

HIGH COUNTRY *News*

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Remembrance Day • Nov 11

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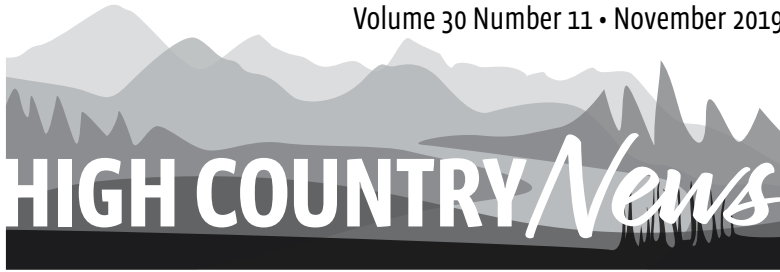
DATE:	TIME:	LOCATION:
Wednesday, October 30	12 p.m. - 7 p.m.	Banff Park Lodge 222 Lynx Street, Banff
Wednesday, October 30 Wednesday, November 13 Wednesday, November 20	11 a.m. - 6:30 p.m.	Cochrane Community Health Centre 60 Grande Boulevard, Cochrane
Wednesday, October 30 Wednesday, November 13 Wednesday, November 20 Wednesday, November 27	11 a.m. - 6:30 p.m.	Foothills Centennial Centre 204 Community Way, Okotoks
Thursday, November 7	10 a.m. - 2:30 p.m.	Lake Louise Medical Clinic 200 Hector, Lake Louise

Please bring Alberta Health Care Card. Short sleeves recommended.

For additional clinic dates, times and locations visit ahs.ca/influenza or call 811

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NEXT DEADLINE IS
Friday, November 15!

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From The EDITOR

“Lest we forget”. Knowing our history helps guide us into tomorrow. On November 11th, we take time to remember those who have given their lives in war for democratic freedom. More than the military history of our country, I believe it is important to remember the complete history of our nation, our local areas, and our family history. When we understand what was, it helps us for the tomorrow.

Often there is a dark side to our history. Not everything that has happened is something we want to talk about, let alone celebrate, but if we don't remember the full story we position ourselves to repeat the mistakes of history.

Canada shall be a “Dominion from Sea to Sea” was part of the foundational fabric of our nation. This past election has been one of the most divisive elections we have had since the founding of our country. It is said that righteousness and justice are the foundation of a throne. Unfortunately, we aren't seeing our country ruled with true justice. We

see double standards, self-interest, and ideological agenda being pushed more than true justice and right dealings. When this happens, we begin to distrust one another, we argue, and we become divided. I trust that as a nation, we can begin to elect people that will be “just” in their dealings.

If we as communities can focus on what can draw us together, representing proper justice, maybe it will influence those elected into office. Perhaps it is just a dream, but for Canada to stay as a united country, we will have to start somewhere.

From my family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca

Artist PROFILE

Longview artist, Deanna Lavoie, was commissioned to create “The Brooding Ridge” by the Alberta Heritage Art Series (a collaboration of the Historic Resources Management Branch, the University of Alberta, and the Royal Alberta Museum).

The subject morphs two commemorative locations together. In Waterton Lakes National Park, Alberta, the naming of both Vimy Peak/Ridge took place in July to Nov. 1917 not long after the battle of Vimy. The Brooding Soldier, a monument to all Canadians killed during the Second Battle of Ypres, stands tall in the St. Julien Memorial in Belgium.

Colour prints are available from www.DeannaLavoie.com

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Letters To The
EDITOR

Thank you to Karin Hunter, president of the Springbank Community Association, for her update on the Springbank Reservoir Project (SR1) which was published in the August edition of the High Country News. It is an informative article and points out the fallacies of a hastily contrived solution - one purpose (flood mitigation for one community in Calgary).

Projects such as this are funded by all Alberta taxpayers, so we need to speak out for a solution that will protect as many communities as possible. Not only that, we need a solution that will help protect us against other impending risks such as drought and wildfires. An upstream solution such as MC1 also has the potential of providing a recreational legacy for now and future generations, most likely at less of a cost than SR1.

Many people have taken the time to submit letters asking the Government of Alberta to take a second common sense look at this costly project. We all count and deserve to be included, especially when several benefits for all can be derived from one project.

I want to personally thank the many people and businesses who have helped with this effort. You have done an amazing job!

*Thank you,
Barb Tegtmeyer, Bragg Creek*

*The campaign is ongoing and information can be obtained by contacting
info@springbankcommunity.com*

Letter to Rocky View County Council Regarding Rocky View County (RVC) Plan approved October 1, 2013

I am responding to Reeve Boehlke's email dated October 9, 2019 to Karena Brawley on the subject matter noted above.

I am pleased to learn that Reeve Boehlke believes the current Rocky View County (RVC) Plan was "well written and well thought out."

Reeve Boehlke also stated that "the rapidly changing conditions in Rocky View County have precipitated the need for a review and a re-write."

I have listed below the pertinent facts that confirm the moderate growth assumptions contained in the current RVC Plan remain applicable and that a rewrite of that Plan at this time is unnecessary as conditions in RVC are not rapidly changing:

1. RVC Report to Council dated January 22, 2019 states (section 2.1.2) that moderate growth means an increase in population of 1.6% per annum or 2.5% to 3% of the regional population. This is consistent with past census data and future projections.

2. Calgary Region Metropolitan Board Report dated December 2018 (page 10) states RVC is projected to have a growth rate of 1.7-1.8% per annum to 2026 and declining thereafter: *(Editor's note: external reference link available upon request).*

3. RVC's 2016 Residential Land Inventory (Table 1, pages 2 - 3) indicates that there are

36,814 potential new dwellings within approved ASPs and 10,071 within approved conceptual schemes outside of ASPs. That is a total of 46,885 dwelling units that are either "build ready", "build approved" or "policy approved" or 137 years worth of potential housing available under the current County Plan at the 20- year average rate of housing construction. Please refer to July 4, 2017 Policy & Priorities Committee meeting, starting at page 67: www.rockyview.ca/Portals/0/Files/Government/Boards/PP/2017/Agendas/2017-07-04-Policy-Priorities-Agenda.pdf

Given the facts listed above, I respectively reiterate my previous request to RVC Council dated September 17, 2019 to immediately terminate the ongoing planning process to rewrite the current County Plan. I believe this initiative is unnecessary, costly in terms of the use of RVC tax dollars, time consuming for RVC staff and residents, unprofessional (as the public notice to date has been inadequate), and formulated to encourage input from those seeking more development.

*Sincerely,
Eric Lloyd, Bragg Creek*



*Please join
Ladies Time Out in Springbank
as we...*

Deck the Halls

At our annual Christmas Market

Local vendors will be showcasing their beautiful crafts and delicious food items. There will be door prizes, coffee, tea and holiday treats.

All are welcome, free admission.

Monday, December 2nd | 9 am - Noon

Eden Brook Reception Centre
Corner of 17th Avenue SW and Lower Springbank Road

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Sept. 23-29, 2019 A&W Broncos Athletes of the Week

With no male nominations for A&W Olds College Broncos Athlete of the Week, we will have two female Athletes of the Week for Sept. 23-29, 2019.

Female Athlete of the Week

First-year Olds College Broncos badminton student-athlete Priyanna Ramdhani (left photo) had a great showing for her first Alberta Series tournament earning her a Silver medal after defeating many club players from the Calgary and Edmonton areas. The Georgetown, Guyana native won her two round robin games on Friday evening against Roya Mehri of Gao Badminton 2-0 (21-10, 21-5), and second seed Chloe Crump of Edison Badminton 2-0

(21-8 21-6). The Sports Management student won her semi-finals game on Saturday morning again Emilia Hyland of the Glencoe Club 2-0 (21-9 21-6), and then had a hard time adjusting to the cold and lost against Tia Clark in the final 2-0 (12-21 20-22) earning Ramdhani a silver medal in the Alberta Series Tournament.

Female Athlete of the Week

Second-year Equine Science student-athlete Emily Pugsley (right photo) had a great weekend at the Olds College fall rodeo, coming away with two second place finishes. The Priddis, AB native competed in three events over the weekend: Goat Tying, Break Away Roping, and Barrel Racing. Pugsley was last year's season leader in the Goat Tying

and ended up second in the Canadian College Finals Rodeo. Over the weekend, she placed second in both Barrel Racing and Goat Tying in the Olds College Fall Rodeo over the weekend.

To learn more about Olds College, the Olds College Broncos and the soccer teams go to gobroncos.ca; like the Facebook page and follow @OldsBroncos on Twitter and Instagram.



Graham, Patricia Ann (née McLaren) • 1933 - 2019

Patricia was born January 9, 1933 in Melfort, Saskatchewan to Ruth and William. Her mother's family were milliners and her father's side were a founding family of Métis Quebec. Patricia grew up on a Saskatchewan farm and loved animals. Patricia was the youngest of thirteen children. She was the remaining survivor of this generation. The McLaren Clan included Ontario's Doris, Lois, Nancy, Lillian, Betty and Alan; Saskatchewan's Margaret, Hugh, and Helen; Alberta's Bill and Merle with Herb in British Columbia. By the time Patricia was a teenager both of her parents had passed away and she sped off in her Renault and headed to find her fortune in the Yukon. She was a hair stylist and small business owner in Whitehorse, Vancouver, Vancouver Island and Orangeville.

In Drumheller, Patricia met a cowboy named Bill Graham. In 1963, they rode off into the sunset and headed up north. This was the start of a horse and cattle ranch near the northern Alberta community of Smith, along the banks of the Athabasca River. Patricia and Bill's strong pioneering spirit enabled them to endure no electricity, no running water and many acres to clear. Together they raised two daughters, Patty Dawn and Lori-Jo to be fiercely independent like them.

Patricia was a skilled horse rider. She herded cattle and drove a team of heavy horses to feed round bales. Patricia and Bill were natural and sustainable ranchers, long before this agricultural practice had a name. Patricia was tough as nails. She never owned a winter coat or boots. She fed cattle in -40s temperatures. She could be covered in dirt from the field and then dress herself to the nines. She was a movie extra in the Hollywood film, Silence of the North partly filmed at their ranch.

Patricia's volunteering and strong community ties culminated in being named the Smith Hondo Citizen of the Year. She helped found the Smith School soup lunch program. She was the editor of the Smith Hondo Community Gazette. She was President of the Anglican Church Women and often had quilts in the middle of her house. She was an active member of the Legion and Half Century Plus Club. She created the horse show, lawn and garden contest and chilli cook-off. The Patricia Plate Horse Race was named in

her honour. Patricia won trophies and ribbons for gymkhanas, horse shows, endurance rides and rodeo events. She won prizes in bowling, curling, shuffleboard, and darts competitions across the province.

After Patricia's husband Bill passed away in 1990, she had fortitude to run the ranch on her own for many years. In 1998, she realized her dream of having an acreage with an outstanding mountain view along the Cowboy Trail in southern Alberta. She built a home, gardens and corrals to enjoy her retirement years. Patricia had an artistic flair, she had stunning flower and rock gardens and loved to paint murals. Patricia loved to go to the theatre and music concerts. She saw Charlie Pride many times. She took great pleasure that Ian Tyson lived on a ranch down the road. Patricia lived and breathed sports. She bled green for the Saskatchewan Roughriders. She



worshipped the Montreal Canadiens. She attended live sporting events nervously cheering for Lancaster to Encarnacion to Shapovalov to Howard to Big Ben. Patricia relished the outdoors. She enjoyed walking on the Friendship Trail. Patricia loved Canada and visited all provinces and territories. Right up until Patricia's last days she was tackling a barb wire fence, cows were grazing in the pasture and her acres of lawn were mowed to the envy of any MLB club.

Patricia passed away peacefully on October 4, 2019 surrounded by her family. Zachary, Grace, Emmett, Kyra and Taylor are so blessed to have this amazing person as their grandmother and they adored her. She was their comfort and cheerleader. Mom is the light of our lives. She made us stronger, kinder, and wiser. She taught her family to stand up for all people. She saw perfection in the imperfect. It is an honour to have her as our Mom. You take the high road and we will take the low road ... till we meet again.

A family graveside service was held on October 16, 2019 at Foothills Cemetery. Mom was laid in her final resting spot here on earth on a lovely hill overlooking a spectacular view of the valley with cows in the field. The sun was shining down on a perfect autumn day.

A Celebration of Patricia's Life picnic will be held next summer.

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Know the facts before you decide: With a federal election behind us, we certainly have had our fill of 'deceptive campaigning'. Lies, deceit, misinformation, untruths, fear mongering, etc... call it what you want, it's an ongoing issue at all levels of government these days. Lest we forget back in April we were party to a wildly contested provincial battle. And look what continues to happen to our neighbours to the south? Well, bringing it back to our neck of the woods, there are petitions, form letters and social media sparring circulating amongst all RVC divisions concerning everything from sanctioned councillors to development proposals. And why not? It's your right. There's no shortage of intrigue but one word of caution, before you sign, seal, deliver or post anything, please, please, please do your homework/research and seek the facts first. Respectful and intelligent conversations overcome contempt.

Wise words from Mr. Miyagi:

Daniel: *Don't those lies bother you?*

Miyagi: *No.*

Daniel: *Why not? People might think that they are true.*

Miyagi: *Lies only become true if person choose to believe.*

FireSmart Committee: I want to thank the board for their dedication and volunteerism over the past few years in bringing awareness to our wildfire and emergency management and preparedness practices: Gary Nikiforuk (Chair), Peter Dwan, Roche Herbst, Michele Luongo, Jorge de Freitas, Dave Rupert and Mark Betts. And I can't forget the RVC Fire Services/Emergency Management Agency and Redwood Meadows EMS/Fire Department for all of their dedication. A new board is on the horizon and so thanks and a welcome go out to our new board members for stepping up. Just because there's snow on the ground doesn't mean that firesmarting takes a rest. We will continue to plan future activities and awareness exercises. Stay tuned. In the meantime, keep firesmarting.

Need to stay connected? Remember there's always something going on in this wonderful county. In order to stay informed with current and accurate information, visit www.rockyview.ca regularly for event updates, council news and any other information you require. And don't forget to sign up for Safe and Sound while you're there.

Land Use Bylaw (LUB): RVC held 3 open houses in October with regards to updates and reviews for a comprehensive LUB review. LUBs provide direction on how we use our land and buildings, what steps are followed and required for development permits. For details visit the RVC website and enter 'land use bylaw' in the search bar.

Remembrance Day Ceremony: Please join fellow residents in remembering the men and women who served, currently serve and continue to serve our great country. It's during these times of war and peace that remind us of the sacrifices our military personnel make for our freedom.

Monday November 11th • 10:30am - 11:30am
Location: Bragg Creek Community Centre
23 White Avenue, Bragg Creek, Alberta

Municipal Development Plan (MDP): RVC is moving forward to create the new MDP based on a County Plan that needs attention with residents' input to make sure it reflects the future of our rural and urban nature. The economy, growth projections, newly elected provincial and federal governments, the CMRB (Calgary Metropolitan Regional Board) are moving targets and we must adjust accordingly. We are a diverse and attractive municipality and we should closely look at how we manage these changes in order to protect our character. More info can be found at the RVC website.

- Cheers, Mark





MLA Update

Banff/Kananaskis

By Miranda Rosin, MLA

A Path Forward

October 21st's federal election has undoubtedly cast a shadow over many in our province. The Conservative Party of Canada led by Andrew Scheer gained the largest number of votes from Alberta in Canadian electoral history with the party picking up 47/48 seats in Alberta and Saskatchewan, yet our votes have been to no avail as another four years were inevitably awarded to the Justin Trudeau Liberals.

Understandably, Western alienation has risen to an all-time high – as many of you are well aware. Our government understands your frustration. We understand the anger you feel towards a system that collects so many of your hard-earned dollars while giving you nothing but disrespect and indignation in return. We understand the despair many of you feel after losing your jobs, homes, and families over the last few years. We are frustrated and angry too. But as I said in my column last month: just because we are frustrated with our federation does not mean we should outrightly give up on our federation.

Despite our dissatisfaction with the federal election results, I refuse to abandon my country. I will always remain a Canadian nationalist because I believe that our country can be fixed. I fully realize that many of you will not like that opinion, but I refuse to let hatred and division split

my country in half. We are better than that.

The Conservative Party did win the popular vote across Canada, and between us and the Liberals – who have purchased the TransMountain Pipeline – 278 Members of Parliament were elected that remain committed to building that pipeline. The West does have support in this country.

This being said, Alberta still deserves much better than the treatment we are receiving. In the Spring, our United Conservative Government began the work of setting our province up to be self-reliant regardless of October's outcome. We began this work by repealing the carbon tax, incentivizing Alberta-based job creation, and filing a constitutional challenge against the no-more-pipelines Bill C-69. But with the federal election results now recognized, it is apparent that much more work needs to be done.

join us this festive season for our 2019

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WOODLAND TERRARIUMS SATURDAY NOV 23 9-10:30 SATURDAY DEC 7 9-10:30	\$ 65
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HORSE HEAD WREATH FRIDAY NOVEMBER 29 2-3:30 SATURDAY NOVEMBER 30 10-11:30	\$ 95
NATURAL PINE GRINCH TREE SATURDAY NOVEMBER 30TH 3-4:30 SATURDAY DECEMBER 7TH 3-4:30	\$ 85
WILD WINTER WREATHS SATURDAY DECEMBER 14 11-12:30	\$ 95



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I want to assure you that our government is preparing an extensive strategy to demand that Alberta receive the same respect that we give within this federation. We will demand fairness, resource corridors, equalization reform, and a mortgage stress test exemption – at minimum. And if we don't see movement on any or all of these files, we will not just hold a referendum on equalization reform; we will hold a referendum to outrightly remove equalization from the Canadian constitution. Further, our Premier will be launching a series of townhalls across the province in the weeks ahead to hear suggestions from you on other ways we can strengthen our province's stature within the Canadian federation.

We are all upset with these election results, and rightfully so. But that is why your United Conservative Government is committed to taking bold and decisive action during

this pivotal time in our history to ensure Alberta is treated as an equal ally in Canada's economic union. Rest assured that you have a team of 67 MLAs working day and night to ensure our province is treated

with dignity and respect within this federation, and we will be relentless in this pursuit until we achieve the outcome we deserve.

Tough times don't last, but tough countries do.

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Springbank Creative Arts Club Update

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

We are enthusiastic and diverse who encourage new members

to join to be a part of this community organization. It's a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest projects (show and tell) to share with the group! Club meetings are always at 6:00pm at the Harmony Discovery Centre - dates TBD. Contact membership via yjo999@gmail.com for more information.

In accordance with our mission – three junior artists will participate in 36th annual Springbank Christmas

Market Sale, displaying their work and demonstrating the development of their skills! The market sale will be held Nov 2 & 3 at the Springbank High School Gym. The sale includes members of the arts club and artisans and crafters from outside the community. All items featured are handmade-only, unique, traditional and of the highest quality.

For more information about our annual sale, follow us on Facebook.

Submitted by Yvonne Bamlett

Springbank LADIES TIME OUT

Ladies Time Out in Springbank provides an opportunity for women of all ages in the Calgary area to meet new people and to participate

in a variety of registered activities including cooking, fitness, arts and crafts, and much more. The Fall session is currently underway with some classes still open for registration. We meet on Monday mornings at the Eden Brook Reception Centre (Lower Springbank Rd and 17th Ave SW).

Everyone is invited to join us for our annual Deck the Halls Christmas Market on Monday, December 2nd from 9am to 12pm at the Eden Brook Reception Centre. Local vendors will be showcasing their artisanal items and delicious foodie treats. Come

enjoy coffee, tea and holiday snacks and have the chance to win great door prizes, visit with friends and share the festive spirit.

Registration for the Winter session will be held on January 13, 2020. Please visit our website www.springbanklto.com or like us at Facebook/SpringbankLTO for more information or stop in for a cup of coffee and a chat. Email inquiries can be sent to springbanklto@gmail.com. We look forward to seeing you at the Market!

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Springbank Off-Stream Reservoir (SR1): We delivered over 800 letters asking the government to reconsider MC1 to MLA Miranda Rosin to present in the legislature. The Tsuut'ina Nation have clearly voiced their opposition to the SR1 project, which will have long-term impacts on our communities and environment. Our MLA Miranda Rosin and our MP John Barlow staunchly oppose SR1 and continue to advocate for a better long-term solution to managing our precious Elbow River. Jason Kenny is on record as saying that he wants to get flood mitigation for Calgary but is not committed to SR1 if the delays and First Nations opposition cannot be addressed. Thanks to Miranda Rosin and John Barlow for their continued advocacy and support on this important issue. Further, the letter writing campaign would not have been a success without the support of Barbara Teghtmeyer from the Bragg Creek Trading Post, Dr. Karen Massey, Dave & Peg Rupert, Julie Handrahan & others from our neighbors in Bragg Creek and Redwood Meadows.

RR33 Beautification: We have retained a traffic engineer to help us plan for a vision for RR33. Roundabouts are on their way at Township Road 250 and RR33, along with either side of the RR33 overpass (and possibly more to the south). We see these traffic circles as a way to beautify our community, through signage and timeless design. Our existing Springbank signage is outdated and faded. We are working with RVC and Bingham to plan for and fund weather-friendly, low maintenance sculptures and/or signage, with a view to similar signage being phased in over time in other parts of the community. Concept drawing courtesy of Jan Erisman, based on Mark Kamachi's Community Association logo! If you are interested in this project, contact Jan at janteris@telus.net

Upcoming Events: *Special Jazz evening on November 23*, hosted by the Springbank United Church. The 5 piece ensemble from Calgary includes Voice, Keyboards, Trumpet, Sax, Bass and Drums with a variety of music including some original pieces. Hold the date - more information next month!

Economic Update hosted by Springbank Community Association on **November 6** at the Heritage Club. Save the date!

Welcome Todd Hirsch from ATB and Dave Kalinchuk, Rocky View Economic Development Manager, as they discuss the economy and RVC's specific economic issues and opportunities. Admission is free!

Community Events - Sports, Entertainment, Schools! We are looking for content to include in our newsletters. Please email news@springbankcommunity.com with your events or updates.

Springbank Area Structure Plan: County Planners are waiting on completion of the transportation and servicing studies in order to finalize and release the draft ASP. They are hoping that the studies will be complete in the next few weeks, and then they will host an open house prior to developing the final Plan and heading to Council. They are still targeting to have the draft ASP to Council for first reading by the end of the year.

With respect to the 101 Street corridor, we are expecting that these lands will continue to be defined as Special Planning Areas, with a requirement to undertake an ASP amendment in future to define specific land use and densities. However, all aspects of the Plan are currently under review and may be affected by the ongoing technical studies.

Municipal Development Plan: If you missed the open house, the visuals are available on the Rocky View website.

Recreation: RVC Council approved a proposal to explore the formation of a Parks and Recreation Foundation to plan for sustainable recreation. The proposal to Council was based on funding a community centre in Springbank, estimated to cost between \$20-30 million. The full report to council is available on Page 158 of the massive agenda! We commend RVC on thinking strategically about the future of recreation.

Auto Mall Proposal on 101st: RVC will not hear the proposal until the Springbank Area Structure Plan is complete. Note that the 101 St corridor is designated as a "Special Planning Area".

From RVC Planners: "Detailed land use planning is not possible at this time, until further collaboration with the City of Calgary is undertaken to coordinate land use planning endeavours and to determine the appropriate transition from an urban to country residential development form. Several matters need to be addressed before detailed land use planning for the Special Planning Areas can proceed, particularly in relation to how these areas will obtain an adequate level of potable water and waste water servicing. Impacts upon transportation infrastructure is another matter that will need coordination with Alberta Transportation and the City of Calgary."

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

Fall is officially here (at least the trees say so – and we've had the obligatory September snow!). Council is back in session and had our organizational meeting in October. I feel like I'm hitting my stride with Rocky View County as a Councillor. Being a Councillor is a steep learning curve, but I feel confident now in my questions and responses in Council, my governance role on various committees/boards, as well as how to manage most resident concerns.

So happy to see you at the fall fair! The winner of the pressure washer was Davin MacIntosh of Calgary. I sponsored hats and other swag at the table in addition to the door prize, I hope you were able to get at least a ball cap!

Normally I tell you all about events and other happenings in Div. 2, but there seem to be a few concerns out there that I'll address by sharing with you what my role is and how I support our division (or really, anyone that calls me!)

The number one thing I've learned in the past two years is that a Councillor is responsible for governance. The Municipal Government Act (MGA) is pretty clear about that. While we get elected in our Divisions, our individual role is really to take care of the entire County. Very seldom should any Councillor have a divisional-only view of the world, because what might be good for one area, might have serious negative impacts on another. And we have a sworn duty to uphold the interests of the entire Municipality! In fact, some Municipalities do not have a Divisional

system (i.e. Cochrane), because every Councillor's only job is to take care of the Municipality, not just one area.

Someone also called me the other day and asked me about Divisional representation on various boards and committees. They had heard that if a Councillor wasn't on a board then that division had no representation. Nothing could be further from the truth. In fact, if that were true, then ALL committees would have to have all 9 Councillors on them at all times, and that's just not how it works. In fact, it isn't even mandated in the Municipal Government Act that Councillors have to sit on boards/committees.

When a Councillor sits on a board/committee they represent Rocky View County – ALL Divisions. The Councillor is there to take care of the County, not a division. It doesn't matter if it is the Agricultural Service board, the Inter-Municipal Committees, the Family Support Services board.

So how do your views, or those of your community get represented if your Councillor isn't on that board? Great Question! The truth is that all the representation happens at the Council table – that is where boards/committees bring forward their ideas or recommendations and Council votes on it. If I wasn't on a certain committee and thought Division 2 wasn't being represented well, then I can make comment, make a motion to amend the main motion or even introduce a motion arising to ensure Division 2 is taken care of.

Let me give you a REAL example that happened last year. A board that I didn't sit on made recommendations about funding applications received for recreation in Divisions 1, 2 & 3. I noted that an application for the Springbank Community Centre did not receive the board's recommendation for funding. As the Division Councillor, I actually felt quite differently about that decision (as I have always been a champion for recreational issues in the County), so I stated my thoughts and reasons for wanting to provide them with funds, made a motion arising to provide the SCA with the funding and this was approved by Council. The take away here is that I didn't have to be on the board to represent my division – I have to be at the Council table.

My goal in sharing some of this is to provide facts. I'm not that interested

in drama or half truths, or outright mistruths. If I say something – I'm prepared to back it up with facts. Here's wording straight from the Municipal Government Act:

Role of a Councillor (Pages 102 & 103)
General duties of councillors

Councillors have the following duties:

(a) to consider the welfare and interests of the municipality as a whole and to bring to council's attention anything that would promote the welfare or interests of the municipality;

(a.1) to promote an integrated and strategic approach to intermunicipal land use planning and service delivery with neighbouring municipalities;

(b) to participate generally in developing and evaluating the policies and programs of the municipality;

(c) to participate in council meetings and council committee meetings and meetings of other bodies to which they are appointed by the council;

(d) to obtain information about the operation or administration of the municipality from the chief administrative officer or a person designated by the chief administrative officer;

(e) to keep in confidence matters discussed in private at a council or council committee meeting until discussed at a meeting held in public;

(e.1) to adhere to the code of conduct established by the council under section 146.1(1);

(f) to perform any other duty or function imposed on councillors by this or any other enactment or by the council.

Role of Council (Page 123)

Council's principal role in municipal organization 201(1) A council is responsible for

(a) developing and evaluating the policies and programs of the municipality;

Composition of Council Committee (Page 99. The important word here is MAY. Depending on a number of factors, a committee/board doesn't even have to Councillors on it.)

Composition of council committees 146 A council committee may consist

(a) entirely of councillors,

(b) of a combination of councillors and other persons, or

(c) subject to section 154(2), entirely of persons who are not councillors.

If you're really interested, there is a plain-language guide from Alberta Municipal Affairs on the actual role of a Councillor. It's called "What Every Councillor Needs to Know," and you can read it at: www.municipalaffairs.alberta.ca/documents/What%20Every%20Councillor%20Needs%20to%20Know.pdf

Taking care of Division 2, Springbank and Rocky View County is truly done at the Council table. When a policy isn't working, or needs to be tweaked, or something added or taken away because it isn't reflective of things you are telling me are of concern, my role is to adjust the policy – not to come out and pave your road, take a picture of garbage, measure culverts or potholes. My role is to ensure the policies delivering those services are working for you!

I have introduced many motions that directly or indirectly impacted you. I introduced a motion that allowed Rocky View County to take a political stand on the SR-1 project. I introduced a motion (yet to be debated) to utilize the value of Municipal Reserve lands that Clr. Goode dedicated to the Springbank Community Centre for a new community hall; I introduced a motion (yet to be debated)

that would see Council do a fulsome review of ALL fee simple lands owned by the County, and if deemed surplus, to be sold at market value to fund recreation projects. I just introduced a notice of motion that would allow Council to make decisions directly on all proceeds from Municipal Reserve Lands so we could control where and how those monies are being spent (i.e. schools; parks; pathways; recreation). I also introduced a motion to preserve almost a full quarter section for the Cochrane Ag Society, RVC residents and the Town of Cochrane for 20 years to support regional recreation, which was recently passed by Council. There are a number of other projects in the works as well, and I'm hopeful I can share those soon.

As your Councillor, I am working to make your way of life just a bit better – I won't focus on the negative stuff intended to distract us from the good work. It doesn't take much to throw stones so I'll leave it to those that choose to do that – but ask me for the other side of the story. I'd be happy to have a conversation. In the meantime, I focus on the good work we are doing for Rocky View County and I hope you do too.

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Active Vs. Passive Investing

There are very passionate views on both sides of the debate as to whether it is better for individual investors to use active investment managers versus using an index approach, with its main selling feature being lower fees.

Bear in mind the reason why people invest in the first place. Generally, with some exceptions, people invest their savings to provide them with income and growth over time, with the primary objective being to protect their hard-earned savings first and then earn a return.

The debate is not whether investing in stock funds or bond funds can make you rich, but rather if active management can increase your returns over many years to help you meet your retirement and income planning needs when compared to index investing.

The answer, I believe, is yes. Active portfolio managers can provide a basic element to beating the market that the market or broad economy cannot provide and that is "concentration."

Deceased billionaire Paul Desmarais of Power Corp. said that "to get rich you have to concentrate your investments." Only active management provides the investment concentration needed to grow most Canadian's assets.

In past articles, we noted that in order to generate a \$50,000 pension, which according to published surveys, is the ideal retirement income that Canadians aspire to, you will need to build investment assets of \$1 million earning an average return of 5%.

Given that the average RRSP value across Canada is around \$60,000 and that the average liquid savings of the Boomer Generation is reported to be \$100,000, Canadians desperately need growth in both their investment returns and savings rates to have a shot at their ideal retirement income and lifestyle. Yet, many of them seek safety in GICs and fixed income because it "feels" safe. Not taking risks is actually risky to your long-term financial health!

When you employ a passive or index approach to investing, you are buying all of the Canadian economy for example,

as well as its overall growth. Given today's sluggish economic growth and pro-spending and pro-tax governments Federally and in the Provinces, can you really expect the returns to even approach 5%? Why buy average?

The only selling point for the passive camp is the lower overall investment management costs. But if you do not or cannot grow your investments over time, faster than inflation, taxes and even the general economy, then how does even a zero cost of executing your investment strategy help you achieve your retirement income needs?

This brings us back to investment concentration, which applies in two ways. The first being that an active manager can limit his portfolio to only the highest quality or fastest growing and most profitable companies, in, say Canada. Research shows that companies whose dividends grow over time, have in turn outperformed the TSX index over the past 30 years.

The second way is to diversify your portfolio across more than one economy and subsets of each economy. Most Canadians have over 50% of their assets in Canada which only represents 2% or so of the global economy. At any given time, some countries are doing better economically than others. Active global mutual fund managers move assets to stay invested in the strongest economies and the strongest individual companies around the World.

Active management can also mute or reduce draw downs in weak markets by switching to defensive assets or sectors. The key point is that it is unlikely that you can achieve your asset accumulation and savings targets only by focussing on investment costs. While fees do matter, they are like the icing on the cake. But they are not the cake!

Call us today to review the many investment options and approaches that can be used to assist you in achieving your lifestyle and retirement goals!

Also, visit our business website myfinancialsolutions.ca for additional financial information on insurance, retirement/estate planning, investments and a whole host of other financial topics.

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Bragg Creek Performing Arts Band Writeups 2019/2020 Season

ReMix, Powered by Revv52, Nov 30th

ReMix: Powered by Revv52 is an extraordinary group of singers based in Calgary, Alberta. They are members of Revv52, Calgary's Vocal Energy, which performed at Carnegie Hall in New York City in 2019, and at the 2017 Calgary Stampede Grandstand Show. Revv52 is one of Calgary's longest-standing performance groups who regularly entertains thousands of adoring fans each year, with concerts at the beautiful Bella Auditorium located within the Taylor Centre for the Performing Arts at Mount Royal University.

Hillsburn, February 8th, 2020

Hillsburn is a powerhouse. Their songs are timeless, their sound every bit as anthemic as Florence + The Machine's, but with soaring three-part harmonies thrown in for good measure. After

touring extensively in support of their award-winning debut, the band released a follow-up, *The Wilder Beyond*, in February 2018, and a deluxe version of the album in February 2019.

Hillsburn's indie-rock sound draws on the songwriting focus of folk music, and combines it with a pop sensibility. The band's performances are dynamic, energized, and emotive. You won't want to miss this band that is already on its way to becoming a national treasure.

Ticket Prices/Info

ReMix ~ Power By Revv52:

- November 30th 2019
- Doors 6:30pm & Concert 7:30pm
- Adult \$30 Seniors/Students \$28
- Redwood House, Redwood Meadows

Hillsburn:

- February 8th 2020
- Doors 6:30pm & Concert 7:30pm
- Adult \$35 Senior/Student \$33
- Bragg Creek Community Centre

Foot Care In The Creek!

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Bragg Creek's Spirit of Christmas

December 7 & 8
 12 to 5pm in the business corridor

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 Tree lighting ceremony at Community Centre - Sat 4:30pm
 Santa Claus • Swamp Donkey Christmas carollers • storytime
 face painting • horse drawn wagon rides • concession

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Greater Bragg Creek FireSmart Committee *Update*

Way to Go Creekers - Another Successful Chipper Day Event!

A sunny September Chipper weekend marked the first neighbourhood event in Wintergreen and Elk Valley. A big "shout out" to the volunteer fire fighters with Rocky View County Fire Services and Redwood Meadows Emergency Services for making our Community safer. Creekers delivered over 160 loads of green waste for chipping/recycling this year (3x more than last year).

Councillor Kamachi sponsored a hamburger BBQ with these Chipper events - thanks to Bragg Creek Food Town, Sugar Shake Bakery and the Cinnamon Spoon for your support. More Chipper Day events are being planned - let us know if your neighbourhood would host an event.

New Grant Program to Help Protect Your Property from Fires and Floods

Here's an awesome idea! Rocky View County with the Canadian Red Cross is providing free Home Flood and FireSmart Protection Assessments and corresponding grants to Rocky View residents to reduce the threats from fires and floods. The partnership is a first in Alberta to build both flood and fire resiliency into a community.

The fire grants are aimed at reducing flammable vegetation in the FireSmart Home Ignition Zone (0 to 10 meters around structures). The grant will cover removal of 3 trees up to \$1,500 and pruning of up to \$100 per property (apply at www.rockyview.ca/protect). There is a limit on the available grants, so don't wait to get started!

Learning to Coexist with Wildfire

Learn from experts about forests, fire behavior and structure protection in a 45 minute CBC program "Into the Fire" (www.cbc.ca/natureofthings/m/episodes/into-the-fire). The impact of ember/

firebrands ignition of structures in the 2016 Fort McMurray fire is highlighted - and underscores the benefits of the above Rocky View-Red Cross partnership. Did you know that slope and terrain is a big factor in wildfire behavior and ember transport? The wildfires this year in Northern Alberta are another (unfortunate and re-occurring) sign of aging forests with climate change.

HELP WANTED: Join the Greater Bragg Creek FireSmart Committee!

Rocky View County is seeking applications from Creekers to join the FireSmart Committee. The term of the current appointees expires at the end of October 2019 - for more info, contact Tyler at TAndreasen@rockyview.ca.

The Committee's activities have included vegetation management (successful Chipper Days; FireSmarting of County Hamlet lands; and planned work in the Bragg Creek Provincial Park) and education (new Fire Hazard signs; starting a super Facebook page; presentations to several groups; assisting with a preliminary Bragg Creek Area FireSmart Exposure/Pathway Assessments; running the May 2019 Expert Seminar/Open House; and an upcoming Banded Peak School program). The new Committee starts with a good "to-do list": developing cooperative work programs with Community/school groups; further expansion of vegetation management programs; inclusion of FireSmart measures into planning guidelines; and input into the forthcoming Bragg Creek Emergency Evacuation Procedures.

On behalf of your FireSmart Committee, we want to thank you for your active participation in the FireSmart program and support of improvements to enhance the safety of our Community! Every bit helps!

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BRAGG CREEK HISTORICAL SOCIETY
Notes

There's Oil In Them Hills: Part One

The first oil development in Bragg Creek began in 1913: the site was on the Elbow River, now the Provincial Park (SE 11 23-SW5). This was the Mowbray-Berkeley oil



Elbow Oil crew in front of cook shack, July 1937. L to R: "Mac" McEwen (cook), Roy Cox, John Holden, "Van" Van Cregar, "Red" Edgerly, "Red" Freeman, Malcom McLean, Bill Weisenberg, Bunny Purnal. Head driller "Red" Nelson took photo.

well, which was financed by British capital. Drilling equipment was hauled from Calgary; a wooden derrick, cookhouse and a line of bunkhouses were built; and teams of horses were housed in a large circus-type tent. By 1914, the well was operating, and coal was hauled by team and wagon from Dr. Ings' mine at Canyon Creek. The Mowbray-Berkeley operated for about three years, but as World War I continued, capital dried up and the well was capped and abandoned.

Between 1914 and 1918, several oil companies hauled equipment into the area, but didn't do much beyond derrick-building. One site was on Stanley Fullerton's homestead cabin (Highways 66 and 758) and the other on the riverbank on River Drive South in the hamlet. The 1920s saw increased activity and a group of Calgary promoters sold stocks to raise monies to start drilling another well, Signal Hill. This drilling location, north and west of what is now Wintergreen, was prompted by the discovery of gas in a small spring, enough to light a flare from the gas gushing from the water. Most of the hauling was done via Jumping Pound, but in the winter months, supplies were taken by sleigh or wagon from Circle Five Ranch along the old Stoney Trail. Many challenges plagued this well: the field operator, Sam Fee, died of pneumonia from walking to and from

the Circle Five in knee-high snow water and money was continually running out. Hole No. 2 was drilled, but it also had financial problems and was abandoned.

By 1928, interest re-appeared in the development of the Elbow Oil Company, using land belonging to the Connop family, just east of the gate to Kananaskis. Finances came from the Phillip Morris Tobacco Company and a drilling crew was recruited from Turner Valley. Its progress looked promising, but with the Great Depression setting in at the end of 1929, the well closed. Elbow Oils resumed drilling in 1936 and Jake Fullerton supplied fire-killed timber stumpage from the forest reserve, cut

into 16-foot lengths to fit the boiler. Two men were required full-time to pump water for the well from the Elbow through almost a mile of pipe. This

well was closed in 1937, then after many years, abandoned permanently.

Also, in 1928–1929, two more wells began drilling in the forestry reserve. Herron Petroleum, under veteran oilman W.S. Herron Sr., drilled the Herron Pete well on the flats between the Ranger Station and Elbow Falls. Moose Dome Oils 1, under management of the Pilling family, drilled near Canyon Creek, where a road was constructed along the creek bed. Both wells were fueled by their own natural gas. The biggest problem for all the wells was the poor road conditions. The route from Calgary to Bragg Creek was still dirt, not much more than wagon trails meandering through the bush. Heavy loads

made the road conditions worse, and soon, nearby landowners took legal action to get the oil companies to take responsibility. The companies joined forces, eliminated the sharp turns and constructed a corduroy road (tree trunks laid over swampy areas) through the Provincial Park.

None of these oil companies ever publicly divulged to what depth they drilled or what they found beneath, but it was no secret that Herron and Moose Dome both hit hydrogen sulfide gas; the sour gas could be smelled miles away.

Watch for Part 2 in the next edition of the High Country News and learn more about drilling activity from 1930 and how Paddy's Flats was named.

Michele McDonald

Sources: *Schedule of Wells Drilled for Oil and Gas. The Petroleum & Natural Gas Conservation Board, (AER) Province of Alberta; 1975; www.aer.ca/providing-information/data-and-reports/maps-mapviewers; Purnal, Freda, Early Oil Wells, Our Foothills. Freissen, Manitoba, 1975; Cassidy, Crystal: Interview, December 2018; Jim Craig: Bragg Creek Notes & Interview, 2017; Anton, Colin: Shell Canada; Interview, Dec. 2018; Lloyd, Eric: Interview, January 2019; Moggert, Ron: Interview, September 2019. https://www.shell.ca/en_ca/media/news-and-media-releases/news-releases-2019/shell-sells-foothills-sour-gas-assets-to-pieridae-energy-limited.html;*



Mowbray-Berkeley Oil Well, 1914-1915



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You Are Stronger Than You Think!

by Jennifer Gordon

BSc.PT, AFCI, BA Kin

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

The spine is considered to be a strong structure and pain is seldom a sign of injury or disease caused by strain, but rather a functional disturbance" (Ree et al 2016). This Norwegian study found that this "Non-injury Model" of patient education resulted in significantly less sick leave days in their participant groups at both the 3 and 6 month follow ups. This is in contrast to the "Injury Focused Model" of care that the medical system and many practitioners emphasize.

The main message here is to educate people that their body and spine are strong and need to move. Too many people are taught terms such as: your back is 'unstable', your pelvis/hip/back/or neck have 'gone out'. No wonder people are scared to move when they are hurt or in pain!

In 2004, Rob McKenzie (1931-2013) was voted the most influential and distinguished physical therapist in the field of orthopaedic physical therapy. He published and wrote many articles and

books over the years such as "Treat your own Back" and "Treat your own Neck". His philosophy was that you needed to move and find directions of movements that gradually eased your pain. This was indeed a new way of thinking in the 1980's! When our body signals to us that there is a problem by sending pain messages, this means that some structures are being stressed and have become sensitized (hypersensitive). The right movements can help to unload mechanical stresses and help to desensitize certain structures (joints, ligaments, nerve tissue, muscles). It is our goal to empower patients to learn pain free, or less aggravating positions, to move in order to desensitize the nervous system.

When we assume prolonged static postures, these postures can become an aggravating factor for someone with spinal pain. Over time, the spine will become sensitized (hypersensitive). It is recommended to frequently change your posture at least every hour! This doesn't have to mean getting up out of your chair and becoming less productive. Dr. Bahram Jam, a Canadian physical therapist and founder of the Advanced Physical Therapy Education Institute (APTEI) outlines some effective desensitization exercises for people with spinal pain... all while still sitting.

For the lower back, he refers to this exercise as "pelvic pumps". In a sitting position, round your back into a fully

flexed (bent forward) position. Then slowly roll your pelvis forward so that your lower back moves into an extended (arched) position. Continue this movement in a rhythmical fashion 5-10x every hour.

A commonly stiff but less symptomatic area is our mid back, the thoracic spine. To self-mobilize this area in a seated position, simply lift your arms and reach up overhead. If it's comfortable for your neck, look up towards the ceiling as well. Continue to raise and lower your arms while following your hands with your eyes. Perform this motion in a controlled manner 5-10x every 1-2 hours.

The neck undergoes a lot of time in a flexed position while reading, using the keyboard, and looking at an iPhone. Reach your hands to the back of your neck with your fingertips pointing downwards towards your shoulder blades. As you slowly look upwards to a comfortable degree, gently press your fingertips in a downward glide motion over the centre of your spine (the bony ridges). Repeat 5-10x every hour of uninterrupted sitting. Never move into a position that causes pain or aggravates your symptoms. Movement is healthy, movement is necessary and the correct movements can help unload sensitive structures and desensitize our nervous system!

If you are experiencing back pain and are unsure of how to move properly to help alleviate your symptoms, we would love to help you out.

Did someone mention a gym in Bragg Creek?

Bragg Creek Physiotherapy is pleased to announce that we now offer personalized and small group fitness training for patients and non-patients alike. Everyone is welcome. The combination of our experienced trainers and equipped gym will allow you to workout in the comfort of your community. Drop in and say hello, or call us to book your assessment today.



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When The Church Goes To Us

by Anna Grist
www.braggcreekchurch.ca

It is a double edged sword that it tends to be almost second nature to be introverted out in these quiet neighbourhoods of forest. Our family moved from the increasingly-crowded Niagara Region in southern Ontario to West Bragg Creek a little over two years ago.

We love the quiet and being able to keep to ourselves and have some privacy in our own yards, yet still actually know our neighbours and run into them in town, at school, work, and church (and sometimes our bosses ARE IN our church families, I mean, so I've heard).

Once the snow settles in and the draw to stay in by the fire lures, we tend to become semi-hermits. This is when you lose a bit of perspective. Small inconveniences become insults to our very being. There's nothing like isolation for making you think you are the centre of the universe. Extended withdrawal from our community deprives us of the joy of knowing someone else can relate to us, and robs others of the gifts we bring to the table relationally, among other drawbacks that a seasoned anthropologist could expand on, I'm sure. There's no hand on our shoulder with quiet, even wordless, empathy when we are alone. Shame can win battles in silent isolation. There's no opportunity for someone to come alongside and say "I've been there, keep going, I'm here to help and cheer you on." So are we hiding because we are afraid of being seen, or are we hiding because we don't know how to lovingly see people without fear of being awkward or having to give of our own time and energy? There's a God big enough for both of those dilemmas.

We can build a table instead of a soapbox, a bench instead of a fence. Maybe you wear yourself out volunteering because you don't want to disappoint people and you feel like you have to make up for the things you lack. Maybe you're afraid to stop nitpicking your neighbour because it means giving up some control and letting go your sense of rightful entitlement. Maybe you never wander your street or greet your neighbours because you're afraid of saying the wrong thing or feel that you've waited too long and now it's awkward.

Even if God is not on your radar, whatever your beliefs, the same themes of the value of loving your neighbour and working for good relationships apply, and can make or break your own happiness in a community.

I forget that the people in my community from which arise any conflict or perceived slight I'm complaining about need just as much grace and forgiveness as I would expect if I was in the same situation. They are of the same value as I am, they aren't enemies on an evil mission to make my life difficult. People make mistakes. If people *are* mean on purpose, it usually means they need love even more than a well-adjusted soul would. It does not cost me anything to give the benefit of the doubt and to forgive and let go. However, it costs me my peace of mind and sometimes my sanity not to.

It should be noted, forgiveness is NOT the same as excusing a wrongdoing or downplaying its impact, or ignoring the practical consequences, or forcing trust again. It's simply not letting anger over what happened turn into bitterness, deciding that we aren't going to let what the person did control us or give them free rent in our emotions.

When we as a church have considered these questions of what it means to be a true neighbour, it has made me aware that there's somewhat of a blessing in being a semi-nomadic church. Our small collection of people gathered simply to Jesus doesn't have an address we own. We rent space at the community centre every Sunday, and a nook for meetings and outreaches in the shopping centre, but we don't yet have a place that bears just our name and roots in a permanent sense. In some ways, it's a constant, gentle reminder that we don't truly gather to a place anyway, we gather to Jesus. We have to depend on our landlords, and we in turn support them and the community.

If you look at how the word "church" is used in the Bible, you'll find it doesn't actually refer to a physical place at all, but to the normal, everyday people who lived in a certain place that had thrown their lives into Jesus' hands to save and make them new. They then

met together regularly to remember Jesus' death and resurrection, pray for each other and their cities, teach and understand the word of God and how to apply it to everyday life, and (probably around pita and olive casserole potlucks) get to know each other and find out how they could serve each other and the communities they belonged to geographically in the every day lives they had. (Acts 2:42)

In light of seeing church as people not place, Pastor Dave has been leading us this year to consider what it means to live UP: Knowing God, IN: Loving Each Other and OUT: Blessing The World. His suggestion was that we all read a copy of the book *Saturate* by Jeff Vanderstelt. Vanderstelt explains what exactly it means to be a disciple of Jesus and how that can saturate the communities we live in with true, fearless, sacrificial love that doesn't preach, but LIVES and actually gets hands dirty and costs real money and actual time and awkwardness, and involves actually knowing and caring about the people around us. We don't go to church, we ARE the church, sent to go out to serve the communities we are in.

So as our own church family seeks to be intentional about creating and supporting community in practical ways, we want to also note that this isn't some standard we have to get to in order to be a "good Christian". The good we do, only possible because we let Jesus work through us as people who have put our faith in Him, is done to show our love for Him, and for the people He has put in our lives.

It's not about creating a moral culture or imposing beliefs, it's simply about sharing about our relationship with God. We plant one seed of love or faith or hope at a time, praying that we will get to see it bloom in our community and our families in God's wildly creative ways.

*Anna Grist, serendipimoose@gmail.com
serendipimoosetracks.weebly.com*



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Bragg Creek Centre

Hello Bragg Creek,

We are fortunate to have so many great activities and events in our community! Visit www.braggcreekca.com to find out all the details for upcoming activities and events.

There will be a Remembrance Day Ceremony, Nov 11, at 10:30 am. Please

bring a food item or cash donation (via cheque) for the Veterans Food Drive.

Do you have any brand new items you would like to donate to the Kids Only Store? No parents allowed! Dec 7, 10-3pm.

Need a spot for a meeting or a Christmas party? We are happy to host! Please contact info@braggcreekca.com

Thank you to the Redwood Meadows Emergency Services for putting together another creepy haunted house. What a fun way to gather and share some boos.

We welcome our new Board Members who will be posted on our website soon. Board member or not, we welcome your volunteer willingness. If you have some spare time and skills in Information Technology, grant writing, or social media we have opportunities for you to give back to your community! Please email outreach@braggcreekca.com

Ready for another super fun Beach Party? Skuzzy will be playing March 21, 2020 as a BCCA fundraiser.

Take care everyone!
Sherri Olsen




Easter Seals Alberta received \$21,050 from the Canada Post Community Foundation in support of the Earth Program at our Camp Horizon, in Bragg Creek, AB. The earth program provides kids and adults with disabilities and medical conditions the opportunity to hike, bike, and go on overnight camping trips while attending a 5-day accessible and inclusive summer camp experience.


REMEMBRANCE DAY SERVICE

MONDAY, NOVEMBER 11 | 10:30AM

Please bring a cash donation (cheque) or a non-perishable food item for the Veterans Food Drive.



Join us for refreshments after the service provided by the Bragg Creek Ladies Auxiliary



FOR MORE DETAILS CONTACT:
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Bragg Creek Community Centre November Events

- Nov 9th: Women's Group
- Nov 11th: Remembrance Day Service
- Nov 18th-19th: Artisan's Christmas Sale
- Nov 24th: Movie Night in The Creek
- Nov 24th: Soup and Pie with Ladies Auxiliary
- Nov 25th: BCPA Concert: Monkeyjunk

2017 Fall Program Guide

Details & Registration: www.braggcreekca.com

- Artsy Afternoons
- Dog Training
- Badminton
- Pickleball
- Movie Night
- Lego Club
- Youth Activity Night
- Rumble & Roar with Tots Time area!
- Acrobatic Studios
- Women's Group
- Youth Group
- S.T.E.A.M Club
- Be Spiritful

Spirit of Christmas

December 2nd, 3rd, 9th and 10th

Throughout two weekends in December, Bragg Creek will transform into a sparkly, winter wonderland, complete with all things needed to bring the "Spirit of Christmas" alive in us all. There are many FREE family friendly activities to take in; visit with Santa, take a horse drawn wagon ride, decorate cookies and other kids Christmas crafts, enjoy hot chocolate, movies, a Kids Only Store (Dec 2nd only), popcorn and much more.



Bragg Creek Community Centre
info@braggcreekca.com
 403-949-4277 | 23 White Avenue



Greater Bragg Creek Trails Association

Weed Control on TransCanada Trail

The Greater Bragg Creek Trails Association (GBCTA) is pleased to report that weed control was completed in September 2019 using steam on most of the West Bragg Creek (WBC) TransCanada (TCT) Trail from the Hamlet of Bragg Creek to WBC and on the Banded Peak Trail.

The GBCTA would like to thank Carey and Mandi from H2O Weed Control (www.h2oweedcontrol.com/) for completing this work including donating 22 hours of weed steaming time to the GBCTA. The GBCTA plans to use this non herbicide method of weed control in the future on our community trails in Rocky View County (RVC).

New Pedestrian Bridge on TransCanada Trail

The WBC TCT Pedestrian bridge project (near the Wild Rose subdivision) commenced construction in August 2019 with AM MacKay completing all project in-stream work in Bragg Creek from August 16-31. The installation of concrete piles encountered unanticipated very high water flows in September, and the project was shut down pending engineering redesign work.

The project will proceed once RVC approval of a new shallow concrete foundation design is obtained and the work is awarded to a contractor by the GBCTA. The GBCTA is striving to complete this project in the fall of 2019.

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org

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Winter Is Coming

from Redwood Meadows
Emergency Services

Here's some tips to help you get ready:

Prepare yourself

- Never leave home without a charged cell phone and letting someone know where you're going and when you'll be back
- Dress appropriately for winter adventures – bring extra gear, food and water
- Adventures are more fun (and safer) when you go with a friend
- Bring a head lamp in case your adventure lasts longer than planned
- 'Walk like a penguin' when you're on icy surfaces to minimize falls
- Take lots of breaks and don't overdo it when shoveling heavy snow.

Prepare your home

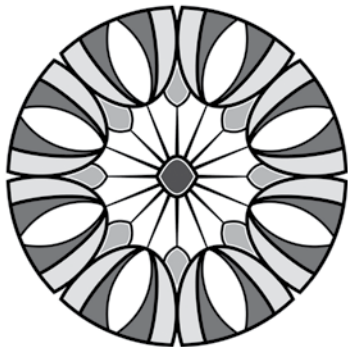
- Keep driveways and walkways clear of snow and ice (for your safety, and ours)

- Make sure outdoor lights are working and your home address is visible from the road
- If you have alternative heating sources, such as fireplaces, wood- or coal-burning stoves, or space heaters, be sure they are installed according to code, clean and in working order
- Make sure you keep an ample supply of prescribed medication at home in case a storm keeps you in for a few days
- Check in on neighbours with mobility challenges. Be a snow angel!

Prepare your vehicle

- Have your vehicle serviced and winterized before winter to decrease your chance of being stranded in cold weather
- Take the time to completely clear snow and ice from the windows/ windshield before you begin your trip
- Install good winter tires with adequate tread
- Keep an emergency supply kit and warm clothing in your vehicle at all times
- Keep the gas tank full.

Until next month, stay safe.



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Welcoming Ideas and Insights on Intergenerational Project!

We are a group of eight second year student nurses from the University of Calgary, working with our clinical instructor Shannon Parker. You may notice us around the Bragg Creek Community Center Thursdays 8:30am until 4:30pm and Friday afternoons 12:00pm until 4:00pm at Banded Peak School. We are building upon the work of previous student nursing groups, and with further assessment of our team, we discovered the community's desire to strengthen intergenerational relationships. The outcome of these reports can be found on the homepage of the Bragg Creek and Redwood Meadows Wellness Network website: www.braggcreekca.com/community-groups/bragg-creek-and-area-wellness-committee.html. Our goal throughout our time in Bragg Creek and Redwood Meadows is to assess community health and discover opportunities to continue developing the connection between generations. We are currently accepting ideas and insights and suggestions on developing a plan for a project that interests the whole community and could promote intergenerational relationship building at the same time. Please feel free to email our instructor parkers@ucalgary.ca.

By developing connections between the members of the community, a sense of belonging for individuals is created. The overall motive of the project is to incorporate the ideas of the community that directs us to a project that the whole community can appreciate and sustain. We want everyone's voices to be heard and make sure the outcome is based on your desires and would be beneficial to the people of Bragg Creek and Redwood Meadows. We are hoping that involving the whole community in this planning encourages community engagement and increases public participation for future projects.

We will also be interacting with students at Banded Peak School providing education on health and overall well-being. We are currently developing a hand washing lesson plan to deliver to the Banded Peak Kindergarten students. In our time spent between the school and community so far, we can tell how enthusiastic and engaged residents are about working together in promoting community health

throughout lifespans. Again, we are based in the Bragg Creek Community Centre on Thursdays and at Banded Peak School Friday afternoons, feel free to stop in and say hi, we'd love to get to know you better!

By Sara Durham SN2,
Rudy Ann Solleza SN2,
& Paige Volz SN2



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It's been a quiet month in the High Country, our home in a paradise on earth, out here on the edge of the prairie somewhere west of Calgary. All the statistics confirm that Paradise on Earth both exists and thrives here. The question is, what makes High Country a paradise on earth? Why is it here rather than in, say, Edmonton?

One reason is that in addition to our breath-taking landscapes, we have dedicated and motivated neighbors who come together in Crime Watch groups to combat wrongdoing. They prevent our Paradise from becoming a *Paradise Lost*.

Toward that goal, last month several local organizations here met with Alberta Justice Minister/Solicitor General Doug Schweitzer to find ways

of improving our judicial system. Can you think of anything to achieve that goal? Before you read any further, try and guess what the HCRCWA might have suggested to Schweitzer prior to that meeting.

We decried our judicial system as “a revolving door for criminals, a speed bump in the road, just the cost of doing business.” That suggests that not everything is perfect in this Panglossian “best of all possible worlds.” The system of paperwork is a deterrent to law enforcement pressing charges. As a remedy, Alberta is now hiring fifty more prosecutors, but to this outside observer, that is similar to putting fertilizer on weeds.

To many, our judicial system appears too lenient and slanted in favour of criminals. In our rural areas, for example, we see cases of home invasion in which law-abiding citizens are punished along with the criminals. Far be it for the court to do anything to change criminal activity. That curious way to deal with crime discourages us from calling the R.C.M.P. to ask for help. Those who try to protect their property are subject to arrest and court proceedings. In one recent case, Édouard Maurice, a farmer near Okotoks, tried to protect his family and self

from intruders by firing a warning shot to scare the criminals. The 22-calibre bullet accidentally ricocheted and hit one of the intruders. That stopped the crime but led to Maurice's arrest. Many months later, the Crown dropped the charges and conceded that there was no reasonable likelihood of conviction because of new information: a ballistics analysis that took nearly a year to finish. Ironically, that was not the end of the story. The would-be thief is now suing his victim for causing him PTSD and pain in his arm. A frivolous lawsuit. [To find out more about this situation, Google the two words ‘Maurice’ and ‘sued’. *The National Post* article gives many of the details.]

The HCRCWA gave Solicitor General Schweitzer a lengthy letter—too long to publish here—that suggested several changes Alberta could make to remedy the current situation. At the same meeting, the Foothills Crime Watch President, Donald N. Larson, made other specific recommendations that we summarize here:

1. Alberta justice should align itself with the ‘Castle’ and ‘Stand your ground’ principles integrated into law enforcement. [That would certainly have helped Édouard Maurice avoid many of his problems with intruders.]

Starlight Spirit Trees




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2. Provincial funding should ensure adequate staffing for Crown Prosecutors and the RCMP.
3. Mandatory sentencing, fully enforced at both federal and provincial levels, should target repeat serious offenders, including those who commit property crimes.
4. In line with the above, the Crown should strengthen requirements for bail when dealing with repeat offenders.
5. Alberta should expand the criteria for Civil Forfeiture legislation to permit funding for counsel in civil litigation matters.
6. The government should encourage rural communities to form crime

watch associations to implement systems for alerting residents about criminal activity.

7. Since the current Task Force on rural crime provides a valuable conduit in information between our justice system and rural communities, the government schedule regular tours of the Rural Crime Task Force.

While laws are in place to keep order and maintain civility, many of us here feel our laws are skewed in favor of criminals while punishing law-abiding citizens. Those who wish to steal can do so with little fear of retribution. Judges appear to be reluctant to put anyone in prison for stealing. Yet surely, we could return to a more civilized society. There

is a movement afoot to change some laws and policies so that landowners can legally protect themselves and their property. As Voltaire wrote, we must "cultivate our own garden."

If you would like to help, join a Rural Crime Watch near you. The cost is minimal; the benefits are immense.

So that's the news from our High Country, where grown-ups often enjoy reading romantic novels, and many of our children are the direct result of that literary predilection. It reminds us of what happened in the original Garden of Eden.

John Robin ('J.R.') Allen
jrapriddis@gmail.com

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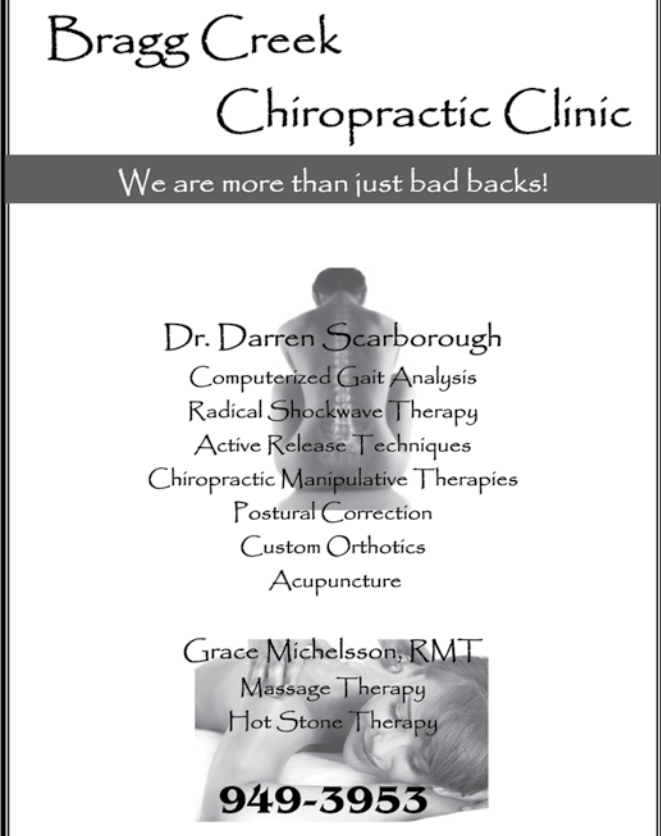
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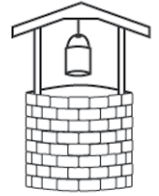
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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed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

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Olympic Funding Boost for Bragg Creek Biathlete

Bragg Creek's Matthew Strum has joined one of the most prestigious athletic clubs in Canada. Strum was named in early October, 2019 as one of 55 young Canadian athletes from both summer and winter sports selected by Petro-Canada, the COC and CPC to receive a Fuelling Athletes and Coaching Excellence (FACE) Program grant. These athletes and their coaches are awarded a \$10,000 FACE grant to help them with their journey (\$5,000 directly to the athlete

and \$5,000 to their coach). FACE grants are often used for training, equipment and travel expenses.

Past recipients include Natalie Wilkie (Para Cross Country ski), Mac Marcoux (Para Alpine Ski) and Rosie MacLennan (Gymnastics) – all who earned medals for Canada at the most recent Olympic and Paralympic Games.

Strum, who lives in Canmore, is a member of Canada's Senior National Biathlon Development Team. He joined the four-man squad for the tail end of the 2018-19 season.

Developed by Petro-Canada, the Canadian Olympic Committee

(COC) and Canadian Paralympic Committee (CPC), and facilitated by their National Sport partners, the FACE Program supports up-and-coming athletes when they need it most: when they are striving to represent Canada at the Olympic or Paralympic Games, but don't yet qualify for government



funding. Recipients are selected based on potential. The funding is courtesy of Petro Canada.

Since 1988, FACE grants have supported more than 3,000 athletes and coaches by providing more than \$11,000,000 in financial support.

In addition to providing financial support, FACE athletes and coaches are invited to an annual summit to learn from Olympians and Paralympians, and receive advice on media training, public speaking, and personal-brand development.



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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4

What's with September and early October snow? These two early events this year caused us some challenges with heavy snow clearing. We had equipment ready and cleared snow during the events, but the ground was not yet frozen. So, we had to back-off and push slush into the ditches and try again later. In these conditions, the weight of the heavy snow/slush will raise up the front end of the plough or grader off the ground and could damage the equipment. When the freezing temps came back in the morning hours, we re-worked the roads with more success. Another issue related to the not-frozen roads is that pushing it too hard could damage the surfaces. So, once

we were done with round one, then came snow round two. Still not a very quick removal out in the west country, definitely related to repeat conditions. When we had to deal with the snow, our public works crews were actually not yet done this season's road repair work. We often count on some weeks in the Fall to finish our road work, especially when we have a wet summer as occurred this year. Looks like we'll have to shut that down now as we need a minimum of 15 degrees C. We'll still work some of the roads, but won't be laying down any more surfaces. Next year's list will depend on this outstanding work, budget and weather again... so it goes in the northwest country.

October-November Budget time of the year. The municipal cycle of planning starts in October as we have our organizational meeting yearly mid-October. We review our procedures and look at each councillor's workload with committees and boards. We also have a hint of the issues facing us as we start into the budget process. This year we are facing a few uncertainties relating to provincial expenses. As of the writing of this article, we await the provincial budget to hear what is in store relating to policing costs, grant funding for municipal infrastructure projects and other surprises that may be downloaded to this level of government and to your other pocket (you wish you had). I know that our council is really concerned that we do not burden you with a big

increase. So we'll be working with our staff and financial planners to come up with some options and strategies. I'll provide you with an update in my next HCN article regarding a clear picture of our challenges and goals. By then, we should have 20/20 Vision!

Rural Crime review: This topic is receiving some prominence as the AB Justice Minister Rural Crime tour has just concluded and we await the action promised in response to the information gathering and discussions with residents. Let's not forget about sending in our perspective - you are invited to participate in the Justice Department's questionnaire. Find it here: hrcrcw.ca/downloads/Talking-Rural-Crime-Questionnaire-2019.pdf Unfortunately, keeping it current, on Thanksgiving Day, the Priddis Water's Edge Pub was vandalized and broken into. Photos and a security video clip are posted on my Facebook page. Please be on the lookout and report to RCMP (403.933.4262).

CMRB Update: The Calgary Metropolitan Region Board is keeping us busy and requires a lot of our staff time. The Board is now meeting to review developments of regional significance based on the interim Regional Evaluation Framework. We have been a part of a special meeting to discuss the effects of flood on our communities and planning ways to prevent disaster by coordinating at municipal, regional and provincial levels. We are still awaiting



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flood mapping from the province for many of our local rivers and streams that will be added to the mix. Land Use and Intermunicipal Servicing Committees met to review projects under way or accept studies done which will inform the growth plan in areas such as employment, land supply, agriculture, transit, environmentally sensitive areas, transportation, recreation, policing, and water topics including: existing regional water and wastewater servicing and regional potential, demand management, managed and natural capacity, regulation-approvals-policy and water quality. Also, we participated in our first workshop with the growth

planning consultant to work on the major task of formulating a plan which incorporates all these background studies, technical advisory group recommendations and consultation.

Priddis Fall Supper: Join us on Friday, November 8th for a tasty buffet dinner from 5-8 pm. Tickets are available at the Priddis Business Connection, or check out Priddis Community Association's Facebook page for more info and a link to Eventbrite to pay online.

For Other News & Updates:

*Please visit my website: suzanneoel.com
[facebook.com/councillorSuzanneOel](https://www.facebook.com/councillorSuzanneOel)
 Best Regards, Councillor Suzanne Oel*



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It's time to renew your Priddis Community Association Membership which is due November 1st. Renew your membership online or fill out the form on the facing page and submit it by mail or drop it off at the Priddis Store.

Business Memberships are also due. The Business Membership form is also online and can be paid online using PayPal. Go to www.priddisalberta.com How easy is that!

Parent & Tot Playgroup: The drop-in playgroup meets the first Friday of each month at the Hall. Indoor activities include playing with tunnels, slides, an obstacle course, basketball, etc. The next date is November 1st from 10:30-11:30. No fee is charged to attend. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, priddisalberta.com.

Fall Supper: Join us at the Priddis Hall for our roast beef buffet supper on Friday, November 8th. Doors and bar open at 4pm. Buffet dinner will be served from 5-8pm. The cost is \$20 for adults and children 12 and older, children ages 7-11 are \$10 and kids under 6 years are free. Alcohol will be available for purchase. Paid memberships for the 2019-2020 season will receive one free drink ticket. Purchase your advance tickets online through Eventbrite: www.eventbrite.com/e/priddis-community-fall-supper-tickets-72198103471

Some tickets are available at the Priddis Business Connection. Advertised on our website and posted on Facebook. Looking for lots of volunteers so please contact pcayoungfamilies@gmail.com.

Annual General Meeting: The AGM is Thursday, November 14th, 7:30 at the

Hall. All members are invited to attend. Come out and be an active part of your community. The Board meets once a month to carry out the Board mandate and business. Contact any of the current Board members on the website. Refreshments will be served.

Skate with Santa: The Priddis Early Learning Program invites you to Skate with Santa on December 15th from 1-3pm at the Priddis Community Rink. Hot chocolate and yummy festive baking will be available for purchase with all proceeds going to PELP. Spread the cheer and invite your friends!

Priddis Hockey: For information on joining this pond hockey league, contact Dave Thompson at 403-921-3640 or email priddishockey@gmail.com



Booking the Hall: To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website 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

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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

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



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Start date: As soon as possible

Languages: English

Education: No degree, certificate or diploma

Experience: 1 year to less than 2 years

Ability to Supervise: 5-10 people

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PRIDDIS COMMUNITY ASSOCIATION 2019 - 2020 MEMBERSHIP FORM

Effective November 1st, 2019 – October 31st, 2020

*Business = \$50.00 Family Membership = \$25.00 Single Adult = \$15.00 Single Senior = \$10.00

*Business Membership includes the business listed on PCA website

If you & your family are new residents to the community, your 1st year membership is free. Check here

First name: _____ Last name: _____

(please print) (please print)

Spouse's First name: _____ Last name: _____

Mailing address: _____

City: _____ Postal Code: _____

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Please mail cheque and this form to: PCA, 178131 Priddis Valley Rd W Priddis, AB T0L 1W1 or drop it off at the Priddis General Store. Do you wish to volunteer for PCA functions? Yes No

I would like to receive PCA emails of news & events in our community. Yes No

We Are Red Deer Lake United Church!

We are Red Deer Lake United Church, 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.

Upcoming Events and Programs:

Dinner Church

Sat, Nov 16 at 5pm

Do you find it challenging to make it to church on Sunday morning? That's where Dinner Church comes in. Each month we gather for a meal and an evening of exploring our faith and building relationships. This year is a mix of talking about faith and cooking meals for our friends at Hillhurst United Church's Drop In program. All ages are welcome!

Movie Night

Sat, Nov 30 at 6:30pm

Catch a recently-released movie with the whole family. At Movie Night, we transform our spacious sanctuary into one big living room. Bring your favourite snacks, blankets and pillows and wear your PJs! There will be a loonie and toonie concession and donations are gladly accepted. We'll announce which movies we're watching on our website and social media, so check them for more information.

Grief Support Group

Last Wednesday of the Month at 10am

It helps to know you're not alone at this time. You could belong to a caring and compassionate group of people who are walking this road with you. Contact our Congregational Care Counsellor Vi Sharpe at ccare@reddeerlakeuc.com for more information.

Looking for the Perfect Christmas Gift?

Tickets to our On the Edge Concert Series would be a wonderful gift for the person who already has everything. Tickets for the 2019-2020 concert series are available for purchase on our website: reddeerlakeuc.com/concert-series-2019-20. The first concert of the New Year is the Western Swing Project Band on January 19 at 3:00pm. Tickets are \$25 per person.

Looking for the Perfect Christmas Eve Service?

Plan to attend one of our three services on December 24. From lively to contemplative, we have a Christmas Eve moment for everyone. Watch our website and this space for more information. We would love to welcome you to our church!

For more information, please contact us at 403.256.3181 or office@reddeerlakeuc.com

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Sun services start: 10:30am

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November 17th • 9:15am

HOLY EUCHARIST

November 24th • 9:15am

HOLY EUCHARIST

December 1st • 9:15am

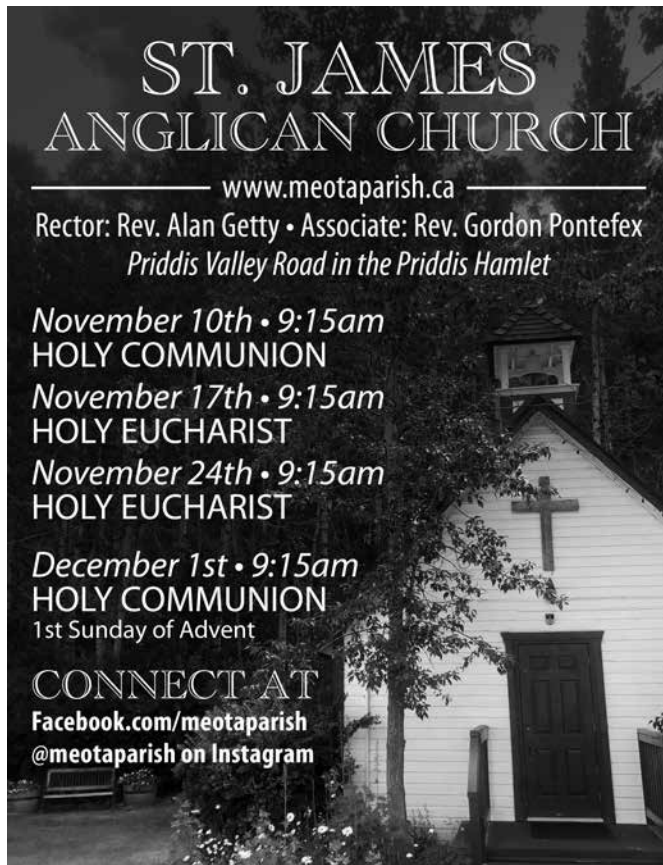
HOLY COMMUNION

1st Sunday of Advent

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On November 11th, it is important to remember the men and women who served and sacrificed for our country. Let us also remember those who supported our troops from home. **The Square Butte Ladies Group** got its start in 1941 with what began as a baby shower. The local ladies decided that it would be nice to meet once a month. They started by knitting socks for the War Effort, for the soldiers overseas, and they continued even after the War. Their motto is *"United together to help others"*.

This particular Ladies Group is one of the longest-running, continuous serving charitable organizations of its kind in Alberta. For 78 years, the Square Butte Ladies group has been working to raise funds and help people in the community by holding teas, walkathons, and selling baking and quilted items.

In this day and age, there are so many needs; so many places and organizations requiring volunteers, support, and funding. This unique women's organization is happy to be a group helping locally, doing their bit! Their dedicated members continue to raise money for local families in need and for various charities by selling home baking at the Millarville Farmer's Market, and raffling off a quilt, made by members of the group, each year.

The Square Butte Ladies Group organizes the annual Family Games and Potluck event. This event draws families from our own community and adjacent communities as well. The friendly competition of the games and the camaraderie of the shared potluck meal that follows ensures a good time is had by all. It's wonderful to see our community spirit so alive and well. We sincerely appreciate the efforts of the Square Butte Ladies Group.

Big Thank You to Laura Kendall & all the volunteers for making Oktoberfest a fun night! Thank you to Millarville Catering, Deb & Tim Babey created an amazing German feast! The Mule Skinners provided a great music. All enjoyed tasty

samples from local producers Field Stone Fruit Wines, Eau Claire Distillery, High River Brewing Co., and Chinook Arch Meadery. Thank you to everyone who bid on silent auction items and those who donated them! Thank you to Eric Knol for bring the Orange Photo Booth! Great memories! Check out the Square Butte Community Association Facebook page for some crazy photos.

November 21st is Volunteer Appreciation Night. Square Butte Community Association recognizes that volunteerism is the backbone of our community. On November 21st, we invite our members and all those who have volunteered throughout the year to a Wine and Cheese Mingle at 6:30pm. The celebration of our volunteers will be followed by our Annual General Meeting at 7:30pm. Enjoy an evening of wine, cheese and appetizers as we congregate to recognize the programs, events and activities of our community association along with honouring those who made it all happen.

December 1st. Square Butte Community Annual Christmas Concert. This is another one of the annual events that

bring families together. On the heels of the very successful Family Games and Pot Luck, the Annual Christmas Concert is a free Family event that focuses on the love and affection we have within our families, and the care, consideration, and support we give one another as neighbors. We begin at 3:00pm sharp. Be prepared to enjoy Christmas treats, music and even a visit from Mr. and Mrs. Claus. What a wonderful way to kick off the Christmas season. All are welcome.

Membership Drive. The Square Butte Community Association is in the midst of its 2020 membership drive. Please consider purchasing your family (\$20) or individual (\$10) membership before December 31st. Some of the benefits of membership are: e-mail notification for all community functions, safety and service workshops, programs and activities; discounted admission to selected events, and numerous free annual community based events. Purchase memberships by e-transfer at sq.butte.comm.assoc@gmail.com or contact us at the same address and we will make arrangements for you to mail or drop off your membership fee.



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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well we sure had some crazy snow the end of September and the first week of October. A good three feet of snow fell and had us all scrambling for the snow shovels. However it melted fairly quickly and allowed our farmers to get their hay baled up. We'll see what this winter brings.

It is **Remembrance Day November 11th**. There will be a Ceremony at the Oilfields High School Gym at 10:30 sharp, please be on time so as not to interrupt the Ceremony. Further ceremonies and fellowship will be at the Turner Valley Legion afterwards. Wear your poppy. They represent the supreme sacrifice of our Veterans and is the symbol of Remembrance. The basic purpose of the Poppy Fund is to provide immediate assistance to Veterans and their families in financial need. Also, bursaries are granted to children, grandchildren, and great-grandchildren of Veterans. They can also use the Fund for Care Facilities for the elderly or disabled Veterans, community medical equipment and research, meals on wheels, food, shelter, or medical attention for Veterans, and the list goes on. So please wear your Poppy proudly and donate!

The **High Country SPCA** will be hosting

their annual Christmas Market on Saturday, December 7th at the Flare and Derrick in Turner Valley. The Market runs from 9-4 with arts and crafts from local artisans. Also featured is Melissa's award winning baking, games, draws and raffles, food for hungry shoppers, and best of all funds raised go towards emergency care for animals in need in our community. For more info, check High Country SPCA out on Facebook.

Oilfields Hospital will be holding their **famous Basket Raffle, Bazaar, and Bake Sale** again this year. The Baskets to be raffled off are just incredible, very generous baskets from local donors. They will be on display at the front entrance of the Hospital from November 21 at 10am, where you can buy raffle tickets on them. All draws for the Baskets will be held on December 5 at 3pm. All proceeds from this very special event go to enhance the Patient Care Experience at the Hospital.

United Church in the Valley invites you to their **annual Christmas Tea and Market** on November 30 from 1:30-3:30. There will be a Silent Auction, baking and books, jewellery and crafts, and a new-to-you table. The delicious tea is only \$5 for adults and \$2.50 for kids 6-12. The United Church is also home to the Oilfields Food Bank, and the Church does a lot for our community. They are located at 125 Royal Avenue in Turner Valley. The Church also hosts Family Fun Night on the last Tuesday of the month, November 26. This is a free night of fun for kids and their families (kids must have a parent with them) at the Turner Valley School, with physical fitness, games, and fun, from 6-7:30. For more info, the United Church's number is 403-933-4114.

raffles, 50/50 draw, and Christmas raffle. Also of course loads of vendors and crafters, baking, and the kitchen will be open as well. Welcome to the Legion's new chef, Jason. The Ladies Auxiliary supports the Legion and Veterans, the Food Bank, Boys and Girls Club, Rowan House, the Cancer, MS, and Diabetes Societies, just to name a few, so come out and support them on their biggest fundraiser of the year, the Shopping Spree. For more info, or to book a table, call Judy at 587-830-4827.

St. George's Church in Turner Valley invites all to attend their **annual Christmas Tea and Bake Sale**. It will be held on November 2 at the little red and white church just south of the 4 way stop. For info, email Janet at janbal@telus.net or drop by.

The **Leighton Art Centre** is having their **annual Christmas in the Country Sale** on Nov. 2-3, and Nov. 9-10. Featuring thousands of pieces of fine art and crafts by local artists, the event is free with complimentary treats. For more info, visit leightoncentre.org. Christmas in the Country runs these two weekends from 10-4. Leighton Centre is a not-for-profit historical organization.

Save the date for the **annual Millarville Christmas Market**, November 8-11. Indoor and outdoor events, free hay rides, Santa's workshop, pony rides, photos with Santa, a kids only shopping tent featuring Mrs. Claus and photos with reindeer, and of course a fabulous Christmas Market with all kinds of gift ideas, decorations, food, and more. For more info, millarvilleracetrack.com. The Market runs from 10-5 each day.

Our local **Firefighter's Food Drive** will take place November 4 and 5. The 4th will be Turner Valley and the 5th will be Black Diamond. Both town's departments will have their trucks going, along with volunteers, to go door to door collecting dry goods for the Food Bank. They generally start coming around after supper, and go quite late, so have your Food Bank donation ready and your outdoor light on for them. They accept financial donations as well, so the Food Bank can buy perishables. This is a huge

The **Ladies Auxiliary** at the **Turner Valley Legion** will be hosting their **annual Shopping Spree** at the Legion on November 23 from 10-3. There will be bucket



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Caleigh from Marigold is booked for a session called Your Library is Mobile. You can bring in your device and learn all about apps and how they work on different platforms. The time has not yet been decided on, so watch for the posting at the library.

On December 3rd, Tracy from Marigold will give a workshop on how technology

can give assistance to seniors and the physically impaired confined to their own homes. Time to be announced.

The Crib Club started up again in October. New members are most welcome.

Some good reads now that the snow is here:

The Miniaturist, by Jesse Burton, an English author and actress, is set in Amsterdam in 1686-87. The story was inspired by Petronella Oortman's doll house, that is now on display at the Rijkemuseum. Burton has done extensive research on the times and culture of the 1600's in Amsterdam. The story is enchanting and mysterious.

The Rain Watcher, by Tatiana de Rosnay, author of *Sarah's Key* and *A Secret Kept*, is a story of a family gathering to celebrate the Father's 70th birthday. It takes place in Paris, while the Seine is bursting its banks during an early spring flood. Rosnay

reveals hidden secrets of the family, their lives leading up to the reunion and the interactions of the family who haven't seen each other for a long time.

A Better Man, by Louise Penny, is the 15th novel in the Gamache mysteries. This series take place in small village in the Eastern Townships just south of Montreal. The story is set with the backdrop of a small art gallery, a bookstore, and marvellous bistro that serves up French cuisine. These all of face the village square, so everyone pretty much always knows what the others are doing. Penny's books are an intriguing read. Penny has recently been awarded The Order of Canada for her contribution to Canadian Culture and the Arts.

Happy Reading!
Sylvia Binkley, sliv@telus.net

boost to the shelves of the Oilfields Food Bank, so please give generously.

Also **volunteers are needed and much appreciated for our annual Diamond Valley Light-Up**, which is coming up on December 7th. This is a family friendly fun event held in Downtown Black Diamond, where businesses stay open late, and Santa comes to town with his reindeer, with lots to see and do. More details next issue, but if you can help out for a couple of hours, please give the Town of Black Diamond a call at 403-933-4348 or drop by.

Jacket Racket is back for the season. This is a program run by the United Church in Turner Valley. Please bring your clean, gently used winter clothing to the Church on Tuesdays from 1-3, or come and pick some up, or exchange. Winter clothing includes kids and adults coats and jackets, ski pants, mitts and hats, and boots (no other clothing, please). If you can't make it to the Church on a Tuesday, there will be drop off boxes at both Town Offices, Koop's Auto, and ATB. Jacket Racket runs until December 31.

Foothills Philharmonic Society was started in 2014 with a simple vision "to bring beautiful music to the Foothills". They have expanded into a full orchestra, choral and jazz companies, and have partnered with the Calgary

Concert Opera Company as well. November 2 they are hosting a Vocal Jazz concert, a Chorus show on Nov. 11, and a Chamber Chorus "Beginnings" on Nov. 23. For more info and venues, visit foothillsphiloharmonic.com.

The **Rocky Mountain Symphony Orchestra** is a not for profit society whose members and concerts are generally held in the small towns under the Rockies. Now based in Balzac, they have played in Turner Valley, Okotoks, High River, Bragg Creek, and other towns in the Foothills. They will be presenting Sounds of the Season, a Spruce Meadows Christmas Concert, on Dec. 7 at the Spruce Meadows Riding Hall. The Concert runs from 6-10, for tickets or more information, visit rockymountainsymphony.ca

And our very own **Beneath the Arch Concert Series** is pleased to present Sultans of String's Christmas Concert on December 1st at 3pm. Their annual matinee concert features this super energetic and exciting band. Three time Juno nominees Sultans of String will have a guest vocalist, Rebecca Campbell, and will perform seasonal music both familiar and new from cultures around the world. Rush tickets go on sale November 4th. For more info, visit beneaththearch.ca.

If you have any events happening in December that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for the December issue is November 15.

Happy Shopping!
Elaine Wansleben



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The Millarville Community Library is off to a flying start with a new librarian and new energy. Natasha Grusendorf is our new librarian and comes to the job with a wealth of enthusiasm for reading and the benefits that libraries bring to individuals and communities. With one child still at Millarville and two more at Oilfields, Natasha's background includes being a mom for the past 15 years to 3 kids. Before children she worked as a Respiratory Therapist in many different roles but mostly working with children in the NICU, PICU and emergency. Since moving to the Millarville area 8 years ago, she has been active in the community serving on the Playgroup board for several years and spending time volunteering at Millarville School.

The Library has long had a great relationship with the school with the younger children frequenting the library with their parents and enjoying storytime, but we have long felt that we could offer more to those in grades 4-8. Natasha, with her experience of what works and what doesn't with her own kids, offered a variety of hands on experiments in the library to celebrate Science Literary Week. These events attracted some 300 kids from all grades, some of them coming several times! The experiments included a day of dry ice experiments, the building of a vortex cannon using a fog machine to demonstrate air pressure changes, and others. Lots of fun and learning!

Nov 14 sees a return performance of the Original story time crew, led by Karen Whitlie and her merry band who will present their unique telling of Snow White for the community and the school in the school auditorium at 10:45. The regular Story Time performances will be at 10am on Dec 19, Jan 23, Feb 27, Mar 26 and Apr 23 in the library. We are so lucky to have

an inveterate storyteller, Kelley Nutbrown, take over the regular storytimes, so that the tradition continues.

Nov 10 is the date of the arrival of Junior books eligible for the Junior Books Awards. These books are voted on by their junior readers. Natasha will visit the school to announce this.

Also in November, Natasha is bringing two of the highly popular Sphero Balls to the library. This is a striking new way to learn and pay with an app-enabled robotic ball - the future is coming to the library!

In January Natasha plans to offer a Deconstruction Lab where students will take small electronic appliances apart to see how they work and then reconstruct them to make art. These will be displayed in the library. So if anyone has any SMALL appliances they would like to donate, please bring them to the library.

Three library members and school parents, Kelley Nutbrown, Jolene Friesen and Burgandy Motz man the Millarville

Library Facebook page with information on upcoming events and photos, and Board member Kim Burns keeps the library in the news with imaginative Instagram posts.

Last year's librarian, Janine Jones, has moved onto new adventures but she is still working with Natasha to coordinate our ongoing art displays in the library. Thank you Janine! The current exhibition is XI, a textile Art Exhibition from SPECTRA, a group of south Alberta women who have studied and are committed to presenting textiles as art.

Their quilts are ingenious interpretations of Shakespeare Quotes. In November we will feature Amanda Tanner, a fibre artist who will also offer a needle felting class (for dates check the Facebook page).

Sumer seems like a long time away but our summer Reading Program was extremely well-attended and enjoyed. Thank you to our creative and talented Program leader Anna Carnell and our Summer Librarian, Brittany MacDonald.



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For those who have tuned into CBC TV over the past few summers, you may have come across Still Standing. This show is a mix of a comedy series and a reality series and features actor and comedian Jonny Harris. (Constable Crabtree on Murdoch Mysteries). Harris travels across Canada to discover the hidden gems in small towns. He takes a heart-warming journey to find humour in the unlikeliest of places. He immerses himself into the town's culture as well as into the lives of its residents. He unearths tall tales during his stay before hosting a stand-up comedy routine to help draw attention to these small towns. Why am I telling you this? Because Turner Valley is the latest hidden gem to be discovered. The Still Standing team will be in town the third week of November to unearth our tall tales and they will be based out of the library. More importantly, Harris's one-man stand-up comedy show will be filmed at the Flare & Derrick on Saturday, November 23 with the possibility of overflow seating at the library. Seating is on a first come, first served basis, so be prepared to come early and line up. All information will be posted on our web and Facebook pages, so stay tuned. We are beyond thrilled to be part of this exciting opportunity which ticks a lot of boxes off some of our bucket lists.

The other closure I wish to remind you about is Monday, November 11. The library will be closed to observe Remembrance Day. For those who are looking for reading material related to


Remembrance Day from a Canadian perspective, you need to look no further than local author Susan Raby-Dunne who has several titles on the First World War. *The Brooding Soldier and its Creator* investigates Frederick Chapman Clemesha, the designer of First World War monument, the Brooding Soldier. Clemesha was not only a talented architect, artist and sculptor, he was also a veteran of the Great War. Susan provides new information and rare or previously unknown photographs. *Bonfire* – *The Chestnut Gentleman* is the essential, true story behind the poem, *In Flanders Fields*, as told by Lieutenant-Colonel John McCrae's horse, Bonfire. With seven years of research behind it and 23 archival photographs, including one never-before published of John McCrae, *Bonfire* will touch your heart and inject new meaning into the most famous WWI poem and the reason we wear the poppy in November. On the same topic, Susan has also written *John McCrae – Beyond Flanders Fields*, a non-fiction biography which gives a surprising and intimate look at the complex healer and soldier. *Morrison – The Long-Lost Memoir of Canada's Artillery Commander in the Great War* is the

unique first-hand blow-by-blow account of an artillery commander who was in virtually every event and WWI battle the Canadian Corps were in, from training in 1914 to occupation and demobilization in 1919. With remarkable recall and detail, and often blackly humorous, Morrison gives us a front-row seat to the tragic world war that shaped the character of Canada.

By the time this goes to print, our Out Loud Series 2019: Stronger. Brighter. Deeper, will have concluded. Thank you to everyone who came and attended our events. It is your participation, laughter and questions that make the series so much fun to produce.


LEST WE FORGET

*They shall not grow old,
as we that are left grow old.
We will remember them
and honour them forever.*



Roger Reid, MLA
Livingstone-Macleod

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Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting is on Tues, Nov 12, 2019 at 7:30pm. It is our annual general meeting. This is a great opportunity to share ideas and suggestions for the upcoming year. Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.

Navigating the End of Life

End of life is one of the least talked about subjects, but should it be? Until recently, this has been one of my most feared topics of conversation and probably yours, too. Throughout my career I have always felt a draw towards palliative care, and I have been honored to be at the bedside of and to care for people who are at the end of their life. It wasn't until I reflected on these moments and on the passing of my father, that I realized just how difficult it is to start the conversation about one's end of life journey. What I have come to realize is; we can do this better! We need to feel comfortable having conversations on death and dying so we can ensure we get the care we need, and our final wishes are known and carried through until the end. Earlier this year I was fortunate to see a news clip on one of the local channels about End of Life Doula's and their increasing role in palliative care. I was excited to learn there is an opportunity

to be able to navigate a person through their end of life planning and ensure they leave this world according to their wishes. My interest was immediately piqued, and I tucked it away knowing this may be something I would like to pursue. Moving forward to August, I successfully completed a course to become an End of Life Doula. I now find end of life navigation one of my most favorite topics to research and to talk about.

There are common patterns in the way people die. The majority of people who are diagnosed with a life threatening illness may have just months to live, they may have a chronic disease where they experience periods of decline and recovery over time due to these health conditions, or may have a diagnosis of dementia where they lose both physical abilities and mental capacity over a longer period of time. No matter the diagnosis, we need to address the white elephant and seize the opportunity to discuss one's end of life wishes while they are relatively

healthy, and this is where the role of the End of Life Doula may be considered.

According to the End of Life Doula Association of Canada (www.endoflifedoulaassociation.org) the role of the End of Life Doula "empowers, educates and encourages people and their families to be a part of decision making" when it comes to navigating end of life. This may include but not be limited to: advance care planning, companionship, respite care, and bedside vigil when the journey here comes to an end. The Association's hope is to increase awareness of the role of the End of Life Doula and the importance this role has in palliative care. Whichever journey one finds themselves on, an End of Life Doula can provide resources to work with the individual and their family to facilitate and navigate those final days in accordance with their wishes.

Julie Handrahan
End of Life Doula - Transition Well
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Introducing...

by Phil Goddard

Level 1 CFP, RRC, EPC, Consultant at IG Wealth Management



and general topics of interest in our ever changing financial world.

My name is Phil Goddard and I have been working for 4 years with a wide range of clients in the readership region that High Country News is published. Prior to this, I had successfully run two businesses in the field of construction and Outfitting/Guiding in the northern Alberta area for almost 20 years.

I hold my Elder Planning Certificate (EPC), the Registered Retirement Councillor (RRC), and the Level 1 Certified Financial Planners designation (Level 1 CFP).

IG Wealth is considered to be one of the most distinguished leaders in the financial planning industry for over 90 years in Canada, and I am proud to be a part of it. With well over 1 million

client's country wide, we strive to provide our clients with the individual direction they need for reaching their financial goals and objectives.

I look forward to hearing any feedback with regard to the articles we will be running in the next few months, and I also look forward to meeting more of the great people living in and around the area by providing helpful articles to get folks really thinking about their financial future.

We will also be hosting events in your area in the New Year, so please keep an eye out for the invites to these educational seminars that we provide our friends and clients, and we welcome new clients and friends!

Thank you for your time and welcome!

To All Of Our Friends And Clients In The Foothills Country Of Alberta

Starting this month, IG Wealth Management is proud to provide the readers of High Country News a series of financial articles meant to inform the readers of current financial concerns

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The Castle

by Andrea Kidd



For this is what the high and lofty One says – he who lives forever, whose name is holy: ‘I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.’ (Isaiah 57:15)

Hard stone walls, rough against my skin, tower above me, high and alone on the hill top, haughtily overlooking the busy neighbours greeting each other in the market place below. These domineering castle towers are strong to keep out intruders; the arrow slits are manned with archers ready to attack any who dare to approach.

My heart is like that castle. My guard is up. My self sufficiency is my pride. I need no man by my side. My position is attack. My armour has no crack. I accept nothing. I owe nothing. I am rich in myself and need no one else.

But my castle walls hide a soul that is pitifully poor. I must protect the poverty of my spirit from outsiders, withdraw from sight, back into my castle with the drawbridge raised. My riches are inadequate, fed by fear and useless activity. I guard my empty, lonely heart.

Jesus says, “Come out of that prison that you put yourself in. You know your spirit is thirsty for life. You’re so tired of the effort to maintain this strife. Drink deeply from my bottomless well of fresh, clear water.” He invites me to leave the dark keep¹ and cross the moat. “Toss your boots aside,” He smiles, “and wiggle your toes in my lush, green grass.



See the white daisy-stars and blue harebells I made for you. Feel the breath of my Spirit in the breeze; let it dispel your fears; let it ease away your resentment, your criticism, your cynicism, your shame and hurt pride. Let my Spirit fill you and preserve

you from evil, releasing you to stand tall. Let go of your will, let the castle crumble. Your heart is safe with Me and no one can measure my peace.”

My rules crippled me; my iron will ruled me. Now I choose to dwell under

the sovereignty of the One whose truth has the right to dominate me and in that domination I find an inexplicable freedom.

“Blessed are the poor in spirit for theirs is the kingdom of heaven.” (Matthew 5:3)

Illustration by Russ Rodman

¹A keep is the term for a strong central fortress inside of a castle, which usually contained stores of food, water and weapons for use during sieges.



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ADHD & ADDICTIONS

by Roché Herbst, M. A. R. Psych.



Who Is At Risk?

Intoxicants are risky business if you have ADHD (Attention Deficit Hyperactivity Disorder). It is not uncommon for those who experience the challenges of their ADHD behaviour to turn to addiction in an attempt to

sooth their restless brains and bodies. Addictions may include technology, food, sex, gambling, shopping, work, gaming, exercise, and more.

What Is The Relationship?

ADHD traits that share the addiction spectrum are:

- Impulsivity – poor judgment. Quick to jump into situations and behaviors without thinking through the consequences.
- Hyperactivity – the need for frequent stimulation and the inability to self-regulate.
- Easily distracted – boredom, difficulty paying attention, and a tendency to constantly seek novelty.

Other Factors

Genetics show there is an increased rate of substance-abuse disorders in close relatives of people with ADHD. Also, consider individual neurochemistry that involves neurochemical pleasure responses in the brain.

When Is It A Problem?

Not every person with ADHD will become an addict. It is important to be aware of ADHD behaviors that are similar to those of addictive behaviors and to seek professional help, if you feel it is headed in that direction. *“Abuse isn’t how much you’re doing or how often it happens. It’s about how it affects your relationships, health, work, school and your standing with the law. If you have difficulties in these areas and you keep on using it, then you definitely have a problem”* (Richardson, 2018).

Early Intervention

“Just say no!” is easier said than done. Start talking to your kids. Don’t wait until fifth or sixth grade. Let them know that having ADHD increases their risk for trouble and that they are more vulnerable. Even though adolescents with ADHD are generally no more likely than their peers without ADHD to experiment with drugs, when they do, the abuse and dependence skyrocket. Make sure your child understands that the best course is to avoid taking illicit drugs altogether, and to wait until adulthood to use alcohol (if at all). Approximately half of all adults with untreated ADHD are at risk of developing an addiction at some point in their lives, in an attempt to “self-medicate”. Any major life change can increase that risk.

What About ADHD Medication?

ADHD medication is not a gateway drug, but is considered a controlled substance. This means it has the potential to lead to abuse and addiction. Some people assume that it is risky to take these drugs. The truth is, those who seek treatment for their ADHD symptoms are much less likely to abuse drugs and alcohol than their undiagnosed, untreated peers.

Managing Treatment

There are different treatment programs that focus on addressing both ADHD and addictions simultaneously. Be mindful that other conditions such as co-existing anxiety or depression can interfere with recovery. If you have a dual diagnosis, then a multi-dimensional approach to treatment can help in finding long-term healing.

Sources:

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Mortgage Alternatives to the Banks

The traditional approach to obtaining a mortgage, whether it be purchasing, switching or refinancing your home, is to go to a bank. But did you know there are several other options available to you?

“A” lenders

A lenders or traditional/prime lenders, generally refer to banks and approve customers with credit scores in the minimum acceptable ranges, debt servicing within allowable ratios, verifiable income, and meet all the standard “tick-boxes”. To deal with these lenders, you must be considered an “A” client. These lenders are subject to OSFI federal regulation, which means that you’ll be stress tested when you apply for a mortgage. The stress test requires applicants to qualify at time of underwriting paying interest at either the five-year benchmark rate (for insured files), or the five-year benchmark rate or your contact rate plus two percent — whichever is higher (for conventional files).

However, when you are an A client meeting the criteria as above, there is a wide variety of A lenders. The big banks are not the only option, rarely the most competitive, nor do they offer the unique products & conditions you may need. Mortgages are not one size fits all. Mono-Line Lenders are an excellent alternative to any bank. Mono-line refers to the practice of specializing in a single discipline of the financial services business, such as mortgages in this case. Because of this defined focus, they offer more variety of products and routinely lower interest rates.

“B” lenders

B lenders are lending institutions that provide options for “B” clientele. These institutions offer lower criteria to qualify for their products, but they offset that risk with higher interest rates (and possibly fees). They accommodate applicants who may not qualify for an “A” mortgage because they lack an acceptable credit score, debt servicing exceeds allowable ratios, cannot meet the verifiable income criteria, or have any other risk associated with their file. Depending on the lender, you may or may not be stress-tested.

Private Lenders

Private or unregulated lenders is anything from individual lenders like the Seller of a property, a friend, or most often a business that specializes in providing private mortgages. These lenders are not subject to the same federal regulations that A (some B) lenders are. Their lack of regulation mean that they can close a file very quickly and with very little qualification standards being met. Private lenders aren’t overly interested in debt servicing ratios, your credit score or verifiable income, and they are not required to stress test mortgage applicants. Your property value & equity is most important with them - but you pay the highest interest costs & fees. Getting approved for a mortgage with a private lender is much easier than getting approved at an A or B lender.

Renting to Own

If you have a low credit score and/or do not qualify for mortgage for any other reason,

renting to own is an option to start working towards homeownership. Rent a property with the option to buy within a set period of time, while paying a little more each month that accumulates to add to your total down payment at time of final purchase. Benefits of renting to own include using a lower upfront down payment, building equity, and allowing extra time to repair your application deficiencies. It is important this is set-up properly; engage an expert in setting up a Rent to Own contract.


Always Reach Out To A Mortgage Broker

The best way to find mortgage options that may provide lower interest rates and a wider variety of mortgage products is to reach out to a Mortgage Broker. A knowledgeable and competent Mortgage Broker will know the market and all the financial solutions available to you. Mortgage brokers are independent and work for you, and as such their goal is to find you the best possible rate & terms for your mortgage. There are many alternatives to the big banks as you see above. Dealing with each lender individually is time consuming and difficult to navigate. A Broker will do the research and shopping for you, so it’s the best way to save both money and time.


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The 48 Hour Challenge

by Duane Harder

Have you heard about the “48 Hour Challenge?” The headlines stirred memories of a similar challenge that was popular when my wife and I were teenagers. That challenge involved fasting for a couple of days and donating the money saved toward famine relief in a particular country. However, as I read the article, I soon discovered that this “48 Hour Challenge” was totally unlike anything that we had experienced; that it was describing a new trend among teens that involves disappearing for 48 hours. So, what is behind this rather absurd idea? It seems to me that it is another way that young people are trying to answer the question, “Do I really matter to my parents? Will my disappearance scare my parents, create a media buzz or get my picture in the paper?”

Let’s face it, the “48 Hour Challenge” happens in many homes in a variety of different ways. Many wives complain about husbands who are physically there but emotionally AWOL. The fact is, many are screaming inside, “Does anyone care? Do I really matter?”

If I asked 100 parents if they really care about their children, 98 would probably say, “Of course I care” and list the benefits they bring to the children that reinforce their statement. After they finished giving the list, I would add one simple question: “Do you give them things or yourself?”

Several years ago, a group of companies bought into an experiment that was designed by a group of motivational psychologists. They went in and did a refurb of the space used by the office workers. Production improved significantly. Owners and management were impressed. About a year later they went back in and changed things back to the original. Again, production increased. The owners and managers were perplexed. When the office workers were questioned on their response to the changes, there was one over-whelming remark: “This company cares about its workers.”

Let me come back to the original question: “Do you give things or yourself?” Things buy the favor of the recipient. Giving yourself affirms their value. Buying favor involves an ongoing deposit of things. Affirming value involves an ongoing declaration of worth.

What are some ways in which I can give of myself?

1. Be intentional in allocating time. If you are a supervisor, manager, or owner, schedule personal time with all those in your circle of responsibility. Ask about their families, their life interests and their emotional, physical well-being. TAKE A PERSONAL INTEREST IN THEIR WORLD! As a parent, schedule outings with each individual child and use the opportunity to discover their world. Find out about their interests without passing judgement on whether you think they are good or bad.

2. Learn to listen to the heart not the head. Why a person says something is more important than the words used to convey the thought. A child or employee comes up with some “hair-brain” idea. Our natural response is to tell them how stupid or unreasonable it is. Of course, we would use choice words to communicate our superior intelligence/wisdom to theirs. Wouldn’t it be better to respond with something like: “I can see that you have given some thought to

this idea. I’m interested in hearing your thoughts: Would you tell me more?”

3. Use their words to lead you to their values. The parent/employer wears the label, “Critical fault-finder.” If there is a wrong, they will be there to point it out. We are quick to point out how damaging their negative attitude is. And, of course it is damaging. But, wouldn’t it be better to highlight their deep sense of justice and ask them to bring back suggestions as to how the problem could be remedied? The entrepreneur sees unlimited possibilities; the governmental man, structures that increase efficiency; the teacher, training that will expand ability; the visionary, strategies for expansion; the motivator, will find ways to stimulate lethargy, and the caregiver will help bring cohesion to the whole. If we focus on the negative side of each of these qualities, we are in danger of greatly limiting the potential of our organization, business or family.

Seven years into our marriage my wife said to me, “Duane, you don’t love me!” That was a bombshell. I wanted to defend myself and prove that I loved her. Instead, we agreed that I would take the next day to get alone and reflect on her words. I went to a provincial park that was close to where we lived. As I sat by the lake, the thought came to my mind: “Write down what your life is about.” I proceeded to write down all the activities that engaged my time. Several radio programs, newspaper articles, editor of a quarterly paper, speaking at conferences, counseling for a medical clinic, pastoring a Church, playing hockey and a few more. By the time I had finished the list the problem was obvious — I was in love with myself and my success. My wife and children got the crumbs of my life. Sitting there by the lake, I asked God for a miracle – change my heart so that I can give myself not just tidbits of time. I invite you to join me in the “Change of Life” challenge.

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Out of the Rut *Chapter 110*



Well, I opened and read my article in last month's HCN and chuckled – I certainly gave myself license to wax lyrical and ramble on a lot. I hope you found it entertaining too.

A couple of feet of snow or so later, gone in a flash of melt and magic, another kiss of summer and then back to snow piling up all around. I'm busy building new adventure pathways between synapses, bouncing from place to place around Calgary and Bragg. I find myself meditating on an array of unanticipated happenings and mystical moments. We never know what is around the corner. A walk along the river's edge had me enjoying the rich scents of Autumn – the ripe, fruity flavours of berries bursting on bushes and trees, the smell of the leaves and shrubs as chlorophyll makes its exit and the steady progression of decay lend a sweetness to the evening air.

This to loosen limbs and stir the blood after spending an hour or two on the mat. Having gently revamped my Thai Massage practice, the universe obligingly providing me with exactly the necessary in terms of people and time. I am enjoying the liberation of being back in my studio. Kneeling, squatting, sitting, standing on the mat, working magic with energy, body-weight, gravity, and a subtle array of wonderful secrets gleaned over the past 16 years' of study and travel, finding the ebb and flow of movement in my body after a long hiatus heals both ways. The true beauty of Nuad BoRarn is appreciated when reaching back, drawing growth and knowledge through the generations of amazing teachers and inspirations around the world that have contributed to this unique form.

I realize that you may not have yet been blessed with a Thai Massage Treatment. This is something that your life is heading towards. It will come at the right time.

Why Thai? It's fun, it's close to being the best thing you can experience with your clothes on. On a cushioned mat on the floor, fully clothed... all you have to do is lie down, close your eyes, take a deep breath and let go of all that stuff that clutters your mind all the time, let go of muscles – they don't have to exert any effort for the next 90 minutes, just chillax. Thai has been called Lazy Man's Yoga, but more delightfully and coincidentally, not only in literature, but by recipients, as a beautiful dance. This is the sublime achievement – when rhythm, feel, pressure, posture, all flow seamlessly one to the other. Sometimes the body on the mat loses sensation of time and space, loses track of hands or feet or... what is she using to do that now? It's such a luscious sensation of being rocked, stretched, occasionally twisted delightfully, then lowered, ever-so-gently with supreme care, back to a place of safety and soft relaxation.

Not only that, but in Thai Massage we have the freedom to address the body from any number of angles and techniques to open joints, free muscle tension, liberate blood flow, relieve headaches, untie those snow-shovelling knots, accelerate post-surgical healing and on and on...

I love the sweet, soft energy of my studio with Thai silks on the walls, aspen-slate altar, honey candles glowing in the corners. Every time I return to my practice, I revel in its utter simplicity and infinite complexity. Every other form of western bodywork is incorporated, some way, into Nuad BoRarn (Thai Massage). I have studied or sampled so many healing modalities & there are wonderful and profoundly therapeutic aspects everywhere. Most of the time I believe

the efficacy and degree of enjoyment you have in such a treatment is largely determined by the simple exchange of energy between you and the 'giver'.

Think about the moment you meet a new person. Your initial 'gut reaction' is your body's energy reacting to the energy of the other person. If it rings true, you like, if it doesn't – regardless of how fabulous the other person is, how much you respect who they are and what they do, how much you think you'd like to work with them - if you don't get that like sensation, chances are, whatever you do together will not reach the heights you'd prefer it to.

On the other hand, that could all be codswallop.

We are watery beings, constantly in motion within ourselves, full of ebb and flow. It's a bit daft to think we think and act and transmit emotions the same way all the time. It might not work today, but it may be the perfect and only solution tomorrow.

*With gratitude and love, Kat Dancer
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www.kat-dancer.com,
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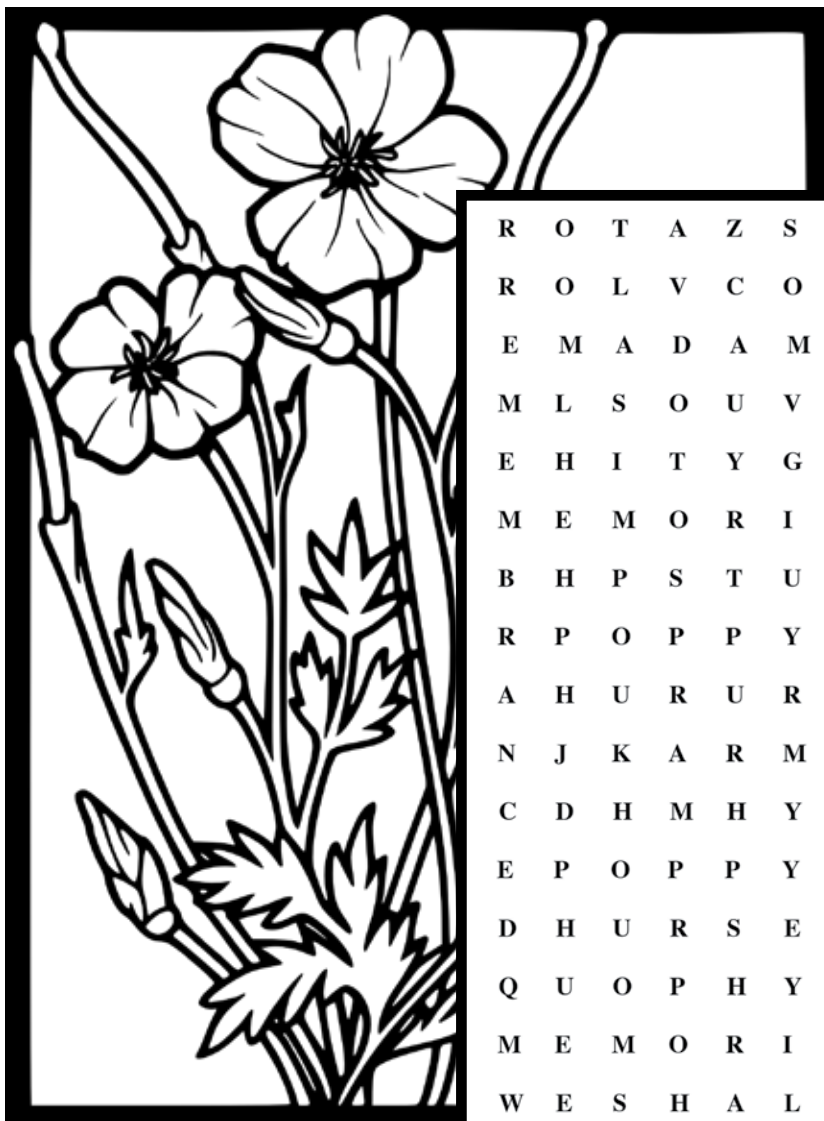
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Remembrance Day

November 11

"Lest We Forget"



R	O	T	A	Z	S	A	C	R	I	F	I	C	E	E
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W	E	S	H	A	L	L	N	O	T	S	L	E	E	P



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Bring your answer to the Trading Post **before Nov 15** and you will be entered to WIN a gift from the store!

Remembrance Day Word Search

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- poppy
- we shall not sleep
- Madame E. Guerin
- remembrance
- souvenir
- Armistice
- little red poppy
- poppy lady
- John McCrae
- sacrifice
- heroes

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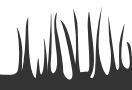
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