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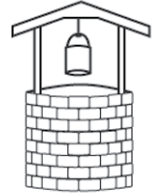
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Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
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Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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# HIGH COUNTRY News

## IN THIS ISSUE...

<i>Communities:</i>	<i>Page</i>
Springbank.....	8
Bragg Creek/Redwood Meadows.....	16
Priddis/Millarville/Red Deer Lake.....	23
Black Diamond/Longview/Turner Valley.....	26
<i>Articles:</i>	
From the Editor.....	4
Letters to the Editor.....	5
MLA Update <i>Miranda Rosin</i> .....	6
Councillor's Update <i>Mark Kamachi</i> .....	7
Councillor's Update <i>Kim McKylor</i> .....	10
Springbank Community Association <i>Karin Hunter</i> .....	11
Investing Smart During Uncertain Times <i>Robert Hughes</i> .....	12
High Country Rural Crime Watch <i>John Robin Allen</i> .....	14
Be A Good Swinger <i>Bragg Creek Physiotherapy</i> .....	16
Bragg Creek Community Association.....	18
A Taste of the High Country <i>Renée Delorme</i> .....	19
Bragg Creek Historical Society <i>Michele McDonald</i> .....	20
Councillor's Update <i>Suzanne Oel</i> .....	22
Square Butte Community Update.....	30
<i>Lifestyle:</i>	
A Wrestling Match <i>Andrea Kidd</i> .....	31
Mortgage Matters <i>Candace Perko</i> .....	32
What Is Success? <i>Duane Harder</i> .....	33
Out of the Rut <i>Kat Dancer</i> .....	34
ADHD and Extreme Sensitivity <i>Roché Herbst</i> .....	35
Kids Zone.....	36
<i>Classifieds</i> .....	46
<i>Business Directory</i> .....	Back Cover
<i>High Country News Covers:</i> .....	Photograph "Traffic Calming" © Anna Grist

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## From The EDITOR

### Happy Canada Day

Now that some restrictions have been lifted, hopefully you can celebrate this important day with your community, family, and friends.

As a family we have a tradition when celebrating a birthday, to both remember highlights of their past, but also posture them for the future. When celebrating our nation, it would be good to do the same. Canada remains one of the best places in the world to live and we can be very proud of our influential role in global affairs.

So how do we look forward? Over the West Window of our Peace Tower is this statement: "Where there is no vision, the people perish". The men and women who founded our great nation must have had incredible vision to what Canada could become.

It would do us well to study the vision of our founding fathers and celebrate what they got correct, endeavouring to understand the values behind what shaped the founding of our country.

- Vision of freedom from government oppression
- Vision of a peaceful society with just law and order

- Vision of a place where people can prosper
- And the list can go on.

Can we commit to finding a way to embody these values, and allow them to express themselves in our modern day context without losing the core of what they are?

May we be a nation that has vision for the future, and the fortitude and stamina to build what we see.

*From my family to yours,  
Lowell Harder*

For more from the Editor: [highcountrynews.ca](http://highcountrynews.ca)

## Artist PROFILE

Anna Grist is the HCN design & layout artist, and enjoys dabbling in photography as a hobby. She is also a writer at [serendipimoosestracks.com](http://serendipimoosestracks.com) and the graphic designer for Paper&String, an online care package publication. She and her husband and two children have lived in Bragg Creek for three years, after escaping the highways and suburbia of Southern Niagara in Ontario.



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## Letters To The EDITOR

To all local residents of Bragg Creek, the intensity of verbal and physical abuse to horse riders using the Great Trail has to stop. The Great Trail is "A trail for the enjoyment of hikers, walkers, cyclists and horseback riders" as per the website of the Great Trail. If there is any doubt, check out their web site and the Greenway Vision for the Trail! Furthermore, check out their page specifically on Bragg Creek "Building a bridge" where again it clearly states the trail is recommended for Walking/Hiking, Cycling, Horseback Riding and Cross Country Skiing. Only the proposed bridge is for pedestrian use, walkers and hikers only! No cyclists or horses allowed.

The reason the riders are using the trail, is not only that they are allowed to do so (as above clearly states) but also for their own safety. Some riders have been using the roadway but recently with the lockdown being eased there have already been 2 near collisions with horses and these riders are no longer prepared to put the lives of their horses or themselves at risk.

They have suffered from passing individuals' rude, abusive and disgusting verbal abuse, as well as purposely aggravated annoyance to their horses and some have had vehicles driven directly at them and driven across the trail to block their path. This is dangerous to all concerned. One individuals horse was

man handled and tried to be pushed off the edge.

The local enforcement authorities have been contacted regarding recent incidents and they will be advised if any further ones occur.

GBCTA put up "No Horse Signs" which may have confused local residents as the County have installed large yellow "Horse and Rider Signs", as the Great Trail is an "All Season Multi Use Trail" which allows horses, the GBCTA signs have been removed as they are not correct. Horses are allowed on the Great Trail in all seasons.

These Horse riders are respectful to others and the environment, yes some hoof prints may be left behind but no worse than ruts from bike tires or wildlife tracks or weather washed surfaces. The usual annual maintenance of the Great Trail would smooth these out in spring.

A human or animal life is way more important than a hoof print in gravel, so please consider these actual points when you next pass a horse riding along the Great Trail. They are there

to enjoy their day, their experience, just as much as you are. They are within their right to use the trail, just as you are. They are ensuring their own personal safety, just as you are. So please stop abusing them and ruining their day.

If you want to comment, I would like to hear from you and why you feel horse riders should be put in peril and risk their lives for a few hoof prints in gravel, my email address is: martinmarsh@telus.net

*Submitted by Martin Marsh*

## Join Us At Our Upcoming Community Events!



**BRAGG CREEK**  
community church

*All Welcome!*

**Sunday Service 10:00 - 11:30am**

*Join us on Facebook Live or Zoom, details on our Facebook page and website, until further notice*  
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**Ladies Bible Study**

*Cancelled til further notice, we will be meeting via Zoom, to join, email annaink@gmail.com for details*

**Monthly Business Lunches**

*Cancelled til further notice*

**Join Bragg Creek Area Community Support**  
*on Facebook if you are in NEED or able to HELP in various ways during this time of crisis.*

*Contact Pastor Dave to donate to the **Bragg Creek Food Bank** and **Crisis Fund** or if you are in need of assistance*  
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## Equalization Ain't Equal

On June 17th our Government released the long-awaited Fair Deal report. Moments after the report went public, the Premier announced his commitment to proposal #2: a clear referendum on equalization. It is no surprise why.

From 2007-2018 Alberta has made a net contribution of nearly \$240 billion to the rest of Canada. On a tax base of 4.2 million people, that is over \$57,000 per Albertan over the last decade - more than some people's annual salary! What's worse is that equalization is not actually equalizing.

The only mention of equalization in the Constitution Act is Section 36(2) which states:

*"Parliament and the government of Canada are committed to the principle of making equalization payments to ensure that provincial governments have sufficient revenues to provide reasonably comparable levels of public services at reasonably comparable levels of taxation."*

Equalization is a vague concept, initially created to ensure provinces had equitable essential services for their residents. It was never intended to be a program that transferred wealth from one province to another, allowing the recipient province the ability to spend to their heart's desire. Now, the system is broken.

Based on our young working population and resource economy, Alberta has some of the highest revenues per capita of anywhere in Canada. Yet once equalization payments are paid out, our province of Alberta is actually left with the second lowest per capita revenues of any province in Canada. Not only is equalization not equalizing, it is actually leaving our province poorer than all others in Canada on a per capita basis.

The formula by which equalization payments are calculated is complex, although not directly included in the Constitution. In a nutshell, equalization is calculated by subtracting a province's "fiscal capacity" - its ability to raise revenues - from the national average fiscal capacity. There are strange intricacies, however. For example, natural resource revenues are accounted for at 50% in the formula. But if a province chooses to nationalize their resource industry, such as Quebec has done with their hydro, the revenues derived from those resources are exempt from being counted and the calculation becomes skewed.

As one of three MLAs appointed by Premier Jason Kenney to the Fair Deal Panel last November, equalization was one of the areas that I studied the most. At our townhalls almost every speaker who mentioned equalization wanted it either altered or outrightly eliminated. From our survey responses, 94% of respondents expressed the same sentiment. Albertans are tired of being short changed.

Unfortunately, there is no simple way to either alter nor halt equalization payments. Equalization payments are paid out by the Federal government through tax revenues, not by individual Provincial governments. Further, because equalization is enshrined in the Canadian Constitution, any alteration to the formula or existence of the program is required to pass through the Senate, House of Commons, and two thirds of the Provincial Legislative Assemblies before coming into effect. The only approach a province could take is to host a successful referendum against Section 36(2), which would force the federal government into at minimum, negotiating.

Our Panel recommended just that: a referendum to remove Section 36(2) altogether from the Canadian Constitution. If we were to fail at abolishing equalization as a province, at least separating it from the Constitution would allow for the formula to be amended and molded more easily to current market realities. With it remaining under the Constitution, equalization remains essentially untouchable.

The fight against equalization will not be easy, but it will be essential if Alberta wishes to finally obtain fair treatment from Ottawa. The days of Albertans sending their children to school in overcrowded classrooms and driving to work on crumbling highways while Quebec runs a multi-million-dollar government surplus must end. With the release of the Fair Deal Report, our Government has promised this critical referendum on equalization will happen in 2021, and it will only be our first step of many in pursuit of a more prosperous and self-reliant Alberta.

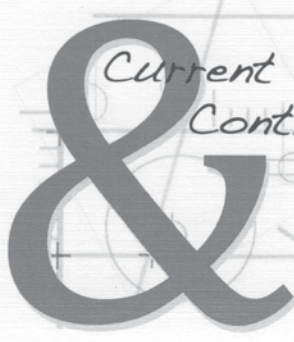
The Fair Deal Panel also recommended 24 other proposals. The Fair Deal Report can be read in entirety at [www.alberta.ca/fair-deal-panel.aspx](http://www.alberta.ca/fair-deal-panel.aspx)



**MLA Miranda Rosin's**  
Constituency Offices

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# ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



**f COUNCILLOR MARK KAMACHI**

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**OFFICE: 403-949-3343 | CELL: 403-861-7806**



Happy July. I hope you and your family are well and keeping your social distancing measures in check? As much as it seems things are getting closer to normal each day with malls opening, bars & restaurants serving libations, and recreation facilities tending to our physical & mental health, we still have to make sure we take a cautious approach as we head into the summer months.

I want to congratulate all 2020 graduates this year on a job well done, all things considered, as we endure this pandemic. Who would have ever expected it to go this way? As a parent of a graduated Springbank High School student, it wasn't easy to watch her go through the struggles of buying a grad dress, completing her studies, planning her uncertain post-secondary pursuits and then to have grad and all of its pomp and circumstance postponed. Thankfully, bright minds prevailed and the kids got to attend a drive-through ceremony (at Springbank HS), complete with socially-distanced families, friends and teachers all cheering them on. Although my daughter was not entirely happy, I had to remind her it was a historical moment. That didn't help.

## **My SR1 Decision**

Last month's article, if you recall, I could not explain my rationale to vote against Rocky View County's (RVC) opposition to the Springbank Off Stream Reservoir proposal (SR1) due to confidentiality. That decision was intended to relinquish opposition but not to support SR1. I want to be clear that I do not support SR1 and am in support of the MacLean Creek design. I have left it up to the proper authorities to decide whether SR1 moves forward or dies. Having said that, it was

for these reasons I can now make public why I stepped away from my opposition. RVC received a formal commitment from Alberta Transportation (AT) for the following:

- 1) Highway 566 and Range Road 11 Roundabout – Division 7;
- 2) Highway 22 and Highway 758 (White Avenue) Bragg Creek Roundabout/Intersection Improvement – Division 1;
- 3) Intersection Upgrade on Highway 560 at Garden Road – Division 4;
- 4) On top of that, should SR1 get the green light, the GoA will also contribute \$10M to offset lost tax revenues (I made a motion that those funds be directed to Springbank and area);
- 5) Also, RVC received the additional \$9.4M from the GoA to complete additional flood mitigation costs for Bragg Creek which were not originally anticipated. In total, with funds from the Federal Government and GoA, over \$42M has been allocated to protecting residents of Bragg Creek.

But if there was one reason that made me think hard, one which I know first hand that many agree with, it's the fact that we are getting a solution to the 4-way intersection leading into Bragg Creek. It has been a pain and a danger spot for residents, our Tsuut'ina neighbours, visitors, businesses, and those passing through for many years. For as long as I have been here, during my time on the Chamber, as a resident and as a business owner in the Hamlet, this has been a hot issue. And for me, last summer, when I almost t-boned a vehicle that had pulled a u-ie in front of me near banded Peak School, the

aspect of safety, of lives, hit home. I could have seriously injured or even killed, the two young occupants of the vehicle as I was traveling at 80KPH heading south on Highway 22. That incident to this day haunts on me and weighed heavily in my decision to step away from RVC's opposition.

In the end, for me, it was a decision that allowed RVC to not walk away empty handed and provide some measures to ensure the safety of our residents and all those who visit. A few weeks prior, Tsuut'ina Nation accepted a \$32M grant to end their opposition. And on the day of the vote, the GoA allocated an additional \$196M towards the project. To me and most of my colleagues, the writing was on the wall.

Stay tuned as we continue to move forward. The berms are coming along and before you know it, we'll be taking walks with friends, family and visitors as we soak in our beautiful river community. Until next month, keep smiling even if no one can see it behind a mask.

*– Cheers, Mark*





# Springbank Heritage Club News

Nothing is happening these days inside our beautiful facility at 244168 Range Road 33 but outside a lot has been going on. An appreciative thank you to SHC members Flo, Bev and Joyce who are maintaining our spectacular perennial flower borders and to Gerry and Peter who have rebuilt the raised border on the east side and who managed to do so without unduly disturbing the plants growing in it which will soon be in bloom.

We are all missing our weekly get togethers for singing, cards, pool, music making and socializing but there is an upside to this isolation mode we find

ourselves in. We've all been given the time to step back, slow down, appreciate our beautiful neighborhood and enjoy interesting things happening around us that we might not have noticed in our busy 'before COVID-19' lives. For me: there's the robin, which despite all our efforts to discourage it, has been in a constant state of warfare for the past month with its own reflection in our living room window; the pair of northern shovelers on our local pond and the unique piece of COVID-19 inspired street art. It's an online school project. The family of six all participated in its creation and now have it on display at the end of their driveway for passersby to enjoy.

We are all in this together and hopefully we'll all get out of it together, with good times coming. Stay safe.

by Shirley Tajcnar


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## ANNUAL GENERAL MEETING

MONDAY  
JUNE 22  
7:00PM

We invite all members to attend our **virtual** Annual General Meeting.

The meeting will be held via Zoom.

**PLEASE RSVP BY JUNE 18 AT  
[COCHRANEHUMANE.CA](http://COCHRANEHUMANE.CA)**

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Member of Bragg Creek Chamber of Commerce,  
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## Councillor's UPDATE

*Rocky View County*

Kim McKylor, Councillor, Division 2



After 3 months of shut down, I am relieved we are moving towards opening up. For many of us, our work continued, albeit from a different location, but for others this time brought job loss, which is hard at any time in our lives, but even harder when the city, province and much of the globe is closed. After living in Calgary for most of my adult life, I have seen many ups and downs, as I'm sure most of you have – I'm confident we will return to a "new" up, it may take some time but I know we'll get there.

One of the sectors that performed very well during this time was the logistics/warehousing sector. This is a sector of the economy that Rocky View County has been attracting over the number of years, particularly in the East Balzac and Conrich areas. Interestingly, I attended a talk by Todd Hirsch, who is the Vice-President and Chief Economist for ATB, a number of years ago and while he wasn't speaking about RVC, he mentioned that of all the sectors in Alberta that was poised for growth, it was this sector. As Alberta was (and is) recovering from the O & G down turn, this sector has been heating up, and during COVID-19, it boomed. I mention this, because like all municipalities, we rely on our commercial taxes for a substantial portion of our operating budget, and no doubt, RVC, like everyone else, will likely see a slow recovery and businesses that can't survive. RVC continues to promote this sector and even at the height of shut down, there was a large \$100M investment into this sector which will bring \$800,000 of property taxes annually to the County. These types of investments are important so that we don't have to shift the tax burden to residents.

It is also important to note that we were able to reduce property taxes 5% (from plan) to help during this time. For residents it might only be \$40 or \$50 a month, but for our businesses it will be huge and hopefully allows them to be here next year to contribute jobs to the economy. Rebuilding and attracting business will be important, not just to

improve the state of our economy but to ensure RVC remains one of the best municipalities there is. Our audited financial statements are available and we achieved a \$6M operating surplus. Tucking this away will help us ensure that we don't need to transfer the tax burden to you. I'm sure those in Calgary were wishing they were living in Rocky View right about now! We are a strong regional contributor and we have clearly demonstrated this during these last few years!

If you follow my Facebook page, you've already heard that Council voted 6-3 in favour of removing our opposition to the SR1 (Springbank Dam) project. The complete news release and details can be found here: [www.rockyview.ca/NewsEvents/News/tabid/145/Article/1814/Rocky-View-County-Signs-SR-1-Agreement.aspx](http://www.rockyview.ca/NewsEvents/News/tabid/145/Article/1814/Rocky-View-County-Signs-SR-1-Agreement.aspx). I want you to know that I did not support this motion. I voted against this because I truly feel this project is not the right project for flood mitigation for Calgary. I believe this project will cause short- and long-term environmental problems for Springbank and Calgary. I believe there are better solutions that actually protect more people, cost less money, provide not only flood relief, but a water resource to use for drought protection and recreation. This is why I voted against this.

The silver lining, if you can refer to it as that, is that the \$10M the County will receive if the project moves forward is earmarked directly to Springbank for Cultural, Recreation and Community. It is a small benefit in the grand scheme of things, but I hope will go towards building something in our community that will add value.

Finally, the contest I organized to support local business has wrapped up. The response by local businesses and the community was fantastic. I'd like to give a huge shout-out to all the businesses that donated these fantastic prizes and to the winners noted below:

Links 5th Prize: Brent Gordon (Harmony) – 2 Rounds of golf – donated by Springbank Links

4th Prize: Heather Clark (RR 31) – Complete auto detailing – donated by Stampede Collision

3rd Prize: Sarita Barrett (Country Lane) – \$250 store credit donated by Mountain View Building Materials.

2nd Prize: Andy Biblow (Villosa) – \$250 credit donated by Springbank Self Storage

Grand Prize: Trina Vitolianos (Harmony) – Kamado Joe Jr., charcoal, lawn chairs and \$50 Co-op gift certificate donated by Hanks Grills

*Thank you everyone!*

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## SR1 (Springbank Off-Stream Reservoir): The Void of Transparency, Accountability and Good Governance

**Request:** Join with us in the NRCB hearing process by completing the 4 minute survey at [springbankcommunity.com](http://springbankcommunity.com). We are stronger together.

**Refresher:** SR1 is a massive earthen dike project between Redwood Meadows and RR33 in Springbank. 6800 acres and millions of tons of silt that will permanently reside behind an 8-story earthen berm that will retain warm, highly sedimented water in flood years.

The Government of Alberta (GoA) seems to think that buying out opponents is now the best approach to get the Springbank Dike Project (SR1) approved. Transportation Minister McIver has found a nice stash of taxpayer dollars to pay Rocky View County to sign a "Statement of Non-Objection" to SR1: \$10 million in cash along with a commitment to various transportation improvements, including the new roundabout in Bragg Creek. Earlier this spring, McIver found \$32 million to convince Tsuut'ina Nation to withdraw opposition to the project. What happens to resolving the objections raised by these past opponents of SR1? Do the Nation's concerns about wildlife get scratched? Water quality? Scratched? Rocky View County's concerns about the decision process, the environment and air quality? Scratched?

In 2018, RVC unanimously passed a motion to request GoA to halt SR1 on the basis of well-researched health, environmental and process concerns. Fast forward to 2020 and talks held behind closed doors. Carrots dangled? Sticks waggled? Conflicting accounts of what convinced RVC to stay quiet have emerged, but, other than a cursory press

release, the exact details have not been released. The RVC Council decision raises many questions about RVC fulfilling its mandate and responsibilities to protect the environment along with the health and safety of its residents. The sudden withdrawal of RVC from the ongoing regulatory process sets an inexplicable and troubling dynamic. What this means for our western communities is anyone's guess. It appears that concerned West Rocky View residents and organizations must now stand alone against a proponent with unlimited money, power and will. Not your typical regulatory process. Nonetheless, the stakes are high for everyone involved and we aren't going anywhere. Our communities deserve representation. The abysmal process used to advance this project needs accountability.

Volunteers in Springbank, Bragg Creek, West Bragg Creek, and Redwood Meadows along with heritage landowners have invested thousands of hours since 2014 researching and understanding the problems with SR1. We have dug into government submissions, held community meetings and information sessions, prepared submissions to regulators and gathered letters of opposition. It was volunteers that convinced RVC to take a position on SR1 to begin with and, since the start, we have been laser focused on increasing transparency on SR1. So, when deals are struck but the details are not released, we are justifiably disappointed with our elected officials. When the expert report commissioned by Premier Kenney takes a year to be released, despite FOIP requests, we are mystified. When large scale mail-outs are commissioned by Alberta Transportation

touting the theoretical benefits of SR1, we are frustrated, but resolute. We are working on a response to the mail-out. Stay tuned.

We will leave you with the words of the government's own expert, Martin Ignasiak: "The issuance of 593 first round information requests, with several sub-questions, by provincial regulators...is unprecedented for a major project. I have worked on large-scale mining projects (which include processing facilities and engage far more environmental disciplines than SR1) that were subject to less than half this many information requests..."

**Issues with SR1 are real. Help us fight for the future of our community. You can do three things:**

1. Learn more and read our submissions to regulators: visit [springbankcommunity.com](http://springbankcommunity.com).
2. Please immediately email CEAA (CEAA.Springbank.ACEE@ceaa-acee.gc.ca) and the NRCB (laura.friend@nrcb.ca) with your concerns about SR1 along with the County and Tsuut'ina "Statements of Non-Objection".
3. Visit [springbankcommunity.com](http://springbankcommunity.com) to complete a quick survey that allows you to join with us in the regulatory process. Share the link with your friends and neighbors.

Karin Hunter  
President, Springbank Community Association, on behalf of the Elbow River Sustainability Alliance

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## Investing Smart During Uncertain Times

Warren Buffett, one of the world's most successful investors, follows a classic rule when it comes to market volatility: ***"Be fearful when others are greedy and be greedy when others are fearful."*** In other words, do the opposite of the crowd! This philosophy is called classic contrarian investing.

Investor anxiety normally tends to rise in step with market volatility because most people are concerned about trying to pick the best time to buy or sell. This has been the situation so far in 2020.

For instance, making investment decisions would be infinitely easier if there was complete certainty about when markets were headed for a bear market or a correction. Unfortunately, the best time to buy or sell is obvious only in hindsight.

Because so many different factors simultaneously influence market performance, unpredictability is inevitable. Although interest rates are expected to rise at some point in the future, they will very likely remain at historic lows for the foreseeable future making interest-bearing investments (i.e. fixed income investments) less attractive than other options. Traditionally, equity investments (i.e., stocks, mutual funds, etc.) have outperformed fixed income investments over the long-term, so there is a good case for allocating investment assets into equity investments when creating a well-balanced mutual fund portfolio.

At this time in the markets, mutual funds consisting of companies with long histories of paying regular dividends are often a good choice for a retirement portfolio, as these types of investments have tended to perform better during all types of economic conditions.

Also, remember that the Canadian financial assets only represent approximately 3% of the world's financial markets. Therefore, any investment strategy would be incomplete without proper exposure to countries beyond North America.

In times of market volatility and sensational news headlines investors are often left wondering, "What are my best options?" History has shown that "staying the course" during times of temporary volatility has always been the best option for investors with well-diversified portfolios and long-term time horizons. ***It is Time-in-the-Market that counts NOT Market-Timing!*** On that same token, periods of market volatility have usually provided excellent opportunities for buying quality investments at discounted prices.

Another risk management strategy for long-term investors is ensuring that a portfolio is properly aligned with an individual's risk tolerance level. When a present day portfolio allocation does not line up properly with an investor's risk profile it may lead to hasty decisions that could ultimately turn paper losses into real losses.

In addition, market downturns can also be the right time to consider tax-loss selling to offset capital gains from other investments.

So in times of elevated market volatility the most important thing to do is to NOT watch market news too intently as that usually leads to heightened anxiety and financial decisions that are far too often regretted later. The best course of action is to always seek advice from your financial advisor before making any decisions about your long-term investment strategy. Lastly, remember to take time to enjoy life everyday with your family and friends.

Call me today to book an appointment to review your current investment portfolios and wealth accumulation strategies to take advantage of the changing economic and investment landscape!

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## Home Renovations: Do It Yourself (DIY) or Hire a Professional?

*Parts adapted from Canadian Home Builders' Association*

Summer is almost here and you have that burning desire to refresh, repair, update or adapt your home?! Many of us like to change things up every 3-5 years.

Many homeowners enjoy the do-it-yourself renovation and repair projects. It is a great way to save money while getting some activity and adding value to your home.

**Before starting your project, consider the following:**

**Have you clearly defined the scope of your project?** Projects frequently end up more complex than initially apparent. Have you identified all or are you ready for surprises?

**Do you have the necessary skills?** Consider your own skills and abilities carefully. While many of today's home improvement products are designed to make it easy for

do-it-yourselfers, other projects will require specialized skills or create frustration you are not ready for.

**Do you need a building permit?** Typically, renovation that change the structure of your home requires a building permit issued by your municipality. This also means inspections of the work at the appropriate times to ensure the work meets the local building codes. Keep in mind that future buyers likely want to see the permits to verify compliance.

**Do you need licenced trade permits?** Plumbing, electrical, gas repairs and numerous other modifications and installations typically require licensed trades and contractors by law, depending on your area regulations, which may change between municipalities. Codes change from time to time and licenced trades keep their qualifications up to date.

**Think ahead - will your insurance honour your claim as a result of your DIY work?** We live in a world of shifting blame. If something goes wrong (eg. plumbing modification), will your insurance help?

**Do you have the necessary tools and equipment?** Savings of your hard work may quickly fade if you must buy specialty tools. Renting is always an option, but costs can also add up quickly if you're doing the work in your spare time. Or will you invest extra hours instead of using these speciality tools?

**Do you have the time?** Renovation and repair projects can take a lot of your time. Are you truly ready for this commitment? Is your family ready for it? If it drags on, are you prepared to continue for as long as required to complete? Most contractors will charge a premium to complete work previously started by a weekend warrior.

**Put safety first.** Did you consider the risks for doing the work yourself? Are you prepared for work at height like roofing or other exterior improvements? Do you have the safety gear to prevent falls? Are you aware of what it takes to check for hazardous substances like asbestos, lead or mould? Some laws dictate handling requirements. Don't risk your health, and that of your family, by doing this work on your own.

By Carla Berezowski,  
Certified Aging in Place Specialist (CAPS)

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It's been a quiet month in the High Country, our home in a paradise on earth somewhere west of Calgary. Thankfully, our Garden of Eden has not been as hard hit by the ravages of COVID-19 as other communities, but we are nonetheless scathed. As of this writing, Okotoks/Priddis had 173 cases, two still active; Black Diamond had twenty-nine cases, three still active; High River had 533 cases, one still active. While our focus has been on the pandemic, life is still unfolding around us. Here is a synopsis of recent events:

**Property Theft:** The Turner Valley RCMP detachment is currently closed to the public, but they are still working hard to protect us. Thieves, too, are working, but not as hard as in previous months. Take May, for example: On May 12th near Priddis Greens Drive, three masked thieves entered an unlocked workshop

and took a large number of tools. Two days later near Coal Mine Road some person or persons broke into a seasonal cabin. No video, no witnesses, no suspects. On May 22nd, a driver left an unlocked vehicle near 2990 Avenue and 352 St. West. When the driver returned, someone had taken a pair of sunglasses and a garage door opener from the car. Then on 29 May, near the intersection of Hwy 762 and 368 St. W., a vehicle broke down and was left there for "a period of time," according to the police report. When the driver returned to recover the vehicle, someone had stolen it. It makes me wonder which would be worse, (a) a missing garage door opener that could give a thief full access to a home when the owner is away, or (b) a missing vehicle, which certainly would be more valuable than a garage door opener?

**Fire Damage:** Neither of those thefts could equal the damage that would occur if a forest fire were to hit your home, yet there is a high wildfire risk here in our Eden. If you have not already downloaded the new "FireSmart begins at Home" app, then get it! Just Google that name followed by the word "app". You can get it on the App Store or on Google Play. It gives you a guided assessment of your property, and you get several simple suggestions on how to reduce your wildfire risk. If you contact your local Foothills fire department, you

can also request to have, at no charge, an expert visit your property and point out things you might have missed. With the expert's help, my wife and I were impressed at how easy it was for us to "FireSmart" our home.

**Identity Theft:** Banks and other institutions are beginning to save money by sending statements to clients electronically. You can read such PDF files with Acrobat, the free program anyone can download from Adobe. You get your statements more quickly than by snail mail, and Acrobat stores all its PDF files in a separate folder it opens each time you use the program.

The only problem with that is that Acrobat cannot delete any of those PDF files it opens and displays. It can close a PDF file, open it again whenever you want, but it cannot delete the files it makes, files that usually include confidential information such as your bank account number, the amount of money you have on hand, your recent purchases, and so forth. If thieves steal your computer, they also steal all that confidential information.

To delete those files, first use Acrobat to display the names of files you need to delete. Then use "File Explorer" (on a PC) or the "Finder" (on a Mac) to search for the directory of the files you need to delete. On my PC, the directory is "This PC\Downloads". Then, with the program



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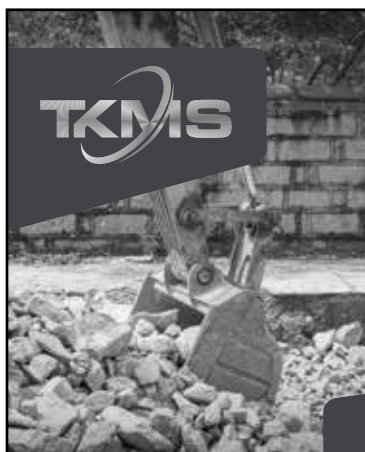
If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. Thanks to the work of a few volunteers and a grant from TC Energy, **membership is free. You can then get optional mail or phone call fan-out messages describing recent and current criminal activity in our area. New members also get a free High Country Rural Crime Watch Association sign.** We do ask that members be active in watching for and reporting suspicious activity to the police and your neighbours.

The information we publish regularly in this column is but a small fraction of the

news we circulate more frequently to our membership about crime in this area. To join, phone us at 403.931.2407 or visit our website [www.hcrcwa.ca](http://www.hcrcwa.ca), click on the membership tab, and fill out the application form that you can submit online as per the instructions provided. The site also has tips, resources, and emergency phone numbers. Our Facebook page has more information: [www.facebook.com/HighCountryRuralCrimeWatch](http://www.facebook.com/HighCountryRuralCrimeWatch).

So, as Garrison Keillor used to say, that's the news from the High Country where all the women are strong, the men are beautiful, and each child is above average.

John Robin ('J.R.') Allen  
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## Be A Good Swinger

by Jennifer Gordon

BSc. PT, AFCL, GIMS

Physiotherapist,

Certified Level I/II 'Fit Fore Golf' Practitioner

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Ok, I couldn't resist with this title and perhaps I got your attention a bit quicker? For you golfers out there – Hooray! Golf is a great COVID-19 sport! It was a little hit or miss there for a few weeks, but luckily with a few safety measures in place, we were allowed to get out in the fresh air and start swinging! If you were not a golfer in the past, perhaps you have sought out a new sport in order to get out and enjoy an activity this summer. I know bike sales are off the charts this year – which is another silver lining in this “new world” - everyone is getting out, getting active and maybe trying something new.

Golf may be considered a laid back sport to some, but the high intensity swing and duration of the game must be taken into account. It is important to have a strong core, flexible shoulders and hips in order to have an efficient swing, prevent injuries and enjoy this popular, albeit frustrating, game all summer. Here are a couple of commonly asked questions regarding fitness and the sport of golf.

### ***What muscle groups do people use when playing golf?***

The golf swing incorporates almost every muscle and joint in the body! If we break the golf swing down, there are some key muscle groups that are important to consider when stretching and training for the sport of golf. During the backswing: balance, joint mobility and muscle flexibility are paramount. While shoulder, hip, and trunk rotation are necessary to achieve the optimal backswing technique, other muscles provide stability and balance. The transverse abdominus and oblique muscles in the abdomen work to stabilize the spine and coil up the trunk in preparation for the powerful downswing. The hip (quads and hamstrings) and shoulder muscles (abductors and external rotators) on the trail-side are actively working to prepare our bodies for the next phase. The downswing is a powerful and fast motion that requires much coordination and joint awareness. Our hip, thigh and calf muscles help stabilize the knee, rotate the hips and transfer load onto the lead leg. The shoulder and torso muscles generate power and speed for contacting the ball.

Finally, the follow through phase is mainly a deceleration of the body after impact. Many of the same muscles work eccentrically (controlling movement while they are lengthening) to slow down the body, protect joint range of motion, and maintain balance.

### ***What are the most common golf injuries?***

In the upper body, shoulder injuries are most common. Typically, these involve the shoulder rotator cuff muscles: the supraspinatus, infraspinatus, teres minor, and subscapularis. These muscles are

the core stability of our shoulder joint. More often on the lead shoulder, these muscles can be overtaxed by improper technique, such as excessive shoulder elevation during the back swing. Poor trunk rotation and over swinging can also overuse these muscles and cause injury. Elbow injuries, such as tendonitis issues, can develop due to poor grip technique, frequent repetition, and taking deep divots. Wrist tendonitis, carpal tunnel syndrome, and thumb injuries are mainly due to excessive grip pressure and poor grip mechanics.

In the lower body, knee injuries such as a meniscal tear or ankle tendonitis can occur due to the pivoting motion of the swing, improper weight shifting, and poor footwear.

The majority of injuries we see in golf, involve the back. 50% of injuries occur during the downswing. This action has the greatest speed and force on our muscles and joints. Typically, the lower back, elbows and knees are affected during this phase. The most damaging position for our lumbar discs is at the moment of impact when our spine side flexes and rotates. It is typically the trail-side that endures the most wear and tear, thus increasing the chance of degenerative changes.

### ***How to avoid them?***

Since poor technique is a common theme with injuries, a lesson from a PGA teaching professional would be helpful. Maintaining adequate flexibility in the shoulders, trunk and hips allow the stabilizing muscles to perform more efficiently. Incorporate stretches that target back extension, trunk rotation,

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## Bragg Creek Residents Association Formed

A new Bragg Creek Residents Association has been formed by a group of concerned Bragg Creek residents – concerned about the lack of consultations with the community on local issues.

Of particular concern is a recent motion passed by Rocky View County, ignoring the interests of the community, to study even greater densities in the proposed Bragg Creek expansion area, than those already rejected by the community - densities higher than 10 lots per acre.

Why the study is even being proposed in an apparent attempt to recover more than \$30 million in servicing costs that the County plans to spend, and before Bragg Creek's transportation issues are addressed, is a mystery.

For further information  
or to become a member, contact:  
[Braggcreekresidents1@gmail.com](mailto:Braggcreekresidents1@gmail.com)

hamstring, hip flexors, and outer hips. Stretches that target shoulders, forearms and neck are preventative as well.

Strengthening the shoulder rotators, trunk muscles, and the hip muscles would greatly enhance joint stability, technique and coordination. Performing strengthening exercises such as shoulder external rotation, upright row, and hip abduction will utilize these muscles.

Research shows that the limiting factor to how powerful the spine can move, is the strength and function of the deep stabilizing trunk muscles – the transverse abdominus, internal obliques and multifidus muscles. By activating these muscles throughout the golf swing, the trunk will have more power and spinal protection. A good start would be to simply draw in your lower abdomen towards your spine while addressing the ball and throughout your swing. Exercises such as oblique curl ups, front and side planks are great spinal stability exercises for core strengthening. Golf specific exercises are optimal for injury prevention and preparing your body for the powerful and dynamic nature of the golf swing.

I am a certified Level 2 practitioner with the FITforeGOLF seminars. This program for physiotherapists uses "clinically based golf rehabilitation and injury prevention strategies incorporating the latest biomechanical and sport medicine research". I enjoy educating patients on their golf related injuries, focusing on injury prevention and developing an exercise program to strengthen, stabilize and improve flexibility to get you back on the links as soon as possible. It is such a short season after all!

If your season is cut even shorter with a current injury or you would like to prevent future injuries, the physiotherapists and massage therapist at Bragg Creek Physiotherapy would love to help you out.

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## Bragg Creek Centre

### *Hello Creekers!*

Wow, how quickly things are changing. Just a few weeks ago we were expecting to see the Community Centre closed for another few months. In a pleasant surprise turn of events, we were moved up to Phase II of the relaunch and are happy to say we are OPEN! (with restrictions). As we think about resuming programs we are finding that we need to pivot to accommodate the ever changing rules. Please visit our website to view our commitment to keeping the Centre safe for our community.

### *Summer Camp!*

This year we have partnered with ReDiscover Play, a nature based program

provider that promotes resilience, perseverance, mitigation of risk and free play through outdoor/nature programming to children ages 5 – 12 years. Sessions run weekly July 13th thru August 17th.

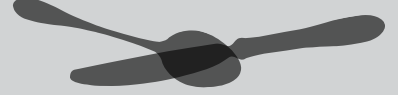
Thanks to the generosity of the Bragg Creek Ladies Auxiliary, we are able to offer subsidies so that everyone has the chance to have fun at camp!

Call the office at 403-949-4277 or email [program@braggcreekca.com](mailto:program@braggcreekca.com) for details and to register.

As restrictions start to relax it is easy to forget that some of our community members are still struggling. Please continue to check in on your neighbours regularly. BCCA staff and Bragg Creek Community Church volunteers are available to help. Feel free to reach out via email, phone or Facebook.

*Take good care and  
welcome back, Creekers!  
Christine Pollard  
Program and Event Manager*

## Try the Taste At Home



### *The Wapiti Burger*

*courtesy of Chef Charlie,  
The Bav Mountain Dining  
Bragg Creek  
[www.bavtav.com](http://www.bavtav.com)*

*Servings - 4 Difficulty - moderate*

#### **Ingredients:**

- 750g ground elk (shoulder) meat.
- 1/3 pork, 2/3 elk is another optional
- Salt, pepper, nutmeg, allspice
- 1 medium onion sliced and caramelized
- 1 Anjou pear, poached
- 80g mayonnaise, cinnamon
- 80g (4 slices) smoked cheddar cheese
- 4 artisan buns, pretzel or brioche. Sold locally

#### **Directions:**

1. Poach a pear: peel, halve and core a pear. In a saucepan, heat red wine with 1 Tbsp of sugar and one star anise or ground anise. Add pear and simmer for 15 min, let cool in the liquid for extra flavour.
2. Slice the onion and caramelize in a frying pan.
3. Put the ground meat in a large bowl. Season with salt, pepper, nutmeg, allspice. Mix with your hands (wear gloves) loosely. Don't work it too hard. When shaping patties, just loosely pat down.
4. Lay the patties on the pre-heated BBQ grill mat. Cook 1.5-2 min on each side. Medium-well is ideal.
5. Mix the mayonnaise with the cinnamon. Spread it on the grilled artisan buns.
6. Dress the burgers: bun, elk patty, smoked cheddar, caramelized onion, poached pear slices, top bun.

Suggested beer pairing: Amber ale

*Good luck & enjoy!*

bragg creek centre  
**SUMMER CAMP**  
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ages 5 - 12  
july & august dates

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\*Subsidies available








## Beer Tasting: A Summer Adventure

I might be a sommelier who revels in all that is wine, but, by gosh, I can't think of anything more satisfying than a quenching pint of cold beer on a hot summer day. And I'm not the only one.

Mesopotamian cultures brewed the first beers some 10,000 years ago. Beer, as we know it, came about in the 12th century with hops in ale, and the lager method was introduced in the mid 19th century. From there, countless styles have developed. Selecting a beer today has become a daunting task. Here are a few pointers to help you out.

At its most basic, beers are classified into three categories defined by the type of yeasts they use. I will only cover the first two:

- *Ale* uses the *Saccharomyces cerevisiae* - a warm, top-fermenting yeast.
- *Lager* (aka *pilsner*) - uses the *Saccharomyces uvarum* - a cold bottom-fermenting yeast.
- *Lambic* uses wild yeast.

Because of the type of yeast used, ales are a fruitier, spicier, fuller body and somewhat bitter beer (think English ale). In contrast, pilsners takes longer to make and are brewed in colder conditions resulting in a crispier, lighter, smoother drink (think German lager).

Beyond these fundamental differences, the two types of beer use similar ingredients and approaches. Both use hops, grains (barley, oat, corn, rice) malted (roasted) to different degrees, and flavourings such as spices and fruits to add interest. As a result, selecting a beer can be daunting.

Brewers invest passion, sweat and tears into their craft. This is why, we owe it to them to overcome our sense of confusion and understand what they are

offering, rewarding in the process those who brew quality.

One way to do this is by assessing the beer's 'balance'. This is perhaps the most elusive yet, defining characteristic of a good beer. For example, a pale ale can be watery, leaving little after taste. In contrast, another can leave a crisp, lingering citrusy finish that begs you for more. Beyond personal preferences, you know the beer is "in balance" when the flavours, the aromatics, and the mouthfeel are in proportion with one another. With practice (meaning mindful beer tasting :)), you will learn to recognize a good craft beer.

I invite you to engage in beer tastings with friends and family. It is a lot of fun. First, decide if you want to explore, ale or lager. Then, pick a couple of styles within your category. If you choose ale, you may wish to explore pale, amber and stout. Buy two different beers of each from local breweries. Don't hesitate to ask your retailer for guidance. Find a beer chart to guide your tasting (many are available on the web), pour the beer and *voilà!* Sit down, taste, discuss, argue, understand and have fun.

Use this summer pandemic as an opportunity to discover local breweries. Learn about their styles. Compare them. Try Half Hitch Brewery (Cochrane), Hard Knox Brewery (Black Diamond) and Brauerei Fahr (Turner Valley). Further west, try Canmore Brewing Co. and Sheepdog Brewery. Calgary has a multitude of them as well. Knowing a little bit about craft beer and pairing them with food will go a long way to elevate your enjoyment of both.

*Happy dog days of summer!*

### **Beer and food pairing:**

- *Pale lager and ale* love creamy food that begs for lemon wedges (Fish and chips, caesar salads, fettuccine alfredo)
- *IPA or amber ales* match well salty, spices and fried food (East Indian food, chicken wings, pizza)

- *Red and Brown ales* wash down hamburgers, steaks delightfully.
- *Porter and stouts* stand out to the rich roasted, smoked, BBQ, even salty meats such as ribs, pulled pork and sausages.

*Bonne appétit!*



**Renée Delorme**  
Sommelier

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BRAGG  
CREEK  
HISTORICAL  
SOCIETY  
*Notes*

## Moon Cabin

Marjorie and Fred Moon loved to camp near the river on what was originally CPR property, so when Jake Fullerton later bought and developed this property north of Balsam Avenue, the Moons were desperate to purchase some land. However, the price was \$25 for a one-acre lot, and Fred didn't have \$25 extra dollars on hand. This was 1939, when the world was still reeling from the Great Depression and although Fred had work as an auto mechanic at McLaughlin Buick and Imperial Motors in Calgary, it was only part-time. Not to be deterred, they borrowed \$10 from a friend and the corner lot of River Drive North and Spruce Avenue was secured.

The fishing may have been what attracted the Moons, but it also was just a "wonderful place to get away from the city," as son Willard remembers. The trip to Bragg Creek was with the help of their 1928 Chev, equipped with thin tires that were good for mud. And mud it was, particularly at the well-documented trouble spots: Twin Bridges on Richmond Road (now Hwy #8) and Chittem Springs (at the present-day Redwood Meadows turnoff. Willard says that the cars of today would have never made it through -- they would have been too low and with tires too fat!

The Moon cabin was built in approximately 1940. Fred didn't want to design a roof, so he put rafters up and bent the boards, making a curved roof structure. It had one big room with no insulation, but a wood stove to cook on and use for heat.

Fishing with Stan Sexton, another local cabin dweller, was both a highlight and a competition for the Moons. "Trout was the main catch, Rainbow mostly, and some Brook. [These species were

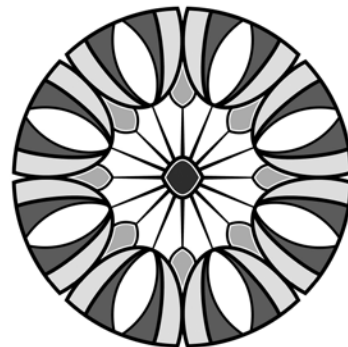
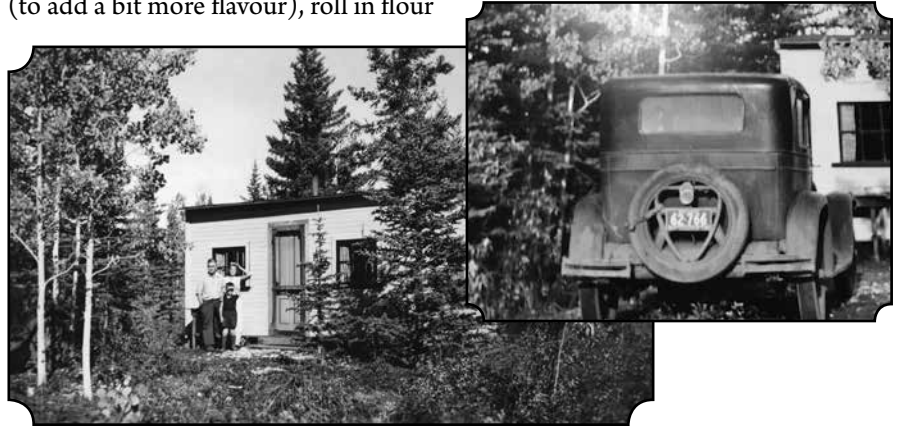
introduced to the Elbow River; Cutthroat and Bull Trout are indigenous.] We liked dry-fly fishing, catching fish on the top of water with Royal Coachman bait flies. But Stan would catch what he called grayling, the Rocky Mountain whitefish, the bottom feeders." The Moons claimed that trout were superior for the palate and for another good reason. Willard Moon, who had caught his own nine-inch trout at only seven years old, noticed that unlike their favoured trout, Stan's fish had to be scaled. The best ever, according to Willard, was to catch three or four fish, soak in salt water overnight (to add a bit more flavour), roll in flour

and fry them up with the bacon for breakfast.

In the 50s they built a house and Fred eventually commuted to Calgary for a few years. The property was later passed on to Willard's son, Thom Moon, who raised his family in the area. Thom is a musician, noted for his work in Rhythm and Blues, and well-known for his years on drums with the legendary Ian Tyson.

Michele McDonald

Source: Willard Moon, interview, June, 2019



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# Bragg Creek Connect Committee

*"As the internet lags so does life"*

To be well connected to the world so that we can all successfully work, get educated, be entertained and, to be honest, just live, has never been as important as it is now been during the COVID-19 pandemic, though the frustration that all of us have experienced trying to be connected in the greater Bragg Creek area, has been longstanding even pre-pandemic. The pandemic has just highlighted how essential it is to be connected and have the reliability and speed required to facilitate our day to day lives.

The Bragg Creek Connect Committee was formed over two years ago with representatives from the Bragg Creek Community Association, Bragg Creek Chamber of Commerce, Greater Bragg Creek Trails Association, the Bragg Creek Revitalization Committee and augmented with some experts in our community. The groups met back then and identified the lack of or poor connectivity through the internet and the cell network as one of the major issues facing our community. The internet is slow and unreliable in the greater Bragg Creek area, frustrating our ability to run home based businesses, support our children's education, take courses, search for information, stay connected with family and friends, facilitate e-commerce and competitively participate in the digital economy, just to name a few activities. The end result is that lack of Internet access is negatively impacting real estate values, reducing investment in our community and ultimately the area population will decline.

Our community residents currently get internet service through a variety of different means largely dependent on where you live. The hamlet is served by Telus by DSL through the old copper phone lines and as you go beyond the Hamlet, residents are served by a combination of cellular "hub" services, dependent on sightlines to cell towers or by satellite internet services. Frustratingly there is a fiber optic transmission cable running down Hwy 22 right by the townsite and a SuperNet connection point adjacent to the Community Centre.

The Bragg Creek Connect Committee's objective is to determine how to obtain improved and more reliable high-speed service for the Greater Bragg Creek Area with target speeds matching the CRTC's target minimums of 50 Mbps download, 10 Mbps upload. As we all know our current level of service does not meet these objectives. The CRTC has stated that the internet is a basic service and "whether you're at home, at work, or on the road, ... you should have an Internet connection with access to broadband speeds of at least 50 Mbps download and 10 Mbps upload and access to unlimited data." The underserved rural areas are well known to governments and the CRTC and there

is potential funding available if local governments partner with technology providers to build out the infrastructure. The Committee's long-term goal is to see every residence and business in the greater Bragg Creek area connected to a fiber optic network so that we can enjoy the same benefits as our urban neighbours.

The Committee has met with telecommunication providers, telecommunication planning consultants, and toured the fiber optic system "O-NET" built as a community initiative by the town of Olds, who has been successful providing high speed fiber optic based internet, telephone and television programming services to their community since 2013. We have been working with Rockyview County to both make sure that they are aware of the challenges our residents face to have reliable internet and cell access as well as to understand what support the County could offer our community. We have learned that the combination of our foothills terrain and dense forest coupled with the low population density creates major challenges to providing economic telecommunication service to our community. It is going to require an "outside the box" creative solution to solve our problem. This situation reminds us of the days not so long ago where governments funded and built out electrical and phone infrastructure to ensure rural communities received the same access as their urban neighbors.

The Committee has met with Telus who stated that they recently built a new cell tower in Bragg Creek that doubled the capacity and cell coverage in our area, a potential advantage for those that have a sight line to the tower. Telus did do a study recently to determine the cost of providing fiber to a majority of the residents in our area and determined that it would be uneconomic for them to execute. They stated that they will continue to look for opportunities to improve the existing infrastructure.

The Connect Committee was looking forward to the results of a study that Rocky View County was going to do with a consulting firm that has done similar work with other communities. The objective of the study would have been to deliver a broadband "roadmap" that would provide feasible options for the different areas of Rocky View County. Unfortunately, the project was contingent on receiving 50% funding from the Province of Alberta and the Province recently denied the funding request thereby causing cancellation of the project by Rocky View County Council. In the meantime, the Committee has met with two companies recently who are currently active in providing service to our area; Mage Networks and Xplornet. Xplornet is a company that will be familiar to some of you. They are actively looking at options to improve their infrastructure and service in our area. Mage Networks is a relatively new company with a different technology. They have a project plan to connect the Greater Bragg Creek Area by the end of this year. They also have plans in Redwood Meadows and areas south of Bragg Creek. You may have already seen Mage Networks' website, postings and advertising in our area. They also now have a "hotspot" in the Bragg Creek shopping mall.

The Committee would like to engage in a dialogue with the community to better understand everyone's connectivity needs and challenges as well as provide a vehicle to share ideas and success stories. Ultimately the Bragg Creek Connect Facebook page ([www.facebook.com/Bragg-Creek-Connect-109921437408806](https://www.facebook.com/Bragg-Creek-Connect-109921437408806)) could be a way for residents and businesses to get information on services that are available in our area and get questions answered. Please connect with the Committee and say hello and we will keep you up to date on all things Internet in our community.

*The Bragg Creek Connect Committee*

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# Councillor's UPDATE

*Foothills County*

Suzanne Oel, Councillor, Division 4



**Foothills County Enforcement & Fire Complaint Chart:** Thx to Sgt. Roblin and our Protective Services team, who recently updated this concise graphic for our reference, and for the work they do for us all. Check out the complaints process chart published below right.

**Road Work:** Each year we begin our summer road programs, we have to navigate the results of the last winter and the varied weather conditions we face, which either supports our “planned” work or delays our efforts. The rain we have been recently receiving is welcome for our landscape and great in terms of fire prevention. However, the road work is delayed in some areas as we await the opportunity to proceed. Across the Province, we are seeing similarly that roads are taking awhile to tighten up this year. So, likely you’ll see the road repairs going on in stages. Along with the repairs, the patching (potholes), drainage and dust control spot treatment crews are all out taking care of business. Road-side mowing has started in the east country.

**Some Things Are Opening Up:** A hopeful sign! The Foothills Salvage Center (at the Foothills Regional Landfill RRC) is now open. Visit: [fsrsonline.com](http://fsrsonline.com). Hogg Park is open and camping can be booked online via the county website. Planning is also underway for opening community halls, playgrounds, arenas and our Field House. Check with your community association about the steps they are taking. Confirm info about county facilities here: [www.foothillscountyab.ca](http://www.foothillscountyab.ca)

**Getting Our Office Ready:** Progress is being made towards outfitting our office to provide protection for those who visit the building and for those who work there. Changes are also being made to the public works shops, fire halls and the sports arena. We expect all expenses to be covered by our MSI operating grant funding, as these projects fit within the allowable scope. All staff are working regular hours and continue to provide services remotely (at the time of this writing). Of course, many county employees operate equipment and have done so throughout the last few months. Please continue to call or email first before attending the physical office location as the date of opening has not been confirmed yet. We will keep

you posted on our website and other social media. Main office phone number: 403.652.2341

**A Few Less Meetings:** It comes as a relief to be able to use our energy towards projects and planning instead of the numerous additional meetings required to keep information flowing during the time of shut down and emergency measures. The Alberta departments are to be commended for their efforts to convey information and provide opportunities for us to discuss as we made our way through changes. Now, as we stand down on this level of interaction, we can resume our work on matters we had placed on hold. In case of opportunities opening up from the Province or Federal direction, the County has prepared a couple of our projects to be “shovel ready” if there’s a green light. Will let you know how it turns out.

**Thanks to Our County Staff and Council:** As Alberta relaunches, we are thankfully able to keep business going so you can get your projects moving forward. Our staff have been working very hard behind the scenes in an adapted work style to accommodate restrictions. We continue our council meetings and all departments’ work programs.

**CMRB:** There has been no let up of workload on the Calgary Metropolitan Region Board during the last few months. Many studies and projects are coming in for review in advance of meeting the goal of producing a growth and servicing plan by year end. There was some discussion about delaying the deadline, but no answer has been received on this. We have been reviewing reports about transportation, transit, recreation, flood and recently the scenarios being proposed by the Growth Plan Consultant. Look for an announcement soon about public consultation regarding the growth plan scenarios. You can find information about electronic meetings and the recently published 2019 CMRB Annual Report online: [www.calgarymetroregion.ca](http://www.calgarymetroregion.ca).

*Best Regards, Councillor Suzanne Oel*  
*For Other News & Updates:*  
 Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
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# Foothills County

## Enforcement & Fire Complaint Chart

TRAFFIC, BYLAW & ANIMAL CONTROL COMPLAINTS	NON-URGENT ENFORCEMENT COMPLAINTS	URGENT ENFORCEMENT COMPLAINTS	FIRE / BURN COMPLAINTS
Monday-Friday 8:30 am - 4:30 pm	Evenings, Weekends & Holidays	Evenings, Weekends & Holidays	AT ALL TIMES
Call Foothills Patrol 403-603-6300	Call Foothills Patrol 403-603-6300	Call RCMP	Call 9 1 1
	Leave a detailed message & your call will be returned on the next business day.	RCMP Complaint Lines Okotoks: 403-938-4202 High River: 403-652-2356 Turner Valley: 403-933-4262	



[www.foothillscountyab.ca](http://www.foothillscountyab.ca)





As of writing this, the Priddis Community Hall is open with restrictions. The porta-potties can be used. The playground at the Hall is open with restrictions. Space is limited in the Priddis Community Hall parking lot so please respect social distancing. Please check our website for updates and current information – [www.priddisalberta.com](http://www.priddisalberta.com)

**The Annual Priddis Stampede Breakfast** normally held in July has been cancelled.

**Priddis Early Learning Program - PELP:** We are eagerly anticipating reopening in September 2020. As we are a licensed program, plans and policies will be based on the guidelines set forth by the Alberta Government. More details will be emailed to registered families in August. We still have space in our 3 year old class! This class runs 9-11am Tuesday/Thursday. Please email [pelpreschool@gmail.com](mailto:pelpreschool@gmail.com) if you would like to have your child join our program. Please check out the website or email for more information, [pelpreschool@gmail.com](mailto:pelpreschool@gmail.com) or [pelpreschool.wixsite.com/pelp/registration](http://pelpreschool.wixsite.com/pelp/registration)

**Priddis/Millarville Fair 2020:** In our 113th year, the fair committee is pleased to announce that the ever-resilient fair will not be beaten by a virus - rain or shine but will now be online. We will offer a virtual fair this summer. The format is completely different than a physical fair, but the goal remains the same - a celebration of community connections and family fun for all ages, but in a format that allows everyone to stay safe. Things are still in the planning stage. But, like other years, the ongoing success of the fair depends on volunteers like you. If you would like to participate, please contact

Suzanne Sills at [suzlousills@gmail.com](mailto:suzlousills@gmail.com), or visit [www.millarvilleracetrack.com/upcoming\\_events/fair](http://www.millarvilleracetrack.com/upcoming_events/fair).

**Priddis Rink Reconstruction:** An update regarding the Priddis Rink Phase 1:

The Priddis Panther Hockey Association actively completed most of the phase 1 re-fabrication of the facilities which included:

- Refurbished structural with blasted and rust prevention coatings for ice boarding
- Completed professional ice boards
- Rink gates
- Fencing
- Built players benches
- Penalty boxes and score keepers' boxes
- Shingled roofs
- Ice surface was tar sealed
- New rubber flooring installed
- 2x new hockey goals & 2 new netting = 4 nets

A newer Zamboni was acquired from the generous donation of a Priddis Family. This summer, the completion of installing scoreboards and exterior capping of player benches will be completed. The new rink foundation will last for another 20 years with minimal maintenance.

Additionally, steps have been taken to secure approval to put together an action plan for heated change rooms and a Zamboni parking shed/building. We hope to obtain MD approval and act in the summer weeks prior to the anticipated start of Panther Outdoor Hockey 2020/2021.

Work continues to be ongoing with countless volunteers from the Panthers Association and greater Priddis community. If you have questions about OR are interested in participating in social distance Volunteer hours with us this summer OR through donations to the project, please contact David Thompson, 403.921.3640, [thomps1284@gmail.com](mailto:thomps1284@gmail.com)

**Priddis Panther's Hockey Association Recycling Bins:** Note: It is recommended that boxes with donations be sealed and

smaller bags be used so they fit easily into the roller chutes.

Our new bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. Thanks to a grant from the Alberta Beverage Container Recycling Corp's (ABCRC) Community Champions Program, we now have 4 new secure beverage container donation bins. The bottle recycling program is a significant fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

**Booking the Hall:** We are taking bookings for the Hall into this fall and next year. If we are unable to honour your contract due to the COVID-19, your deposit will be returned.

To view or book the Hall, contact Mike, the Hall Rental Director at [PCAhallrentals@gmail.com](mailto:PCAhallrentals@gmail.com). Check the website [www.priddisalberta.com](http://www.priddisalberta.com) for availability, pricing and updates.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- [www.priddisalberta.com](http://www.priddisalberta.com)
- [www.facebook.com/Priddismoms](https://www.facebook.com/Priddismoms)

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

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## Oilfields Recycling Centre Re-opened June 18

We are pleased to announce the re-opening of the Oilfields Recycling Centre occurred on June 18, operating under reduced hours and strict regulations.

The Facility is open to the public Thursday, Friday, Saturday from 11:30 am to 4pm for the first month of operations. This will allow staff to process the excessively large volumes of materials expected.

The facility has been reconfigured to ensure the safety of patrons and staff and to reduce the potential spread

of COVID-19. Directional arrows are painted on the floor, two metres spacing indicators has been placed at the entrance, and access is limited to one person per household.

Facility users are asked to adhere to the following:

- Pre-sort materials prior to arrival to the facility to ensure the most efficient service is provided.
- Follow parking and vehicle access directions; the parking lot will be barricaded in a manner to allow safe access and egress from the facility.
- Plastics are not accepted at this time. There is a higher risk of COVID

contamination on plastic materials and there is currently no market for the product.

- Comply with staff directives
- Maintain two metres minimum distancing between persons

Residents are asked to visit the Recycling Centre only when necessary. And to please be patient and respectful of others and the rules implemented.

*Operational inquiries may be directed to:*

*Craig Beaton*

*Municipal Operations and Facilities*

*Manager 403-933-4944*

*craigb@turnervalley.ca*

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Although the Government of Alberta has announced Phase 2 of the province's re-open plan, Friday, June 12th., the Longview Library and many others will not open now. Instead, our library will begin accepting deliveries from Marigold on and from June 16. Our books will be quarantined for 48 to 72 hours. Patrons will be notified when their books are in for curb side pick up, or delivery. Please note that your orders may sometime take a long time because of the demand and staffing shortages, due to the virus. Lynda, our librarian, is eager to help you in any way. She will be in the library every Tuesday from

10-12pm and will be happy to answer any questions you may have. Our phone number is 403-558-3927. Every question is important to Lynda and she welcomes them.

According to *The Guardian*, children are never too young to be read to, and to be exposed to the issues of to-day. Talk of the pandemic and racism is swirling around them, and stories can ease their fear and confusion. Children are resilient and think more deeply than we give them credit for. They are our future problem solvers.

Some suggested reading is: *A Is For Activist*, by Inneranto Nagara. It is a moving story that can be held by small hands and young minds. Another is *Amazing Grace* by Mary Hoffman, illustrated by the very talented artist Caroline Binch. And there are many, many others to explore.

Use these wonderful books to start a conversation with your children.

*Happy Reading!*

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



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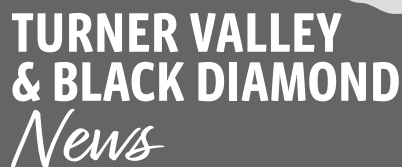
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## TURNER VALLEY & BLACK DIAMOND *News*

Hello, Diamond Valley. Well, summer has officially begun. It seemed like the seasons are a bit off this year, a bit late. The lilacs took their time blooming and the rain seemed to come later than usual. Not surprising that the world is off kilter. So far Alberta is not doing too bad with flattening that curve, let's keep up the good work and not let our guards down yet. It still feels odd to run into someone at the grocery store and feel you can't just stand there and gab like normal. Of course, you don't want to hold up the whole social distancing thing and block the aisles while you catch up with friends. Also, I noticed as polite Canadians we would hold the doors open for others, but now it's too close to do so. But it does feel as though we are getting back to a more normalness, take a deep breath that we have survived so far.

Normally the Foothills would be in full summer mode by now, with festivals, motorcycle rides, car shows, and concerts. It started with our Diamond Valley Parade being cancelled, and then our July 1st Music Fest, the Black Diamond Car Show, Little New York Days, and of course the Calgary Stampede. I did find one ride this year, according to their Facebook, is the **Ride for Sight**. This is the longest running motorcycle charity in Canada. They are set to go on July 19 from 9-5. Kickstands up at the Bragg Creek Community Association and the ride has stops in Cochrane and Stoney Nakoda, and ends up in Canmore. There will be a poker run, door prizes, show and shine, and all the usual Ride fun, with social distancing in place of course. To find out more, go to Facebook and check out Ride for Sight.

Hopefully most of us will not have to travel far in the near future, and any holidays should thoughtfully be taken close to home in our own province. As things start opening up again, let's explore our backyard while keeping our health precautions up. There's so much history to explore in the Foothills. The historic **Bar U Ranch** just south of Longview is

open again. Your admission will get you access to site grounds, and a new walking trail offer from the historic core through the entire site. Some staff will be working on traditional ranching tasks throughout the site. They have closed the buildings for now but public washrooms are open and maybe more by now. To find out more about this historic ranch, visit [pc.gc.ca/baru](http://pc.gc.ca/baru).

Our own **Turner Valley Legion** has been open for takeout for quite some time, and now they are open inside as well. Their Saturday breakfast looks divine, they offer Eggs Benedict and a Mimosa special, or cinnamon bun French toast with bacon and hash browns, along with other breakfasts, and that's every Saturday from 8-3. Check out their wing night on Thursdays, \$5 for a wing order, dine in only, and check out the new bar as well. You don't have to be a member to enjoy the Legion, kids are welcome too, just sign the guest book at the top of the stairs. The Legion is located at 121 Sunset Boulevard East and for more information, visit them on Facebook or call 403-933-4600 or 4564.

The **Turner Valley Golf Course** is open as well, and they are starting to get into the swing of things. As of right now, they offer business ladies and AM ladies leagues on Wednesdays, and Tuesdays it is senior men's and sandbaggers leagues, according to their calendar. Public washrooms are available, as well as carts. The Royalite Grill is open with two patios from 8:30am-9pm, back with the popular Fish Fridays. The restaurant's number for more info or takeout is 403-933-9239, and to find out more or book a tee time on the course, call 403-933-4721.

The **Millarville Farmer's Market** is open on Saturdays from 9-2. Their campground is open as well starting July 1st, but your unit must be self contained with a washroom and water, and your own power source, and a minimum of a 3 day stay. The Market is one of the most famous markets around, and a nice way to spend a morning. One thing I've noticed about social distancing, is there are more line-ups for things, which is another instance of learning patience. There will be of course social distancing measures at the Market, but for those who would rather avoid the crowds and the line-ups, Millarville Market has implemented a

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shopping hub online with all your favorite vendors, so check them out online at [millarvillacerack.com](http://millarvillacerack.com).

While researching the Market, I discovered that the Millarville Racetrack is also home to the **High Country Carriage Club**. They are a group of driving enthusiasts promoting the history, sport, and fun of carriage driving, and are celebrating over 25 years of the heritage of carriage driving. The club welcomes all equines and all ages and skill levels of drivers. They may offer financial support for youth members wishing to participate in clinics and at driving events. For more information on this unique club, visit [hccdc.ca](http://hccdc.ca).

Back in town, **Black Diamond has most businesses open**. I heard the BD Hotel has been refinishing their floors and expect to open the first part of July. Playgrounds are open but not too busy as it is rather difficult to self-sanitize all the equipment. The arenas remain closed for now. Our garbage pickup is now everyone on Thursdays, until the pilot project of Okotoks picking up our bins ends on November 30, and then we will see what happens then. I would like to give a big shout out to all my friends in our health care system and first responders, who have been to work diligently during this pandemic. Thank goodness for all of you.

**Property taxes are normally due by the end of July, but Black Diamond has implemented a deferral program, due to the pandemic.** Property taxes will be due by September 30, with no penalties until October 1st. The same goes for unpaid utility (town bills) accounts, no penalties will be applied until September 16. However! If you can pay your taxes now, or pay monthly as I do, please do so, this will help. In Alberta, residential and most commercial property is assessed using the market value approach. Market value is defined as the price a property might reasonably sell for after adequate time and exposure to an open market when sold by a willing seller to a willing buyer. Agricultural properties are assessed differently. If you disagree with your property assessment, you can appeal by contacting Alberta Municipal Affairs at toll free 310-0000, then 780-422-1377.

**Black Diamond's Town Council has been meeting via teleconference during the pandemic.** Agendas are generally published 5 days before a regular meeting,

and the next one is July 15 at 9am. You can hear the meeting by participating in the call using the phone number 1-833-353-8610 and using the participant code 7463112# in the address section. You can pre-submit a question to be heard during question period by following instructions under Section 5 in the Council Meeting Agenda. All this information is online at [town.blackdiamond.ab.ca](http://town.blackdiamond.ab.ca), or call the Town at 403-933-4348.

**Turner Valley's Town Council's next meeting is July 15 as well, at 9:30am.** This is a Municipal Planning Commission meeting and is open to the public. You can find the agenda for this meeting at the Town's Civic Web portal, which also enables you to learn about meetings, search for documents, look up bylaws, view reports, subscribe for meetings using E-updates, and more. All information can be found at [turnervalley.ca](http://turnervalley.ca), or the Town's phone number is 403-933-4944.

**Turner Valley has most businesses open as well.** I see the Royal Bank may be shutting down their ATM at some point, which we all knew would happen eventually. The Pool, ball diamonds, Sheep River Library, and Flare and Derrick are closed for now. The Transfer Station is open for your grass clippings, leaves, and branches, on Mondays, Tuesdays, Fridays, and Saturdays from 10-4. The Oilfields Recycle Centre is opening up again, but I read they are not accepting plastics at this time. What can be done about plastics in today's world? We can all try to buy less packaging and try to reuse plastics, such as bags, and I look forward to researching more about plastic recycling or different packaging in another issue. The Oilfields Recycle Centre is open on Thursdays, Fridays, and Saturdays from 11:30-4:30, they ask that you pre-sort your recyclables and if it looks busy come back later!

Foothills County has an early warning system which is part of a regional alert system called **Safe Communities Alert Network**. Residences and businesses can sign up to receive alerts on their phone, email, or text. Sign up online at [mdfoothills.com/emergencymanagement](http://mdfoothills.com/emergencymanagement). They suggest taking 20 minutes or so to prepare your personalized Emergency Preparedness Plan. This plan will help you and your family in case of

emergency, such as meeting places, location of fire extinguishers and water valves, emergency contacts, what to do with the pets, etc. Also, a good idea is an Emergency Kit, make it easy to carry and locate, and it should contain items such as food and water, a flashlight, wind up radio, first aid kit, etc. Visit the above website for details on your Plan and your Kit.

**If you plan on camping and/or having a backyard fire, PLEASE pretty please remember to watch your fire carefully and make sure it is out.** Slowly add water or loose dirt and stir. Lots of water will speed the cooling process. Disturb the firepit rim to expose burning material. Continue adding loose dirt or water as necessary. When you feel the campfire is completely out, touch it to test. Your campfire is not out until you can touch it. To find out about fire bans and restrictions, visit [albertafirebans.ca](http://albertafirebans.ca). And also, **please be aware of water safety on our rivers, streams, and lakes this summer.** Slippery rocks can cause falls and feet can become trapped. Rivers in the Foothills can contain debris like logs and overhanging trees. Swimmers and rafters can easily get caught in these hazards and the current can cause them to become trapped. It is important to scout the river and assess dangers. Go with a buddy, wear a lifejacket, closely supervise children, don't drink, check the forecast, and never dive into shallow water if unsure of hazards underneath.

That being said, **July 4-5 is Alberta Free Family Fishing Weekend.** This is the perfect time to get hooked on fishing, as you and your family can fish without a license this weekend. Waters must be open for fishing season and cannot be in a national park. Fishing regulations apply such as size of fish and number of catch. There is nothing like a fresh fish fry up, something different after being stuck inside for so long, and this year I would like to try smoking my trout in the smoker, can hardly wait. For more information on where to fish and regulations, visit [mywildalberta.ca](http://mywildalberta.ca).

If you have any news for the month of August, or would like our readers to know about your not for profit organization, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is July 15.

*Happy Summer and Stay Safe!!!  
Elaine Wansleben*

# Red Deer Lake United Church

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with

God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Along with other faith communities, we have decided to temporarily cancel church services and events until we are advised that it is safe to gather for our most vulnerable congregation members.

In the meantime, we are posting Virtual Church services online –

on Facebook, YouTube and our website – for you to enjoy. Watch all of our virtual services here: [reddeerlakeuc.com/sundayvideos](http://reddeerlakeuc.com/sundayvideos).

Plan to tune in on Sunday mornings at 10:30am to watch one of our services. We have songs, prayers, liturgies and sermons, many of them focused on how we – as individuals, families and communities – can survive and thrive during a time of global uncertainty.

We also have pub nights, Bible studies, meditations, coffee gatherings and family activities online. You can see everything we have to offer on our website: [reddeerlakeuc.com/virtual-church](http://reddeerlakeuc.com/virtual-church).

And if you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at (403) 256-3181 or [office@reddeerlakeuc.com](mailto:office@reddeerlakeuc.com).

*Thank you and be safe and well until we can meet again in person.*



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### *When Will The Library Open?*


This has probably been the most frequently asked question when I have ventured out to the grocery store, gone on a walk or popped into the Post Office. For the most part the answer has been “we’ll have to wait and see”, or “during stage 2 of the provincial plan” or “whenever we get the go ahead from the Provincial Library Services Branch.” I am happy to report that I can answer that question now. The Library Board decided to have staff return to work on June 22. After a few days of catching up we started offering curbside service on Wednesday June 24. This allowed patrons to put books that are currently available in the Sheep River collection on hold. A time was then booked through the website to come and pick them up. All you need to know about curbside delivery is posted at [www.sheepriverlibrary.ca](http://www.sheepriverlibrary.ca). If you are having trouble accessing the site then please call 403-933-3278 and we will be happy to help you. We will continue to offer curbside service once the library is open for vulnerable patrons who do not wish to enter public spaces. We also started receiving items from other locations and new material from Marigold Library System. Gita and Teagan have been processing these items as fast as they can so that they will be available to you. We have also been preparing the facility so that it will be safe for patrons to enter and use. We have installed glass partitions at the circulation desk and between some of the staff work areas. We are awaiting the arrival of masks, gloves, sanitizer, disinfectant spray, and floor decals to ensure proper physical distancing in the stacks. We have had to rearrange some of the furniture and public computers to put space between them. This has meant that an opening date before July 6 is unlikely. Once the proper equipment and procedures are in place, we look forward

to having people back in the building. We truly have missed interacting with all our patrons and volunteers.

During our almost three-month closure, we took the time to update some things in the library. Using grant money received from the Millarville Horticultural Society and Crescent Point, we have made some improvements to the Reading Garden, installing privacy screens to make it a more sheltered and private space. We had the large program/gallery space painted since this is one of the rare times that it was empty for an


extended period. New security cameras were installed throughout the library to better keep patrons and the facility safe.

As we venture forth into each new stage, we will be evaluating the situation and making changes where necessary. At this time, we do not anticipate running any programs or having large group gatherings until September, providing we get the green light from all relevant agencies to do so. If you have any questions about a program you were registered for and wish to run, then please call Jan at the number above.




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**T**he Square Butte Community Association board meets regularly to keep abreast of the COVID-19 protocol that applies to community functions. The summer bookings have been canceled and we are waiting for updates to the possible numbers that are able to gather that will apply to our fall functions. We are hoping that our Oktoberfest Event will take place so that we will have something to look forward to, a celebration of sorts.

#### **Maintenance Work**

We thank all those who came out on the second Saturday in June to help stain the outside deck and stairs (first coat is done). Those that weren't staining were cleaning flower beds. It was much appreciated as many hands make for lighter work and even the occasional rain shower did not deter our group of volunteers. Also a shout out to Edie Durieux for her continued

effort mowing the grounds; they always look good and for that a big thank you. Maintenance inside the hall included the refurbishing of two sets of stairs, acid washing the concrete floors and repairing and painting tables. Thank you to Keith Walters for his commitment to keeping our hall in excellent condition.

#### **Ladies Group News**

This summer the Square Butte Ladies Group are taking orders for their famous pies, rather than selling them at the Millarville Market. We believe that we can offer you some delicious home-made pies that would satisfy any gourmet taste. The cost is \$12 for a 9 inch pie. Once an order is made, we will arrange for you to pick it up at a convenient location.

Call for further information at 403.931.2098 or text to 817.219.3972. We also have our quilt raffle tickets on sale for \$2 each. Please visit [squarebuttehall.com](http://squarebuttehall.com) for more details. All proceeds for any of our fund raisers go to local charities.

#### **Take a Drive or Go For a Hike**

What a glorious time of year to go for a drive in our foothills with the Canadian Rockies as a back drop;

it will surely feed your soul. To visit the Square Butte area, head south on Hwy. 762 from Bragg Creek. You will wind through the hills and come by the Square Butte Hall which is a very picturesque sight. Further south you will come to Hwy. 549 which turning left takes you to Millarville or turn right and drive west into the North Fork forestry area. There you will find equestrian facilities, camping sites and the most glorious hiking trails. From this location you can look to the north and see Square Butte Hill which is also visible from many other locations in the area. Continue west on the same road for about 3 km. and you will find a trail that takes you up the west slope of Square Butte hill. From atop the hill you get a panoramic view of the eastern slopes. Many artists and photographers have taken advantage of this scene and memorialized the area in pictures.

There are many roads that are off the beaten path in this area that lead towards Turner Valley and back to more populated spaces. There is ample room to get lost, but that might be the very best thing that could happen. Enjoy and explore, you will be rewarded.

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## A Wrestling Match

by Andrea Kidd



Alone at last, Jacob sat down by the fire he had made on the hillside overlooking the Jabbok River and hugged his knees. He played with the names, "Jacob, Jabbok," and chuckled.

An evening breeze rustled the leaves of sparse grasses and scrubby bushes, and the last sounds of chattering women, squealing children, bleating goats and sheep, and sharp calls of shepherds to wayward animals were fading into the distance. Final stragglers in the long caravan of Jacob's wealth and family were disappearing as they emerged from the shallow water of the fords and snaked up and away from the river. They would camp over there, nestled in the shelter of those hills, and he, Jacob, would remain on the hillside on this side of the Jabbok to spend a quiet night

of rest and contemplation before his meeting with Esau.

"Esau should be impressed," thought Jacob. "I've got the smarts and the work ethic to make things happen. I outsmarted that trickster, Uncle Laban. He took me for a fool and thought he could manipulate me, but I outfoxed him! When Esau sees all the wealth I have accumulated he will give me the respect that's due to me."

The stars began to appear and he tried to sleep. He was exhausted after years of contending with his deceitful father-in-law who was also his employer. He was tired from traveling many miles with his camel train, livestock, and his tribe. He was excited and anxious as he anticipated going home to meet his family.

Sleep, however, would not come and he was not alone. He was struggling to get control in a wrestling bout. He grappled and fought with all his might. He did not want to be under anyone else's power. He was Jacob, the head of his family, God's man in a position of leadership.

"Just let Esau try to kill me," he mused, "I bested him years ago; I broke Laban's control over me and no one, definitely not Esau, is going to lord it over me!"

But his struggle with his adversary continued, on and on into the night. He held his own but did not overcome. As dawn light filtered through the darkness Jacob felt a touch on his hip. He staggered, fell, got up and limped in pain. The contest was over; he was overcome. He was beaten, not by a blow, but by a gentle touch. The One he had been fighting against all night long was not an adversary but a loving Parent.

Now Jacob's soul was calm. He was no longer boasting in his own strength. He had deceived others and others had deceived him. He was now an honest man, but not necessarily trusted. His own power was limited by a Higher Power. He rested in that power and readied himself in mind, body and spirit for his meeting with Esau.

*From Genesis 32:22-32*

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# Mortgage Matters

By Candace Perko, Mortgage Broker

## CMHC's New Mortgage Rules

The COVID-19 pandemic is affecting all sectors of Canada's economy, including housing. Job losses, business closures and a drop in immigration are adversely impacting Canada's housing markets, and CMHC foresees a 9% to 18% decrease in house prices over the next 12 months. In order to protect future home buyers and reduce risk, CMHC is changing its underwriting policies for insured mortgages.

Effective July 1, the following changes will apply for new applications for homeowner transactional and portfolio mortgage insurance:

### The measures include:

- Limiting Gross Debt Service (GDS) ratios to 35% (from 39%)

- Limiting Total Debt Service (TDS) ratios to 42% (from 44%)

- Raising the minimum credit score to 680 (from 600) for at least one borrower

- Banning non-traditional sources of down payment that "increase indebtedness"

### What do the Changes Mean for Buyers?

CMHC's changes will effectively reduce homebuyers' purchasing power by up to 11%, according to RateSpy.com.

*"Someone earning \$60,000 with no other debt and 5% down could afford approximately 10.9% less home under CMHC's new rules," the site noted. "That's like jacking up the minimum stress test rate from 4.94% (where it lies today) to 6.30%!"*

### Changing Policy

While many understand where the policy adjustments are coming from, others are adamant that now is the worst time to implement such changes.

These decisions are within CMHC's authorities under the National Housing


Act and are in anticipation of potential house price adjustment. CMHC will continue to monitor market conditions and work with our federal colleagues on potential macro-prudential policy options.

CMHC supports the housing market and financial system stability by providing support for Canadians in housing need, and by offering housing research and advice to all levels of Canadian government, consumers and the housing industry.


As you may recall from my last article, CMHC is for home buyers who cannot provide a 20% down-payment. Those home buyers are considered "high-ratio" and are required to insure their mortgages against default with CMHC (or if the mortgage lender allows, one of the other 2 private mortgage insurers who as of this writing, confirm that they have no plans at this time to change their underwriting policy).

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## What Is Success?

by Duane Harder



I was asked to see a young man who had tried to commit suicide and failed. He lamented the fact that he couldn't even succeed at killing himself. A young lady jumped off the roof of her house in an attempt to "end it all." She succeeded in paralyzing her body from the waist down but failed in her bid to "end it all." The man was the CEO of a prestigious American company; but lamented over the fact that his corporate success was overshadowed by a wife who wanted a divorce, a daughter who "hated his guts" and a son who had attempted suicide.

I could keep telling you depressing stories of people whose outward success was a cover for deep inner failure. They all lead to the title of this article—What Is Success?

In answering our question, I want to suggest five lies that distort our definition.

### **Lie # One: Success is money**

The success of a person cannot not be measured by the value of what they possess. Personally, I have never seen a moving van directly behind a hearse. We brought nothing into the world and we take nothing with us when we die. No matter how much we possess there is always something more that we think we need. The accumulation of wealth usually increases the accumulation of worry. The lowest paid person in North America has more wealth than over 80% of the world's population. How much is enough? It's always a little more.

### **Lie # Two: Success is fame.**

Joe Smith was bragging to his friend about the rich and famous people he knew and to prove his point flew his friend in his private jet to meet President Trump and then Queen Elizabeth. The final ace in his hand was a personal audience with the Pope. So, off to the Vatican they flew. Joe told his friend that he would have to wait in the public square but he motioned to the balcony and said he and Pope would be appearing there. He said he would be standing on the right side of the Pope. The moment came – the crowds gathered and the Pope appeared with Joe Smith standing to his right. The skeptical friend turned to the person beside him and said,

"Is that the Pope?" The man replied, "I don't know but the guy to the right is Joe Smith." Fame is but a fading star in a universe of anonymity.

### **Lie # Three: Success is power**

It is reported that Alexander the Great was crying when he lamented, "There are no more worlds for me to conquer." Power may allow you to dominate and crush but it leaves you in the pit of insecurity fearful that a power greater than yours will rise and subdue you. I doubt if very many remember the Caesar that ruled when Christ was crushed under the power of Roman oppression and Religious tyranny. But! Millions on the earth today, honor and revere Jesus Christ who turned the definition of success upside down.

### **Lie # Four: Success is self-fulfillment**

Abraham Maslow gave us his hierarchy of human need. He described them as physiological needs — that is the biological demands for human survival; Safety needs — the need for security, order, law and liberty; Love and belonging needs — giving and receiving affection, intimacy, trust and acceptance; Esteem needs — the result of our achievements, independence and respect from others; Self-actualization need— Exploiting individual potential and pursuing personal growth. Maslow acknowledged that there are very few who reach level five.

### **Lie # Five: Success is "the look"**

We live in a carbon copy society where "the look" has swallowed up individuality. The clothing industry makes billions from people pursuing "the look." Cosmetic surgeons laugh all the way to the bank

as people try to transform their body to match "the look." What you put on the outside does nothing to inherently change the value of what you are on the inside.

So, Duane, what is success? I'm running out of space and I thought you would never ask. I can distill 79 years of observation into two things: Success is in our successors; and Success is leaving my place in better condition than when I found it.

Success is not in how many I conquer, exploit or walk over to achieve my goals. That person is successful who invests their life in equipping others to help them achieve their goals. It is not how hard and fast I run but have I equipped others to take the baton and run further than me. My pyramid of success is built on the foundation of those who have invested in me, and it gains height by transferring to others what has been given to me.

Success is my determination to leave my place in better condition than when I found it. I show my respect and honor for people by how I steward what belongs to them. The successful person says no to the attitude, it's not mine so why should I care. I may have a beautiful manicured yard, but my success is measured in how I beautify the world of my life. Do I sharpen the chainsaw I borrowed, fill the friends vehicle with gas, wash out the borrowed wheel barrow, and the list goes on. Success is my ability to exemplify care and consideration for others. It is the value I place on you and yours not me and mine.

Success that is measured by position, possessions or power is transitory and temporal. Success that is transferred to others and translated into care, just keeps on giving. I'll meet you at the top.



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## Out of the Rut *Chapter 118*



There are so many subtle blessings dancing the periphery of awareness. The zeitgeist may be fear and trepidation, but the eternal dance continues unabated. When I listen, watch, and wait, sometimes a little longer than is comfortable, the universe generally magics up something unanticipated.

I get to spend each day in the company of my beloved parents, despite the many thousands of miles between us. We are graced with the technology to share voice and images, sometimes it's real patchy and frustrating, sometimes it's a breeze. However, the important thing is the connection – the profound elemental connection of family and love – that breathes and grows and develops deeper and stronger ties as the days go by. We share the most ridiculous conversations of daily eatings, doings, readings. Who cares what we actually talk about? For much of the time, it's the shared experience of both hearing another and being able to visualise them and what they are doing, to have sufficient context to paint a background to the life of one's loved one at the other end of the line that dissolves the physical distance.

It's been just over a month now. I've been here... bedding in, unravelling, stretching, twisting, spreading my roots. Lungs, limbs, being, all expanding. Like a series of deeper and deeper breaths, stretching, muscles releasing, fibres lengthening, cells relaxing and a Morphean elasticity permeates everything.

I walk from room to room breathing pleasure. I dance down the centre of the rain-slick road twirling a tartan umbrella singing the classic song, before treading softly down the newly-gravelled road that is mine own. This too, brings pleasure, the soft grey mounds and arcs of pebbles and chips of stone that jumble together into a whole. They sink

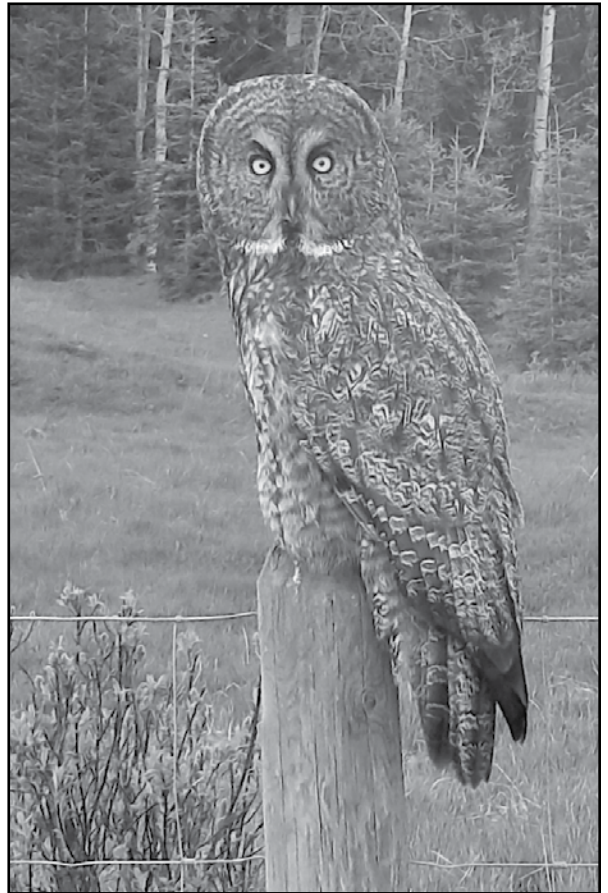
into the earth to their resting places even as my spirit floats through the upper branches of surrounding trees, rides the sap streams through trunks, spreads across the mist-laden vistas beyond my windows. I feel the pressures of the past decade peeling away minute by minute, slippery layer by slick, slightly tacky, occasionally sticky, layer.

My neighbours once again are the four-legged people; deer, moose, fox, mouse, squirrel, the winged folk; robin, crow, sapsucker, finch, grosbeak, jay, nuthatch, chickadee, siskin, hawk, and great grey owls whose impassive gaze drapes across my shoulders with tangible weight, the tall standing ones; wrapped in red and brown or silver and black bark, deeply leafed or thick with needles, the slow stolid souls; the stone people, guardians to the rippling silver constants of rain and river.

I take pleasure in my early morning waking and subsequent return to slumber. In the view from my window of my garden's green silvered humps, the thickening grasses, tips tilted down, turned in upon themselves for the night. I return a couple of hours later to the same view to find it splashed with light and gold gleaming faces of dandelions opened to the light of a new day. Their cheerful heads are bouncing across swathes of land right now. There are those who respond to such cheerful, simple beauty with poison. Think about that.

Only in the abandonment of much do I find true quiet. Sitting. Listening. Lying between stretched cool cotton or bare skin against sun-drenched silvered wood. Walking woods, hills and muddy dells. Driving empty, half-empty, half-full roads and highways, watching the rising tide of humanity begin to refill the world, feeling the swell of frustrations, angst returning to circulation, despite the enduring and expanding sensation of community, kindness, compassion.

I go through the surreal motions of a 'socially distanced' visit with my aging friend. He is demented and understands none of this. He sits confused in a lawn chair as we are ushered around a labyrinthian access route to sit six feet away and talk. I turn on music on my phone and we launch ourselves into ridiculous dance for a few minutes. The sky is blue. The sun still shines. He knows us now & that's all that matters.



There's appreciation of contact, of the sight, sound and sensation of others. Preserve and meditate on the blessings that we may be bringing back into circulation. Avoid lingering in the redundant circle of thought that brings you no cheer and no resolution. Take a walk. Take a breath. This journey has infinite surprises, something utterly unexpected around the next corner or the other side of that clump of rocks...

*With gratitude and love, Kat Dancer  
bodymudra@gmail.com  
www.kat-dancer.com,  
415.525.2630, ph/txt/wtsp*



## ADHD and Extreme Sensitivity

by Roché Herbst, M. A. R. Psych.



### It's A Brain Thing

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

### What Happens?

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

### Carried Away With Emotions

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

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

### Is It Me, You, Or ADHD?

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

### What About The Longterm Implications?

There is a broad spectrum of mood disorders i.e. anxiety, depression, bipolar; substance use disorders i.e. alcohol, illicit drugs and personality disorders i.e. borderline personality, which can co-exist with ADHD etc. They all have strong emotional behaviours that overlap

with ADHD. During a professional assessment, one has to be mindful of the complexity and degrees of severity here.

### Does ADHD Medication Numb Your Emotions?

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

### What Can I Do?

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

#### Sources:

Barkley, Russell, A. *Taking charge of ADHD: The complete, authoritative guide for parents.* 2020. New York: Guilford Press.

*15 Ways to disarm and understand explosive ADHD emotions.* 2016. ADDitudeMagazine. New York: New Hope Media.

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## Fort Facts

**H**I! Our names are Xayden & Adam. We are 10 and 11 year olds that are trying to take away your boredom. We are writing an article about forts.

The first fort we're going to talk about is the tree fort. There are many different kinds of tree forts. Lets start with kind where you build it on the ground. These forts you can make as high as you want you want but that is a lot harder. For these kind of forts you want to find a spot on the ground for your fort. Then you build a base for your fort so it is more sturdy. Your base could just be the ground or something else. Then you build the walls. I Would suggest using bigger logs. You can build a roof if you want, just be careful. Fill the cracks with moss, that will keep the fort insulated.

Now we are going to talk about the tree house. You need to find a sturdy tree. I would suggest spruce tree because they are more sturdy. Now you find the spot where you want to build it. You start building from the floor up. Make a ladder to get up in the tree house. You can decorate with what ever you want.

Let's go to a volcano styled snow fort. A volcano styled fort is a fort that is deep inside and tall on the outside. You want to dig down in the snow so you have more room. Then you get blocks to build on top and you can add a tunnel if you want. I would suggest using packed blocks.

Lets go to an igloo. For an igloo you are going to need packed snow to creat the blocks. You are going to want bigger blocks , that will creat a stronger igloo. Once you have the base done you can start laying blocks on top of each other.

The blocks should be pretty close in size.

Now we are going to our personal favourite wich is the blanket fort. For the blanket fort you are going to need to use all sized blankets. Use some chairs to put the blankets on or bigger tables.

Get some pillows to weigh the blankets down if you need. In our picture we used a pool table, bar stools , a bed and lots of blankets.

*We hope you enjoyed our article! See you next time!*

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# A New Dawn Of Travel: Planning Your Next Trip!

## Why You Should Consider A Travel Expert: Part One

After too many weeks of lockdown and isolation, we're seeing an increase in travel inquiries and a renewed optimism that families and friends are eager to get out on meaningful trips with loved ones.

Weeks of self-reflection and the renewed realization that our time on earth is borrowed, has made it obvious that the only thing that we really are left craving at the end of the day is relationships and nature.

At the onset of COVID-19, a wave of travel horror stories was highlighted on the news - people stranded in foreign countries with cancelled flights and no assistance. Thousands upon thousands of dollars were lost, blame was passed (often unfairly) and tempers and indignation flared. How do we ever travel safely again? How do we ensure we're protected? In the past years, the internet has really brought the world to our doorstep and made self-booked travel a common reality. The introduction of the simple phrase "just Google it" tells the story in its simplest terms and it's amazing that in a matter of minutes and at the click of a button you can research and book an exotic trip half a world away! What more do you need? Surely travel agents have become archaic?

The reality is, however, that besides the back-up a great travel expert affords, the wealth of online options we enjoy, can very quickly overwhelm and confuse us as readily as they can help us. With any amount of research, it very quickly becomes apparent that not all trips (an African safari or any other major customized trip for example) fall in the same category as planning a European trip or your next sun vacation! Moreover, the larger the trip, the investment in money, time and emotion tends to be significantly higher and not a decision that you really want to make as a shot in the dark.

*So, let's explore the benefits to using a travel specialist in part 1 of this 2 part series.*

### 1. You get to define what "value" means.

Each and every one of us approaches life from a very unique perspective and most big trips are on your "bucket list" for emotional and not logical reasons! It reflects a desire and longing based on what you consider important and that needs to drive what you experience, where you go and what you see. A destination specialist is one who can translate the yearning in your heart into a life-changing experience, not simply send you on a generic, one-size-fits-all package tour.

### 2. Only an expert can really translate "value" into experience.

There's a world of difference between someone who's been on a couple familiarization trips and someone who has an extensive personal history with a destination. Understanding the nuances of seasons, culture, history, location and wildlife enable them to make informed recommendations based on personal experience. As an added value, there is an unquantifiable value in the long term and personal relationships they've been able to foster with the people and suppliers on the ground, all built over years of personal experience.

### 3. You deserve to be part of the planning.

This may seem to be a rather pedantic point but it's actually crucial. Think about it. The people in your life

that you most readily trust are those who take the time and go to the effort to really get to know you as an individual. You're investing your very valuable time and money to a specific experience! Surely your trust deserves someone who also values your dreams enough to spend real time and relational currency to hear and understand what it is you long for?

### 4. You have a wealth of local knowledge at your disposal

Knowing that a short distance on the map really translates into a long, drawn-out schlep on the ground can be invaluable as well as incredibly important to your wellbeing, let alone the enjoyment of your trip. The little details that you'd never think of can so often turn out to be the major issues on a customized trip.

Join us next month as we discuss further reasons why using an expert is a great idea. Feel free to call me with any questions or to talk about a customized safari to Africa.

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# Use The Blower On Your Furnace To Cool Your Home In The Summer

## Parts adapted from Stonearmor

Living in Alberta, you may not have central air or a system that combines both heating and cooling in the same unit. Many of us typically run a furnace for heating in the winter and use portable or window air conditioning units and fans for cooling the home in the summer. You might be surprised to learn that your furnace may be used to cool your home even if you do not have an air conditioner. Your home will not cool as much as with air conditioning but some is better than none.

**How the Furnace Works** - the burner on your furnace heats the air with a flame. The hot air is then forced through the ducts via a fan that comes on once the air is heated. This forces warmed air to all areas of your home. A cold air return sucks in fresh air to continue the process as your furnace kicks on and off as dictated by the thermostat. Once the burner turns off, the fan continues to blow until the unit cools and all the warm air is extinguished. The fan typically has three settings, on, off and automatic. You probably run your fan on automatic so that it comes on when the air is warm and shuts off when the

air is cool. Depending on your furnace, you may be able to use its blower to circulate air even when you are not running the furnace.

**Circulating Cool Air** - with some furnaces, outside of the heating season, you can set the fan to the on position to circulate cool air in the home. The furnace unit draws air into the unit and circulates it through the duct work to all areas of the home. The air is not chilled by air conditioning, but it creates a breeze that works by the windchill principle to cool you off. This



works best if the cold air return of your furnace is located in a cool basement or other cool area. Pulling the air back to the basement where the concrete slab remains cool actually cools the air off as the concrete absorbs some of the heat. For furnaces located in rooms with a window, you can take advantage of the window to create more airflow (careful though about pulling in smoky air from forest fires). When the fan is turned on it will draw fresh air from the outside

and circulate it through the home. Turning the fan on in the evening after a hot day and opening the window to let in cool air will cool the home off quickly. Circulating air with the blower fan on your furnace also evens out the air temperature throughout your home cooling rooms on upper levels.

**Effects on the Motor** - some worry that running the fan continuously puts too much work on the motor and will wear out the blower fan. Majority of the wear and tear is actually experienced from stopping and starting of the fan, thus running the fan continuously may actually not affect the life of the fan motor.

When hot weather strikes and your home begins to heat up to uncomfortable levels, try switching on the blower fan to your furnace to circulate air and make your home feel more comfortable. The blower on your furnace can also be used in conjunction with a window air conditioning unit to assist in circulating the cooled air throughout the house.

Depending on your furnace system, switching on the fan can be done at the furnace or at your thermostat. If this functionality does not exist in your home, call your trusted heating and indoor comfort expert to help modify your system.

By Carla Berezowski,  
Alberta Indoor Comfort

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