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# The Cowboy Trail

## A ride through history

For this article we thought it would be fun to share some of the history of the Cowboy Trail.

Stretching over 700 kilometres along Highway 22, the Cowboy Trail offers travellers a glimpse into Alberta's rugged past. With its rolling foothills, expansive ranch lands, and dramatic mountain vistas, the trail captures the essence of Western Canada's cowboy heritage. But beyond the iconic landscapes lies a rich history full of fascinating stories. Here are four things you might not know about this beloved route:

### It Was Once a Trading Route

Long before settlers arrived, the trail served as a well-worn path for Indigenous peoples. The Blackfoot Confederacy used the route for trade, connecting their communities across the plains with others in the Rocky Mountain foothills.

### The Cowboy Trail's Hidden Rail History

While the trail is synonymous with horseback riding and ranching,

the southern portion of the route saw brief fame as a rail corridor in the early 1900s. The Canadian Pacific Railway considered it for expansion but abandoned the idea due to difficult terrain.

### Canada's First Female Rancher Lived Along the Trail

Near Longview, you'll find the remnants of the Bar U Ranch, where ranching pioneer Isabella Hardisty Lougheed worked alongside her husband to establish one of the largest ranches in the area. Her contributions to Alberta's ranching history are often overlooked. Isabella's husband James, was prominent in politics and business. The ranch employed several prominent individuals, including George Lane, one of the "Big Four" who founded the Calgary Stampede, and John Ware, a legendary Black cowboy known for his exceptional ranching skills.

### A Stop for Prohibition Bootleggers

During Prohibition, many Cowboy Trail ranches doubled as hubs for

bootleggers smuggling spirits from Alberta into dry U.S. states. Tales of secret cellars and concealed barrels abound in the foothills' lore.

The Cowboy Trail remains a living testament to Alberta's pioneering spirit, where every twist and turn reveals another chapter of history.

### Special Thanks

We'd like to extend heartfelt gratitude to all the volunteers who made the Bragg Creek and Redwood Christmas Markets such memorable events. Your dedication brings the community together and keeps the spirit of the Cowboy Trail & our Community alive.

All the best to you and your family;  
Cheers to the West!

### Jason Traviss & the Cowboy Trail Brewery Team

Our Sources:  
Alberta Heritage Foundation  
Bar U Ranch National Historic Site Archives  
Bragg Creek Historical Society

## Start with a visit to the Hut in Bragg Creek



We're open during these winter hours:

**Wed, Thurs, Sat**  
**12:00pm to 6:00pm**  
tastings, bottle sales  
& Cowboy Trail beer

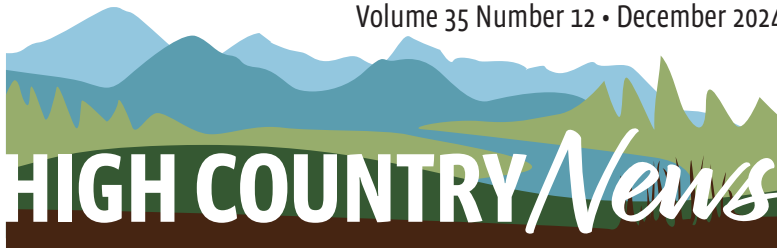
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[www.cowboytrail.beer](http://www.cowboytrail.beer)  
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**NEXT DEADLINE IS**  
**Sunday, December 15**

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## LETTER FROM THE EDITOR

Dear Santa,

I'm trusting you get this letter due to the recent Canada Post strike. Maybe you could help with the negotiations? To my knowledge you've never had a labour dispute with your elves. You have such an efficient world-wide delivery system, maybe you could branch out and start Santa's courier. Or at a minimum see if you could do some consulting with their operational and human resource strategy.

All of us residents are excited for Christmas. There has been a lot of artisan sales already, and in December we get to participate in all the concerts, community gatherings, and last-minute preparations. Hopefully you can support the local shops in your gift supply chain network again this season. They're always so appreciative of your support.

If you have a chance, after shopping at our local stores, you could enjoy the beautiful trails throughout the foothills. From grasslands (which your reindeer would enjoy) and river walks to the alpine terrain,

there's something for any elf needing a bit of a break. Be sure to grab a treat, or meal in one of our many great eating establishments. Not to be rude, but it does look like you enjoy your food!

As residents we're trying to be good. It's sometimes challenging to get along, but for the most part we're learning to settle our differences. Any thoughts on how we can improve our behaviour, would always be appreciative. Maybe you could send Cara a note and she could include it in her "ask Cara" article. She gives some great advice. If we haven't been good, coal isn't all that practical. Anything to offset the carbon tax would be appreciated though.

In all seriousness, the postal strike has a significant negative impact on our distribution strategy. At this point Canada Post is the only viable option for household delivery to reach our residence with a physical copy. At the time of this writing, we're planning on publishing online, and ensuring that the paper is available for pick up at various places within your community. We apologize for the inconvenience this may cause but hope that you can make the effort to pick up a copy of the paper or read online.

*From my family to yours,  
Lowell Harder*



## COVER ARTIST PROFILE

Jackie Sills is a local photographer, artist, and birder. She maintains a "Wildlife Friendly Habitat" certification from the Canadian Wildlife Federation in her yard and volunteered in wildlife rehab for many years. She delights in showcasing the beauty of nature with her photographs and capturing the different personalities of all

our wild neighbours, including this festive Red Poll; even if it means risking frostbite to get a photo of an animal adapting to the extreme cold of Alberta winters. Her porch welcomes many to engage in the art of observing the frequent comings and goings of local wildlife, and to learn the joys of cohabitation. Her photos and her partner Ernie's photos can be enjoyed on Flickr

[www.flickr.com/photos/jackie\\_sills/](http://www.flickr.com/photos/jackie_sills/)

*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.*

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# Saturday, Dec 7 Christmas Open House

12:00 pm - 5:00 pm

### Give a Gift

Purchase a gift from our **Norm's Nook Pet Supply Store** and leave it under our Christmas tree for a shelter pet



### Holiday Pet Portraits

Book your spot at [cochranehumane.ca](http://cochranehumane.ca)  
\$25 each for a digital copy



### Bake Sale

Pick up holiday baking to share, or treat yourself!

### 10am - 2pm at Pet Valu Cochrane Stuff the Shelter Van

with donations from our wish list  
(or bring items to the shelter)



# Kids' Pajama Party with the Animals

Friday, December 13  
5:30 pm - 7:30 pm

An unforgettable evening of paws, play, and PJ's!



\$25 per child  
ages 5+

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# CAHS

Cochrane & Area Humane Society



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As we see 2024 coming to a close, all of us at the Cochrane Rental Centre would like to wish everyone a very Merry Christmas and a Happy New Year. Thank you so much for your patronage throughout the year. It has been a pleasure to serve each and every one of you!!



[www.crcrents.com](http://www.crcrents.com)



## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2 RVC Division 2 news items for your information:

**Budget 2025** – The budgeting process is upon us with two special Council meetings being scheduled for November 27th, 28th and December 12th to review and consider the budget requirements for the operating and capital budgets. Further budget meetings may be required to finalize its approval. You will have the opportunity to address Council directly concerning the proposed budget. As well, budget engagements have been held to learn more about how we can improve services for residents. Information gathered through this engagement will be shared with Council alongside the draft 2025 budget. It will also be used by management and staff across Rocky View County to inform how they offer services to residents. Budget engagement is posted on the County's engagement website Home | Your View (all 6 surveys are now closed). If you have additional questions, email your questions to [engagement@rockyview.ca](mailto:engagement@rockyview.ca)

**Springbank Area Structure Plan (ASP)** – following is an update on the proposed amendments to the draft Springbank Area Structure Plan (ASP) following Council's consideration of the ASP at a public hearing on October 2, 2024. The proposed amendments have been categorized under the following themes: 1. Housekeeping and Clarification (Administration and Councillor amendments) 5. Residential (Councillor amendments) 6. Community Core (Councillor amendments) 2. Servicing (Councillor amendments) 3. Additional Airport Interface (Employment) Lands (Councillor amendments) 4. Agriculture (Administration and Councillor amendments) 7. Highway 1 Commercial Corridor (Councillor amendments) 8. Removal of Provincial Lands (Councillor amendments). Due to the significance of some of the proposed amendments to



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used to cook!*

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the draft ASP, Administration has scheduled a further public hearing for December 11, 2024 for consideration of the amendments. Please visit [www.rockyview.ca/springbank-area-structure-plan](http://www.rockyview.ca/springbank-area-structure-plan) for the ASP details.

**RR33 Interchange** - In July 2023, Alberta Transportation and Economic Corridors (ATEC) committed \$2.0 million towards design of Stage II Interchange Improvements. Stage II improvements will include one new four lane bridge, improvements to the on and off ramps, and demolition of the existing bridge which no longer meets ATEC bridge standards and specifications. The detailed design is expected to be completed by the end of December 2024. In May 2024, ATEC committed an additional \$2.4 million to start construction of Stage II improvements being done as part of Stage I offsite road improvements for the Bingham Development. The developer is working towards fulfilling outstanding conditions required to enter the Development Agreement and is expected to start construction later this year or early next year. In preparation of commencing Stage I and Stage II improvements, the County is proceeding with clearing trees within the SW quadrant of Highway 1 / Range Road 33 Interchange. This will ensure construction is not interrupted/delayed next year due to the migratory bird nesting period from mid-April to late August (Migratory

Bird Convention Act). The work is scheduled to be completed by mid-December 2024.

**Interactive Mapping on zoning and new builds** - Rocky View County residents who want to see what's happening in their neighbourhoods can now access an interactive online map. The map shows current rezoning, subdivision, and development permit applications that are either being processed or recently approved by the County.

The map allows residents to search by address, application number, roll number or simply zoom into an area to discover updates on nearby projects. However, the county notes that the map is provided for 'the sole purpose of facilitating input on planning and development proposals within the County from affected parties and members of the public by providing information regarding the proposals.'

"The information within this map is being shared to create greater awareness of planning and development applications submitted to the County. The County endeavors to deliver accurate, comprehensive and timely information. However, the County cannot warrant or guarantee the quality, accuracy, or completeness of information presented within the map," the County underlined.

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



## SPRINGBANK HERITAGE CLUB

The Heritage Club Annual Christmas Dinner is Wednesday, December 11th starting at 1:00 pm. This will be a catered dinner, BYOB. There will be entertainment and door prizes. The deadline to sign up is December 1st.

Cost for the dinner is \$35 per person for Member, \$40 per person for non members. Tickets can be purchased via cash, cheque or e-transfer to [SpringbankHC@telus.net](mailto:SpringbankHC@telus.net) If using e-transfer, please reference the event and who the tickets will be for.

The Heritage Club will be closed for the holidays from December 16th. We look forward to welcoming you back in the New Year with our upgraded HVAC system, which was recently installed.

We welcome new members 50+ years young. Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens in Springbank and surrounding communities. Come check us out! You can visit our website at [www.springbankheritageclub.com](http://www.springbankheritageclub.com) for further details and to see all that we have to offer.

Springbank Heritage Club Contact:  
Janice at [Springbankhkc@telus.net](mailto:Springbankhkc@telus.net)

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## NEWSLETTER

### Judi Hunter - Ward 5 Trustee

Hard to believe that we are approaching the end of another year. Our students are working hard the schools are abuzz with activity. So is the Board. The Board continues to advocate for more student spaces – schools and portables. The government is responding with its accelerator program which is welcome news. However, the provincial backlog of needed spaces, construction worker shortages and municipal preparedness may impede the speed at which this program rolls out.

### Modular Capital Plan Request to Government

As enrolment continues to increase across the division, RVS needs additional modular classrooms in many of its communities to mitigate space challenges until new schools can be approved and built. RVS has submitted to government a request for 27 modular classrooms and the relocation of one modular washroom unit. These would help relieve some of the overcrowding in RVS schools in Airdrie, Cochrane, Chestermere and Crossfield where schools have the greatest need. Modular classrooms are a temporary solution for schools operating over capacity, and the Board will continue to advocate to the province for the approval of new schools in each of these communities. A decision regarding RVS' request is expected in early 2025.

### Addressing the growing population and school spaces in Cochrane and Chestermere

A thorough review of utilizations across Cochrane schools was conducted by an RVS staff working group. As a result, the Board decided to maintain the current boundaries and grade configurations for Cochrane schools. A student accommodation review will be necessary in early 2027. Boundaries for the communities of Southbow and Rivercrest have yet to be decided. The Board will continue to work with the Town of Cochrane to ensure that suitable school sites are ready. School sites need to be ready before government will consider funding. The Board sent a letter to the Mayor and Town Council urging advancement of sites.

**WINTER DOESN'T STOP US!**

Merry Christmas

from the team at  
*Beaver Tooth Mulching*

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A community consultation was held in Chestermere focussed on addressing interim accommodation solutions until the new K-8 school is built. Finalized plans will be decided in January 2025

### Indigenous Learning Creates Self-Reflection Tool for School Staff

The Indigenous Learning department is tasked with supporting learning environments that celebrate diversity and are inclusive. To assist school-based staff and administrators, the Indigenous Learning branch has created a self-reflection tool to help determine a staff member's understanding and comfort with different areas of Indigenous knowledge and understanding.

### Additional Funding Plan Focused on Student Success

The Board approved the spending plan for the additional funding from the provincial government announced in July. It includes additional supports to help schools transition new students with complex needs into their school culture; enhancements to our IT, infrastructure; and resources and technology for schools to support a smooth transition for the student accommodation changes in Airdrie beginning September 2025, an instructional contingency. English Language Learners numbers are up, the additional dollars received will go directly to schools to support those learners.

### Ward Boundary Bylaw Second Reading passed

October 17 meeting, the Board approved changes to the current ward boundaries to ensure equitable representation of constituents. These changes take effect for the October 2025 election and include the

addition of a second trustee for Cochrane and the amalgamation of the existing Ward 2 and Ward 4 areas. The third reading is upcoming.

### Board Creates Committee to Facilitate Search for New Superintendent

RVS' Superintendent of Schools, Greg Luterbach, will retire at the end of August 2025, and a search for a new superintendent is required. The Board approved the Terms of Reference to create an ad hoc Superintendent Search

Committee to support the recruitment process.

### ALBERTA HEALTH SERVICES INFORMATION

Children's well-being and education results are closely aligned. The following are links to Alberta Health Services information.

[www.albertahealthservices.ca/assets/about/org/ahs-org-hp-2024-2027.pdf](http://www.albertahealthservices.ca/assets/about/org/ahs-org-hp-2024-2027.pdf)

[www.alberta.ca/stats/dashboard/respiratory-virus-dashboard.html](http://www.alberta.ca/stats/dashboard/respiratory-virus-dashboard.html)

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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Quick Bits

Interesting development on Friday Nov 22 at the CMRB meeting. Minister McIver made a surprise announcement in closed session with the board, and then publicly stated that the provincial government plans to rescind their previous decision and defund their \$1 million share of the CMRB budget (about 1/2 the operating budget), and also make membership in the CMRB non-mandatory. "May you live in interesting times" comes to mind.

#### Rural Crime Watch Town-Hall

November 20th saw about 20 folks present, including interest from the Hamlet, Winter Green, and West Bragg. Presenting at the meeting were representatives from the Cochrane Foothills Protective Association, Loraine Wesley our manager of Rocky View County Enforcement, and two of Rocky View's three enhanced policing constables, Clayton Gelinias (Cochrane detachment) and Scott McWhinney (Airdrie detachment). Rocky View contracts for 3 enhanced positions for extra policing service, with our 3rd

officer located out of the Strathmore detachment (for Langdon and area). We also contract an additional "Watch Clerk" based in Strathmore to assist with back-office paper work which keeps the additional constables on patrol more. Quite a few of the attendees took multiple Rural Crime Watch signage with them, with the intent of passing membership information and signage onto their neighbours. Membership allows access to crime statistics that you should find useful.

#### Municipal Development Plan Review

An update on the Rocky View County Municipal Development plan project was provided to our recent Governance Committee. The project team is currently working to incorporate internal and external feedback into the draft MDP document, which will finalize phase 2. The draft MDP document is then intended for another public release in Q1 2025, which will coincide with the launch of Stage 3 public engagement activities.

The draft MDP will then be refined following the third and final round of engagement, and this will be followed by a public hearing planned for Q2 of 2025. If Council provides first and second readings to the bylaw, the MDP will be submitted to the Calgary Metropolitan Region Board (CMRB) for approval. For detailed information on the project, head to the Building and Planning tab, and then

Current Projects menu: "[www.rockyview.ca/current-projects](http://www.rockyview.ca/current-projects)". Once there, select "Municipal Development Plan Review" and that link will take you to an entire website devoted to tracking project progress, and reporting engagement results to date.

If any communities are interested in working collaboratively to provide Phase 3 engagement feedback, or prepare themselves for a better individual engagement interaction, planning has available "MDP in a Box". Please e-mail [planning\\_policy@rockyview.ca](mailto:planning_policy@rockyview.ca) to ask for a link to download the material, or it can be picked up in person at the County. This can be a great way to discuss with your neighbours prior to filling out surveys, whether you are a cul-de-sac community, or the board of an HOA wants to offer their communities an opportunity to collaborate on the feedback of that community to Rocky View planning.

#### Springbank Area Structure Plan

The draft amendments to to ASP are going to be a little bit delayed in returning to Council for consideration. We had directed Administration to present the amendments and corresponding policy implications no later than November 30th, but Administration has informed that due to the significant number of amendments suggested by Council, and the time required for the level of engagement necessary to respect the ongoing collaborative relationship with the City of Calgary, a bit more time was required to work through some of the more impactful amendments that Council is considering. The amendments should be coming mid-December, and once Council has considered and resolved to adopt none or more of the amendments, our planning group will generate the final draft of the Springbank ASP. To become statutory, this draft will need two readings by Council, referral to the CMRB under the IREF framework, approval by the CMRB board, and then 3rd reading by Council. By working with Calgary in advance of the referral to CMRB there should be no surprises there as the relationship continues to move forward on the basis of mutual trust and respect.

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

**Hilltop Wellness**  
*Susan O'Shea*  
N.H.P.C., R.Y.T.  
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## MLA UPDATE - BANFF/KANANSKIS

### Sarah Elmeligi

With the late arrival of snow and wintry weather, it's hard to believe the holiday season is already here! For me, the festivities truly begin with the many holiday markets that pop up across our beautiful riding. Last year, I set the objective of visiting all our community holiday markets to connect with our amazing artist community and get my holiday shopping done. We have so many talented, creative, and lovely artisans in our riding and it's such a gift to chat with them and share their incredible products with my loved ones over the holidays. These markets are also a wonderful opportunity to meet residents and support local businesses.

In addition to enjoying many markets and local events, and resuming Trail Days with Sarah, I've continued hosting MLA on Tour events across our riding. I've always had an objective that nobody should have to drive more than 30 minutes to meet with me. These gatherings, whether in community halls, coffee shops, or even on a hike, continue to be one of my favorite parts of being your MLA. Listening to your stories, ideas, and concerns grounds me and helps me put our legislature debates into a local context.

MLA on Tour has been such a success that we're going to add more dates starting in the new year, even when I'm in session. Joan, my constituency assistant, has been a tremendous help and I know many of you have already met her. When we resume MLA on Tour events in the new year, Joan may attend some events to gather your feedback; I remain committed to being there whenever I can.

The fall session of legislature ends at the start of December. It's been a busy fall session with many bills to debate, some of which were particularly egregious. Again, I felt as if much of the debate wasn't focused on issues that you care about. When the legislature is in session, I focus on raising your concerns, sharing your ideas, and advocating for your priorities. You can see how I do that by following my social media, YouTube channel, and bi-monthly newsletter.

The most difficult bills to debate this fall were the three targeting Trans people in our 2SLGBTQIA+ community. These bills foster segregation and feed into division. I still believe that diversity is our strength and all of our communities are better, more vibrant, and more interesting when people are free to be who they are. I stood proud with my colleagues to oppose these bills and will continue to support the 2SLGBTQIA+ community in any way I can.

I've also been focused on changes to wildlife management. Policy shifts by the Minister of Forestry & Parks, such as permitting grizzly bear hunting, expanding mountain goat hunting, and removing trapping limits for fur bearers (e.g., wolverine and fisher) remain deeply concerning. What I find most disturbing about these changes is that none of them are based on the best available science about population size and density. Grizzly bears, wolverine, and fisher are species at risk. Reducing human-caused mortality is one of the easiest ways to help recovery species at risk. As a wildlife biologist, I am perplexed and disappointed that meaningful decisions impacting wildlife populations are being made without consulting experts or current research. I will continue to champion this as protecting species at risk is foundational

to addressing overall biodiversity, which the government maintains is important.

Finally, during this holiday season, I want to thank you for your continued support and engagement. May your days be filled with joy, love, and connection (and too many cookies) as we celebrate the holidays. My office will be closed for the holidays from December 23- January 6th. I look forward to a bright new year ahead and continuing to work together to create a better future for Alberta. Happy Holidays!

*Sarah Elmeligi*



## MLA SARAH ELMELIGI

### CONSTITUENCY OFFICE

300-709 8 St | PO 8781 | Canmore, AB | T1W 2B2  
Open office hours: M,W,T: 10:00 - 3:00pm, and by appointment

E-mail us anytime at:  
[banff.kananskis@assembly.ab.ca](mailto:banff.kananskis@assembly.ab.ca)

### Trails Day!

Join us for a special Trails Day with Sarah on December 16th!  
Stay tuned to our socials for details.  
RSVP via e-mail.



### HOLIDAY OFFICE CLOSURE

Please note our office is closed for the holidays starting December 23 to January 6th.  
See you in the New Year!

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## Year-End Tax Planning Ideas

The following are some ideas for individuals and business owners to reduce income taxes as 2024 draws to a close.

Individuals should consider doing their **RRSP contributions before the RRSP rush** in the first 60 days of 2025. You can get better values by buying today than when all the last-minute procrastinators rush to buy their RRSPs in the New Year and temporarily push up market values.

Another idea is to remember to top up any RESP contributions to **take advantage of the 20% educational grant before year-end**. While there is no technical deadline, it is best to spread your contributions out annually to a maximum of \$2,500 to generate the maximum \$7,200 in Federal education grants (plus any applicable provincial grants).

If you have children in college or university, start looking at their earned income and whether they will have any **unused tuition or other credits that can be used by the parents**. Remember also to keep track of all receipts for expenses related to moving expenses to get the children to school as well.

**Consider delaying the purchase of any mutual funds in open or non-registered accounts** until the New Year. Many funds pay year-end tax distributions in December and any purchases late in the year will get the same taxable distributions as those made in January. So, check with your Advisor on the possible taxable distributions if any, on all such purchases before year-end.

Finally, keep track of and **gather all medical and dental receipts** to see if you can get any tax credits for large expenses incurred during the year not covered by insurance.

Business owners have a wider range of tax planning strategies available to them. **Proprietorships can consider incorporating for 2024** if they are having a year of higher than normal income. The goal would be to reduce personal income taxes by having some of the business income taxed at the much lower corporate tax rate.

**Business owners can also reduce their taxes by income splitting with spouses** or even teenage or adult children. The key is to make sure they are doing work for the corporation whereby the compensation is reasonable for the work being done. Consult your tax accountant for the CRA guidelines in this area.

**You can also start planning your income mix between earned income and dividend income**. Some share-holders can receive dividends only and pay little or no tax on up to a certain maximum if they have no earned income. Recent Federal Budget tax changes to tax rates on retained earnings will affect this strategy so consult your tax specialist for their advice.

**Make sure you deduct as many of your medical expenses as possible** in the corporation for those businesses that have Health Spending Accounts. The medical expense is a deduction to the company and the reimbursement is tax free to the individual with the savings being equal to

something close to your personal marginal tax rate.

Some other tactics to consider include **taking or repaying shareholder's loans from the corporation** and making sure you pay the interest on any outstanding shareholder loans. The key is to get started before year-end to reduce your taxes.

Call us today for a review of your personal situation. Make sure to contact your Tax Professional or Accountant to further clarify and take advantage of above ideas.

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



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

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## MAKE YOUR MARK By Mark Kamachi

### Winning awards

Thanks for tuning into my final article for 2024. As I reflect on this year, it certainly had some standout events. From the sports achievements we witnessed in Paris at the Summer Olympic Games, to catastrophic weather events such as Hurricane Helene, or to historical political outcomes we watched with bated breath south of us, we've experienced events all noteworthy in their own way. Each of these events stood out in their respective categories. Each one deserving of "soapbox" recognition. In another one of my attempted weak segues, I'd like to look at how recognition, or even winning an award in your line of business can bolster your brand.

In my almost 4 decades in the advertising-design profession, I've been fortunate to garner regional, national, and international creative awards in several categories from logos to websites, to digital social media campaigns and traditional billboard campaigns. Awards not only helped to grow

my career but also the client brands I had the privilege to work on. Nothing wrong in getting your ego polished occasionally. Clients love it too.

If your creative team is developing eye-catching, memorable work, you'll be sure that your customers are noticing. Awards for products, services or ingenuity in your industry sector can significantly enhance your brand's reputation and credibility. Customers are more likely to trust and be loyal to brands that are recognized. An award helps you to stand out amongst your competitors. Awards also help with retention of your employees and conversely, can also attract those who want to work for a "winner".

From where your customers sit, it's validation that they chose the right business to interact with. They're likely to trust you, feel safe in their purchase, and most importantly, tell others about their experience with your brand. If communicated, visibility from awards tends to increase your market presence through media coverage and allow you to use it for marketing opportunities or networking.

From a "tire-kicker's" perspective, it just may make the difference from a potential customer going with your competitor.

In most cases when it comes to doling out one's hard-earned \$\$\$, no one wants to go with the first loser. People want to surround themselves with winners. So, if there are award competitions in your field, enter them. You have nothing to lose and any recognition that helps you rise above your competition is a great thing. Hire a professional brand content creator and aim to get on "centre stage".

At AdMaki Creative, we've been fortunate in our 13+ years in the content creative advertising-design landscape to have hauled in some hardware for many of our clients. The ones that have trusted us to build their brand, use our collective creative brain power, and let us "do what we do", have been awarded. This year alone, locally, we've stood on the "podium" with work worthy of metal for clients such as Harder Exterior Maintenance's rebrand, poster series and logo redesign for the Wintergreen Golf Society, and a print campaign for BavTav. Enter "admaki" in the search bar and see ours and the work of our competition here



Take it from someone whose career is to help brands get noticed.

*Happy holidays, mark.*

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## BRAGG CREEK COMMUNITY ASSOCIATION

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.

A team of elves have been working with the BCCA, busy planning heart warming and memorable Christmas Festivities. Please come out and share in the Spirit of Christmas!

Each day offers different activities and they are all FREE! Check website for the maps and times ([www.braggcreekca.com](http://www.braggcreekca.com)).

- Christmas Vendor Market Nov 29, 30 and Dec 1. Shop and visit with over 50+ vendors with hand crafted products and yummy treats for everyone on your Christmas list.

- Friday 5 to 9pm, Sat and Sun 10am to 5pm

- Spirit of Christmas Event Nov 30 and Dec 1 will include activities around the entire Hamlet creating our very own Christmas Town. Fill your day with Horse Drawn Wagon Rides, Visits with Santa, Christmas crafts, stories and, of course, cookies. There will be the Kids Only Shopping Store, pony rides, pulling taffy and, well really there is so much going on that you will need a map! See the winter princesses and explore your town the old fashioned way.

- Sat and Sun 11am to 4pm

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

Looking forwards, we are excited to bring you Winter in the Woods on February 1st. You won't want to miss this celebration of all things winter, with a specific focus on fundraising for our beloved outdoor rink. You can expect on-ice and off-ice events for the whole family and we will be partnering again with Hockey for Horizon. **SAVE THE DATE!**

Our Rink Committee is excited to see us all out skating as soon as the weather

and conditions permit. Check the 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 19, resumes on Tues, Jan 7;
- Artzy Afternoons – last session on Thurs, Dec 19, resumes Thurs, Jan 9;
- Rumble & Roar – last session TBA, resumes Thurs, Jan 9

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.

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*

*We sincerely thank you for your many continuous years of patronage and take this opportunity to extend our Christmas Greetings and Best Wishes for 2025*

*Teghtmeyer Family & Staff*

# **Bragg Creek Trading Post**

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## WHAT'S THE POINT?

There are many different descriptions of needling techniques, such as Acupuncture, Traditional Chinese Medicine (TCM), dry needling, trigger point needling, Intra-Muscular Stimulation (IMS). What is the difference and what does all that mean?

Firstly, Acupuncture refers to the traditional Chinese medicine technique (TCM). This is a safe and effective, natural and drug free way to eliminate pain and restore health. This practice originated in China and has been around for over 2000 years. Western medicine has expanded its horizons and many practitioners are incorporating different needling techniques into their practice. Therapists such as physiotherapists, chiropractors, medical doctors, and naturopathic doctors can all become certified in various needling techniques.

There are a few types of needling techniques that are used, where a thin needle is inserted into the skin, but nothing is injected (hence, "dry" needling). All techniques use pre-sterilized disposable needles of various lengths that pierce the skin or muscles. These needles are typically left in the tissue anywhere from a few seconds to 20 minutes. Occasionally, the needles are hooked up to a small electrical current, called electro-acupuncture.

Classical Acupuncture, or Traditional Chinese Medicine (TCM), involves inserting needles into specific points along 12 meridians on our body. These meridians are channels of energy mapped out along the surface of our skin that relate to internal

organs (small intestine, gall bladder, heart, liver... ). Needling certain points along these meridians is believed to help restore imbalances in the flow of Qi ("chi"), or energy/bloodflow throughout our body. Motor point needling / trigger point / functional dry needling / myofascial acupuncture all describe similar techniques used to target the neuromuscular junction in a muscle (where the nerve innervates the muscle) or trigger points in the muscle belly. Trigger points are tight, palpable knots that can be painful and often refer pain to other areas of the body. These techniques specifically target injured muscles that have contracted and shortened from distress. This technique may provide nearly instantaneous relief from the painful trigger point as well as improve function and mobility.

Intramuscular Stimulation (IMS) is another form of needling. IMS is a technique for assessing and treating myofascial pain syndromes. Initially developed by Dr. Chan Gunn in British Columbia in the 70's, this technique follows the radiculopathic model of pain (referred pain patterns). The needling sites often target both the locally tight muscle bands and the nerve root at the spinal level that has become irritated and hypersensitive. For example, elbow pain and tendonitis may have its origins at C6 where the nerve root is exiting the spinal cord. If you only treat the local elbow symptoms, you wouldn't be targeting the whole system.

The penetration of a needle into tight, shortened muscle tissue that is hypersensitive will cause a 'grasp' or 'contraction' of the muscle around the needle. When this occurs, a stretch reflex in the muscle is stimulated which then produces a reflex relaxation phase.

The needle causes a local irritation that encourages blood flow to the area and stimulates the healing process. By relaxing these tight muscle bands the pressure on surrounding nerves, joints and soft tissue is reduced. This then increases muscle flexibility, joint range of motion and reduced pain. It is common to experience some post treatment discomfort, similar to the soreness experienced after a deep tissue massage or an intense workout.

All forms of needling are thought to directly stimulate local nerves in an area, thereby stimulating impulses that connect to the spinal cord and brain. These impulses help stimulate the production of endorphins in the brain, our natural pain relief hormones. In other words, happy hormones are released in our body that lessen the pain!

The combination of these needling techniques, in addition to manual therapy and targeted exercises, can be very effective in restoring muscle balance, function, alleviating painful syndromes, and enhancing performance.

The physiotherapists at Bragg Creek Physiotherapy offer certifications with the Acupuncture Foundation of Canada and Gunn IMS. If you are struggling with a stubborn injury that just isn't getting better, these techniques might help you progress to the next stage of healing.

We wish this amazing community a very happy holiday season and time spent enjoying your family, good food and holiday traditions!

*Jennifer Gordon*

*(BSc.PT, GunnIMS, AFCl)*

*Physiotherapist - Bragg Creek Physiotherapy  
www.braggcreekphysio.com*

## Let's work together to get you on the right path

Bragg Creek Physiotherapy envisions a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.

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## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

### BUSINESS BITS

I enjoy all our seasons, but always wished that Fall would last as long as the other three. This year that wish was almost fulfilled and it's been one of the gentlest glides into winter that I can recall. I hope you've found ways to enjoy it and are now well prepared for freeze-up.

The Chamber of Commerce held its Annual General Meeting on 30 October and serving board was re-elected.

**President** - Neil MacLaine (Moose Mountain Horseback Adventures)

**Vice-President** - Taylor Clarkson (Bragg Creek Bakery & Cafe)

**Treasurer** - Jason Traviss (Cowboy Trail Brewing Co)

**Secretary** - Sunil Mattu (Third Academy)

### Directors (returning):

Trish Vansickle,  
Kevin Yun (Italian Farmhouse)

Tae Gordon (Bearries);  
Lindsay Kindrat (Threepoint Environmental)  
Teri-Lyne Duque

### Directors (new):

Rob Sawchuck (Turkey & Pistols)  
Lowell Harder (Harder & Sons)

Ian Greenleigh and Harmke deBruin have stepped down from the Board after many years of service. Their contributions will be missed. One director position remains vacant. We hope that someone who can represent the trades/construction will be found to fill it.

Our role is to help connect businesses to customers, businesses to other businesses, and businesses to the community. That has guided our activity of the past year.

Early in 2024 we established a number of Committees to focus on four main areas of interest to the business community. These are:

- ECONOMIC DEVELOPMENT (RVC, ASP planning, housing, etc)
- INTERNAL ENGAGEMENT (member benefits, promotion)
- COMMUNITY COLLABORATION (arts, festivals, and support to other community groups)

- COMMUNICATIONS (website, community calendar, social media)

Ideas are developed within these committees. Participation in a committee isn't limited to chamber members. We would love to hear from you if you have an interest in any of these issues.

Rockyview County contributed a grant of \$25,000 to the Chamber to support some of the activities we undertook in 2024. While there are still many points of friction between our business community and RVC, the relation has improved substantially and a representative of Rockyview County normally attends our monthly meetings.

Speaking of which... member meetings are at 7:00 on the third Wednesday of every month. These provide a chance for members to hear speakers on subjects of interest to business people, network, and offer each other support. Wine & refreshments are served after business has been conducted. We hope to see you out for our next meeting on 20 November at the Post House. If you have any ideas, questions, or want to join the Chamber please reach out to me, any of the board members, or [office@braggcreekchamber.com](mailto:office@braggcreekchamber.com)

Neil MacLaine

## It's no secret that Bragg Creek is known for its stories



### Curl up this holiday season and get lost in stories of our community's past



A collection of Bragg Creek history captured through a place-landmark lens and woven together in the stories of folks who lived here. Authored by Michele McDonald with contributions from Barbara Teghtmeyer, Judie Norman and Marie Nylund.

**Book price \$40.00 (+gst)**

- Pick up a copy as a gift or stocking stuffer at
- Bragg Creek Trading Post
  - The Cinnamon Spoon
  - One of a Kind
  - The Best Little Word House



ROCKYVIEW COUNTY

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## The Hidden Dangers of Food Attractants to Wildlife and Wild Smart Holiday Tips

There have been recent sightings of raccoons in the Redwood Meadows area, with reports of garbage and compostable being ravaged. Recently, a witness encountered a raccoon carcass while walking along the berm near the community. Unsecured waste can cause serious problems for both animals and the broader ecosystem. Here's how food attractants—anything from garbage to bird feeders—can harm wildlife:

- **Dependency on Human Food:** Wildlife accustomed to human-provided food may lose their natural foraging behaviours, leading to malnutrition or poor health.
- **Health Risks:** Processed foods and certain substances can be toxic to animals, while high-calorie, low-nutrient foods can lead to obesity and other health problems.
- **Disruption of Ecosystems:** Attractants can alter animal movements and behaviours, disrupting local ecosystems and food webs.
- **Human-Wildlife Conflicts:** Animals that associate humans with food may approach urban areas, leading to conflicts, property damage, and even attacks.

### How to Reduce the Risk:

- Store food securely and dispose of waste properly.
- Avoid feeding wildlife, as this can cause more harm than good.
- Use wildlife-proof containers to keep animals away from food.

### Fireworks and Their Impact on Pets and Wildlife

While fireworks bring excitement and celebration, they can also have devastating effects on pets and wildlife. The noise, lights, and pollution from fireworks pose a serious threat to animals:

- **Stress and Anxiety:** Loud noises from fireworks can cause pets to tremble, hide, or even injure themselves in attempts to escape. Wildlife may flee their habitats, become disoriented and risk being injured.
- **Disruption of Natural Behavior:** Fireworks can interfere with breeding cycles, migration patterns and feeding habits, threatening the survival of different species.

- **Pollution:** Fireworks release harmful chemicals into the air, contributing to respiratory issues in pets and wildlife.
- **Light Pollution:** Bright flashes of light can disorient pollinators and nocturnal creatures, affecting their natural behaviours.

### How to Protect Animals During Fireworks Displays:

- Keep pets indoors and create a calm, quiet space with soothing sounds.
- Support regulations that limit fireworks near wildlife habitats.
- Avoid bright or flashing lights that could disturb nearby ecosystems.

### Wildlife-Friendly Holiday Decorations

The holiday season is a time for celebration, but it's also an opportunity to decorate in a way that supports wildlife and reduces environmental impact. Here are some tips for creating a wildlife-friendly holiday atmosphere:

- **Use Natural Materials:** Opt for pinecones, wood, dried flowers, and berries. These materials are compostable or reusable and blend naturally with the environment.
- **Avoid Toxic Decorations:** Steer clear of tinsel, glitter, and plastic items that can harm wildlife if ingested.
- **Use Energy-Efficient Lights:** Choose LED or solar-powered lights to reduce energy consumption while still brightening up your home. Lights in the red/orange/purple colour spectrum are most

favourable, whereas wildlife is negatively affected by white and blue lights.

- **Use a Timer:** Choose a reasonable timeframe during waking hours to automatically set your lights to come on and turn off when you go to bed. You'll limit exposure to your wild neighbours and save energy, too!
- **Provide Shelter for Animals:** Add wildlife shelters like birdhouses or bat boxes to your decor, providing protection for animals during harsh weather.
- **Plan for Clean-Up:** After the holidays, carefully clean up decorations to avoid leaving litter that could harm wildlife.

Whether it's being mindful of food attractants, protecting animals from fireworks, or choosing eco-friendly holiday decorations, there are many ways we can help safeguard wildlife and the environment during the festive season. By making small, responsible choices, we can celebrate the holidays in harmony with the natural world.

Join Bragg Creek Wild in making a positive impact on wildlife and the environment this season. Share your wildlife-friendly practices with us, and stay tuned for more updates on sustainable living with our wild friends!

Happy Holidays!

*Bragg Creek Wild*  
[www.braggcreekwild.ca](http://www.braggcreekwild.ca)  
[braggcreekwild@gmail.com](mailto:braggcreekwild@gmail.com) - 403 200 9961  
*People and wildlife living in community*

## Examples of Food Attractants




Bird feeders



Chickens



Bee hives



small pets



Fruit trees



Feeding wildlife



Compost



Garbage



Pet food



Cattle salt block



## BRAGG CREEK TRAILS

### Trail Talk



### Celebrating 20 Years of Trails and Community

Time flies when you're building trails and creating community! This month, Bragg Creek Trails proudly celebrates 20 years as a non-profit organization in the Bragg Creek community. Originally founded in 2004 by passionate local trail enthusiasts as the Greater Bragg Creek Trail Association, BCT has evolved into a

vibrant organization, embracing the many interests of the non-motorized trail community. While faces have changed over the years, our vision for the area has remained strong and clear.

Reaching this milestone has been possible thanks to the incredible talent, skills, and dedication of our trail community. BCT extends heartfelt gratitude to everyone who has contributed to our success and continues to support our efforts. Together, we've built something truly special.

Today, BCT offers some of the best trail experiences in the region, embodying our vision: to provide a place where the love of trails and the outdoors can be enjoyed by all, in every season.

And don't forget—BCT swag makes perfect stocking stuffers! Our Trail Center now offers items featuring our 20th Anniversary logo. Grab yours and celebrate this milestone with us!

### Tis' The Season! Winter Trails Maintenance: We Need Your Help to Keep the Trails Thriving!

Support Bragg Creek Trails Today

The West Bragg Creek cross-country ski trails are some of the best around, and this season we're thrilled to bring even more improvements! Skiers will enjoy widened

trails for skate skiing, improved cornering, and smoother transitions across the trail network.

Our dedicated volunteers are ready to put in the long hours to keep these trails in top condition, and our equipment is tuned up and ready to roll. All that's missing? Your support. Donations are essential to cover costs for fuel, machine maintenance, and other critical expenses.

Our winter fundraising goal is \$50,000, which will support grooming for both cross-country ski trails and the single-track trails loved by bikers, snowshoers, walkers, and runners alike.

### Ride the Trails, Support the Trails?

Now is the perfect time to show your love for the trails you enjoy so much. Your contribution, big or small, makes a real impact on the trails where you spend your happy moments!

### Help Us Reach Our \$50,000 Goal

Bragg Creek Trails issues tax receipts for all donations of \$25 and over.

### How to Donate:

- Online: [Braggcreektrails.org](http://Braggcreektrails.org)
- By Cheque: Mail to Box 1379, Bragg Creek, AB, T0L0K0
- E-transfer: Send to [bragg.creek.trails.org](mailto:bragg.creek.trails.org) (no password needed).

Please include your name, address, and email in the notes so we can issue a tax receipt.

While our primary funding comes from an Alberta government operating grant through the Kananaskis Conservation Pass, we depend on the incredible generosity of our donors to make up the rest and ensure the recreational experiences we all love.

Our loyal donors are the heart of Bragg Creek Trails, and we're so grateful for each and every one of you.

Thank you for helping us keep these trails in amazing shape for all to enjoy!

*See you on the trails  
Conrad Schiebel (BCT President)*



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#### Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

#### First Wednesday each month

1:15pm Book Club - bring a book to share with the group

#### Third Thursday each month

7pm: Open Mic Night  
come play or listen!

#### Fridays

1:15pm: Exercise Class - 45 minutes  
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## XC BRAGG CREEK SKI AND BIKE SOCIETY

Training for Nordic Skiing in the Absence of Snow: Effective Dryland Workouts

XC Bragg Creek athletes have begun their winter season without snow and are already training for their first races. Nordic skiing is one of the most demanding endurance sports, requiring a unique combination of strength, endurance, balance, and technique. For most skiers, the winter season is when they truly get to hit the trails, but what happens when the snow doesn't cooperate or the off-season comes around? Fortunately, there are plenty of ways for XCBC athletes to keep their bodies in top shape and maintain or even improve their Nordic skiing skills when snow conditions are lacking.

Whether you're training for a race or simply aiming to stay fit, here are some effective dryland workouts to help you stay in peak Nordic skiing condition, even when the snow is nowhere to be found.

### 1. Strength Training for Ski-Specific Muscles

Nordic skiing requires a lot of power, particularly in the upper body, core, and legs. Incorporating strength training into your routine is a great way to develop the muscles necessary for efficient skiing. Focus on exercises that target the specific muscle groups used in Nordic skiing. Exercises that combine strength and stability, such as single-leg squats or stability ball rollouts, better replicate the balance and coordination needed in skiing.

### 2. Plyometric Training

Plyometrics (jump training) helps build explosive strength, which is crucial for Nordic skiing. These exercises develop the quick, powerful movements required for sprinting, pole pushing, and explosive starts. When doing plyometric exercises, focus on form and landing softly to prevent injury.

### 3. Ski-Specific Endurance Training

Nordic skiing demands a high level of cardiovascular fitness. To replicate the endurance requirements of skiing, you need to maintain a strong aerobic base year-round. This can be done through traditional endurance training, such as running, cycling, or swimming. If you're a skier, aim to include both endurance and

interval workouts in your training schedule, as both are necessary for different skiing conditions.

### 4. Ski-Specific Technique Drills

You don't need snow to work on your technique. Dryland drills can help you fine-tune your Nordic skiing form. These drills are especially useful during the off-season to stay connected to the sport and develop muscle memory. Simulated pole pushes engage your core and upper body muscles. Focus on maintaining proper form, where you use your arms and core to drive the pole forward while keeping your body stable. Lunges with pole plants help develop coordination between your legs and arms while mimicking the rhythm of skiing. Skipping or high knees help improve coordination, agility, and the lifting motion required for skiing.

### 5. Flexibility and Mobility Work

Lastly, flexibility is key to maintaining the full range of motion needed for efficient skiing. Regular stretching and mobility work including dynamic stretching, yoga, or pilates will help keep your muscles supple and ready for action when snow conditions arrive.

While snow might be seasonal, your training doesn't have to stop when the conditions are less than ideal. By incorporating these dryland training methods, you can maintain your strength, technique, and endurance all year long. Stay consistent with your training, and you'll be ready to hit the trails as soon as the flakes begin to fly!

See you on the trails!

## Athlete Spotlight: Haakon Krush



Sport: Nordic

Favorite West Bragg Creek Trail: Moose Connector

Words from Coach Josh:

Haakon has been training with XCBC year-round this season, training hard during the summer and into the fall season. New to roller skiing Haakon has taken on the challenge of learning a new skill with pride, from his first day tentatively on roller skis to now trying to ski as fast as possible it is clear how much effort Haakon has put into his development. A great teammate, Haakon is consistently friendly, helpful and always there with a new fact about airplanes whenever they fly overhead.

We are incredibly proud to have Haakon as a part of our XCBC family!



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## BCEC: BIRD CLUB

After the successful completion of BCEC's scientific data collection work on bird populations this summer, our volunteers were anxious to continue the work of protecting our feathered friends (See HCN June & July 2024).

We learned in our field work this year that most scientific data collection of birds is auditory, not visual! We were inspired to develop our capacity for identifying birds by song. BCEC Bird Groups' scientific leader Kelly Day suggested we download the Merlin Bird ID App, and we then entered the miraculous auditory landscape of birdsong with our morning coffees. We were all astounded to see huge lists of birds loading into the App when we pressed 'record', especially in the early morning hours.

The Merlin App is an excellent tool to supplement bird ID in the field and great to increase learning opportunities for bird enthusiasts. It was developed by Cornell Lab of Ornithology, a world-leader in bird science. It's free and aims to help people answer the question "what's that bird?!"



From left to right: Keely Anderson, Katherine Crerar, Ann Sullivan, Peta Stuart, Terrill Gordon, Kelly Day.

by identifying individual birdsong. Users can replay recordings and learn more about the species through written information and photos. It's a great tool for learning, and we encourage you to download it: it's fun and exciting for the whole family.

It is important to note that the Merlin App is not always 100% accurate with bird ID and sometimes birds even in close range are not detected. However, the app does have the ability to record birds and have trained biologists ID and verify recorded calls later.

eBird Mobile is another citizen science App developed by Cornell and managed in Canada with partners Birds Canada. eBird allows users to find more birds, share sightings and track bird lists. When using eBird, your sightings contribute to hundreds of conservation decisions and peer-reviewed papers, thousands of student projects, and help inform bird research worldwide. While Cornell Lab is staffed by expert scientists and technologists, they depend on more than 5000 citizen-scientists who shared data through eBird to create a database of birdsong and images.

If you'd like to become a citizen-scientist, download the eBird App. And please check out the authority on all things birdy at the Birds Canada website: [www.birdscanada.org/](http://www.birdscanada.org/) There are so many ways to participate, and to learn.

At BCEC, we value community connection, and acknowledge it as the foundation from which we can meaningfully contribute to protecting the ecosystems and wildlife we value. To foster that connection, we held our inaugural BCEC Bird Club gathering on November 5. Ten enthusiastic bird-lovers of all levels of expertise gathered to 'chatter' about birds for 2 hours. We shared favourite bird sightings and stories, learned about specific species, and envisioned the future role and impact of the Bird Group in our community. A common theme, expressed

by all, was deep gratitude for living in an intact landscape, coexisting with our avian relatives.

The news is not all good for birds in Canada. BCEC members are keen to take action to ensure local bird populations and nesting migratory species survive and thrive here. Birds Canada recently suggested in their Annual Public Meeting ("The State of Birds in Canada") that we can all take these actions to help protect birds:

1. Keep cats indoors, (or in a "catio", or on-leash when outside)
2. Treat windows with FLAP to stop birds hitting them\*
3. Engage politically: let your MLA know that you expect the government to address underlying causes of bird decline; demand action on bird habitat preservation, and the reduction of chemical use in agriculture, industry and municipalities
4. Create/preserve bird habitat by planting bird-friendly plants.\*\*
5. Keep dogs on-leash to lessen stress on birdlife
6. Engage in citizen science using eBird and volunteering with local ENGOS

Please connect with BCEC at [braggcreekenvironmentalcoalition.ca/](http://braggcreekenvironmentalcoalition.ca/) if you'd like to volunteer your time, participate in Bird Club, and/or become a member.

\*[flap.org/stop-birds-from-hitting-windows/](http://flap.org/stop-birds-from-hitting-windows/)

\*\* [cwf-fcf.org/en/explore/gardening-for-wildlife/](http://cwf-fcf.org/en/explore/gardening-for-wildlife/)

\*\*\* [bird.org/home](http://bird.org/home)

Check us out at [braggcreekenvironmentalcoalition.ca](http://braggcreekenvironmentalcoalition.ca)

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## SWAMP DONKEY MUSICAL THEATRE SOCIETY

### Nuncrackers – December 19-22, 2024:

Swamp Donkey Musical Theatre is excited to bring the Christmas musical, Nuncrackers, to our stage December 19-22, 2024. It stars the nuns you love, plus Father Virgil and Mount Saint Helen's most talented students, in the first TV special taped in the Cable Access Studio built by Reverend Mother in the convent basement. This show is filled with wacky Nunsense humour! Certain to tickle your funny bone and likely to tug at your heartstrings, Nuncrackers is the perfect way to make your holiday season merry and bright (synopsis from concordtheatricals.com). Tickets for Nuncrackers and all our musical theatre productions are available on our website at [www.swampdonkeytheatre.ca](http://www.swampdonkeytheatre.ca).

### Group Tickets:

Are you interested in bringing a group to one of our performances? Please contact us at [swampdonkeytheatre@gmail.com](mailto:swampdonkeytheatre@gmail.com) about discounted group ticket pricing. We can arrange alternate dates for your group if the performance dates currently offered don't work for you.

### Restaurant and Retail Partners:

Why not spend the day in Bragg Creek? We have partnered with eleven local restaurants, the Bragg Creek Distillers, and a number of local retailer shops. Our partners offer discounts on meals and beverages on performance dates when you present your Swamp Donkey performance ticket. A complete list of our partners and their offers is available on our website. We look forward to seeing you at the theatre!



# Nuncrackers



Book, Music, & Lyrics by Dan Goggin

**PERFORMANCES:  
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**TICKETS & FURTHER INFO:  
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## REDWOOD MEADOWS EMERGENCY SERVICES

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

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

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

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

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

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

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

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

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



## THE LITTLE SCHOOLHOUSE

Happy Christmas from everyone at The Little Schoolhouse! Our classes are brimming over with Christmas excitement and cheer. December at the schoolhouse is filled with celebrating sharing kindness and special gifts of love with others.

Each of our classes are also looking forward to performing in a special Christmas recital for their families and celebrating the first day of winter with our annual pajama day party! December is always a special month in our cozy little gingerbread schoolhouse.

2024 has been an especially exciting year at The Little Schoolhouse as we are so grateful to have celebrated 50 years of providing quality Kindergarten and Preschool programs. We feel very fortunate to reside in such a wonderful community where we explore, play, and learn, as well as be surrounded by amazing families who have supported us over these 50 years! If you would like to learn more about the quality Kindergarten and Preschool programs, we offer please see our website for more information: [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)

We would love to have you join us! Wishing you all a wonderful holiday and happy 2025!

*Ms. Shelley and The Little Schoolhouse team*

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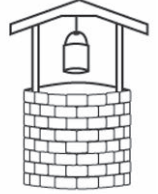
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# WELL OWNERS



**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 <i>(as per Alberta Environment)</i>	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year <i>(as per Alberta Environment)</i>	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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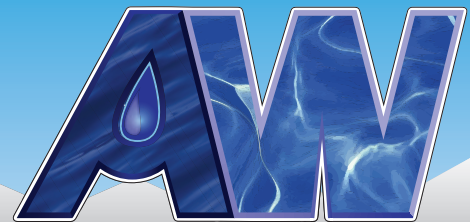
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## His Future Hangs in the Balance

His past is a tale of profound addiction, DUI's too numerous to remember, the Interlock Breathalyzer Program as a constant in his life, fortunes spent, and the slipping hold of control of his life. Here's his story.

It started in his childhood. His parents split up, and when the dad came around, he was a negative. Mom, for her part, working and basically being a single parent of two boys, gave them whatever they wanted. In other words, all gas and no brakes.

At a young age he found himself running with the wrong crowd. Alcohol, drugs and party like hell because no one's watching you and no one's stopping you. Drinking and driving was common, and he was first caught at age 17. He was charged and received an automatic 90-day suspension of his licence.

That was the beginning. While I interviewed him for an hour and a half initially, from my notes I had assumed he'd had about three DUI charges. I wrote a draft of this article but had to go back to him for a number of clarifications. I asked how many times he'd been charged with DUI. His answer, "I don't know. A lot". It went on for well over a decade.

There would be a DUI charge, a mandatory 90-day suspension of his driver's licence, and in most cases, a court date. He hired lawyers to represent him, and he avoided convictions every time except once when he pleaded guilty. He believes he has spent over \$100,000 on legal fees.

There were other expenses like installations of the breathalyzers at his cost. He had to breathe into a breathalyzer every time he started his vehicle, and then every half hour or so after that to keep driving. When it was time to re-blow an alarm would go off in the vehicle and the horn would honk. He had limited time to pull over and re-blow to avoid a violation of the Interlock program. The breathalyzer had to be re-calibrated every 2 to 4 months. The cost of each re-calibration being around \$400.

He had to go to mandated DUI programs, the cost of which varied from \$1,100 to

\$20,000 for attendance at a mandated rehab facility. There were increased insurance costs for his vehicle which were upped from a \$2,630 annual premium to a \$ 7,000 annual premium. I asked how he could afford all these costs. His answer was that sometimes "it was tough".

He worked in the field as a "pipeliner" often as a supervisor of up to 15 people. Because of his record he couldn't drive a company vehicle as their insurance prohibited it. He had to take time off work for court cases, breathalyzer re-calibrations, and mandatory programs, some of which were hours away if he was working in remote locations.

Then there were all the times when his driver's licence was suspended. He was prohibited from driving while awaiting his court dates. In one case the wait was a year. During those times he had to have someone drive him where he needed to go – friends, family, whomever, and there was always the temptation to drive anyway. He guesses he's been without a driver's licence for five years in total out of the roughly 13 years he's been in this endless loop.

I asked him if he'd ever injured anybody and he said no, which is the one positive during all this.

The power of addiction was unrelenting despite all the costs, mandatory programs, insurance premiums, and "inconveniences". In the beginning, it was excessive drinking and drugs, but it moved on to a decline in morals, a decline in caring about anything other than the need for a drink or another hit.

Finally, about a year ago he touched bottom. A light went on and he realized how much of his life he had lost, and how much his morals had deteriorated. It's not like he wasn't aware of that all along, but he was in that lifestyle and the pull of the addiction won out every time. He knows if he ever started drinking again, he would almost surely have to go back to the bottom before turning it around once more.

Today he's trying hard to forge a different path. He is enrolled in the 12-Step Program, has been sober for a year, is taking courses to learn new skills, and wants to get his story out so that people are aware of how a progressive downfall from alcohol and drug addiction happens. He'll be in the Interlock/breathalyzer program for another four years. His fight for his future is on, and I sincerely wish him well.

*Dave Schroeder - HCRCWA Board Member*



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## PRIDDIS COMMUNITY

Hello and Happy December Priddis! It is hard to believe that 2024 is already coming to an end. The PCA has had another busy year supporting and enhancing our community. If you want to hear all about our highlights for the year, we invite you to join us for our AGM on Thursday January 16, 7:30pm at the Priddis Hall. All PCA members in good standing are welcome to attend. We are also looking for a few more community members to join our board at this meeting.

PCA memberships expired on October 31. If you have not already done so, please purchase or renew your membership through the link below. PCA memberships are required to use our facilities, such as the skating rink and tennis/pickleball courts, allow you to attend many community events, and unlock discounts for hall rentals and paid functions.

<https://pca.getcommunal.com/memberships/available>

We are excited to be hosting our first ever Holly Jolly Jingle and Mingle for all PCA members. This FREE community event will take place on Friday December 13. Doors will open at 7pm for mingling and enjoying a beverage from the cash bar. At 8pm we will be treated to a special holiday performance by the Jazz-Niks. This is an

all ages show. We would appreciate it if you would bring a non-perishable food item for the food bank and consider tipping the band. While this is a free event for PCA members, attendees are required to reserve their seats in advance through the link below.

[www.eventbrite.ca/e/holly-jolly-jingle-mingle-tickets-1042083368407?aff=oddtcreator](http://www.eventbrite.ca/e/holly-jolly-jingle-mingle-tickets-1042083368407?aff=oddtcreator)

As the weather cools down, anticipation builds for the opening of our outdoor skating rink. We will be keeping an eye on the weather and will get the ice in as soon as the forecast allows. A few things to keep in mind about our outdoor skating rink for this season:

- All users are required to have a current PCA membership



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- Helmets are mandatory
- Rink schedule will be posted on our website and social media as soon as it is available
- The rink can not be booked by outside user groups or individuals

Please remember that running this outdoor rink takes dozens of hours each week, all of which are put in by volunteers. Your cooperation with following the rules and schedule are greatly appreciated.

**Save the dates for early 2025 (more details coming soon):**

**WinterFest:** Sunday February 9

**Shinny Tournament:** Sunday February 23

If you have not done so already, please follow the Priddis Community Association on Facebook and Instagram. This is the best way to stay up to date with all of the things that are happening in your community.

On behalf of the entire PCA board of directors, we would like to wish you and your family a very happy holidays and all of the best for 2025.

*Melodie Lalonde - President  
Lindsay Flynn - Executive Director*



## DE WINTON COMMUNITY ASSOCIATION

**JOB POSTING:** Have you worked in a facility and/or administrative role? Do you enjoy a variety? The DCA is looking for a paid part-time Facility Manager at the De Winton Hall.

Reporting to the Facility Director, this hands-on role is the “face” of the DCA, meeting with potential renters, members of the community, vendors and inspectors. At a high level, it includes four main areas of responsibility:

- **General Administrative and Accounting Assistance:** Maintaining digital information/files and events calendar, phone and email, website updates, communications, contract administration, printing invoices & mailing payments, coordinating facility inspections, inventory control.
- **Rentals & Events:** Tours, Receiving deposits & payments, Coordination of bartenders, Setup & takedown, Cleaning.
- **Building & Grounds maintenance:** Regular inspection of property, maintaining logs, minor repairs (e.g. light bulbs), cleaning, coordinating vendors, soliciting repair quotes.
- **Membership Support:** Receiving & processing membership payments, maintaining membership list, issuing newsletters (Mail Chimp), supporting events.

The role includes office hours (M-F from 9am-1pm), plus approximately 5 hrs/week for call outs, tours, etc.

If you are interested in finding out more, or would like to submit a cover letter and resume, please contact the DCA at [dwca@platinum.ca](mailto:dwca@platinum.ca)

The DCA is a volunteer-run, non-profit association and has been supporting and adding value to the local community and surrounding areas for over 100 years! The Hall is available for hosting community and family functions, club or association meetings, public open houses and training sessions, as well as private banquet and reception events. Rental rates are purposely at the lower end of the market and hall usage may be donated to local non-profit organizations. The Hall property includes a commercial kitchen, preschool and playground. The DCA also sponsors, supports and/or coordinates community events, such as the annual Canada Day celebration, Christmas Craft Fair, weekly classes, and more.

**Meota Christmas Service 2024**  
Join us for the holidays!

**Lessons & Carols (Sunday Dec. 22nd)**  
Services at 10:30am at St George and Christ Church

**Christmas Eve (Tuesday Dec. 24th)**  
St. George's Diamond Valley 4:00pm  
St. James Priddis 6:30pm  
Christ Church Millarville 9:00pm

**Christmas Day (Wednesday Dec. 25th)**  
Single Service @ St. James Priddis 10:30am

**JOIN US FRIDAY DEC 6 AT DEWINTON HALL FOR**

**Social Night**

**JOIN US ON FRIDAY DEC 6 AT DEWINTON HALL FOR SOME FUN DANCE LESSONS WITH STEVE AND LAURIE, FROM RANCHMANS DANCE HALL. WE WILL START THE EVENING WITH A FUN 15 MIN LINE DANCE LESSON, FOLLOWED BY THE DOUBLE SHUFFLE.**

**DOORS OPEN AT 6:45, LESSON BEGINS PROMPTLY AT 7 PM**

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**LESSONS ARE \$22 FOR DCA MEMBERS, \$27 FOR NON MEMBERS**

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**DWCA@PLATINUM.CA FOR TICKETS**



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm. The meetings are held at the Millarville Anglican Church House on Hwy 549 East.

Tuesday December 10, 2024 is the next meeting.

This is our Christmas potluck meeting, starting at 6:30 pm. Bring your favorite holiday food. We will be sharing Christmas greetings and recipes as I am sure it will all be delicious.

2024 has been a very active and eventful year. The Millarville Horticultural Club continues to be a leading force in the life of our community, because of the enthusiastic energy of our many, many volunteers. A huge thank you to all the Committee Leaders and their teams. Our speakers at monthly meetings, our workshops, our fundraisers, our tours to local gardens, and our teams fanning out to support gardens all over the community, make this a vibrant place to live.

Our new executive from our AGM on November 12 is as follows:

**President:** Louise Patterson Bruns

**Vice President:** Cheryl Greisinger

**Treasurer:** Debra McArthur

**Secretary:** Vacant

**Past President:** Sheila Virgo

Thank you to those who share leadership in the MHC. You are much appreciated.

And huge gratitude to our retiring Secretary Treasurer Brenda Cherry, and Vice President Lorraine Cathro for their unparalleled leadership in the past years.

Paul Rishaug is running a Christmas workshop at the Millarville Racetrack Quonset - Building a Christmas Door Swag.

The date will Wednesday Dec 4 at 7 pm.

You will need to bring cutters and gloves. Evergreen material and a ribbon will be provided. Please bring anything you wish as an embellishment. ie cones, twigs etc.

The cost will be \$40 for club members and \$50 for non members. Cash payment only. To register please contact Paul Rishaug at [duckinthemuck@hotmail.com](mailto:duckinthemuck@hotmail.com)

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). 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

### Did you know?

Over 30 new Christmas books have arrived and are waiting to be enjoyed this holiday season. Please come in and check them out! Look for all of your favorite authors with new books out such as Louie Penny, John Grisham, Peter May, David Baldacci, Jennifer Lynn Barnes, Tessa Bailey and Nita Prose. To place a hold on these books go to [Millarvillelibrary.ca](http://Millarvillelibrary.ca) or [tracpac.ab.ca](http://tracpac.ab.ca).

### Classes

Paul Rishaug will be with us at the library on Tuesday, December 03 at 6 pm to teach us how to make a Christmas Swag. Please register at the library by November 29 to ensure a spot. Cost is \$40.

### Would you?

Consider teaching a class or give suggestions of classes to have in our library?

Join us on the Library Board? Please talk to Natasha if either of the above sparks your interest. 403-931-3919

### Boquets

Thank you to all the Volunteers and our librarian Natasha for their dedication in keeping our library active and alive. Thank you to all our patrons who make use of our library services. We wish you all a wonderful holiday season and all the best in the New Year.

### Need a Read?

My Life as an Indian by J. W. Schultz

"This book was written over 100 years ago. Schultz sought a life of adventure living amongst the Piegan Blackfeet of Montana Territory. One of the very best books I have ever read."

Don Moench, Diamond Valley

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**Light Up Longview**  
Saturday December 7 - 5PM  
Tales & Trails Campground

Come see the village light up with more lights per capita than anywhere else in Alberta. Get to visit with Santa and enjoy some hot dogs, smores, bonfires, hot chocolate, and much more.



## MILLARVILLE-STOCKLAND 4-H CLUB

The Millarville Stockland 4-H Club is off to a great start!

We started our year with club elections. Our General Leader is Jackie Rawn and Harrison Rawn and Suzan Watkins are our Assistant leaders this year. Our President is Jessie Blatz, Vice President is Maddie Watkins. Sterling Christman is our club Secretary and Peyton Christman is our Treasurer again. Our Club Reporter is Kenzley Stanley (me!) and my sister Pyper is the club Historian. Our Phoning Committee is made up of Vikram Chouhan, Thomas Macmillan and Kiefer Peloquin while our Parliamentarian is Sage Runge, and our District Representative is William Penman.

Weigh-in for all the Market Beef animals was held on October 26, 2024, at Black Diamond Land & Co. Thanks to Black Diamond land & Co for letting us use their facility for multiple years now. It looks like all of our Steers and Heifers are all healthy for this 4-H year.

Each month we have a workshop, and this month was a diary workshop. If you were there you would have worked on your unfinished books or if you were a new member our General Leader would teach you all the tips and tricks on filling out your own diary.

We are excited to have a bunch of new members and are looking forward to a great year!

*Club Reporter – Kenzley Stanley*



*Millarville Stockland 4-H Members practice their Multi-judging skills at the Beef Weigh-In day on October 26TH at Black Diamond Land and Cattle Co.*



## LONGVIEW LIBRARY

The Speaker Series, Your Memory and What You Should Know, has been a great success. It dealt with life style, factors for brain clarity and understanding dementia. The free series was sponsored by Wild Rose Community Connections and was presented by Jennifer Mallamo, owner of Brain Health Catalyst. Jennifer has two Memory Cafes in the foothills, one in Okotoks and one in Diamond Valley at the Griffith Center. These are informal get togethers for dementia patients and their care givers. The one in Diamond Valley is on the last Friday of every month from 1-2 p.m. Jennifer is passionate about supporting seniors, caregivers and her community.

*Sylvia Binkley - sliv@telus.net*



## FOOTHILLS SEPTIC EXPANDS SERVICES WITH NEW SEPTIC PUMPING TRUCK

Foothills Septic is now offering septic tank pumping services in Bragg Creek and surrounding areas. With their new pumping truck added to their existing suite of services, they are now fully equipped to provide solutions to all things septic - from system design and construction, to service, pumping, tank replacement, and system repair.

The Foothills Septic team is experienced, certified, professional, and focused on providing a clean and efficient service for homeowners, businesses, and seasonal properties. They aim to make septic maintenance straightforward and affordable.

To schedule a service or learn more, please give them a call. They here to support your septic needs with care and timeliness.

### Contact details:

587-999-4678 | [FoothillsSeptic.ca](http://FoothillsSeptic.ca)  
[Sam@FoothillsSeptic.ca](mailto:Sam@FoothillsSeptic.ca)



*Septic Designs, Service, & Construction*



**(587) 999-4678**

**FoothillsSeptic.ca**



## SHEEP RIVER LIBRARY

The final Drumming Circle of 2024 takes place Friday December 13 at 7:00. Join in with Chris and Don from YYC Drumming and many other enthusiastic community members for a night of stress relieving fun.


Trish's art classes for children continue with Gingerbread Babies on Saturday, December 7. Come and create your very own yummy gingerbread home for a Gingerbread baby! There will be a story followed by creation of a real gingerbread house with candy and icing. Each child will take home their own cookie/candy creation! Time: 10am - 12 pm Cost: \$45 per child. In January, the focus will be on all things related to snow - snow people and snowflakes with Brrr! It's COLD! on January 18. Participants can count on going home with a warm heart. Hot chocolate will be served! Time: 10am -12 pm Cost: \$40 Please register at the library. (403-933-3278).

The library is collecting items for several local charities. You can drop off items for Jacket Racket until December 31 (in the front foyer); Oilfields Food Bank (year-round) and Salvation Army Toy Drive until December 13 (circulation desk). If you are not sure where something goes, please ask a staff member. Thank you everyone who has already made donations to help those in need in our community.

Starting December 4, you can view the wonderful art display by the Sheep Creek Arts Council in our gallery space. Several artist will display artwork in different mediums.

As fortunate as we have been with the weather so far, 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 borrow microspikes for boots and shoes, or with walking poles to help navigate icy sidewalks and pathways. Snowshoes are 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 on a first-come, first served basis.

Christmas is fast approaching and all those festivities take a lot of work. The library has a vast array of books and resources to help you out if you are looking for new recipes or craft ideas or handmade gifts and



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ornaments. Even books in our display, but still can be taken home. There are plenty of Christmas fiction and movies to get you through to the new year.

Holidays hours as in effect from December 24 - January 1

- Monday December 23: 10:00-5:00
- Tuesday December 24: 10:00-3:00
- Wednesday December 25: Closed
- Thursday December 26: Closed
- Friday December 27: 10:00-5:00
- Saturday December 28: 10:00-5:00
- Monday December 30: 10:00-5:00
- Tuesday December 31: 10:00-3:00
- Wednesday January 1: Closed

A printed guide of the Winter-Spring programs will be available in the next issue of the High Country News. Brochures will be at the circulation desk mid-December as well as on the website.

An online version of this article with links to programs is available at [sheepriverlibrary.ca/News](http://sheepriverlibrary.ca/News)

The staff hope you have an enjoyable and fun-filled holiday season, and we look forward to serving you in the new year.



## BUSINESS PROFILE: STEPH'S FUR-EVER FRIENDS



My name is Stephanie and I own Steph's Fur-ever friends dog boarding located in beautiful west Bragg creek.

I have had dogs my whole life. They are my passion and I couldn't imagine life without them. I have had experience with most breeds.

So when I was deciding what to do after I had my daughter I thought where would my dogs be most comfortable if I went away on a trip? The answer was easy: in a home setting. So I decided to start up a no kennel dog boarding service.

If you're wanting the home comfort for your dog with no kennels, free roam of my home and full access to my large fenced-in run I'm your girl. I take them for walks they get lots of love and playtime or if they want to just cuddle up. You get updates throughout their stay as I know I like this when I'm away.

I'm extremely passionate about what I do and would love to meet you and your dog.

I also offer drop in visits and walks.

Please feel free to contact me to set up a meet and greet.

I look forward to meeting new dogs and their owners.



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## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well can you believe it's December already? We had our first snow fall on October 21 and I've been watching the Canada geese fly south with their powerful wings. The first official day of winter is December 21, and there's a couple more Christmas markets in our Foothills that you might wish to take in.

Oilfields Hospital is running a Christmas basket raffle until December 12, you can pop in from 8-3:30 to purchase tickets for this raffle. There are so many baskets to choose from, and at only \$2 a ticket you could buy one for each basket! Proceeds from the raffle will go towards Patient Family Centered Care Community.

The Saskatoon Berry Farm is a lovely place to spend the day, and they are hosting their Christmas Market Nov. 29- Dec. 1 and again on Dec. 6-8. Hours are 12-8 on Fridays and 9-5 on the weekends. In addition to the Market, they offer firepits and marshmallows, horse-drawn sleigh rides, fresh cut Christmas trees, and lots for the youngsters including a visit from Santa

himself. Get your tickets for your time slot at [showpass.com/o/saskatoon-farm](http://showpass.com/o/saskatoon-farm). The Farm is located off Highway 2 on 338 avenue.

The Sheep Creek Arts Council has been offered exhibition space at the Sheep River Library for the month of December. This would be open to all 2D artists who are currently members of the SCAC. Members are invited to submit up to three art works although not all three may be accepted due to space restrictions. This is an excellent way to showcase your art, a selling opportunity, and a good advertisement for the SCAC. Set up is December 2 and take down is December 30 with a small reception at some point in the month. Inquiries please email [kym.wilkie@gmail.com](mailto:kym.wilkie@gmail.com).

It's Light Up time again! One of my favorite events of the year here in Diamond Valley, it is scheduled for the first Saturday in December, the 7th, and there are events in both towns. In Black Diamond, from 5-9, businesses offer holiday lights, treats, and surprises, and Santa will make his annual visit as well. For full details, go to [diamondvalley.town/light-up](http://diamondvalley.town/light-up).

Head over to Turner Valley during the day of December 7th for the one -of- a -kind

High Country SPCA Christmas Market. Volunteers do an amazing job of putting this Market together, with tons of raffles to enter, and with over 35 local artists, crafters, and businesses you'll be sure to find that special something. They will also be serving breakfast, soup, hotdogs and burgers, coffee and hot chocolate, and will have a Pet Food Bank station, so be sure to bring something for our furry friends to add to that, or take some if you are struggling. The Market will be held in the Flare and Derrick Community Center, for vendor tables, please go to [spcahighcountry@gmail.com](mailto:spcahighcountry@gmail.com).

Also over in Turner Valley will be our New Year's Eve Celebration, on December 31 from 5-8. This will be held at the Flare and Derrick and the outdoor ice rink, and wagon rides around Millenium Park. Outdoor events are weather permitting. Lots to do with the family, and the evening ends with fireworks at 8pm.

Our Turner Valley Legion will be hosting their Children's Christmas Party on December 1st, with two sittings, the first at 11am and the second at 1pm. Be sure to register your child so they have enough goodies for everyone. There will be hotdogs, juice, and a present for those aged 10 and under. Pop by the Legion to register,

**Light-Up**  
**Diamond Valley**  
**Saturday, December 7**  
**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  
[DiamondValley.town/Light-Up](http://DiamondValley.town/Light-Up)

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Country Trail Lions Club

TOWN OF DIAMOND VALLEY

**New Year's Eve Celebration**

**WELCOMING THE NEW YEAR 2025!**  
**Tuesday, December 31**  
**5 - 8 PM**  
**FIREWORKS AT 8PM!**

Featuring Hay Wagon Rides, Outdoor Ice Skating, Musical Entertainment, Face Painting, Snacks & Refreshments & FIREWORKS!

Flare n' Derrick Community Hall - Diamond Valley  
[WWW.DIAMONDVALLEY.TOWN/NYE](http://WWW.DIAMONDVALLEY.TOWN/NYE)



and be sure to check out their new Sunday Fundays with games and fun for kids and their families, and a jam in the afternoon also.

Assistance is available for residents of Foothills County, or if you are able to help out, please contact the following wonderful organizations: Oilfields Food Bank, The Salvation Army Foothills Community Ministries, for food hampers, Baby It's Cold Outside, for a Christmas meal, My City Care, Salvation Army or Baby It's Cold Outside for toys and gifts. If anyone needs contact info please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net).

Just a few notices, our green bins will be picked up every two weeks until March, schedule is at [diamondvalley.town/waste](http://diamondvalley.town/waste), and also the Road past Sandy McNabb will be closed December 1 for the season, in order to allow wildlife better access to their food supply.

I sincerely wish everyone a very joyful holiday, however you may celebrate, and all the best for the New Year!

*Elaine Wansleben*



## RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together and explore God together onsite and online (YouTube - @RedDeerLakeUnitedChurch) every Sunday morning at 10:30 am. We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think, located only 5 minutes west of Spruce Meadows!

### MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- \*NEW\* Sound & Soul Service – December 5, 7 pm
- Soup Lunch – December 15, following the service
- Gingerbread Houses – December 21, 12:30 pm
- \*NEW\* Low-Sensory Worship – December 22, 4 pm


- Healing Ministry – December 23, 1:30 pm
- Christmas Eve Services
  - 1 pm – Geared towards families
  - 7 pm – Traditional Service
  - 10 pm – Communion and Candlelight
- Men's Breakfast – December 28, 9 am

### RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. For more information about booking an event, availability, and pricing, please contact the office at [office@reddeerlakeuc.com](mailto:office@reddeerlakeuc.com) or (403) 256-3181.

You may also complete the Rental Booking Request form on our website to submit your requirements.

Visit us at [www.reddeerlakeuc.com](http://www.reddeerlakeuc.com) to stay up to date on all our events!



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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**Residents & Visitors:** We are blessed to be living in a beautiful place that both local residents and visitors want to enjoy. The NW of Foothills County continues to grow in popularity for recreational use, particularly cycling, but also includes touring routes of Highways 22, 549 and 762 and the County's backroads. To add to the complexity of the inundation of the area and the Hamlet of Priddis being used as a staging area for cyclists, there are also group events approved by Alberta Transportation on Highways, that are going on at the same time as local community events and residential, business, agricultural and industrial uses. Highway 22 is also a major transportation corridor.

**Popular Destination:** Due to these multiple uses, the Hamlet of Priddis and surrounding area are experiencing impacts from the volume of traffic and some unfortunate behaviors, which have created tension, conflict and costs. Safety on roads is the primary concern. We want to avoid life-changing injuries or fatalities due to accidents or confrontations. Also, there's not enough parking in the Hamlet of Priddis for all the users on busy days, which sees use from the Priddis Community Association members, Hall users, the Priddis Plaza customers and the influx of visitors. Other costs include maintenance of portable toilets, signage installation and problem management.

### Priddis Area Cyclists & Parking

**Meeting:** On October 22, 2024, Foothills

County partnered with the Priddis Community Association (PCA) to host a public meeting to discuss the impacts to our community due to its increasing attraction as a touring and event destination. A guest panel included PCA representatives, Foothills County councillors, managers, bylaw officers and RCMP. Over 40 attendees included area residents, local cyclists, and cycling club representatives. Thank you to all who attended!

### Key Comments Shared:

- Road safety concerns
- Experience of conflicts between cyclists, residents, motorists
- Hope to prevent accidents and losses
- Lack of space for parking in the Priddis area and for the many extra vehicles visiting the NW of Foothills
- Costs incurred by the community association because of cyclists visiting the community
- Costs/demands incurred by Foothills County and other agencies to manage the concerns from the increased volume of visitor and cyclist traffic

### Solutions to be Explored before Next Cycling/Touring Season:

- Outreach and continued communication with cyclists (cyclist groups offered to help)
- Educational signage, messaging and engagement
- Inform/remind all travelers about the "Share the Road" campaign
- Consider installing more road signage
- Consider implementing paid parking for cyclists and/or setting up donation options to offset costs
- Consider adding parking options on municipal land within the Hamlet

of Priddis to ease the strain on the community hall lot

- Inform visitors about an immediate parking solution on the north side (only) of west-bound 186 Ave W
- Continued support from Foothills County

**What's Next:** Overall, residents and visitors noted safety as the highest priority. Many attendees, including cyclist groups, have offered to help turn this situation into something positive rather than implement heavy-handed enforcement. A wide variety of perspectives were welcomed at the meeting. Through this constructive communication, we have learned from each other and hope to navigate through the challenges to solutions with a friendly, safe outcome, for all, that could stand the test of time and change. We look forward to working with the cyclist groups and residents who have offered to help improve safety, parking and relations.

**Parking Investigations:** While more parking options are researched, the north side (only) of west-bound 186 Ave W is an immediate parking solution for the Hamlet of Priddis. Also, Foothills County owns municipal reserve (MR) land in Priddis, along Priddis Valley Road, which is currently used for Priddis community event parking. The County will explore the development of a trial-basis parking lot on the MR, including a needed approach for access onto Priddis Valley Road. The potential parking lot could be used for Priddis community events, for community members to access the MR land, and for trial-basis parking on busy days. Residents will be included in the process. More details on the "solutions list" soon ...

### For Other News & Updates:

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

Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

**Email:** [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

*With Best Regards, Suzanne*

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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

Snow is falling as I write this Newsletter, so it looks like Winter is finally here!

#### 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. Thank you!

#### Foothills County - Organisational Day

Foothills County Council held an Organisational Day on October 25, congratulations to Reeve Delilah Miller and Deputy Reeve Don Waldorf on their appointments. We also appointed councillors to Boards and Committees. I was appointed to the same ones as last term.

You can find all the appointments on the Foothills County website: [www.foothillscountyab.ca/government/council-committees/council-and-reeve](http://www.foothillscountyab.ca/government/council-committees/council-and-reeve)

#### Square Butte Community Association - Volunteer Appreciation

I recently attended the Volunteer Appreciation night at the Square Butte Community Association. President Shanna

Dunne presented past Board members and volunteers with a beautiful gift basket. Treasurer Becky Wiens moderated the evening with anecdotes and kind words to those who have given so much back to their community.

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

The annual Festive Foothills Art Sale returns in perfect time for your holiday gift giving. The sale runs November 9 to December 20 at the Leighton Art Centre.

Shop original art and fine crafts from more than 125+ talented local artists. You'll find beautiful decorations, gorgeous art, combined with the home's historic ambiance to make visiting in person a memorable part of your family's Holiday season. Check out some of the artwork at: <https://shop.leightoncentre.org/collections/festive-foothills-art-sale-2024>

#### Christmas Concert with the Diamond Valley Singers and Kananaskis Kid's Choir

Join the Diamond Valley Singers and the Kananaskis Kid's Choir for an afternoon of holiday music. Enjoy seasonal favorites and community spirit!

Date: Sunday, December 8  
Time: 2:00 PM

Location: Turner Valley Legion, 121 Sunset Blvd E, Turner Valley  
Admission: By donation

#### Millarville Christmas Market & Kids Only Shoppe

Great news! The Millarville Christmas Market had 50,000 people visit over an 8 day period!

Kids Only Shoppe was a roaring success this year at the Millarville Christmas Market! For over the 4 day period there were 1280 children purchasing 5220 gifts for family and friends.

There were over 7300 gifts for young shoppers to choose from. The money raised will go to support the hot lunch programme in 6 surrounding schools.

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

Barb Castell

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## DO YOU HAVE A DIGITAL ASSET ESTATE PLAN? by Sylvia A. Carruthers

Last month was “Making a Will” month. While having your Will completed is very important, that is only part of completing your estate plan. Maybe you have been diligent by documenting where your investments are, what land and buildings you own, and setting out the way you would like your personal assets distributed, but there is one group of assets often overlooked. A further important step is to have a “digital asset estate plan.” But what are digital assets?

They are not just Bitcoin or cryptocurrency. Digital assets go far beyond this. Consider a few.

### 1. Digital assets with monetary value.

While you might think of Bitcoin or cryptocurrency, or other clearly monetary digital assets, think also of PayPal, Amazon, and rewards points such as credit card points, hotel points, Air Miles or Aeroplan points.

2. Digital assets with personal value like photographs or music.
3. Digital business property such as laptops, cell phones, USB drives, hard drives. Can these be accessed?
4. Other digital assets like online banking accounts, social media (Facebook, Instagram, or LinkedIn) accounts, emails, passwords, and other intellectual properties.

In today's world digital assets can create more problems for your executor and power of attorney than you might think.

Some of these may be controllable by your executor if they can get access to them; others are stored online and can only be accessed by some subscriber-based service, but they may need the username, and password or password key. These often are generally subject to service agreements and may have certain requirements to access. If you need probate it may need certain provisions.

Not planning for digital assets may create financial loss to your estate or increased expenses especially if litigation is needed to obtain access. Making an inventory for your estate may be difficult as it takes additional


time for your executor to locate and access your digital assets. Privacy breaches and identity theft are possible when digital accounts are left open.

Be sure to have a plan for your digital estates. Review and update your list of digital assets on a regular basis. Have a backup of digital assets.


While this is just a brief overview of the risks if you do not have a digital asset estate plan, the intent of this article is to encourage you to complete a digital planning checklist to include the things listed earlier. List your physical digital property (i.e.) computer, tablets, cell phones, external devices. List the details of any photographs and music storage that are important to you. Detail all online accounts together with the means to access them.

Name a Legacy Contact now, where you can. This is a person who is entitled to access your digital assets and you may need to have several based on your digital assets.

Yes, it is a big job, but one that allows your estate to be better and more easily managed. It is an important part of your Estate Planning.




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***Wishing you and yours the very best of this Holiday Season!!***

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## DUANE HARDER

### From the Pen of My Wife

This Christmas I would like to give you a gift from my beloved wife. Reading through her journals has brought back treasured memories of 57 years of marriage. This Christmas I would like to give you a gift from one of her journals — two entries that were meaningful to me. The first was written by Marva and the second by Myra Brooks Welch. (It has no copy right so I feel free to use it.)

#### Teach Me Lord

By Marva Harder

*Teach me, my Lord, to be sweet and gentle in all the events of life.*

*In disappointments*

*In the thoughtlessness of others,*

*In the insincerity of those I trusted,*

*In the unfaithfulness of those on whom I relied.*

*Let me put myself aside*

*To think of the happiness of others,*

*To hide my little pains and heartaches,*

*So that I may be the only one to suffer from them.*

*Teach me to profit by the suffering that comes across my path.*

*Let me so use it that it may mellow me not harden nor embitter me.*

*That it may make me patient, not irritable.*

*That it may make me broad in my forgiveness, not narrow, haughty and overbearing.*

*May no one be less good for having come within my influence.*

*No one less pure, less kind, less noble for having been a fellow-traveler in my journey toward eternal life.*

#### The Touch of the Master's Hand

By Myra Brooks Welch

*"T'was battered and scarred, and the auctioneer thought it scarcely worth his while*

*To waste much time on the old violin but held it up with a smile.*

*"What am I bid," good folks," he cried, "who'll start bidding for me?"*

*A dollar, a dollar – now two, only two – two dollars, and who'll make it three?*

*"Three dollars, once, three dollars twice, going for three" – but no!*

*From the room far back a gray-haired man came forward and picked up the bow.*

*Then wiping the dust from the old violin, and tightening up all the strings,*

*He played a melody, pure and sweet, as sweet as an angel sings.*

*The music ceased, and the auctioneer, with a voice that was quiet and low,*

*Said, "What am I bid for the old violin?" And he held it up with the bow.*

*"A thousand dollars – and who'll make it two? Two thousand – and who'll make it three?"*

*Three thousand once, and three thousand twice – and going and gone," said he.*

*The people cheered but some of them cried – "We do not understand.*

*What changed its worth?"*

*The man replied: "The touch of the master's hand."*

*And many a man with life out of tune, and battered and torn with sin,*

*Is auctioned cheap to a thoughtless crowd, much like the old violin.*

*But the Master comes, and the foolish crowd never can understand*

*The worth of a soul, and the change that's wrought*

*By the touch of the Master's hand.*

This Christmas may we all be touched by the One who came as a baby, died on the cross as a criminal, and rose from the dead as King of Kings and Lord of Lords.

Duane Harder



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## ASK CARA - AN EVERYDAY ADVICE COLUMN by Cara Chalmers

Dear Cara,

With the holiday season approaching I find myself in a real bind. I have a large(ish) family, with many siblings and relatives who live close by. It has always been a tradition, and possibly even an expectation, that during the Christmas season we all do our best to get together for large family gatherings. And in recent years, I'd say the last 10 or so, my wife and I have happily hosted most of these gatherings on Christmas Eve at our home on our acreage. We have the space to do so easily and the younger members of the family love to run around and play on our property.

However, both my wife and I have noticed that in the past few (post pandemic) years, these holidays have included more and more tension within the group. These tensions have largely arisen due to the political leanings, across the spectrum, of many members of our family. This recently came to a head during the Thanksgiving weekend when my sister and her husband hosted a dinner and arguments arose around the table. There were accusations and name calling, I was appalled. This conflict has really left a mark on many people involved and it is now spilling into our long held Christmas traditions.

My wife and I our now fielding questions from family members such as 'will so- and-so be coming to Christmas this year? If so, I'm not comfortable with them joining' and 'can you, as the host, tell so-and-so not to discuss certain topics during Christmas dinner'. We have done our best to maintain a position of neutrality but this has unfortunately not put a stop to the back-door conversations that we keep finding ourselves in.

My wife is now becoming worried to the point that she has even suggested that we cancel our plans to be hosts this year. I would hate to cancel as we have so many fond memories from holidays past and I don't like the idea of giving up on a long held tradition. While I certainly don't like much of the recent conflict relating to political ideas, I know that I can't change what people think, especially when these are deeply held beliefs. Do you have any advice for how we may approach this dynamic with our various family members? What can we say that will put a stop to the juvenile and entitled behavior that we are seeing?

Sincerely,  
Forlorn About the Holidays

Dear Forlorn,  
(Sigh). The holidays can bring about significant stress for so many and this typically begins brewing once both Thanksgiving and Halloween have passed. I feel your pain here.

You are wise to note that you can neither change nor influence the beliefs and opinions of other people, nor should you. Doing so is simply not a useful way to spend one's time. From what I understand, your aim is to carry on a meaningful family tradition and provide an experience of value to the family that you hold dear. I commend you for your commitment to this.

Now, turning to this difficult dynamic, I believe that there is a positive way forward. First and foremost, when and if you have people invite you to interject yourself into their own issues it is important to remember that you are in no way obligated to become involved. People in this type of dynamic are often not seeking solutions to problems, but rather, they are likely trying to dispel their own tension onto others. There is a name for this, it is called Triangulation. Refer these people back to the source of their frustrations. If a family member wants you to communicate a

message to another, tell them no. Redirect them to bring the issue up with the other party, and be clear that it is not your place to be in the middle. Try this: "It sounds like this is an issue between you and so-and-so, you need to discuss this with them and not with me or my wife". Say this as many times and in as many ways as you need to get your point across. Don't take the bait!

And if people choose not to attend because of their differences, then let them. Again, this is not your job to mitigate. They are the ones who miss out, not you. We cannot pretend that differences, especially political, are not impacting our relationships these days because they often are. This probably sounds familiar to many. That being said, we don't have to let this get in the way of connection. A good way to help your group during your holiday gathering may be to provide alternative ways for people to engage. Rather than sitting around a table and increasing the risk for disagreement, provide games and/or activities that have the potential to create shared experiences. This could be a game of cards, a trivia contest or even a holiday themed murder mystery. Be creative! This is a fun opportunity to redirect people's attention and bring your family together, reminding them of what they continue to have in common. You may also want to consider a tapas or a small plate style offering for people to graze on during supper rather than sitting down at a formal table. Speak with your wife about a different way for people to engage that is less vulnerable to be taken in a wrong direction.

We have few opportunities to gather and celebrate these days, you have the potential to remind your family of why this is so important, now more than ever.

Cara Chalmers, is a local writer, therapist and registered social worker living in Springbank, Alberta. Need some advice? Questions for Cara can be emailed to: [cara@askcara.ca](mailto:cara@askcara.ca)



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## GET RIPPED by Jari Love

The holiday season can be one of the most joyful times of the year, but for many, it can be the most stressful. It's easy to feel overwhelmed between the family gatherings, work parties, gift shopping, and indulging in holiday feasts. But it doesn't have to feel that way! With a few intentional habits, you can prioritize your well-being and enjoy the holidays. Here are my top wellness tips to help you stay balanced, energized, and stress-free this season.

### 1. Practice Mindful Eating

Holiday meals are often full of delicious options, and it's easy to go overboard. Instead of restricting yourself, focus on mindful eating. Take your time, savour each bite, and listen to your body's hunger and fullness cues. Try starting with a balanced plate—think protein, veggies, and healthy fats—before reaching for desserts. Enjoying your food slowly not only helps with digestion but also allows you to appreciate those special holiday flavors.

### 2. Prioritize Rest and Sleep

With the holiday excitement, late nights, and early mornings, sleep often falls to the bottom of the list. Lack of sleep can increase stress, weaken your immune system, and even lead to overeating. Aim for at least 7–8 hours of sleep per night, and try to set a consistent bedtime whenever possible. If late nights are unavoidable, consider short naps during the day to recharge.

### 3. Set Boundaries to Avoid Holiday Burnout

It's tempting to say yes to every invitation and obligation, but overcommitting can lead to holiday burnout. Give yourself permission to set boundaries and prioritize the events that matter most. If you need a quiet night to unwind, don't hesitate to turn down an invitation. Your mental health is just as important as celebrating with others, and sometimes, taking time for yourself is the best gift you can give.

### 4. Move Your Body in Ways You Enjoy

The holidays aren't the time to stress over workouts. Instead, find ways to move that bring you joy and fit easily into your



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schedule. Try a winter hike, a fun group class, or even a dance session at home. Even 15-20 minutes of movement can boost your mood, relieve stress, and improve your energy. Plus, staying active helps balance out holiday treats and keeps you feeling great all season.

### 5. Manage Stress with Mindfulness

Mindfulness isn't just for meditation. It's being mindfully present, noticing how you feel, and catching any signs of stress before they build up. Practice deep breathing when things get hectic or set aside a few moments for reflection. Whether it's gratitude journaling, guided breathing, or even a short walk outside, mindfulness can keep you grounded and help you truly enjoy each holiday moment.

### 6. Focus on What Really Matters

It's easy to get caught up in shopping lists, perfect meals, and the pressure to make everything "just right." But remember, the holidays are about connection, gratitude, and making memories with loved ones. Let go of the need for perfection, and focus on what matters most to you. Laughing with family, relaxing by the fire, or catching up with friends, are often the memories we cherish most.

### 7. Stay Hydrated and Nourished

Between holiday drinks, coffee runs, and sugary treats, hydration can easily slip through the cracks. Keep a water bottle on hand and stay hydrated to help manage energy and digestion. And while there's no need to skip holiday favorites, try balancing them with nourishing foods, like leafy greens, nuts, and lean protein, to keep you feeling your best.

Embrace this season with a focus on what makes you feel good, both physically and mentally. By prioritizing your wellness, you can enjoy a holiday that's not only happy but healthy too.

Wishing you a wonderful holiday season!

*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.*



## MORTGAGE MATTERS by Candace Perko

### The 10-year fixed mortgage: Is stability worth it?

While the vast majority of homeowners opt for the a 5-year (or less) fixed term, there are some Canadians that prefer to lock in a 10-year rate. Choosing a 10-year term is a great option if you want stability throughout your mortgage.

In an unpredictable world where interest rates fluctuate, a 10-year fixed mortgage can offer peace of mind with long-term, stable payments. However, this product comes with trade-offs, like slightly higher interest rates and potentially large prepayment penalties. That said, in certain situations, it can be the perfect solution for homeowners who prioritize predictability over short-term savings.

### The appeal of the 10-year fixed mortgage

Most Canadian homeowners go with the 5-year fixed term because it strikes a good balance between interest rate security and flexibility. With a 5-year term, you have the

option to renegotiate your mortgage every 5-years without committing further.

Only about ~5% of Canadian borrowers choose the 10-year fixed term. But for those who are tired of the uncertainty that comes with rate fluctuations, the 10-year fixed term can lock in a predictable rate for the next decade.

### The risks and penalties of breaking a 10-year mortgage

Only a minority of people keep a home for 10 years. That raises the odds they'll renegotiate before maturity and pay a penalty to get out of their 10-year mortgage.

While some homeowners benefit from locking in long-term rates, others learn the hard way about the penalties associated with breaking a 10-year mortgage early. In Canada, prepayment penalties can be particularly steep during the first five years of a mortgage term. After that, the penalty drops to three months' interest, as mandated by Canadian law.

### When does a 10-year fixed mortgage make sense?

For those nearing retirement, property investors, or anyone who values long-term

stability over flexibility, a 10-year fixed mortgage can provide peace of mind.

Some borrowers are motivated by memories of the painfully high rates from the 1980s, locking in a 10-year term is about avoiding a repeat of those nightmare scenarios and ensuring peace of mind for the long haul.

It's a long commitment, and unless you have a very specific reason—like starting a business or seeking certainty in retirement—it's often a tough sell, especially with today's rate landscape. But if you're seeking stability and are comfortable locking yourself in, from time to time, you can make a case for it.

### The bottom line about 10-year fixed mortgages

The 10-year fixed mortgage isn't for everyone. In fact, it's not for most people.

While it offers stability and predictability, it comes at the cost of higher initial rates and the risk of significant penalties if you need to break it early. However, for those with specific long-term plans and a clear vision for the future, it can be a solid choice.

Contact your favourite mortgage broker to learn more and discuss the potential



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benefits and risks before making a decision. Whether you're looking for security or flexibility, the right mortgage product is out there—you just need to find the one that best aligns with your needs.



## WHAT IS THE DIFFERENCE BETWEEN A TRADENAME AND A TRADEMARK? by Bill Stemp

A tradename is a business name that you operate under, different from your personal name or your company's name. Under the legal doctrine of passing off, if someone uses your tradename or something similar to it in the area in which you operate, you can commence legal action i.e. a lawsuit against them but you can only do that in the local market area where you operate.

A trademark on the other hand is nationwide and once registered your trademark is protected across all of Canada or the US. This not only includes your business name but also would include the slogans, advertising jingles, graphic designs, logos etc., anything you used to help distinguish you from your competition.

Thus registering your trademark is far more important than has far more remedies available to it as compared to a simple tradename.

You can walk into any registry shop and walk out 5 minutes later having registered your tradename. When you do that you do not require any exclusive rights or ownership of the tradename. 10 people could walk into registry shops on the same day having registered same tradename. That's not possible with a trademark for the same goods or services that we include in your initial filings.

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### Please remember!

**Removal of stress test for straight mortgage switches is effective Nov. 21, 2024**

The Office of the Superintendent of Financial Institutions (OSFI) confirmed that they will remove the mortgage stress test requirement for uninsured straight mortgage switches starting Nov. 21, 2024. This change will allow borrowers to switch lenders at renewal without having to qualify at the higher stress test rate.

*Candace Perko,  
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## TRADITION by Andrea Kidd

Some like it hot!  
Some like it not!  
Tradition says I have to make it,  
Once I even had to fake it.

“One last stir and make a wish, Dear,  
before I put it in the bowl to steam.”

Two small hands on the big wooden spoon, I tried with all my might to make the currants, raisins, bright red cherries little chunks of green and yellow candied peel move. Oops! A spoonful flicked up in an arc and splatted on the linoleum floor. Mum encased my small hands in hers and I squeezed my eyes real tight. I wished my hardest. Would my wish come true? I sort of knew it wouldn't. Or if it did, it was just the way things would have turned out anyway.

The warmth of coke glowing in the belly of the kitchen stove on a late November day in England, and the aroma of spicy citrus juices with a dash of brandy in the pudding-mix tickled my insides with the anticipation of Christmas.

A last lick of my baby finger, the pudding in its basin, wrapped with cloth and hissing gently in the steamer and anything left in the bowl was mine.

But, twenty five years later our roles were different. I was Mum and my mother was Nanny, visiting for Christmas Day.

“How did the Christmas Pudding turn out, Dear,” she asked.

My insides tensed! Guilt flushed my cheeks. My brain went into overdrive. I had no Christmas Pudding!

I took Mum gently by the elbow and steered her into the living room. “Come and sit down, Mum. Dinner's almost ready.”

My mind went into top gear!

I had made a Christmas cake. Of course, I hadn't bothered, or hadn't had time to top it with marzipan, cover it with hard, white icing and decorate it with a miniature Santa and sleigh by a tiny fir tree. That turned out to be a good thing!

I cut off a hunk of cake and popped it into a basin, covered it with wax paper and foil and set it on high on the stove to steam in a pot of water. I made a jug of creamy, yellow vanilla custard with Bird's Custard Powder because that was the tradition back home in England. By the time we had finished eating stuffed roast chicken with Brussels

sprouts and baked potatoes the “pudding” would be ready.

I faked it! Did Mum ever know how I cheated? I will never know. She passed on shortly after that Christmas Day.

The question is ... shall I make a Christmas Pudding this year? I might ... or I might not.

All through the war years Mum had somehow scraped together something for a Christmas Pudding and now, seventy years later ... well ... I had forgotten how important this tradition was for us in England. It just does not seem so important to me anymore, now that we are in Canada.

Good traditions are worth keeping. It's good to hold onto them firmly... but not too tightly.

Some like it hot! *I do. So does my husband, my son and my grandson.*

Some like it not! *My daughters don't, and neither does the other grandson.*

Some feel they have to make it. *Not me. Not anymore.*

Some feel they have to fake it. *Never again.*

As my daughter said to me, “Would your Mum have even minded if there was no pudding?”

I don't know, and now I shall never know.



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## OUT OF THE RUT Chapter 172

It's one of those frosty mornings. One of those mornings when it feels like the world has been freshly peeled, unearthed, rediscovered. A morning where each and every thing upon which the eye rests is seen for the first time. Underfoot the earth slides away between slick ice crystals and smooth surfaces, or grinds reluctantly from a touch where frost burrows its teeth into a facet that holds a grain.

I slicked leather with balsam this morning, bringing luscious scent into my day. The balsam is honey-based, sensuously smoothing into leather, enticing taste buds with sweetness while conjuring memories of youth: Newspapers spread over floor, tack dismantled, swabbed with various unguents for flexibility and prolonged life. No ignoring leather equipment in the barn for months on end, in a humid environment they are green and fetid within a week.

During my training days in England, learning to teach, and care for horses and their people, our Mondays were maintenance days. Horses all got the day off, the stabled ones were turned out in the great indoor arenas to run and play. Sometimes us 'unfortunate' working folk would leap aboard bareback and career around with little to no control, laughing uncontrollably at our antics. In the afternoons, once stables were cleaned, horses relieved and eventually, some sustenance entered our bellies, we were tasked with cleaning all the tack for the entire stables – 47 sets as I recall.

We had our favourites, saddles most comfortable or uncomfortable to ride in – the famed orgasmatron of narrow waist and high pommel, bridles and stirrup leathers buttery-soft between the fingers. In the barely warmed tack room buckets frothed with soapy-greying water as we progressed through seemingly endless reams of leather, steel and brass.

On weekend rides when rich folk came from the city to gallop madly across the English countryside, it was a blessing to be the leader. All others returned to the stables coated head to toe in mud. Hosing a dozen horses and drying them off/walking them out before returning to their boxes was a tiring task in the winter months, fingers and toes frequently losing sensation during the cold process of caring for our equine friends.



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Looking back from this great distance to moments of high drama, laughter and fun... mingled with the onerousness of the daily grind and the owners' frequent memory lapses whose duty to provide food for us skivvies appeared low on their list of priorities. Days when we put in 12 hours of work only to realize at the end that supper had once again been forgotten and only after some metaphorical stamping of feet did a tray of lasagne turn up in our cottage to be reheated under a grill before we collapsed into bed.



The night and day of the great hurricane (the one the BBC told viewers was not happening), I remember awaking during the night to stumble across the bedroom and fasten the rattling window closed before falling back into sleep. Since all we did was work, eat (with luck) and sleep, we were utterly unaware that the world was turning itself upside-down outside said window. When we arose and opened the back door of the cottage to trek across the fields to the yard, we were met with the collapsed trunk of an enormous tree not five feet from the doorway. Staggering against the still-strong wind, we made our way up the hill, keeping heads low as things flew past.

I remember skirting the edges of the yards to avoid flying roof tiles and when the wind finally subsided, taking out horses on well-trodden paths only to discover impassable pile-ups of trees and debris. All that took place in 1987, taking over 15 million trees with it. Memorable times.

May the winds be kind and the sun continue to shine and the breathless beauty of this morning in November remain a beacon in my memory of days.

Happy end of year and moving through the darkest days into the time of light! May all your days be bright.

*Kat Dancer*  
[bodymudra@gmail.com](mailto:bodymudra@gmail.com) 1 415 525 2630 (c)



**PINING AWAY THIS HOLIDAY SEASON - LODGEPOLE PINES**  
by Laura Griffin

December can be a bit of a hectic month: there are exams, relatives visiting, the hustle that comes with the holidays, you might even feel like someone has put your feet to the fire. So, when things are heating up, why not turn to an evergreen and ever 'present' Christmas neighbour who has learned to thrive amidst searing conditions for guidance: the lovely lodgepole pine tree. These green giants speckle both the forests and the tree-lots with their upturned branches full of sharp needles.

The waxy needles are always bundled in pairs on a lodgepole pine. They are very aromatic and much longer than spruce or fir needles. They also make excellent vitamin A and C rich tea. On younger trees, the branches are well dispersed and give the tree a nice Christmas tree shape. As it ages, its sun-loving nature means the bushy green branches get higher up as the shaded trunk below stays relatively free of branches. This leads to tall slender (less than 40 cm in diameter) and straight trunks. This feature makes them a favourite of First Nations for building tipis and other structures. This is where the name lodgepole comes from. They were also light enough to transport. In addition, the slender trunks mean that animals can move more readily through the pine forest floor.

Our official provincial tree, the lodgepole pine has adapted to grow in arid conditions, higher up in the alpine where there is less water. It lives in conditions that are perfect for fires. The lodgepole has embraced this fate; it even has thinner bark so it burns more readily and the nutritious



Photo by Jackie Sills

inner bark filled with resinous sap is an excellent firestarter. When a fire starts in a lodgepole pine forest it goes up extremely fast and hot. However, this is just what the trees wanted because on their upper branches serotinous pinecones have been waiting, sometimes for a decade, to finally have enough heat to melt off their hardened resin exterior and burst open. Thousands of pinecone seeds rain onto the now nutrient rich ash covered forest floor (firefighters have been known to hear them). The young tree has a perfect sunny place to grow now that all the tall shady trees are gone, like a green phoenix rising from the ashes.

I am not by any means suggesting lighting oneself on fire this holiday season, but

should things get a little heated, consider if how we are responding is going to nourish those around us and help them carry on and flourish once the flames are put out. Will we burn our inner lights brighter for the good of those younger than us? Are we the kind of neighbour who stands straight and tall to provide shelter for those in the community who need us? And lastly, but not least, as we rush out to our next December event, are we as aromatic as the pleasant pine trees around us? (That might not be a good thing.) I hope you 'pine' for nothing as we close out the year and wish you, your loved ones and your forests a Merry Christmas.

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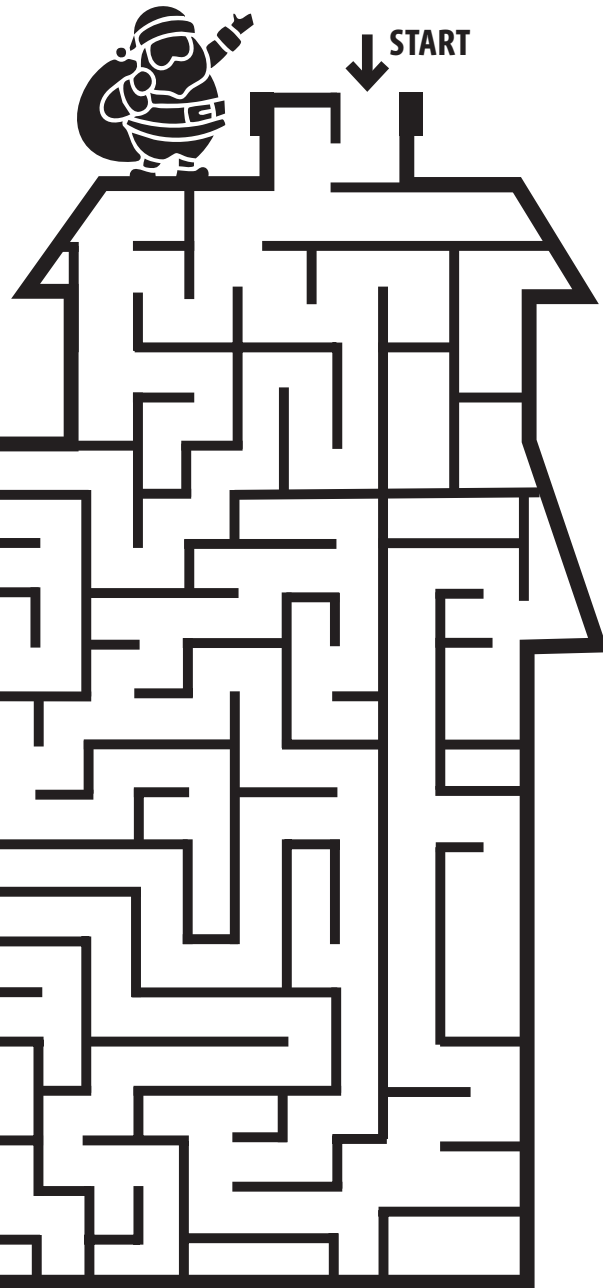
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## AUTISM SPECTRUM DISORDER

### WHAT IS ASD?

ASD (Autism Spectrum Disorder) is a neurobiological developmental disorder that affects individuals in different ways.

There are different characteristics and levels of support needed depending on the degree of severity. This is why autism is placed under a larger category or umbrella on a 'spectrum'

### WHAT CAUSES ASD?

The etiology is complex and can involve multiple causes. Most cases are caused by genetics, are hereditary

or by environmental factors. It runs in families or is likely due to neurologically compromising events such as infections, medications or toxins (mercury, lead) that can affect ongoing brain development.

### WHAT IS INVOLVED WITH ASD?

There are three levels of autism that are used for diagnostic criteria which basically fall into two categories. Social communication i.e. how a person interacts and relates to the world around them.

Behaviours that are restricted or repetitive i.e. stimming, obsession, rigidity and sensory issues. These are all used to determine the type of autism support that is needed (remember it is on a spectrum). Some people may have great conversations, but don't know how to reciprocate, read social cues or have emotional outbursts.

Their challenges are quite different from another person who may show extreme rocking back and forth or stimming (repetitive) behaviours, a lot of anxiety for new people or places, may have co-existing OCD or ADHD.

### WHAT ARE THE THREE LEVELS?

According to the DSM-5, the three levels determine what kind of support is needed and depends on which symptoms stand out the most.

Level 1 Requiring support (also called Mild) - the person basically can take care of themselves, have some difficulties with communication, sensory processing issues and executive functioning. They have relatively good self-awareness, can live independently with minimal support and guidance.

Level 2 Requiring substantial support (Moderate) - the person has greater social communication impairment to now include language skills, conversational ability, strong emotional reactions especially to changes, self-care and daily activities, sensory processing reactions are more noticeable. They cannot live independently due to concerns around safety, finances, meals, etc. and need a special school, work program, supervised housing and appropriate behaviour or communication therapy.

Level 3 Requiring very substantial support (Severe) - the person has severe challenges and major impairments in most areas of their life. They are typically unable to reciprocate conversations with mostly non-verbal or very limited expressions and social interaction, prefer solitary activities with basically no play skills, (stimming) behaviours and mannerisms are pronounced, major sensory processing and emotional challenges and intellectual disability. The person needs full-time supervision and assistance i.e. residential centers with specialized support.

People with autism are incredible and unique human beings who live their best possible life. A diagnosis can be helpful at any stage, but don't let it define you. In the end, it is important to know that it is not about assigning labels but to determine the level of support, growth, development and funding that are needed.

*Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.*

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FUR PERSON DOG SERVICES, fursersondogservices.ca ..... 403.949.4147  
KOMET PULSE THERAPY ..... 403.922.6306  
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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  
MELISSA GALLAGHER, C21 BAMBER, Springbank & Surrounding Areas ..... 403.850.8034  
SHERRI OLSEN, MAXWELL Capital Realty, Bragg Creek, Calgary, Acreages..... 403.519.5998  
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WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com ..... 403.252.5900

**RESTAURANT**

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CREEKERS BISTRO, Bragg Creek ..... 403.949.3361  
POWDERHORN SALOON, Bragg Creek ..... 403.949.3946  
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MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

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BIG ROCK SEPTIC SERVICES, bigrockwaterhauling.com..... 403.804.5551  
FOOTHILLS SEPTIC, foothillsseptic.ca ..... 587.999.4678  
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STEELHEAD VENTURES, svlgroup.ca ..... 587.318.2205

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