences, and work on current issues... I participate as a member on these Boards & Committees, which were confirmed at our annual re-organizational meeting in October 2023: Alberta Municipal Climate Leadership Council, Bow River Basin Council, Calgary Metropolitan Region Board - Land-Use & Servicing Committee, Calgary Regional Airshed Zone, Cross Conservation Area Board, Dark Sky Initiatives Stakeholders Working Group, Foothills Regional Emergency Services Commission (Chairperson), Foothills Rural Policing Committee, Inter-Municipal Committee - Calgary, Inter-Municipal Committee - Okotoks (alt), Highwood Management Plan Public Advisory Committee, North West Foothills Recreation Board, Priddis - Red Deer Lake Recreation Board, and Rural Fire Board.

**Services:** Foothills County provides many services (directly or jointly with other municipalities) to support the residents of our large rural area and our hamlets: Aldersyde, Blackie, Cayley, De Winton, Hartell, Heritage Pointe, Millarville, Naptha, Priddis and Priddis Greens. These services include administration of the organization, agricultural services (maintenance, brushing, weed control, education, advice), assessment department,


2x bulk water-fill stations, building permits with safety codes officers, cemeteries, community clean-up support, corporate services and financial management, 7 councillors, council meetings, 911 call answer and fire dispatch, emergency management, family and community support services, fire department (+ equipment, burn permit process, inspections...), garbage disposal (full cost recovery to some hamlets), 2x garbage transfer stations (75% subsidized), grant funding admin, inter-municipal planning, legislative services, libraries, mapping & GIS department, planning and development administration (reviewing & approving applications, permitting, coordinating public hearings...), protective services with bylaw enforcement, recreation and parks (includes facilities), regional landfill and Frank Lake effluent pumping system management, road construction and maintenance by public works (snow removal, grading, gravel, bridge repair, culverts, mowing ditches, equipment, vehicles, dust control product, responses to weather surprises), shared admin building and 3 workshops, staff for all departments, Stars ambulance, tax department, various committees in support of our communities (each councillor participates on numerous committees), water/wastewater services (full cost recovery to some hamlets), website & social media, and Western Wheel subscription (provides minutes, upcoming hearing and development notices).

**Planning:** As we grow and face an increase in demand for services, we must plan for the future in order to be equitable throughout our municipality, take our residents' views into consideration, mitigate impacts, consider regional efficiencies, maintain adequate service levels and carefully keep taxes reasonable. Your input has been included in our Municipal Development Plan, Growth Management Strategy, Inter-Municipal Development Plans, and recently on several new topics, including secondary suites. We continue to collaborate with different levels of government and our neighbours to achieve resolutions to problems. We're planning for and encouraging industrial/commercial development in our Hwy 2A Industrial Corridor, looking for industrial assessment to offset and reduce taxes on residential assessment.

**For Other News & Updates: Facebook:** <https://www.facebook.com/CouncillorSuzanneOel/> Email: Suzanne.Oel@FoothillsCountyAB.ca

**For Other News & Updates:** Facebook: <https://www.facebook.com/CouncillorSuzanneOel/> Email: Suzanne.Oel@FoothillsCountyAB.ca

With Best Regards, Suzanne



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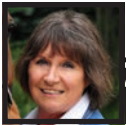
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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

Winter is here and the holidays will be here soon!

#### Foothills County - Public Works

Just a reminder to make sure that you push snow off to the side into the ditch, not across the roads.

#### Foothills County - Organisational Day

Foothills County Council held an Organisational Day on October 25 to appoint a Reeve and Deputy Reeve as well as appoint councillors to Boards and Committees. Congratulations to Reeve Delilah Miller and the new Deputy Reeve Don Waldorf on their appointments.

Here are my Boards and Committees for 2023-2024:

- Bow River Basin
- County Cemeteries (Blackie, Cayley, Pine Creek, Gladys Union, and Davisburg)
- Dark Sky Initiatives Stakeholders Working Group
- Development Appeal Board (DAB)
- Economic Development Board
- Family and Community Support Services (FCSS)

- Foothills Cemetery Board
- Historical Committee
- Leighton Art Centre Board
- Marigold Library Board
- Millarville Recreation Board
- Northwest Foothills Recreation Board
- Okotoks Public Library Board
- Sub-division Appeal Board (SDAB)
- Turner Valley and Black Diamond/Foothills County Intermunicipal Committee
- Village of Longview/Foothills County Intermunicipal Committee

#### Foothills County - Building permits

Are you thinking of adding a building on your property in the near future? Whether it is a new single-family dwelling, an addition and/or renovation to single family dwelling, an accessory building, a commercial building, a farm building, a basement development, a move on dwelling/manufactured home, a deck, or a secondary suite, be sure to check out the process on the Foothills County website: [www.foothillscountyab.ca/development/building-permits-inspections](http://www.foothillscountyab.ca/development/building-permits-inspections)

#### Millarville Racing and Agricultural Society (MRAS)

Annual General Meeting  
Monday, December 4 6:30 p.m.

Open to members and welcoming new members. MRAS 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 is reviewed annually.

For more information visit:

[www.millarvilleracetrack.com/become-a-new-member](http://www.millarvilleracetrack.com/become-a-new-member)

The MRAS is also looking for new Board of Director members. If you have any questions regarding the Board of Directors positions, contact the MRAS.

E-mail: [mras.feedback@gmail.com](mailto:mras.feedback@gmail.com)

Phone: 403.931.3411

#### Leighton Art Centre - Festive Foothills Art Sale

December 21, 2023

Online (24/7)

In Person (10AM - 4PM, closed Mondays)

Free parking and admission by donation

Enjoy a whole lot of holiday cheer in Alberta's beautiful Foothills region! Local artists are featured in the galleries of the historic Leighton home or online: [shop.leightoncentre.org](http://shop.leightoncentre.org)

Gallery pick-up and shipping both available for online shopping.

For more information: [leightoncentre.org/event/festive-foothills-art-sale](http://leightoncentre.org/event/festive-foothills-art-sale)

#### Good News Story

Kids Only Shoppe was a roaring success this year at the Millarville Christmas Market! Mrs. Claus and her helpers thank you for the support. The money raised will go to support the school hot lunch programme in six surrounding schools.

The cutest little shopper made my day when she put her hand up to her mouth and whispered in my ear:

"Can you keep a secret? Our family does not celebrate Christmas, but we like to buy presents for people who do."

Merry Christmas and a Happy New Year to you and your family!!!

Barb Castell

Phone: 403-931-3690

E-Mail: [barb.castell@foothillscountyab.ca](mailto:barb.castell@foothillscountyab.ca)

Website: [www.barbcastell.com](http://www.barbcastell.com)

FaceBook: [facebook.com/barbcastell.ca](https://facebook.com/barbcastell.ca)

## Meota Christmas Service 2023

Join us for the holidays!

### Lessons & Carols (Sunday Dec. 17th)

Single Service @ St. George's 10:30am

### Christmas Eve (Sunday Dec. 24th)

Single Service @ Christ Church 10:30am

St. George's 4:00pm

St. James 6:30pm

Christ Church 9:00pm

### Christmas Day (Monday Dec. 25th)

Single Service @ St. George's 10:30am

### New Year's Day (Monday Jan. 1st)

Single Service @ Christ Church 10:30am







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\*Clients must provide their own foot basin & towel

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## DUANE HARDER

### Christmas - What's it about?

For many, Christmas is charged with ambivalence. Trying to buy gifts with meager resources; navigating through crowded malls; social events squeezed into a crowded calendar, and the list goes on.

Personally, Christmas is one of my cherished childhood memories. I remember the excitement of my four siblings and myself making Christmas breakfast for my dad and mom at 4am Christmas morning. Their annoyance of being awakened so early was soon dispelled when they realized the intent of their children. I must add, we did go back to bed with the instruction that we could resume the task at 7am. I loved our family gatherings. There was rarely fewer than 15 uncles, aunts, and cousins at the Christmas dinner table. Our family experience was common in our small town and farming community.

Yes, I do have fond memories that might be embellished with time. However, there are some memories that are worth repeating. In fact, those memories are part of the core values that my parents imparted. This Christmas I would like to give them to you as a gift.

1. Relationships are more important than riches. You can't buy relationships, you build them. Consumerism wants me to believe that it's the ideal gift that matters. The giving of ourselves involves our time, our willingness to care, and our ability to enter the world of another person's responsibility. Our Christmas was a celebration of a community of care.

2. Love with a little is more precious than abundance with debt. The four-year-old draws a picture, hands it over to you, and then says, "I love you!" That picture is valuable, not because of its artistic quality, but because it represents the love of the child that drew it. The respect that you give a person is of much greater value than the gift.

3. Look for simple ways to build family tradition. My wife made a jello salad that became a family tradition. Read the Biblical narrative of the first Christmas, recount previous Christmas highlights, sing some carols, give to a family in need, and the list goes on.

The other night Global News at 6 interviewed people asking them if the present economic climate would affect their Christmas shopping. Most of those interviewed indicated that they were downsizing their giving due to financial restraints. Limited resource helps us evaluate our giving. Are we giving out of duty or do we genuinely care. Duty usually has a thread of resentment. Care gives through an envelope of love. The envelope is what touches other person's heart, not what is in it.

Giving was central to the first Christmas. The God of love wanted us to have the gift of eternal life. He gave His Son so that we could have that gift. His Son was born in a barn, not a palace. He grew up in the home of a carpenter not the estate of a great statesman. At 33 He was falsely accused and sentenced to the cruel death of crucifixion. In His death He took upon Himself the judgement for all our wrongdoing. Through his birth, death, and resurrection He offers to us the gift of eternal life. That is a Christmas gift that I receive by faith. Accept His gift and I'll see you at the top.

*Duane Harder*



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## ADHD AND EXTREME SENSITIVITY

### IT'S A BRAIN THING

Those with ADHD have more difficulty with low frustration tolerance, impatience, hot temper and excitability. Challenges with emotions start in the brain itself. "ADHD is not a mood disorder, but a failure-to-regulate-mood disorder. It impairs our ability to express our emotions in a controlled way" (Russell Barkley). Neuropsychologically, it's about processing and connectivity.

### WHAT HAPPENS?

The limbic system generates emotions i.e. anger, fear, pleasure and is connected to the prefrontal cortex that manages emotion.

Working memory impairment can allow emotions to go "unchecked" and become too strong. The frontal cortex acts like a security checkpoint. In the ADHD brain, the neurochemical connectivity that is needed to guard that checkpoint is weak. This allows our emotions to stampede past the security gate and cause havoc. Our emotional reactions are not assessed. Not calculated. Not suppressed. Not always in our best interest.

### CARRIED AWAY WITH EMOTIONS

Minor problems or irritations become DEFCON level 1 threats – you hit panic mode or get super stressed out about small stuff that do not warrant such 'catastrophizing' or 'over-reaction'. It's difficult to calm down – you can stew for hours or days over an emotional event. This can impair your ability to get back to work or to move your priorities forward.

When you get overly excited, it is not necessarily a bad thing. However, your driving emotion is stronger than the ability to think things through. For example, diving headlong into a new hobby only to realize after spending lots of money, that you should rather have 'eased into it'.

### IS IT ME, YOU OR ADHD?

An extreme sensitivity to disapproval, rejection, criticism or the perception that somehow you have failed. Rejection sensitivity dysphoria (RSD) is very common in people with ADHD. Social anxiety involves exaggerated fears of being seen as incompetent, unappealing or 'not cool'. Perceived criticism or withdrawal of love and respect is just as devastating as the real thing. The term "dysphoria" means "difficult to bear" and disapproval hurts much more than it does for neurotypical people.

### WHAT ABOUT THE LONGTERM IMPLICATIONS?

There is a broad spectrum of mood disorders i.e. anxiety, depression, bipolar; substance use disorders i.e. alcohol, illicit drugs and personality disorders i.e. borderline personality, which can co-exist with ADHD etc. They all have strong emotional behaviours that overlap with ADHD. During a professional assessment, one has to be mindful of the complexity and degrees of severity here.

### DOES ADHD MEDICATION NUMB YOUR EMOTIONS?

When on the right medication, you do have a chance to think twice before bursting into tears or losing your head. In cases where your anxiety is primary to your ADHD, stimulant medication may exacerbate the anxiety until it is under control. However, medication should always be taken in consideration with your physician, and tailored to your unique situation.

### WHAT CAN I DO?

- Do mental Taekwondo. Flip your anger into constructive action. Get busy on a tough task.
- Name your emotions. Describe in detail what you feel or write it down in a journal.
- Check your lifestyle and listen to your body. Are you getting enough sleep, eating healthy, correcting bad habits?

### Sources:

Barkley, Russell, A. *Taking charge of ADHD: The complete, authoritative guide for parents*. 2020. New York: Guildford Press. *15 Ways to disarm and understand explosive ADHD emotions*, 2016. ADDitudeMagazine. New York: New Hope Media.

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

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## I'M NOT YOUR SISTER

There is fascinating research happening at the King Faisal Specialist Hospital and Research Centre (KFSHRC) in Riyadh in the Kingdom of Saudi Arabia. The custom for the past 30 centuries there has been for people to marry their cousins, so it's a wild place to study human genetics. Things like haemophilia are prevalent, and there is a bounty of the odd and unusual.

The persistence of marrying within family is made all the more fascinating given the care taken in breeding horses and camels over the same period of time. Serious and lucrative, winning a camel beauty contest can net you millions of dollars.

Stem cell research is also bountiful as studies are not hampered by the scarcity of ethics permissions like they are in the West. Top researchers come to Arabia from throughout the world to do this work. There is real potential and hopes for stem cells to heal damaged tissues - like brains and spinal cords - and to reverse the effects of disease and major traumas.

Dr. Ayodele Alaiya is a stem cell researcher at KFSHRC. He says a lot has been learned about harvesting, growing, and preserving

stem cells, so that supply is no longer an issue. The problem is that after decades of research we still don't have the slightest idea how to turn stem cells on, or make them become the tissue type that we want. Treating human conditions such as Parkinson's disease or frayed knee cartilage hasn't progressed beyond injecting a bunch of stem cells into an area and hoping that something good happens. And to be fair, occasionally something good does happen. But it's very occasionally, and still no one knows why.

It's not all research at KFSHRC. The hospital itself has an entire wing dedicated to serving the needs of the very large Royal family. With some 5000 Princes and complex family relationships (it's legal for a man to have up to 4 wives) an entire department is needed to figure out who qualifies for treatment here.

The hospital rooms in the Royal wing are cavernously large and opulent. Adjoining the main room is a space where a buffet is usually set up. When a Royal is admitted to the hospital they bring in their own couches and drapes and carpets to make it feel more like home. The staffing ratio of two nurses per patient favours excellent care.

Because the Saudi education system has gaps in its quest for excellence, the care is mostly given by foreigners. Canadian healthcare professionals are particularly


prized here due to their high education levels, professionalism, and work ethic.

Once when a high-ranking prince was admitted to the hospital a Canadian nurse named David was assigned to care for him. As David entered the room to meet the Prince (and entourage) everyone became excited and shouted out "Hey! Sister, Sister!"

David stopped, dropped his head, sighed, and after a moment began to lecture the Prince. The room fell silent. A few jaws dropped in disbelief. No one lectures this Prince. Having a bad day or a sudden lapse of judgement is one thing, and career suicide is something else entirely. The Saudi government regularly tosses people out of the country for lesser transgressions than this.

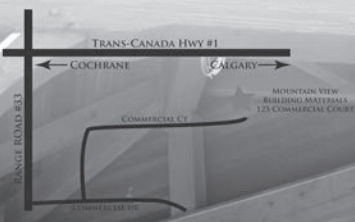
But David forged ahead. He explained that nursing care in Arabia was originally provided by Catholic Nuns, called "Sisters", and that the term "Sister" has been used ever since as a substitute for nurse. David emphasized that the term sister belongs to the female gender and that it is highly inappropriate to use that term for a male like himself. Stunned silence. David, trying to set boundaries, announces that he deserves to be addressed by terms appropriate to his training, stature, and gender, and he would appreciate it if they would call him "Mister Sister" instead. The room burst into laughter, including David, and Mister Sister cemented himself as one of the most beloved nurses that ever worked there. Our Canadians abroad are doing us proud.

Jeff Harvie - [Bluewaterphysio.ca](http://Bluewaterphysio.ca)



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## GET RIPPED by Jari Love

In the world of fitness and wellness, my pursuit of optimal gut health began unexpectedly on a video shoot. The day's delay pushed lunchtime, and a seemingly nutritious broccoli salad triggered a revelation. What started as delight turned into noticeable discomfort, a stark contrast to my carefree culinary adventures in youth. Beyond broccoli, I grappled with the challenges of dairy and wheat.

This marked a point in understanding the connection between what we eat and how our bodies respond. Join me as I explore the impact of gut health on overall well-being, navigating digestion, immune function, and mental health. Whether it's cruciferous vegetables, dairy, or wheat, this journey unveils the transformative power of simple lifestyle adjustments. After all, caring for your gut is more than a trend; it's a fundamental path to a healthier, vibrant self.

Gut health is about how well the team of tiny living organisms in your stomach works together. This team, known as the gut microbiome, is made up of trillions of bacteria and other microorganisms. A healthy gut is one where this team cooperates smoothly to help your body function properly.

Factors like diet, lifestyle, medications, and genetics can affect the gut. When it's balanced, it helps with digestion, nutrient absorption, and defense

against harmful bacteria. But when this balance is disrupted, it can lead to various health issues.

A healthy gut is important not just for good digestion but also for overall health. A few key reasons why gut health matters:

1. **Digestive Wellness:** A balanced gut microbiome helps break down food and absorb nutrients, reducing the risk of issues like bloating and constipation.
2. **Immune Function:** About 70% of your immune system resides in your gut. A healthy gut microbiome helps protect your body from infections and diseases by identifying and fighting off harmful bacteria.
3. **Mental Health:** Research suggests a strong link between the gut and the brain. An imbalanced gut microbiome may contribute to mood disorders like depression and anxiety.
4. **Weight Management:** The gut microbiome can influence your body weight and metabolism. A healthy gut may help regulate appetite and support weight management.
5. **Nutrient Absorption:** A healthy gut ensures efficient absorption of essential nutrients, vitamins, and minerals, promoting overall health.

Maintaining a healthy gut involves several factors, and making simple lifestyle changes can have a significant impact. Here are some strategies to promote gut health:

1. **Diet:** Eat foods rich in fiber, fruits, vegetables, and whole grains. These foods nourish beneficial gut bacteria. Probiotic-rich foods like yogurt, kefir,

and fermented foods (sauerkraut, kimchi, kombucha) can also support a diverse gut microbiome.

2. **Prebiotics:** Foods like garlic, onions, leeks, and asparagus feed beneficial gut bacteria.
3. **Limit Sugar and Processed Foods:** Too much sugar and processed foods can disrupt the balance of the gut microbiome.
4. **Manage Stress:** Chronic stress can negatively impact gut health. Practices like meditation and yoga can help reduce stress.

Gut health is not just a trend; it's a fundamental part of overall well-being. By adopting a diet rich in probiotics and fiber and making other lifestyle adjustments, you can promote a healthy gut and enjoy improved health and vitality. Taking care of your gut is taking care of your whole self.

*Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at [www.jarilove.com](http://www.jarilove.com). You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.*



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## PEACE by Andrea Kidd

I cut the tape on the cardboard box and open the lid. Memories of a trip to Israel come to mind. The Nativity Scene was made by Palestinian olive-wood carvers in Bethlehem. I let my little granddaughter peel away the tissue paper from the smallest piece, the baby Jesus in a manger. His arms are open wide, a gesture that reminds me how Jesus wants to welcome me into his presence.

"Where's his blanket?" asks Monica, "He's getting cold! Why doesn't his mommy cuddle him?"

Good questions! Where were his blankets? First century babies were swaddled in soft cloths that were held in place with ribbons of cloth.

Monica runs off to find the perfect scrap of fleece from my oddments bin. In my imagination I quietly enter the stable. I close the door gently behind me to keep out the draughts.

I see Jesus nuzzling his nose into Mary's warm breast, his mouth searching. And,

after several frustrating attempts, he latches on, relaxes and drinks life-giving milk. Mary and Joseph no longer glance around at their inadequate surroundings, wishing they were back at their little house in Nazareth, because Jesus nestles contentedly in his mother's arms and absorbs all their loving attention. His trust in Mary and Joseph to take care of all his needs is implicit. He sleeps. Mary and Joseph relax, content because Jesus is at peace.

We were all the same at birth. We trusted and we slept. We are all the same as parents. We are at peace when our baby is content.

Much later, Jesus was tormented with emotional anguish. He dreaded what was ahead of him and he was undecided. He could have escaped his captors. He had slipped through them before. For him it would not have been difficult.

Instead he prayed about his indecision, and an angel came and gave him strength.

The strength Jesus received is evident. He asked his Father to forgive those who were perpetrating hate because they did not know what they were doing. Then he turned to his friend John and his mother, and gave them to each other as mother and son. Jesus' trust in his heavenly Father overrides the terrible pain of his ordeal.

We are all the same when facing an anguishing decision. Our spirit is weak,



hurt, and fragile and so we pray. God, our heavenly Father sends an angel to strengthen us. We are able to continue living and acting in a way that reflects the Spirit of God who lives within us. We remain true to ourselves and to the One who created us.

Monica runs back into the room, jolting me back from my reverie. She has found a square of bright blue fleece and a white cotton handkerchief and she snuggles Baby Jesus in them. He no longer fits into the nicely carved manger so she nestles him close to Mary and Joseph. She knows what is good and right. Contentedly, we sit together on the sofa, pull a soft blanket over us and settle down for a story.

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## MORTGAGE MATTERS by Candace Perko

### Reverse Mortgages

Canadians aged 55+ are living longer and want to stay in the homes they love, but they need the financial peace of mind to do it - which is why the reverse mortgage continues to gain popularity.

If you're looking to improve cash flow, pay off an existing mortgage, clear balances on existing credit cards and loans, make home improvements, or gift a down payment to a loved one, a reverse mortgage might be the right solution for you.

#### What is a reverse mortgage?

A reverse mortgage is a simple way to turn a portion of your hard-earned home equity into tax-free cash - with no ongoing payments required.

- Borrow up to 59% of your home's value
- No monthly mortgage payments required
- Receive your tax-free funds as a lump sum or over time Retain ownership of the home you love

A reverse mortgage turns your home equity into cash that can be used any way you like.

#### Are you eligible for a reverse mortgage?

To be eligible, you must be:

- A homeowner
- Aged 55+
- Live in your home for at least 6 months of the year

If there are other individuals listed on your home's title, they must be at least 55 years old.

#### Reasons to consider a reverse mortgage

If you'd like to boost your retirement income, a reverse mortgage allows you to access up to 59% of your home's equity in tax-free cash. You can take your reverse mortgage cash as either a one-time lump sum payment, as monthly payouts, or as ad-hoc advances when you need them. Some of the more popular reasons for taking on a reverse mortgage include:

- Paying off existing debts like a traditional mortgage Gifting money to family
- Improving your quality of life
- Adding safety features to or renovating your home Buying an investment or vacation property

- Paying for health care or in-home care
- Remember, you can also pay off your existing traditional mortgage to eliminate payments and increase cash flow - the options are endless!

#### Benefits of a reverse mortgage

The benefits of a reverse mortgage don't just stop at the ability to cash in on your home's equity! In fact, these benefits also include:

- Title and ownership of property remain in homeowner's name
- No monthly mortgage payments required
- Prepayment penalties waived in the event of death or care home placement

#### Where to get a reverse mortgage in Canada

There are two Canadian Schedule I banks that offer reverse mortgages. Both banks' reverse mortgage products are similar in their design and function.

The two lenders in Canada offer reverse mortgages with distinct fees, rates, and prepayment charges. Contact your favourite Mortgage Broker to learn more!

*Candace Perko, Mortgage Broker*



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## OUT OF THE RUT

### Chapter 160

Another year swings into the past. I wonder if anyone out there had any fun memories bubble up from my last set of musings? I hope that this season of family gatherings and celebratory happenings gives rise to many fabulous memories to sustain you in the coming years.

More book-related prompts to my scribbles: I just discovered that a section of motorway in the UK is surfaced with the inclusion of two and a half million books, mostly Mills & Boon (what is the Canadian equivalent? Probably known by parent company Harlequin?). It's not all pulpy romance novels, but it is all pulp.

Excess or damaged novels are shipped to a pulp mill in the south of the country to be converted into a pulp that is integrated into the Tarmac® that is used to cover and seal the road. This is because the pulped wood material is absorbent and elastic, helps keeps the road intact, reduce cracking and potholes. This road was built twenty years ago using these techniques.

Hmm... fast forward to this year and a little research more. Canada quite recently

realised there might be something useful in wood to add to road surfaces, enter the experiment in Thunder Bay. Instead of exploiting an endless resource already falling into landfill and recycling, we're utilizing the Lignin released as a byproduct of pulp and paper-making to replace some of the Bitumen added to road materials. Wouldn't it be great to use recycled novels too? The experiment in Thunder Bay started two years ago. Someone has obviously looked into the twenty-year-old road in the UK. It may not be subject to the same temperature fluctuation stresses, but it is subject to vastly higher usage stresses, although not quite the volume the road owners want – it's a toll road, something of an anathema in the UK where all drivers already pay a road tax equivalent to just over \$300/year.

Every Spring when in our country there is a rush to fill potholes and repair cracks in the road, maybe we should be chucking our used books in there and tamping them down? It would be a great thing to improve the elasticity of the road surface so that potholes became slightly less of a giant issue... but we have nothing on the potholes of India which will swallow a whole car in the blink of an eye.

Each Spring the use of asphalt spikes as we repair our roads. We generate a bunch of greenhouse gas emissions and cause collateral damage to the environment when paving or repairing. Canadian studies have shown Lignin can significantly improve the aging resistance of asphalt and has different

effects on the high-temperature rheological (flow or plasticity) property, low-temperature crack resistance, and fatigue resistance of asphalt. Jolly good stuff eh?

Funnily enough, it's in Alberta that we have a bunch of Lignin-related studies, projects and companies working on making this all a viable aspect of road building and maintenance for the future. Yay for Alberta entrepreneurs!

When I first came to Canada I spent some time in Ontario working a ranch/trail riding outfit. In the Spring it was such an adventure to ride horses up and down the gravelled hill roads, navigating the washboard effect that the frost heaves give rise to. Sudden excrescences emerging in the middle of the trail from one day to the next, soft on top, solid with ice beneath. These bursts of upward-moving frost would erupt through asphalt too. Never seen anything like it before, it is a fascinating aspect of nature in this country.

Somewhat tangentially, the 50,000 miles of Roman Roads across England and Europe are epic constructions that have lasted centuries. They may not have to deal with 60+ degree temperature fluctuations, but they accommodate everything else that man and nature throws at them. They are not, however, the reason that our railways run on 4' 8.5" gauges. Ask Stephenson.

Who knew? Let's make more of our roads out of miles and miles of dreams and stories. Imagine driving over all those thoughts and hours of effort and creativity. Interesting times.

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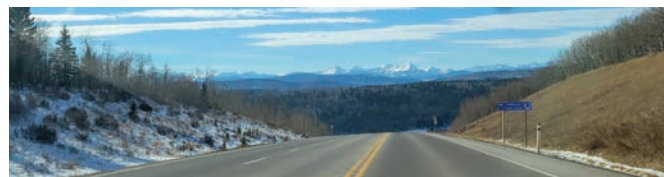
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## FOR GOODNESS FLAKE, IT'S SNOW-TIME!

by Laura Griffin

Outside the snow is falling and in the lane snow is glistening, reminding me of not only its beauty, but also the effects snow has on our wild neighbours. For some the snow is a hindrance to their survival, but for others it is their lifeline to get them through the cold of winter. For added fun in this article there are snow lyrics from eleven holiday songs hidden, see if you can find and name them all.

Snow is an accumulation of unique snowflakes, which are actually ice crystals. Due to the nature of the water molecules that make up these crystals, they will always form with six sides. This is particularly important because that shape also leaves room for air to be trapped inside fallen snow. A whopping 95% of snow is

actually just trapped air. When you hear the snow crunch, these pockets of air are collapsing. Air is an excellent insulator; this means that when the webs of snow are drifting layers of insulation are building up. Smaller rodents, shrews, and weasels rely on the fallen snow to act as a blanket above them. The area directly above the ground but below the snow is called the pukak layer, and if you had x-ray vision you would see a network of tunnels in this layer where these smaller neighbours can stay active. There are even a few green plants and insects, the sturdy kind that don't mind the snow living there. Even if there is a blizzard above the snow making you feel like Frosty the snowman, the temperature in the pukak layer will remain around 0°C. Ruffed grouse will even dive into the snow to stay warm at night.

We also have wild neighbours who are not dreaming of a white Christmas. Walking through white and drifted snow can be hard work for animals like deer and coyote. The snow also hides their food, whether it be plants or rodents beneath it. How would you like to play hide and seek with

your meals for the entire winter season? However, these animals do still rely on the water in that snow to help hydrate them when alternative sources of water might be frozen solid. Lynx and snowshoe hare have found a way to adapt to these snowy conditions by having larger furry feet that act like snowshoes which keep them dashing through the snow. And the animals who cannot adapt to the snow are often the next meal that helps another animal survive the winter cold.

Snow also directly shapes the diversity of wild neighbours we see come Spring. I say let it snow as it reminds us that not everything is what it seems at first glance. If cold frozen ice crystals from a cloud can transform into a warm lifesaving blanket on the ground, maybe we can transform our hardships and struggles into opportunities to help those around us or alter our own perspectives for the better. May all your Christmases be white.

A warm thank you to Jackie Sills & James Griffin for continuing to provide amazing photographs for these articles.

**Photo Credit:** Jackie Sills



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WOOLRICH DESIGN AND CONSTRUCTION - 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 RENNY, 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

## EQUIPMENT RENTALS

DIAMOND VALLEY RENTALS; LIKE US ON FACEBOOK, rentalsdvr@gmail.com ..... 403.701.3013

## 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  
CLEAR SKY ELECTRIC clearskyelectric@gmail.com ..... 587.225.4294  
HIGHEST ELECTRIC, cmkish1@gmail.com ..... 403.998.4517

## 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 PHYSIOTHERAPY ..... 403.949.4008  
MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY ..... 403.829.1148  
MASSAGE - SYLVIE LAPPA RMT ..... 403.828.5408  
STILL IN MOTION, Massage.still@gmail.com ..... 403.892.3470

## HOUSE CLEANING

IMMACULATE ADVANTAGE, Naomi Nadeau, immaculateadvantage2018@gmail.com ..... 403.618.2605  
SPARKLE SQUAD - Local Cleaning Services ..... sparkle squad902@gmail.com ..... 403.336.0495

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920  
CHARLIE'S CHORES CLEANING AND GARDENING, www.charlieschores.net ..... 403.813.1130

## LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442  
MAISONSCAPES, www.maisonscapes.com ..... 403.971.6657

## LEGAL

COMMISSIONER OF OATHS, Jane Morgan ..... 403.680.8683  
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

## LOCKSMITH

OKOTOKS AUTO LOCK AND KEY, John McComber ..... 403.988.8691

## 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, furlpersondogservices.ca ..... 403.949.4147  
KOMET PULSE THERAPY, www.kometpulsetherapy.com ..... 403.922.6306  
MANY LEGS PET GROOMING & SUPPLIES, eeason@telus.net, manylegsinc.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  
CREEKSIDE PLUMBING ..... 403.949.3424

## 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  
KATHLEEN BURK RE/MAX Realty Professionals, Cochrane/Bragg Creek/Redwood ..... 403.818.8049  
MEGAN STUART Greater Calgary Real Estate ..... 403.978.9117  
SHERRI OLSEN, MAXWELL Capital Realty, Bragg Creek, Calgary, Acreages ..... 403.519.5998  
SUE WINSOR, MAXWELL Canyon Creek. Country Life ..... 403.333.3717  
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  
MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147

## ROOFING & EXTERIORS

DAZA ROOFING dazareroofing.com ..... 403.542.2592  
FORTRESS ROOFING & EXTERIORS LTD. .... 403.264.7844  
GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhiroofing.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  
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## TOWING

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

## UPHOLSTERING AND WINDOW COVERINGS

HEMMETT CUSTOM UPHOLSTERING AND WINDOW COVERINGS ..... 403.816.3802 / 403.246.1482

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

## WELDING

Archer Custom Fabrication, www.archercustom.com ..... 403.463.3366