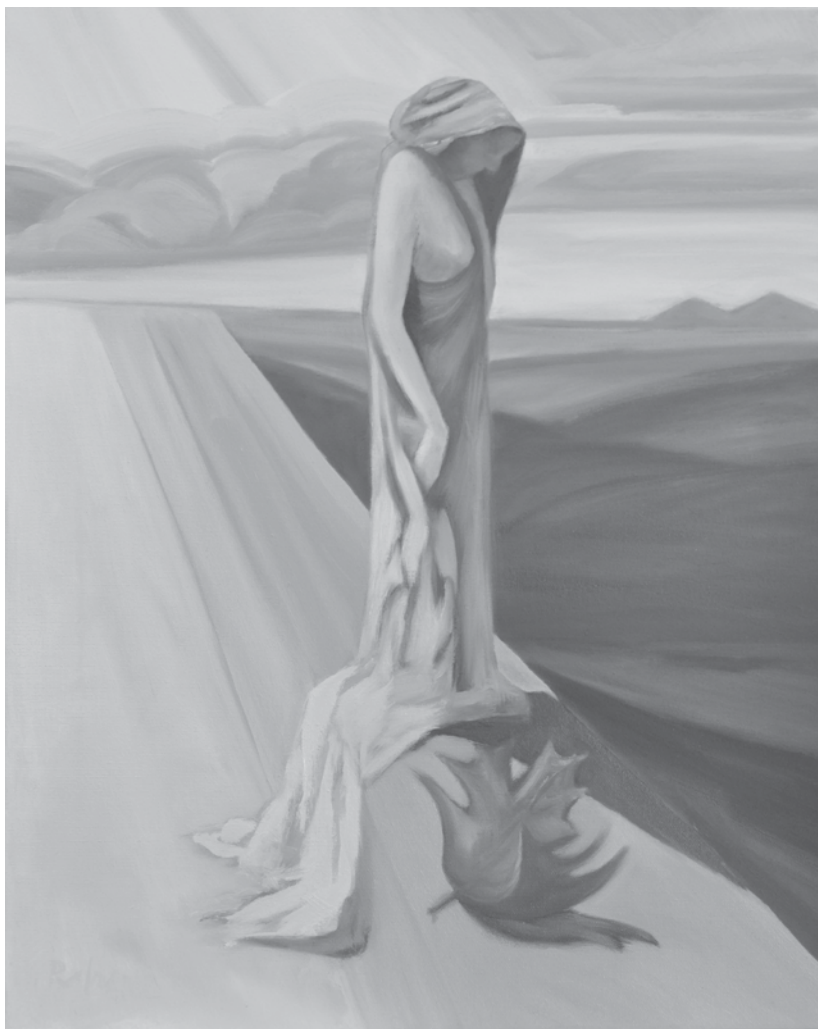


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The Act of Remembrance

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and in the morning

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We will remember them.

- Excerpt from For the Fallen by Laurence Binyon



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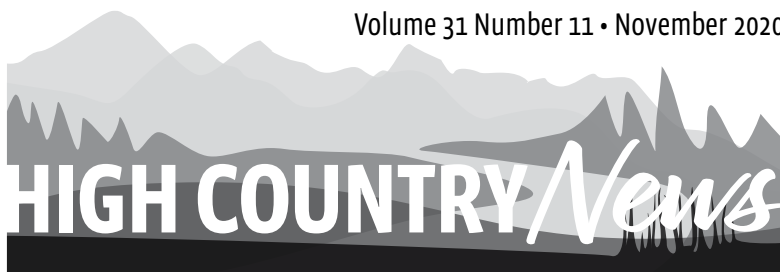
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From The EDITOR

Dear Reader,

I appreciated this month's art submission by local artist Annette Resler, "Eternally Hopeful". What a great title, and such a good posture to have.

I recently had a conversation with a long-time customer of mine who dropped off some pie to our office. This customer is involved in the restaurant business in Calgary and as we all know, the

food and entertainment industry has been extremely hard hit by the current economic situation in our province. It wasn't so much the pie, but his statement of generosity and sharing that came with it, that impacted me.

As we discussed business, his optimistic attitude confronted my often pessimistic attitude and I felt changed. He didn't sugar coat the situation, nor did he think that things were going to be better anytime soon. But he did make mention of the things he was thankful for, and of the ability to work through this, if we support and stand with each other. Are we willing to make the sacrifices necessary to pull through? Over 100 years ago, Canadian

citizens made significant sacrifice, both in the First World War, but also during the Spanish Flu. It was neighbor supporting neighbor. Maybe we, too, can roll up our sleeves just a bit longer, and see this thing through. It wasn't so much the vaccine, or the government that got people through.

What can we do to keep our communities intact and the local stores open?

For the Redwood Meadows residents, please make note of the announcement on page 24 of the much anticipated lease vote. Enjoy your read, and until next month, stay safe.

*From my family to yours,
Lowell Harder*

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Artist

PROFILE

Okotoks artist, Annette Resler, created "Eternally Hopeful" for a group exhibition at the Okotoks Art Gallery. Inspired by the composition of a well known painting by Group of Seven artist, Lawren Harris, Annette depicts the statue of Mother Canada, which is part of the Vimy Ridge Memorial in France. The cradled maple leaf is intended to give the sense that Mother Canada is casting her nurturing view toward it, a symbol of this nation, Canada. Annette states that the title of this painting comes from Canadian's use of "eh" which provided an acronym for "eternally hopeful". More info about Annette and more of her work can be found at www.areslerart.com



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Letters To The EDITOR

As the leaves change colour and the day greets us with a crispness to the morning air, the excitement of the end of harvest sets in.

Harvest is a significant time of year for our farmers. It is the culmination of all their hard work. After months of planning, preparing, seeding, fertilizing, and spraying, harvest is the end result. The fruit of all their labours.

In the spring, there was something so reassuring driving through the Foothills and watching the farm families hard at work. Farmers continued to seed just as they always had, in spite of the uncertainty facing our world. Our farmers kept working so our grocery shelves would be stocked and there would be food on our dinner tables.

With the chill of fall setting in, I felt such a warm comfort to see the combines out in the fields throughout harvest. As

the mountain peaks turned white and the golden fields became quiet, I was proud for each of these farmers and their families as they celebrated another successful harvest.

Thank you to all the farmers, ranchers, producers, and your families across Foothills for your steadfast work, and your commitment to growing and producing the highest quality food for Canadian families and customers around the world.

Thank you for your early mornings and late nights, your battles with the weather, and for facing challenges outside of your control.

Thank you for setting the example to keep working and doing what we can, even when we are not sure what the future may hold.

John Barlow
Member of
Parliament,
Foothills

In her October 2020 column, Miranda Rosin, MLA spoke of how recently passed Bill 16 focused on supporting victims of crime.

Bill 16 actually eliminated direct financial benefits for most victims of crime, a program that has existed since 2002.

It is difficult to rationalize how eliminating direct financial benefits for most victims of crime provides support.

Yours very truly,
Clint G. Docken

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Letters To The EDITOR

The Provincial Government Is Doing To Rural Alberta, What Ottawa Does To Alberta

An Alberta showdown is brewing. Alberta oil and gas producers are asking for a tax break and the province is looking at ways to give it to them. That sounds like the Alberta Advantage at work, but there's one pump-jack-sized

hitch: the tax cuts will shift the burden onto the backs of farmers, ranchers, and rural municipalities.

Both sides say – rightly so – that they cannot bear the cost. They are giving the mess back to the Alberta government to sort it all out. If taxes stay high, local oil and gas companies will have to cut jobs or fold. If taxes are cut, rural Albertans will be forced to take up the slack and suffer a steep tax increase.

Where did this train derail? Since when have we in Alberta stood by while

two of our main resource sectors face off against each other in a battle for our support? This is a no-win scenario for rural Albertans, and neither should take the blame.

Rural Albertans built Alberta. They do the hands-on hard work of laying down the economic fundamentals that the rest of the province – and country – rely on. The Alberta government is trying to figure out how much to take from Paul to give to Peter, but they've already lost their way. Both sectors are vital and should be given every advantage to

carry our economy back into a place of prosperity.

There is a sickness that has grown in corners of our province: a top-down-government-knows-best, Ottawaesque style of central planning that chokes off those who feed and resource our country. Instead of giving power to local governments to create competitive environments, big city and provincial government bureaucracies are setting the stage for these kinds of grand battles, and they make sure they never lose.

Ottawa has been spending wildly knowing full well that they can pass it on to the likes of Alberta. Alberta provincial politicians spend well above their means and pass it onto the cities. Civic leaders are more than happy to keep the taps flowing to mega projects that benefit a few, and we're left with rural resource sectors battling it out for their very existence. Layers of government are tying the hands of those who are holding them up. They force puzzling bureaucratic foolishness on our municipalities and mock them when they cannot keep up with the latest socio-political fad or cannot untie their burdensome tax knot. Municipalities should be at the forefront of building a prosperous Alberta, free from the meddling of central planners.

It is time that we turn this around, starting at the rural level. Give back the Alberta Advantage to the oil and gas and agriculture sectors. Give them a break and recognize that when they succeed, we all do. One straightforward move is to take an axe to unfruitful layers of government that keeps rural Albertans at bay. The Calgary Metropolitan Regional Board is alive and well, choking out rural investment to the benefit of



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big city planners. This board actually allows Calgary City Hall and other urban bureaucrats to stifle growth and investment in neighbouring, mostly rural municipalities. They can bluntly stop rural elected officials in their own municipality from governing. It is anti-competitive, short-sighted and a damaging anti-prosperity program. The provincial government is doing to rural Alberta, what Ottawa is doing to Alberta.

Instead of tying the hands of Albertans, we need to turn to their ingenuity, creativity and resilience to let them dig us out of this mess. Big-spending provincial and federal governments need to change their behaviour and eliminate the unelected and unnecessary fourth layers of government. If our governments really want free-enterprise, nimble, and thriving municipalities, then their best bet is in the agriculture and resource

sectors, and the rural communities that built our province in the first place.

Government doesn't create jobs; people do. Ralph Klein understood this and eliminated central planning boards. It's long past time for the Kenney government to do the same.

*Submitted by Bruce McAllister
Executive Director, Rocky View 2020
rockyview2020.nationbuilder.com*

Obituary

Shawn Margaret Fullerton

On Thursday, Oct. 15, 2020, Shawn Margaret Fullerton of Lundbreck, Alta., suddenly passed away at the age of 62.

Shawn was born on Dec. 21, 1958 to Perry and Ruth Williams. She spent her first years in Texas alongside her siblings: Dave, April and Randy before moving to Bragg Creek, Alta.

Shawn met the love of her life Charlie Fullerton as teenagers, even though they didn't start dating until their twenties once they did it led to a wedding on August 9th 1986 in Calgary.

Charlie and Shawn ranched in Bragg Creek and started to raise three kids: Kate, Rees and West before moving the ranch to the Porcupine Hills in Southern Alberta in 2004.

Shawn's time was often split being a great ranch wife helping Charlie on daily ranch duties or cooking the most amazing meals and supporting her three kids in all their endeavours. Whether that was cheering the boys on in a hockey arena or a rodeo arena for her daughter or leading the Timber Trails 4-H Beef club for numerous years.

She will be incredibly missed by anyone who had the privilege to know her.

Shawn is survived by her loving husband, Charlie Fullerton, of 34 years; her three kids: Kate Fullerton of Blackfalds, Alta., Rees Fullerton of Lethbridge, Alta., West Fullerton and significant other Candace Cornish of Pincher Creek, Alta.; her father, Perry Williams of Calgary, Alta.; her brothers, Dave (Jean) Williams of Oklahoma City, OK., Randy Williams of Denver, CO.; her sister, April Williams and significant other Will Carter of Dallas, TX.; as well as numerous nephews and nieces.

Shawn was predeceased by her mother, Ruth Williams.

Memorial contributions may be made to the Tom Baker Cancer Centre in Calgary, Alta.

Obituary

Richard John Nylund

Richard John (Johnny) Nylund passed away suddenly from congestive heart failure at his home in Turner Valley on September 17th, 2020. Johnny leaves behind his wife Marie, children Leo (Shelley), Nancy-Lee (Bill), Guy (Hannah); and grandchildren Clayton Nylund and Ruby Nylund. Johnny was predeceased by his parents Hjalmar and Peggy Nylund and his sister Margaret. He is also survived by his brother George Nylund and his sister Eleanor Davidson and many nieces, nephews, and cousins.

Johnny was born in Calgary and raised at Square Butte. He attended Square Butte school and rode a horse 2 miles to school each day, along with his siblings. He enjoyed the country life, acquiring practical skills of ranch life, livestock management and a hard work ethic.

Johnny gained excellent horsemanship skills having spent countless hours on horseback while hunting, chasing wild



horses or simply enjoying exploring the country west of Millarville. For many years he worked for John & Isamay Balchey at the Chinook Ranch at Square Butte. He and his wife Marie and son Leo lived at the ranch for 4 years before moving to Lake Louise where Johnny had accepted a job with Parks Canada on Trail Crew, a job that took him and his horses over many backcountry trails and mountain passes in Banff National Park.. He also worked his winters as a Snow Cat operator at the Lake Louise ski hill and later as a speed plow operator on Highway 93 North for Parks Canada. He accepted a position as Banff Barn Boss in 1977. He was a skilled horseman and horses loved him. He also took care of the Buffalo Paddock herd and enjoyed seeing the newborn calves arrive each spring. He always

said, "I have the best job in the park!" In 1996 an opportunity came up to manage the Ya Ha Tinda ranch. He and Marie moved to the ranch and remained there for 7 years. Johnny's time at the Ya Ha Tinda was the highlight of his career with Parks Canada. He took great pride in the ranch and managed it as if the

ranch was his own personal place. And again, he loved to see the newborn foals each spring. He retired in 2003 after 30 years with Parks Canada. He and Marie purchased an acreage near Bergen which they enjoyed for 14 years. Johnny liked to build with logs and had helped to build several log cabins for the backcountry of Banff Park as well as his own log cabin and barn at Water Valley. After retirement he built several logs beds and log coffee tables for family and friends.

Johnny and Marie moved to Turner Valley in the summer of 2017. This move put him back into the beautiful country of his youth and he enjoyed many drives to Square Butte, Junction Creek, and the Highwood reminiscing about the many experiences of days gone by.

Johnny's wishes are that he be cremated and his ashes spread at a special place west of Millarville. A celebration of life will hopefully be held in 2021.

The family wishes to thank the Turner Valley EMS, Fire Department, Doctors Brian Doran and Tristan Hembroff, staff of the Oilfields General Hospital, Cardiologist Dr. Xi Zhao.

In lieu of flowers donations can be made to STARS Air Ambulance, The Alberta Children's Hospital.



Clearing the Air on Parks

It would be hard to live where we do and not consider yourself some level of an environmentalist. Few people in the world are fortunate enough to live in a place surrounded by towering mountains with glacial lakes, curious wildlife, and adventure around every corner. As the MLA for Banff-Kananaskis I may be biased, but I believe we truly live in the most beautiful place in the entire country, if not the entire world.

Demand to experience our great outdoors has always remained steady, especially as urbanization increases. It is because of the nature surrounding us that our people remain healthy and our tourism communities have remained resilient in the face of downward economic trends across the rest of our province. Even I love exploring the Rockies, despite my proneness to injury. Two dislocated shoulders and a broken elbow, all from separate hiking accidents over the summer, couldn't even keep me away from hiking trails and summiting peaks.

I know that protecting our beautiful provincial parks while maintaining opportunities to enjoy them is incredibly important. It is important for our tourism economies, and it is important for the physical and mental health of everyone living in our province. That is why I was happy to work with our Minister of Environment and Parks, Jason Nixon, to announce a \$43 million Alberta Parks infrastructure investment. This investment included a \$15 million investment directly into Kananaskis Country for upgrades to trails, the Barrier Lake area, and the William Watson Lodge. I am also pleased to say that our Government has invested over \$10 million to conserve 22,000 hectares of environmentally sensitive land since taking office last Spring, and \$25 million to install wildlife fencing and a new wildlife overpass along the

TransCanada highway. Still, there is a significant amount of misinformation circling about our Government's management of Provincial Park lands, so I'd like to take the opportunity to clear the air.

Absolutely no park lands are being sold in Alberta. Zilch. Zero. Not in Kananaskis Country, and not anywhere else. Even if a government - past, present, or future - wished to sell off lands in Kananaskis Country, they would be legally unable to do so as per the Kananaskis Recreation Policy legislation.

Our Government will be removing the Park designation from 164 spaces across the province, however, this accounts for only 0.3% of Provincial Park land in Alberta. 99.7% of Provincial Park land in our province will remain as such and will continue to be highly protected. The 0.3% of lands losing their Park designation will never be privatized nor sold off and will still remain protected as Crown Land. We will be seeking management partnerships for the lands and facilities on them to ensure that they remain in healthy condition and accessible to Albertans, however in partners we will specifically be looking for municipalities, Indigenous communities, or not-for-profit organizations. Such a model of co-managing public lands has proven tremendously successful for decades in our province, with Fish Creek Provincial Park being a prime example. I am optimistic that all new partnerships formed will be just as strong.

Approximately 20 campgrounds across the province will cease to be Government operated. These campgrounds were collectively operating at an annual loss to the taxpayer between \$4-5 million and had visitation of less than 50 campers per season. The "Defend Alberta Parks" campaign's claim that we are closing 4,493 campsites and shutting Albertans out from accessing the outdoors is hyperbole at best. I can confidently say that these temporary campground closures will have no detrimental effect on our Government's commitment to double tourism in Alberta by 2030, as any venture that loses millions of dollars a year is significantly detracting from growth, not enabling it. Regardless, we are actively considering partnerships for these campgrounds as well which will ensure that many of those slated

for closure can remain operational for years to come. I've already spoken with numerous entrepreneurs from our communities interested in taking over the operations.

Alberta's Provincial Parks have always been some of the only in Canada without a user fee which has continually put a strain on their funding capabilities. The unfortunate truth is that our Provincial Park system lost the taxpayer \$52 million last year. I do not believe our parks should be profiteering ventures, but I do believe that as stewards of taxpayer money, our Government should find better ways to manage these lands. As taxpayers in this province you should demand no less from us.

Our Government's decisions have never been about limiting Albertans' access to recreational opportunities, but rather the opposite. We are doing our best to better manage these lands, the facilities on them, and their funding model in an effort to guarantee that the recreation opportunities we enjoy today can continue to be enjoyed by many generations to follow.

That is an initiative I can be proud of.

A vertical graphic for MLA Miranda Rosin's constituency offices. At the top is the Royal Coat of Arms of Canada. Below it, the text "MLA Miranda Rosin's" is in a large, bold font, followed by "Constituency Offices" in a smaller font. Underneath is "Office Hours:" followed by "Monday, Tuesday, Thursday, Friday" and "1200 pm - 4:30 pm". At the bottom is a portrait of Miranda Rosin. To the right of the portrait, there are two boxes: "Bragg Creek: 226-7 Balsam Ave" and "Canmore: 206-1080 Railway Ave".

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Is it just me or did you think the switch from golf season to ski season came a little too abruptly? As much as it seems like I'm whining, I'm not. However, I did shed a few tears as I put my golf clubs into hibernation. Thankfully, the transition wasn't like what we experienced last year. I managed to get my leaves raked and wood chopped in time.

In Division One we certainly enjoyed one of the most gorgeous falls in recent years. The wind gusts stayed away long enough for us to take some photos and post to the world how lucky we are for where we live. And from what the weather experts predict, we're in for a snowy winter – so having all of those colours etched in my brain leaves a heart warming memory.

Wayfinders Wellness Retreat

Speaking of the natural beauty bestowed upon our area, I was honoured to take part in a ribbon cutting ceremony with Mayor Jeff Gunung of Cochrane (and his impressive giant scissors) in Jumping Pound several weeks ago amongst many dignitaries and media. It was a breathtaking setting to honour our First Responders and Military personnel with the opening ceremony of the Wayfinders Wellness Retreat at Wineglass Ranch.

A society headed by Detective Paul Wagman of the Calgary Police Service and his colleagues, this group is dedicated to helping these heroes and their families experience wellness through programs that are nature-based and supported by community.

Wineglass Ranch, owned and operated by the Wearmouth and Eklund families has generously donated a 1920's farmhouse as a safe space for first responders to heal from post-traumatic stress disorder (PTSD). According to Detective Wagman and his committee, with Covid at our doorstep, more than ever, our first responders and military friends will need a place where they can find comfort and help in a support group of peers. If you'd like to donate funds, time or expertise, please contact the society by visiting their website at www.wayfinderswellness.ca.

Final Year

With an election looming in 2021, it's hard to imagine that I'm into my final year as your Division One Councillor. How time flies and yet it seems like so little has been accomplished.

However, that's not necessarily the case. Headway has been made to bring about our much anticipated flood mitigation project. In due time, we will be able to stroll the banks of the Elbow River and feel comfort knowing that we can move forward to develop a more robust residential and commercial sector for Bragg Creek.

As for the weekly summer headache known as the Highway 22/Balsam Avenue/White Avenue intersection, we'll see temporary traffic lights to help navigate our way through the 4-way intersection until a permanent solution is in place. At the time of this writing, I will be sitting down with Tsuut'ina Council members, Alberta Transportation and Eagle Engineering

to discuss this project and its effects on our area.

There are many other issues that will easily continue on as my term comes to a close. Development in the Hamlet, water and wastewater servicing, SR1, internet servicing, FireSmart, the Area Structure Plan, the battle against the pandemic, RVC boundary adjustments, to name but a few.

As I've learned over the years, governance/politics does not move quickly enough when you're eager to build a better quality of life for residents. But I have realized that it takes many parties from the top, provincially, to where I stand, municipally, along with much dialogue with stakeholders but also, and more importantly, rate payers. What I have learned over these past few years may only be the tip of the municipal governance iceberg, but with its many challenges comes much learning.

Know that your councillors, administration and staff work hard to make RVC the envy of many communities throughout Alberta. I have learned thus far, firsthand, we are lucky to live where we do and with the lifestyle we have. And we have many to thank.

Please don't forget about our military veterans and all of our first responders who serve and protect us not only on November 11th, but every day. Stay safe, where a mask and keep your distance.

– Cheers, Mark



The Springbank Creative Arts Club's mission is to encourage the development of arts and crafts within the Springbank community.

We are truly grateful to live and work in this beautiful, bountiful country. Now as winter edges closer we will be ready for the next season.

Some members joined forces and had a "Pop Up Market" at Addies Creative Fabrics in Cochrane in September. This event was very successful, and a huge thank you to Virginia and staff for hosting! Also, to the customers coming in through the pink door! We all got our crafting fix, at least for now! It was so nice to see so many people check it out and purchase high quality décor items and gifts that were available for Christmas.

The Club is looking for new members to join and share in the creativity! If you are an organizer or decorator, or if you have some skills which can be utilized, and would like to serve on the Board, please let us know. Do you have a craft or artisan item that you would like to share with the group? Send your email, including related details, to yjo999@gmail.com and it will be determined if there is enough interest to present your item to the Club. Please send your email to Janice at janice3lambert@gmail.com if you have new business items to introduce at Club meetings.

Although the Christmas Market Sale has been cancelled for this year, we continue to meet to share ideas, creations and friendship. We are like minded and offer support,

creativity and inspiration to all as plans continue for the future. Take advantage of this opportunity to meet artists, artisans and other crafters who live in Springbank. To obtain more information about a Club membership, send your email to yjo999@gmail.com. Members are encouraged to bring along their creations (for Show and Tell) to share with the group during the Club's meetings. Follow us on facebook.com/springbankchristmasmarket

*Contributed by Yvonne Bamlett,
Springbank Creative Arts Club*

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Open Letter to Reeve Boehlke:

The latest submissions by the Alberta Government in the SR1 file outline significant structural changes to SR1. In our estimation, the changes result from foundation risk that became apparent with additional geotechnical work. The outlet works have been completely redesigned - is RVC even following these developments to the Project? If SR1 fails, the consequences are unbearable. We therefore request clarification on RVC's role in the SR1 project from this point onwards.

The decision to withdraw opposition raises many questions about RVC fulfilling its mandate and responsibilities to protect the environment and health and safety of its citizens. Further, the withdrawal of RVC from the ongoing regulatory process sets an inexplicable and troubling precedent. By RVC's own account, SR1 has many adverse impacts and deficiencies. Now, Council has apparently stepped away from being an active participant in resolving these issues. This sets up a vacuum for impacts on the County that, by default, will be filled by other parties including the Federal and Provincial governments and special interest groups - or in other words, non-residents of RVC.

We are unclear how RVC's interests will be addressed in the regulatory process going forward and how the decision to withdraw objections was arrived at. Clearly, there were long-term negotiations occurring that RVC residents were not privy to.

We request:

- To understand if and how the County will participate in the SR1 process going forward.
- Financial support from the County for experts in priority areas of interest, including Project risk. We look forward to discussions on the aforementioned matters. Or, has the County fully abdicated its responsibility to represent residents on this matter? Regards,

Karin Hunter, CFA

President, Springbank Community Association

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Bathtub Economics Explained

The fastest market correction in history, that started in the last week of February 2020 and bottomed in late March 2020, led to the fastest bounce back over a five-week period, since 1987¹. However, at the time of this writing, the U.S. S&P 500 Index is up a little over 4% above the **February 2020 peak level**.

Many market observers and commentators attribute this quick market rebound to the amount of money created by Central Banks globally, to support the global economy with cash injections. So, what does Quantitative Easing or money printing really mean? And more importantly, **how might this affect the asset allocation strategy for investors in the long term?**

First, the US Federal Reserve, arguably the key global Central Bank, from which all other Central Banks take their cues, has created an estimated \$5 - \$6 Trillion dollars to support the U.S. economy. These cash injections to a variety of industries have amounted to about 30% of total US GDP or economic activity in an economy estimated to be around \$22 Trillion dollars in 2019.

The catch is that creating money or credit out of thin air usually has consequences in the medium to long term that can have long lasting economic impacts.

And here we get to a discussion of *bathtub economics*. Printing money in just the right amounts, not too much and not too little is a delicate balancing act.

Think of the economy as a bathtub. A bathtub has a certain capacity for water (or money). If you create too much water, then there is uncontrolled spillage outside of the bathtub. If there is too little water flowing into the bathtub, then a slow leak will cause the money supply (water) to drop in volume.

Too little money causes credit to contract affecting consumer borrowing ability. Too little cash in the system could cause interest rates to rise quickly. Since the 2008 credit crisis, there has been a general rise in global debt levels among all types of borrowers - consumers, students, corporations, governments, and the financial industry. In past years, interest rates have risen to reduce demand for additional borrowing. However, in our current world, any substantial rise in interest rates could cause governmental debt servicing costs to rise significantly and possibly even cause some severe financial hardships for some countries.

For the consumer, this also means that excess "free money" in the system will result in rising prices for goods and products. When there is extra money chasing a limited amount of goods, prices tend to rise because of the competition between consumer demand and the available supply of money.

Over the past 10 years, price inflation has been witnessed in the various asset classes that rose dramatically in response to a "bathtub full of money". Between the 2008 credit crisis and 2016 we had one of the slowest recoveries ever from an economic crisis, assets including, stocks, bonds hit new record levels.

Then there is the effects that **negative interest rates** have on the economy & investments. The intention is to encourage borrowing and to drive economic growth in a low growth or recessionary environment. Negative interest rates are great for corporate borrowers who can borrow at historically low interest rates but negative interest rates hurt **savers** who are getting historically low returns.

Which way will Canada go? Will we follow the examples of other European countries? Let me help you navigate the current challenging environment.

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



I hope you enjoyed your summer and even more importantly this gorgeous fall we were enjoying, until last week's snowfall!

COVID-19, and how we are adapting to it, is on everyone's minds and in most of the conversations I have. We are still seeing a huge impact in our workplaces, our schools and how we play. I'd like to highlight a few things that are happening locally related (even if loosely!)....

1. Springbank's own dog off leash area.

Located on Municipal Reserve – we have a 5 acre parcel that is not being utilized. We received MSI funding from the province which will allow us to utilize these lands to the benefit of all local residents (exactly what MR land is supposed to do!). The park is fully fenced, with a larger area for larger dogs and a smaller area for little ones. There will be a small parking lot (about 20 cars). The park is located on Township Road 245, just west of the Den's, and opened mid-October. So how is this COVID-19 related? Well, a nice outdoor activity, meeting with your friends, two and four legged, to walk, play and enjoy a space in your own community is a great stress reliever!

2. Pathways – we have many “informal” pathways in Division 2 that residents have been enjoying for years, but even more so now. Many of these are located on private lands, and can be found primarily closer to the river (Elbow & Bow). The good news is that more people are enjoying these hidden treasures, however the bad news is that because of poor behaviour, some of these have now been locked off from the public.

Leaving garbage behind, having parties, loud music, illegal camping, etc. eliminates these spaces one by one from our community. Because these are on private lands, the land owners have every right to close. So please don't do things that make this happen.

Pick up your trash, respect that these spaces are gifts, or we will lose them – and in fact we have lost some already.

3. Traffic!!! Can anyone else say traffic jam between the middle and high school in the morning and afternoons? I suspect because of COVID-19 concerns, fewer students are riding on the buses and more in cars. In fact, RV Schools has a 3000 student decrease in bus ridership, but not a 3000 student decrease in student numbers! This is causing mayhem on 33 a couple of times a day. If you are picking up/dropping off – you may be finding alternate places to do that vs. the actual school parking lot. This is especially true at the high school, requiring students to cross 33 to the west soccer field parking lot. Unfortunately, because of the long line up of buses turning into the high school, there is no visibility for cars to see if kids are in the cross walk. I personally witnessed a student just narrowly missed, and I have received many calls regarding this problem, too. This is a situation we can all contribute to solving. I have spoken with RVC about getting some flashing pedestrian lights at that crosswalk and that is possible, but the type we need (beacon/solar/ability to press to activate) come from the USA and are back ordered, so this could take a bit of time. I'll also be talking to the school about traffic control in/out of the school and perhaps some volunteers that could actually act as traffic control in that area. Parents, perhaps have your student wait 10 or 15 minutes after class is out so that some of the congestion can clear. Also, I know that entering/exiting the high school parking lot at certain times of days is chaotic, but having students cross a congested road with limited visibility is dangerous – so perhaps (please) pick up in the parking lot. We can avoid an accident if we can all do our part. I have also asked for additional enforcement at these times of the day.

4. High Speed Internet – I wish I could say that we have made great strides on this – we haven't, but incrementally we are having more conversations, meeting with providers, holding workshops and collectively trying to figure this out. We have providers that will come and even make a small contribution into the capital investment, but right now the remainder would be on residents to pick up. A recent example we looked at (with real information) would add about \$200/mth to people's residential tax bill for upwards of 10 years – so this not likely the best solution. The main cost of getting fibre is running the conduit down the side of

the road (trenching) – so we are look at our road policies to do this when we work on a road – we could get to every road eventually, but maybe not fast enough for those communities in need today. We could try to get Federal grant dollars (we are) but unfortunately the CRTC already thinks we all have access to the minimums (50 mbps down/ 10 mbps up) – but very few of us have those speeds so we need to get that information corrected somehow. We will also be looking at making it a requirement for developers to add these conduits (just like deep services) as a part of the development agreements, and for those developments that are bringing in services – make it a requirement that service be offered to those along the path (for a connection fee), we have lots of ideas about how to tackle this elephant – we will get there, it will just take continued focus and priority on the part of RVC and Council. I also think that you can do your part – call/write these big players and demand the service. If they hear from enough of us – I think they'll start to listen! This Council continues to examine all possibilities.

Finally, not COVID-19 related, but I've received a number of calls regarding the Webber Lands between RR 32 & RR 33, south of Springbank Road and the development that is happening. I don't have a lot of information, but a conceptual scheme (Springbank Creek Conceptual Scheme) was approved in October, 2013. This called for a Private School Campus, associated school fields, some residential and likely a few other things. Webber has purchased the entire parcel (570 +/- acres) and is continuing on with the already approved conceptual scheme. They are modifying it, though, mainly the location of designated cells and this will come to Council as a public hearing this fall. On October 6th Council will consider 1st reading and if that passes, the public will be notified and a hearing will be scheduled. It is important to note that these lands have land use and could be built exactly how it was approved originally. My understanding is they are focused on building the sports fields first, then sometime in the next 3/5/10 years a new high school campus. I don't know about the residential component, but at every development stage, should Council ultimately approve the changes to concept scheme, the public will be engaged.

Cheers, Kim



Good Neighbour Bylaws

The municipalities of Foothills County and Rockyview County are some of the most beautiful and desirable locales in all of Alberta. Over the last three or so decades, the population has increased significantly. What was once a collection of widely spaced farms and ranches now includes new and growing hamlets, acreage subdivisions and much more densely populated areas in general.

Along with the increasing population comes an increasing number of motorbikes, dogs, ATV's, target practices and other intrusive accoutrements of "country living". I've heard residents espouse the "It's my land and I can do whatever I want" doctrine. That's true to a certain extent, but when activities impact the neighbours, it becomes a different situation. If you ascribe to that doctrine, then I'm sure you won't mind my plans to get rich quick by building a 2,000 unit hog barn adjacent to our joint property line. Doesn't everyone love the smell of nice rich hog manure?

They say good fences make good neighbours. Unfortunately, you can't fence in sounds, smells, or light and so county bylaws have evolved to address this issue. Foothills County has a Noise bylaw that states, *"No person shall ... make, continue, cause or allow to be made or continued any excessive, unnecessary, or unusual Noise of any type"*. "Noise" is further defined to include *"...the activity generating the sound, is likely to unreasonably annoy, disturb, injure or detract from the comfort, repose, health, peace or safety of any Person within the limits of the Municipal District of Foothills No. 31."* Violation of the bylaws can

lead to mandated remedial action or a fine. I'm sure Rockyview County has something very similar.

I looked up the definition of "repose" as it's not part of my everyday vocabulary. One of the definitions pertains to "eternal or heavenly rest". Well I'm not ready for that yet. Another more appropriate definition refers to "peace and tranquility". That I can live with. Literally.

I reached out to Sgt. Darlene Roblin, Emergency Services Manager for Foothills County, who, until just

recently, directly oversaw the 4 frontline Peace Officers in Foothills County. (Her new title now includes all emergency services.) In 2018, the officers investigated and concluded 428 complaints. In 2019 it was 509 complaints. Additionally, Peace Officers are busy with proactive traffic safety initiatives and enforcement. They are involved in supporting community events like the Millarville Run to the Market, Spruce Meadows Salute to First Responders, CP Holiday Train, school walkathons and the like.

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I asked her for the top 3 items/behaviours that would make a better neighbour from a bylaw perspective. She was kind enough to respond with the following:

1. Please talk to your neighbours. People complain rather than actively becoming part of the solution. Common responses Officers often get when investigating a complaint is "Why wouldn't they just come talk to me about this? Why would they call you without trying to work this out with us first?" Obviously this won't work all the time, but people might be surprised at

how others would be willing to listen to their concerns directly.

2. Please make sure your dogs are not running at large or barking too much.

Dog complaints are consistently one of the most frequent points of conflict between neighbours. There have also been a number of dog biting incidents over the past few years.

3. Simply be considerate to others. Speak with your neighbours, let them know if you are planning a get together that they might be able to hear. Neighbours who talk to one another, engage with each other will tend to

look out for each other and their properties. With rural crime being an issue in our region, banding together as a community is a great way to make sure we are watching out for each other and the end result is a win for everyone.

Regarding the last point, I've had a neighbour let me know when she was having a Stampede Event adjacent to us. It made a lot of difference just knowing what was going on and what to expect.

Please be considerate of your neighbours and your community.

Dave Schroeder
HCRCWA Board Member

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The shop offers an eclectic mix of local fine art and craft. Paintings, pottery, jewelry, woodworking, stained and fused glass, rock sculpture, wool and fine knits, up-cycled denim wear and leather and canvas handmade purses and bags are featured in the shop. We also have a selection of art cards perfect for writing your own greeting. If you are looking for window coverings, one of our members is a representative of Hunter Douglas

Products and is available for consultation for your entire window covering needs.

Commissions are considered by all our artist members so please don't hesitate to enquire. Several of our artists also offer lessons and workshops so be sure to stop in the shop or check on the website for the latest workshop offerings. We also have a monthly newsletter that will keep you up to date on the latest happenings at The Painted Moose.

The artwork in the shop is ever changing and there is always something new to catch your eye. You can follow us on Facebook or Instagram to see examples of our artist's work and find out about upcoming events.

The Painted Moose offers a safe shopping experience for those wanting to avoid the more busy shopping venues during these times. We are open 10-5 Monday through Saturday and 11-5 on Sundays.

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3 Simple Steps to Breathe Easy at Home

What we breathe, drink, and eat has a substantial impact on the quality of our lives.

For years we have been hearing about the benefits of healthy eating, and now more people are becoming savvy to the fact that the air inside their homes (and offices) may be a potential health hazard.

Fall is a time of cooler weather, the leaves are turning and it is the start of FLU season! With the pandemic still in full swing, people are looking for ways to proactively remain healthy. I am thankful I did my research prior to the strange times we are living in and want to share some of what I've learned. To do this, we have to go back to at least the 1930's.

William Firth Wells was an American scientist, best known for identifying that tuberculosis could be transmitted through the nuclei of evaporated respiratory droplets, and for the Wells curve describing what happens to respiratory droplets after they have been expelled into the air. (Source: *The National Center for Biotechnology Information*)

In 1935, Wells and Fair demonstrated that ultraviolet germicidal irradiation (UVGI) efficiently inactivated airborne micro-organisms and proved the concept of infection via the airborne route. This was amazing to discover, and in our present-day situation where we hear the words "droplets" and "airborne" almost daily – it warrants discussion.

Our furnace filter was grabbing some pollutants, but not nearly enough. We learned that there are not only particulates the filters weren't "filtering" but also micron and sub-micron pollutants being

pushed through our duct work and the air we were breathing in our home. Every. Single. Day.

What could we do about that? After much research, we found a simple 3-part solution that has worked for our family.

First, we created a clean environment by deep-cleaning and disinfecting our duct work. The ducts in your home harbour bacteria, viruses, dead spiders, mouse poop, and pounds of dead skin. Gross! Getting your system deep-cleaned and disinfected provides an opportunity for cleaner air, resulting in better health.

Then we installed an electronic air filter. The advanced technology filter removed particles as small as 0.001 microns from the air in our home. These filters are exceptional in comparison to old-school filters by way of their performance and ability to filter particulates standard filters can't touch.

The final step was installing an ultraviolet air treatment system at the entry point of our duct work in the furnace room. The UV light eradicates any remaining

bacteria, viruses, mold spores, etc. that are circulating around our home. And, because our furnace circulates all the air in our home through the filter and past the UV light every 15 minutes or so, our air is scrubbed clean, leaving my family breathing easy!!

These three simple additions to our home have given us greater peace of mind that the air we breathe at home is helping keep us safe and healthy.

by Carla Berezowski,
Owner of Alberta Indoor Comfort



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Take Care of Your Mental Health

by Jennifere Gordon

BSc. PT, GunnIMS, AFCI

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

There is a lot of talk these days about our mental health. COVID-19 has taken a drain on our happiness, our social interactions, routines and activities. We need to be creative and find ways to take care of ourselves – brain and body. As the snow starts to fall and we enter the winter months, there is an even higher risk of falling into poor behavior patterns that may affect our physical and mental health. Here are a few reasons why exercise, and movement in general, can help alleviate the blues:

1. Happy chemicals – Studies have shown that exercise can alleviate symptoms among the clinically depressed. Getting your body moving releases endorphins, which boost feelings of happiness and euphoria. Whether it's walking, snowshoeing, or housecleaning, just 30 minutes a few times a week can boost your overall mood. Research shows that exercise can boost brain function, reduce symptoms of depression and improve mental health illnesses, such as dementia.

2. Improve self confidence – We typically attribute exercise to losing weight and fitting our clothes better. However, regardless of weight, age or gender, exercise can elevate one's perception of his or her appearance, thereby improving one's self worth and self confidence.

3. Reduce stress – COVID-19 has been a very stressful time. A disruption of finances, kids spending more time at home and a change in work routine can take their toll. Working up a sweat can help manage physical and mental stress. Exercise has been shown to increase the release of norepinephrine, a chemical that moderates the brain's response to stress.

4. Prevent cognitive decline – In 1979, researchers from Cardiff University followed 2,235 individuals as they entered their senior years. While a healthy diet and not smoking were important factors, they found exercise to be the biggest factor when it came to preventing dementia. They found that people who followed four out of five factors of regular exercise, low body weight, healthy diet, low alcohol intake and not smoking, had a 60% decrease in both dementia and cognitive decline rates.

5. Boost brain cells – various studies have shown that cardiovascular exercise can facilitate neurogenesis, aka new brain cells, and improve overall brain performance. It is thought that exercise promotes a brain derived protein known, in scholarly circles, as BDNF (brain derived neurotrophic factor). In the brain, BDNF is active in the hippocampus, cortex and basal

forebrain – areas vital to memory, higher thinking and learning.

6. Improved memory – back to that hippocampus...the increased production of cells in the areas of the brain responsible for memory, learning, and mood have helped researchers link children's brain development with level of physical fitness – bring on the snow tag, snowman making and snowball fights!

7. Control addiction – dopamine is a neurotransmitter in the brain that plays a major role in reward motivated behavior. In response to any type of pleasure, be it exercise, drugs, alcohol or food, there is an increase in the levels of dopamine in the brain. Some people develop addictions and may rely on certain substances that amplify the effects of dopamine, namely drugs and alcohol. It has been shown that short bouts of exercise can effectively distract drug or alcohol addicts, making them de-prioritize cravings for the short term. Interesting nonetheless!

8. Sleep better – on the theme of certain vices...alcohol has been shown to disrupt many body processes, including circadian rhythms. Exercise can help reboot our body's internal clock and facilitate you hitting the hay at the right time. A recent study on women diagnosed with insomnia, randomly assigned them to a 16 week program of 30 minute exercise sessions 3-4x/week. By the end of the study, they reported sleeping 45min-1hour longer on most nights, waking up less often and feeling more vigor and less sleepiness overall.

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9. Improve immunity – there is another buzz word these days... immunity. Regular exercise can boost your immune system and help fight off infections. Exercise allows immune cells to perform effectively, increase blood flow, reduce inflammation and strengthen antibodies.

10. Enjoy the great outdoors – for an extra boost of mood enhancing fresh air, take that workout outside. All that Vitamin D acquired from soaking up the sun (yes, even in the winter!) has been shown to lessen the likelihood of experiencing depressive symptoms. There is some food for thought for this

winter season and battling the blues of this pandemic. Let's embrace kindness to ourselves and others, be thankful for our beautiful surroundings and aim for patience in these trying times. Bragg Creek Physiotherapy is here to help you restore, maintain and make the most of your mobility, function and well-being.



“At Signature Fine Furniture, our mission is to provide heirloom-quality solid wood that can and will be lovingly handed down through a family's generations, collecting memories and stories along the way.”

My name is Ofelia Unrau. I have lived in Bragg Creek for just over two years with my four kids. We have enjoyed making this beautiful community our home and have made many great friends and enjoyed meeting our neighbours.

I'm excited to announce the arrival of Signature Fine Furniture right here in Bragg Creek. Signature Fine Furniture was originally opened in Calgary in 2010 with a showroom in the Deerfoot-Glenmore industrial shopping area. The original founder had come from Winnipeg, where he ran a store of Amish-made furniture, and realized that heirloom-quality wood furniture should certainly be sought after in a premium market such as Calgary. At the time, my brother, Jerome Bartsch, one of our current owners, was working at Signature, helping set up an online shopping experience. After being part Signature for many years, Jerome was inspired by the quality of the products, and he and my father Jake decided to take on the opportunity to buy and build the store in 2019. We dreamt of opening a second location in Bragg. About a year later we saw an opportunity come up and took it! We have been busy preparing the location in Bragg and our plan is to open in the beginning of November.

At Signature Fine Furniture you will find solid wood tables, chairs, cabinets, kitchen islands, occasional tables, bookcases, desks, bedroom suites, bathroom vanities, couches/recliners, rocking chairs, and seating benches. Over the years we have built a strong relationship with the woodworkers in the Amish communities who also share our interest in ensuring total customer satisfaction. This beautifully handcrafted furniture is bound to amaze anyone who has a deep appreciation for wood.

Our furniture is unique for a number of reasons. Most of our sales are custom orders designed to fit perfectly into the home of the buyer. The sales staff will guide you through the process of what wood to select. You can choose from Cherry, Oak, Maple, Hickory, Walnut

and Quarter Sawn White Oak. If a table or bedroom furniture is mainly decorative, cherry or walnut can be good choices. If it will be in heavier use, a distressed or heavier grained wood will wear better. Our store is known for giving exceptionally good attention and customer service from order through to the delivery. We treat everyone as a potential lifelong customer and fan of the store. We include delivery with “white gloves” and ensure no damage to the pieces in transit.

I am so excited to open doors to this wonderful community that I call home. We are located between The Leather Shop and Rockies Tavern. Many of you will recognize this place as where Durango Trail used to be. Come in and say Hi!

*Visit our new showroom in
Bragg Creek!*

Unit 400 7 Balsam Ave
signaturefinefurniture.ca





Bragg Creek Centre

Hello Creekers!

Did you know that your Community Centre is over 20 years old? In human years, that's peak performance. In a building – not so much. We have experienced some problems with our HVAC systems recently and as I type this, there is a lot of snow outside and we worry about the winter that is coming. We know that the Centre doesn't have the emergency reserves it needs to repair or replace our heating systems after the expensive repairs from the gym flood and the overwhelming revenue losses for the Centre due to COVID-19. Our revenues are down, our fundraising is limited and our expenses are rising due to the age of our building. In short, we need your help.

What can you do?

Purchase an annual membership.

The Community Centre isn't funded through a taxation system in Bragg, so we rely on our community to purchase a low cost membership to help us together with fundraising, revenue generating programs and grants to keep the Centre operating. A really low investment from you helps us to keep our beautiful community Centre operating. A family membership is just \$40 per year. Please help us by purchasing your annual membership today.

Participate in upcoming fundraisers

Keep an eye on our website and social channels for some fun fundraising activities.

Thank you for your support!

Upcoming Events

Remembrance Day

To ensure the safety of our vulnerable veterans, this year's ceremony will be performed virtually. Thanks to the Bragg Creek Cenotaph Committee with the assistance of the Bragg Creek Community Church, you can tune in November 11th at 10:30 am to watch the 2020 Remembrance Day Ceremony on the Bragg Creek Community Church's YouTube channel. (www.youtube.com/search/Bragg+Creek+Community+Church)

Kids Only Store

Mark your calendars as the ever popular Christmas store just for kids will be returning December 5th. Local children will be able to shop (safely) for Mom & Dad with the assistance of one of our Elves. Shopping is by Appointment only. Register at www.eventbrite.ca Kids Only Store.

Zoom with Santa

Even the jolly old elf needs to stay safe. This year Santa will be available to visit virtually from his workshop in the North Pole! Book your very own personal Zoom call with Santa. Visits by Appointment only. Register at www.eventbrite.ca Zoom with Santa.

Spirit of Christmas

December 5th come celebrate a day of Community Spirit! Join us in wintery fun - skating (weather permitting), bonfires, concession, outdoor market (12 – 5pm) and our 2nd Annual Tree Lighting Ceremony here at the Centre. Participate in the Parade of Lights at 5:00 pm. Details can be found on the Spirit of Christmas Facebook page.

Programs

Nature School - A unique outdoor learning experience. Your child will learn wilderness and bushcraft skills; local edible plants, animals, flora fauna; real tool use and practical skills; social/emotional learning; problem solving; resilience; eco identity and ethics of care for earth and each other. For our littlest members: fine & gross motor, social interactions, early literacy and math.

Our nature programs offer an optional Homeschool extension that will document curriculum connections and learning outcomes to support Homeschool planning for school aged children up to 13 years.

Morning and/or afternoon sessions on Monday and Wednesday - with the homeschool extension if desired. Register for monthly or yearly programs at www.braggcreekca.com.

Internet Co-Workspace

Need to work from home but struggling with unreliable internet? Wondering how you will make that important Zoom meeting? We've got you covered!

Our Co-Workspace offers individual workstations with access to a robust internet connection in a clean, safe shared space. Contact us to book by the day, week or month.

Adult Pickle ball (18+)

Tuesdays 7:30 – 9:30 pm

Members - \$5 | Non-members - \$8

A hybrid of badminton, table tennis, and tennis, this inclusive sport is a great way to stay active and have some fun indoors (safely) during the winter months. Spots are limited so email info@braggcreekca.com if you are interested in joining.

Hatha Yoga

Saturdays 9:00 – 10:15 am. Single Session - \$18 | 10 Session Pass - \$150

Find your balance in this non-judgmental class that involves breath, body, and mind. All abilities welcome. Spots are limited so email info@braggcreekca.com if you are interested in joining.

Artsy Afternoon

Thursdays 1 – 4pm. Members Free, Non-members \$5

Are you creative? Do you practice self-care through art? Join other local creative types for an afternoon of painting, knitting, crafting, sculpting, drawing.... whatever your hobby may be.

**All events and programs follow Provincial safety protocols.*

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

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We're unboxing something new! Stay tuned...

Does Your Massage Therapist Treat Antagonist Muscles?

Have you ever had a treatment that fixes your pain but comes back within days? Most people have chronically sore shoulders and mid back. A common cause is due to your pectoral muscles being too tight and pulling you forward. The pectoral muscles can get so tight that it rolls your shoulders forward. As a result the back muscles become stretched and overworked. This also happens with the neck muscles. The front neck

muscles become tight causing a head forward posture and pain in the back of the neck and shoulders.

To treat these issues properly the antagonist pectoral muscles need to be treated. Many clients tell me that they have never had a massage therapist treat their pectoral muscles. Often the result of treating these muscles patients immediately comment how open their chest is. They then report later that their back pain has changed dramatically with just one treatment.

My goal as a therapeutic massage therapist is to leave my clients with lasting results. I also wish to empower

them to further their health. I do this by providing a plan of stretches and strengthening exercises to re-educate and maintain the muscles. If you feel an initial trial treatment may address your health issues, please reach out to me by contacting me at info@connectivewellness.ca or go to my website www.connectivewellness.ca to book online. Direct billing is available.

Sheena Taggart RMT

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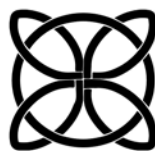
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Bragg Creek's Spirit of Christmas

DECEMBER 5TH 10:30AM - 5PM
Tree lighting ceremony and community light up at 5pm

**Come celebrate a day of
community spirit**

Join us for a day of skating, bon fires, kids only store, concession, virtual visits with Santa and an Outdoor Market (12pm to 5pm). Ending the day with a show of community spirit as we all turn on our Christmas lights at the same time. We have a very special guest flipping the switch this year.

All activities take place on the grounds of the Bragg Creek Community Centre

Enjoy the lights all month long

Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00 - 11:30am

WE ARE BACK, with PHYSICAL DISTANCING, LIMITED ATTENDANCE as we observe Alberta protocols. For what to expect visit our website and join the email list for up to date info.

You can also still join us on Facebook Live or YouTube, details on our Facebook page and website



**Join Bragg Creek Area
Community Support**

on Facebook if you are in NEED or able to HELP in various ways during this time of crisis.

Or contact Pastor Dave to donate to the **Bragg Creek Food Bank and Crisis Fund** or if you are in need of assistance

This time has put a lot of pressure on our relationships and mental health, **if you would like to talk with someone** please reach out at 403.671.3819 for support

Located in the Bragg Creek Shopping Centre • Balsam Ave

This ad space generously donated by the High Country News



How Rum Helped Canadians Survive the Trenches

From ancient Greece to the Viking era, European empires, and the First World War, soldiers were consuming alcohol for pretty much the same reasons.

Alcohol helps build the “*Esprit de Corps*” amongst men, the sense of fellowship and common loyalty so important to an army. Socializing over wine, beer or spirits forges friendships, trust and a feeling of being in this together. On the battlefield, alcohol gives courage and raises morale. In the

camp, it becomes a clean beverage that water can’t always provide. And once the battle is over, the alcohol is used to clean wounds or numb the mind of the unfortunates who must endure an operation with little to no anesthesia. Afterwards, alcohol often becomes the crutch to manage the traumas.

In the years preceding the First World War, the United States and Canada were entering an era of prohibition where no alcohol was allowed under any circumstance. How then, did Canadian soldiers survive the horrors of WW1 and the trenches?

The French army had their “Pinard,” a daily ration of usually mediocre wine that nonetheless kept the “poilu” (a moniker used to describe the common soldier) going. They were issued 1/2 a

litre per day, more immediately before a battle or after if the number of casualties had been particularly high.

The Germans also had their daily rations of alcohol, which would vary depending on where they were. In beer-producing regions, beer would be served. In the wine-producing region, likewise. Sometimes, the rations would be particularly generous, especially when conquering a wine region or coming across wineries or distilleries.

Meanwhile, the American soldiers could only look on and drink water or tea. The temperance movement in the United States was so powerful, and their propaganda so effective that commanding officers had to enforce dry rules amongst their ranks. By and large, they were successful at controlling the soldiers and at convincing them that evil would ensue if they succumbed to the drink. However, off duty, these high morals quickly failed the soldiers’ resolve. A way from the trenches and



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So much for an ad about our patio.

Just when we thought you’d be able to enjoy Rocky Mountain cuisine and fall colours from our patio, bam, like a skidoo through a snowbank, Mother Nature crashes the party. No worries. Watching snow fall is just as beautiful as long as you’re inside the BavTav or in the comfort of your home with takeout. Visit bavtav.com.
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the commanding officers, the American soldiers quickly learned the European ways and developed a taste of the local drinks and lifestyles. In fact, the American soldiers that were lucky enough to return home after the war are credited for bringing back a liking for wines and spirits that later on helped propel the American wine industry once prohibition ended. But that is another story.

The Canadian experience differed from that of the Americans. Canada joined the war efforts under the British banner alongside other countries such as India, Australia, South Africa and Ireland. Under this arrangement, Canada was free of the constraints experienced by their southern neighbours and obligingly yielded to the local customs. They gratefully received their daily rations of Rum issued by the British army. Thus, Rum became a staple of the Canadian soldier's war experience. In a September 2002 article published in the *Legion Magazine*, Tim Cook quotes WW1 Canadian Infantryman Ralph Bell who wrote:

"When the days shorten, and the rain never ceases; when the sky is ever grey, the nights, chill, and the trenches thigh-deep in mud and water; when the front is altogether a beastly place, in fact, we have one consolation. It comes in gallon jars, marked

simply SRD." That SRD was army- issued Service Rum Diluted or Special Red Demerara..."

Life was hellish in the wasteland of the trenches for the thousands of young Canadian soldiers - men wading in cold mud, sleeping with rats, lice and corpses. In these conditions, a soldier's pride, fear and sense of mission was not enough to keep him going. The daily Rum - 1/16th of a pint of over-proofed thick dark Rum (along with the infrequent family parcels of foods and sweets) played a crucial role.

Cook describes the daily routine; *"Rum was initially given to men at the dawn stand-to and stand-down at dusk. As these were the expected times for an enemy attack, the whole forward unit was called out with rifles at the ready. If an attack came, sergeants doled out two ounces of the overproof Rum to each man. The practice of stand-to faded out in the second year of the war when both sides were aware that the other was on high alert, but the rum ration remained."*

The rum ration played such an essential role in the men's daily life that the threat of skipping a ration of alcohol was enough to instil discipline among them. Conversely, extra rations would be given as rewards to the men who volunteered to do strenuous tasks, rescue fallen soldiers in "no man's land",

or take on patrolling or raiding duties. The wounded would also be given a shot of Rum to lessen the pain or as a last consolation before they died.

You may wonder why Rum was used rather than whisky, beer, gin or vodka. The answer is simple. All the grains, fruits and vegetables were necessary for the production of food. Sugar (usually molasses imported in barrel size) was the simplest and cheapest way to make spirits. Rum was also quick to make.

Some credit Rum as one of the key factors that helped the allies survive the horrors of war and keep them going. Others vilified it for sending back home soldiers with addiction issues. As we enjoy our incredible lifestyle, even through a pandemic, we are in no position to weigh in and judge. In truth, we can not even begin to imagine what the First World War soldiers experienced. We can only wish moments such as Remembrance Day will inspire us to find other ways to settle differences than by waging wars.

*"...The poor man lay at length and brief and mad
Flung out his cry of doom; soon ebb'd and dumb
He yielded. Worley with a tot of rum
And shouting in his face could not restore him.
The ship of Charon over the channel bore him.
All marvelled even on that most deathly day
To see this life so spirited away."*

- Excerpt from "Pillbox" by Edmund Blunden, September 29, 1917



Rum was issued to troops from throughout Britain's Empire during World War I. In this 1916 photograph, ANZACs of the 9th (Wellington East Coast Rifles) receive their daily rum, *Source: The Blog of the Alcohol and Drug Society*



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Notice of Vote on December 11 for Redwood Meadows Sublease Holders

Notice of Vote December 11, 2020

TO: Redwood Meadows Sublease Holders

TAKE NOTICE that a General Polling station will be held to conduct a Lease Ratification Vote on December 11, 2020 to determine if the Delegated Sublease

Voters wish to ratify the proposed Lease Agreements for the Townsite of Redwood Meadows.

The following question will be asked of the Delegated Sublease Voters by ballot:

Do you approve the proposed Lease Agreements, as defined in the Redwood Meadows Lease Ratification Process?

General Polling Station hours will be from 8:00 am to 8:00 pm at Redwood House, 1 Manyhorses Drive, Redwood Meadows, Alberta T3Z 1A4 on December 11, 2020.

A full copy of the proposed Lease Agreements for the Townsite of Redwood Meadows may be obtained from the Redwood Meadows

Administration Office located at 1 Manyhorses Drive, Redwood Meadows Alberta, T3Z 1A4.

PLEASE NOTE that one (1) Sublease Holder per sublease must be delegated and registered to vote by December 11, 2020 to participate in the Lease Ratification Vote.

Any questions regarding the Lease Ratification Vote, *Redwood Meadows Lease Ratification Process* and/or the proposed Agreements for the Townsite of Redwood Meadows should be directed to the Townsite Office.

Shirley Kine has been retained as the external Returning Officer for this vote, and can be contacted via email at ReturningOfficer@redwoodmeadows.ab.ca.

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November is National Radon Action Month

Radon is an invisible radioactive gas, resulting from the breakdown of solid uranium in soil. Radon is natural and found in every home in Alberta, though not always at elevated levels.

Radon has been called a “silent but deadly killer” and for good reason. Still, many Albertans remain unaware of the severe risk radon may pose to themselves and their families.

Radon is the second leading cause of lung cancer and Health Canada estimates it kills more than 3,200 Canadians each year. Why should this concern Southern Albertans specifically?

- ✓ You cannot see, smell, or taste radon.
- ✓ In Alberta alone, 1 person EACH DAY is diagnosed with radon-induced lung cancer.
- ✓ 1 in 6 rural homes in Alberta have dangerous levels of radon.
- ✓ 1 in 8 suburban or inner-city homes in Alberta have dangers levels of radon.
- ✓ The damage done to your body from radon exposure can take years to appear.
- ✓ There is no known safe level of radon exposure and the risk of lung cancer increases with greater levels of exposure

“The only way to know if whether you have a high level in your home is to test for it.”
- Statement released from Health Canada, November 2018.

Typically, the air pressure inside your home is lower than the pressure in the ground around the foundation of your home. This difference in pressure can draw air and other gases in the soil, including radon, into the house. Gas containing

radon can enter your home through any opening where the house contacts the ground. All homes potentially have small cracks and openings, even new homes.

In Alberta, our homes are built tighter due to energy-efficiency regulations written into the building code in the early 1980's. We also keep our homes well-sealed during the winter to keep us warm and this can cause the radon concentrations in our homes to build up to dangerous levels.

How do you know what level of radon you have in your home? A long-term radon test, a minimum of 90 days, is required to accurately determine how much radon is in your home. Once you receive results from the test, you can determine the type of mitigation needed to reduce the levels as much as possible. Health Canada's radon action guideline

is 200 Bq/m³, however this amount of radioactive gas in your home is the equivalent of having a chest x-ray every 3 days!!

Hiring a certified professional to test your home and to design the appropriate mitigation solution is the best way to go. You can order radon testers online and send them to the lab yourself, however a professional will know the best place to install the tester to get the most accurate results and will be able to walk you through the best options for removing as much radon as possible from your home.

Hopefully, this gives you and your family enough information to give you peace of mind to stay safe and comfortable in your home.

*By Carla Berezowski,
Owner of Alberta Indoor Comfort*

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Greater Bragg Creek Trails Association

Winter is Coming, Let's Get Grooming!

We need \$25,000 in donations for winter trail grooming!

With the recent cold snap and snow, our thoughts are turning to winter trail grooming. This winter, cross country ski trail grooming will be done far more efficiently because we are acquiring a super new piece of equipment called a Snow Rabbit. At \$180,000, this is a big ticket item for us. It is not quite fully funded; we need your donations to get us to the finish line.

We have a \$25,000 target for winter grooming operations for the ski trails and for the grooming that benefits fat bikers, trail runners and winter hikers using the all-season trails.

It has been a very busy summer for the regular trail crews and volunteers out at West Bragg. We used funds from a capital grant to provide for the installation of three new ski bridges. The bridges will make these areas safer for XC skiers and also easier to machine groom. Other XC ski trails were improved with work done on drainage, tread repair and on brush clearing. Similarly, a whole lot of work has been completed on the all-season trails. Of

particular note is the progress made on rebuilding and upgrading Tom Snow North from Moose Loop and also in putting finishing touches on the new Kestrel all season trail.

Please step up and provide a contribution to help us groom and maintain the trails to the conditions that you have come to expect. The GBCTA is a registered Canadian charity. You will receive a charitable income tax receipt for donations over \$20 provided you supply us with your name, mailing address and email address.

To donate online, please go to: www.braggcreektrails.org/donate-now
Donate directly to GBCTA by cheque. Mail to Box 1379, Bragg Creek, AB, T0L0K0

Donate with cash deposited at one of the three secure donation boxes at the West Bragg parking lot.

We appreciate the support from all of our donors. Thank you!

Other GBCTA News

The much anticipated T4T Rocks the 80s fundraising event has been postponed due to COVID-19 precautions and the recent spike in numbers. The event will go ahead as soon as the safety of the attendees and the community of Bragg Creek is possible. We'd like to thank those businesses and individuals that donated a prize and we intend setting up an online silent auction. Please check the GBCTA web site for the latest news. Sorry for any confusion.

Also – we have a change of look upcoming! We are refreshing ourselves with a new, modern brand! In the weeks to come we will launch a fresh new look and feel to better reflect who we are in 2020 and beyond. We will be releasing a new logo, colour palette, website and even a new name! Stay tuned for more from Bragg Creek Trails....

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

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Come meet your team

Mon - Fri

9:00am - 5:00pm!



With daylight savings time ending, it's a great time to check your smoke and carbon monoxide alarms.

- Test your smoke and CO alarms monthly
- Ensure everyone in the house knows what the alarms sound like and what to do when they hear it
- Change the batteries every six months
- Follow manual instructions for cleaning and maintaining the alarms

What To Do If the Alarm Sounds

1. Have an escape plan. Discuss and practice it.
2. Always feel the door to see if it is hot before opening it to escape. If the doorknob is hot, don't use that exit. Use an alternate exit.
3. Crawl on the floor. Smoke rises, so does the temperature. If you crawl on the floor, there will be less smoke and heat from the fire there.
4. Meet family members at a pre-arranged spot outside the home.
5. Call 9-1-1 from a neighbour's home.
6. Never go inside (or return to) a burning building for any reason.

You can protect your family from fires!

Here's a fire safety checklist to reduce the chances a fire may start in your home:

- Keep your furnace in good working order
- Use a fireplace screen
- Have proper ventilation for heaters and small appliances
- Don't smoke in bed
- Close bedroom doors overnight
- Don't use worn out electrical wiring or run it under rugs or out windows or doors
- Clear away clutter!

Until next month, stay safe!

The Bragg Creek Connect Committee Needs Your Input

The Bragg Creek Connect Committee is conducting a 20-question online survey to:

- Determine how well serviced Bragg Creek and Area is by existing internet providers.
- Understand the importance and need for improved high-speed internet service in Bragg Creek & Area.
- Increase awareness and engagement of the need for reliable high-speed internet in our community.

This survey should take less than 10 minutes to complete and will be open for submissions until November 15th, 2020. The survey is targeted for residents in Bragg Creek and Area and please share the survey information with your friends and neighbours. The Committee is looking for as much feedback as possible from the community so that the Committee can be well informed on how to prioritize our efforts and to be able to accurately frame the internet performance and access issues that are facing our community. Please consider completing the survey even if you are satisfied with your current internet service provider and service.

The quick survey can be found on-line here: tinyurl.com/braggcreekinternet or through our Facebook page: www.facebook.com/braggcreekconnect. The survey results are anonymous, and the results will assist the committee as we continue to lobby all levels of government, work with existing and potential internet service providers and in communication with the media. Our objective remains to determine how to obtain improved and more reliable high-speed internet service for the Greater Bragg Creek Area.

The Bragg Creek Connect Committee was formed over two years ago with representatives from the Bragg Creek Community Association, Bragg Creek Chamber of Commerce, Greater Bragg Creek Trails Association, the Bragg Creek Revitalization Committee and augmented with some experts in our community. The groups met back then and identified the lack of or poor connectivity through the internet and the cell network as one of the major issues facing our community.

As we stated in our last article "as the internet lags, so does life". The Bragg Creek Connect Committee appreciates your input and will report the results after the survey closes on November 15th.

Bragg Creek Connect Committee

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Notes

Bragg Creek Ladies Auxillary Celebrates 60 Years

With hearts of gold and an unflinching can-do attitude, the members of the Bragg Creek Ladies Auxillary have led with kindness and empathy in service to their community for 60 uninterrupted years. The BCLA was formed in 1960 and the original members were Margaret Sanders,

Mabel Stinson, Joan Dunford, Eva Fullerton, Mary McLeod, Jacqueline Robinson and Joan Merryfield. Their intention was to serve Bragg Creek through a variety of community building initiatives. Joan Merryfield, a district reporter for the Rockyview News and Market Examiner weekly newspaper, provided up to date news on all things Bragg Creek including the Ladies Auxillary. Initially, it was referred to as the Ladies Auxillary to the Bragg Creek Community Association.

During the 1960s and 70s the group kept their calendar full with a variety of events and activities including get-acquainted coffee parties, bake sales & bazaars where members made items to sell, fundraising quilt-making projects,

spring teas, Christmas suppers. In October 1971, Mrs. Merryfield reported that the Ladies Auxillary had raised funds to furnish the old community hall with a fridge and stove for the kitchen as well as new countertops. They also made curtains for the hall. During the 1990s, the Ladies continued to assist those in need and in October 1992, the Ladies held a community Potluck Supper for Winnie and Jimmy McLusky when they lost their home to fire. Various items were donated for a raffle to raise much-needed funds for the couple. The Ladies also continued to have fun with such activities as Christmas Light Tours in Calgary, the Christmas Dinner and Dance, fashion shows, guest

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Ad space kindly donated by the High Country News

speakers including award-winning travel photographer Carol Paterson.

Over the years, the Ladies Auxillary continued to introduce new events in response to the changing needs of their community. The Ladies are well known for catering services for local events including funeral receptions, community dances, the BCCA Fall Supper and the Remembrance Day Services. In recent years the group has provided financial support to other community organizations including Banded Peak School, Redwood Meadows Fire Department, Camp Horizon and many more. They have also assisted with funding of equipment for the community centre such as bear proof garbage cans, a defibrillator and a commercial refrigerator for the kitchen. They also make every effort to reach out to families who may need a helping hand with any situation.

To their credit the BCLA has remained resilient and responsive to the ongoing and ever-changing needs of the community. Five-year BCLA member, Jana Hart, captured the essence of the group best when she said, "I enjoy

helping to make Bragg Creek a great community to live in. Any event that brings a group of neighbours together is important and enjoyable. I enjoy the fundraisers we have been involved in such as the Beach Party which helps BCCA, as well as community events such as the Remembrance Day ceremonies and memorial services which we provide food for. Also, helping out individual families or groups in need is crucial for a healthy community."

What does the future hold for BCLA especially during these uncertain times of COVID-19? Rest assured that this group has the staying power to continue enriching life in Bragg Creek and is currently supporting families in need with help from a kind local donor. These go-getters are consummate team players who will always be prepared to provide ongoing supporting to their much-loved community. For more information on the Bragg Creek Ladies Auxillary go to www.braggcreekca.com under "Community Groups".

Submitted by Peggy Kemp,
Bragg Creek Historical Society

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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 (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Foothills County signs Water and Wastewater MOU and Management Agreement with Priddis Greens:

On September 29, 2020, at a Signing Ceremony held at the Priddis Greens Golf & Country Club, Foothills County and the Priddis Greens Services Co-op entered into a Memorandum of Understanding and a Management Agreement, whereby the County will now take over the assets and operation of the Potable Water and Waste Water systems serving the residents of the Hamlet of Priddis Greens, which also includes water services to Hawk's Landing.



In a process requiring engagement and agreement of Co-op members/residents, associated organizations and Foothills County Council, decisions were made to move forward with the proposed take-over of these systems from a list of options that Priddis Greens Services Co-op had investigated. The Co-op Board worked diligently to prepare the information for the County to consider and to communicate with residents.

The Golf Club and Priddis Creek Developments added their support to this effort, along with Hawk's Landing Services Co-op undergoing

their own processes with members/residents and investigations regarding their wastewater system and auxiliary services, alongside.

While maintaining the current level of services to the residents, the County has agreed to ensure that the quality of treated water and wastewater meets the Alberta Government requirements. This arrangement offers security around rates which are based on County-wide accounting of costs. Employees and billing go over to the County, and there's greater access to disaster relief-funding under the County's jurisdiction.

The County receives the assets in good order along with a recent capital asset plan to guide the years going forward. We'll gain the expertise of employees who are trained and versed in all matters to support these facilities and will now also help with other facilities throughout the County as their jobs transfer over.

One change the residents will soon see is that water meters will be installed, hopefully in 2020. This will help keep a watch on the water accounting and make sure the system is operating with full integrity.

Our relationship does not end here at the signing of these agreements. Rather, this is the beginning of a new integration of the County and Priddis Greens. We hope that residents will find it easier to manage their new business with Foothills County, whether it's viewing assessments or paying bills from home, with the launch of our new program called "Virtual County Hall".

It has been my pleasure to work with the Priddis Greens Services Co-op Board,

their Negotiation Committee and residents on the evolution of this project and the agreements. I would like to thank the Board, the Golf Club, Priddis Creek Developments and Carscallen LLP for their hard work on pressing forward with all matters to make this happen in 2020. Further, I would like to thank Foothills County Council for their support of this arrangement and for the hard work of our Municipal Manager and Infrastructure Manager.

Next up! Hawk's Landing: At their AGM on October 14, 2020, Hawks Landing Services Co-op members also agreed to move forward with working with the County on Water and Wastewater services and some auxiliary services. We look forward to continuing along the path towards a full agreement and providing the best, cost-effective services to our residents. It has been great working with you and thank you to all on your team as well!

Celebrating 40 years with the County:

In October, we celebrated the auspicious occasion of our Municipal Manager, Mr. Harry Riva Cambrin's 40th Anniversary of Service to Foothills County. It's not very often that we get a chance to recognize 40 years of contributions and loyalty, so that makes this a truly noteworthy affair and takes the cake on the exact day of his start of work with the MD, which was on October 14, back in 1980!

As we acknowledge this milestone in the County's history, it is a time of pleasant reflection on the strengths and qualities that Mr. Riva Cambrin has brought to our organization and our community. He puts his best foot forward by treating all with respect and care, being calm and creative under pressure, is a resource of knowledge and experience, is a mentor to many people, and looks for solutions that are best for the County and Residents while respecting other interests.

Along with our Council, Admin and all our Staff... we celebrate Harry achieving this 40th Anniversary of Service! We appreciate that with his insights and encouragement, his vision and drive, he makes the County a great place to work and live!

*Best Regards, Councillor Suzanne Oel
For Other News & Updates:*

*Please visit my website: suzanneoel.com
facebook.com/councillorSuzanneOel*



Our fall this year was spectacular. Hope you had a chance to get outdoors to enjoy the warm temperatures and view the striking colours in your backyard and into the Foothills.

The Priddis Community Hall is open with restrictions for COVID-19. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information – www.priddisalberta.com

PCA Memberships Now Due: It is time to renew your annual Priddis Community Association Membership. They were due at the end of October, so hurry to renew your membership online. For your convenience payment can now be made by e-transfer to: priddisassociationpayments@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop it off at the Priddis Store.

Business Memberships are also due, and the form is online. E-transfers will also be accepted. Go to www.priddisalberta.com.

AGM – Nov 19th: The Annual General Meeting is on Thursday, November 19th at 7:30 p.m. The meeting will take place in person, with a maximum of 50 people in attendance. Nominations are welcome as these Board positions are open: Vice-President, Treasurer, Secretary, and Tennis Director. No food or refreshments will be served in accordance with AHS guidelines. Further details can be found on the PCA website or Facebook.

Telus Monopole at Meota Gas Co-Op: Meota Gas Co-Op in Priddis has recently posted signage in front of their building notifying area residents of their desire to have a TELUS Monopole Tower installed on their property.

This tower would stand at 33 meters tall and would be visible from the hamlet. Only residents within a certain distance of the proposed site would have received information in the mail from the County. The Priddis Community Hall falls within the boundaries of those required to be notified. The PCA felt it was important to let our membership know of the proposal. For more information about the proposal and to have the chance to comment, please follow the link: rebrand.ly/AB003050

This link will be available until November 7, 2020.

South Calgary Ring Road: Since the closure of 37th Street north of 22X, there has been much discussion about the impacts to our community as Foothills and Priddis residents use this highway. Many community members have been in touch with our local Councillor, Suzanne Oel, our MLA, RJ Sigurdson, Alberta Transportation, City of Calgary, as well as KGL, the construction company responsible for this work, to express their concerns regarding the state of the 53rd Street detour. If you are inconvenienced by the 37th Street detour or have safety concerns, you can reach out to these groups and voice your concerns.

Contact information as follows: Suzanne Oel, Suzanne.oel@mdfoothills.com; MLA RJ Sigurdson, Highwood@assembly.ab.ca; Alberta Transportation, Nicolas.Ropchan@gov.ab.ca

Priddis Library: The library reopened in September. Hours at the library in the old school house are on Tuesday

and Friday from 3:00 to 5:00. There is a great selection of children's books. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine, and Carol for volunteering their time to keep the library operational for the community.

Priddis Early Learning Program - PELP: PELP welcomed Ms. Kelley Leece as our classroom assistant for the 2020/2021 school year. We are only operating one class this year due to COVID-19. We would like to thank all our families for being so patient and supportive with the new COVID-19 policies and procedures. This year's programming is different in terms of having two age groups present, as well as being limited in 'extra' activities such as holiday parties and field trips. We did not host our regular Halloween party and hamlet trick-or-treating this year. The kids celebrated with costumes and activities during regular class time on the 30th, without parental involvement.

There are 2 spaces still available for any 3 or 4 year old who would be interested in joining the program starting in January.

Our fundraiser is ongoing. Mabel's Labels – order your very own personalized holiday labels and stamps. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: campaigns.mabelslabels.com

Check out the website or email for more information, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Priddis Panthers Hockey: If you are looking for a winter activity for your child that teaches them the importance of teamwork and having fun, please consider joining the Priddis Panthers. There are spots available for children aged 4-6. No prior hockey experience



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is required as the coaches will take the kids through the basics of skating with a stick, turning, stopping, and the fun of the game. Under the guidance of Hockey Alberta, we have taken measures to protect the players and coaches by limiting the number of participants and the number of other teams that we interact with. Most games and practices take place in the great outdoors which further reduces the risk of contracting COVID-19. This is a low cost, non-competitive league that does not require a large time commitment or travel. Please email priddishockey@gmail.com for further information.

Priddis Rink Rebuild – Phase I: The Priddis Community Association, in collaboration with the Priddis Panthers Hockey Association, Multipurpose Building Committee (Kids' Complex), and dozens of community volunteers have completed a significant portion of Phase 1 of the Priddis Rink Redevelopment. The MPB Committee will move to finalize this phase with the construction of Zamboni storage space. The committee anticipated that the current temporary container could be adapted and used as a heated temporary

Zamboni enclosure. However, upon further review the container was determined to be insufficient to meet the necessary requirement. To complete phase 1, the PCA and MPB committee decided a more appropriate solution is to build a garage-type, heated and ventilated structure that will store the Zamboni and other necessary equipment. This building will meet the community development covenants and maintain visual aesthetics of the property. Its construction will also allow the PCA to remove the current storage container. The existing old schoolhouse/library building will remain untouched with the new garage structure being built immediately to the south of the old schoolhouse. It is anticipated that the old schoolhouse structure will not be removed until Phase 2 fundraising is complete, and development is approved. We hope to begin construction of the garage structure in Fall 2020, with completion anticipated for early 2021.

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

To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing, and updates.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.facebook.com/Priddismoms

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



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5 Tips for Great and Safe Outdoor Lighting

Lighting up your outdoor spaces can increase your security, enhance your enjoyment of your property, and help raise the value of your home. Here are five tips to think about regarding your outdoor lighting.

1. Entryways

You need the brightest lights on the entryways into your house or garage. While spotlights or pot-lights will be the best here, you can have bright lights while still maintaining low power usage and costs. If you have lights by your windows, especially bedroom windows, consider putting them on a timer or turning them off at night. While this isn't the greatest for security purposes, you still need a good night's sleep. You could get blackout curtains, instead, which could help you sleep. Your doorways and other easy access points are the most important to be lit brightly.

2. Entertainment Spaces

The lighting you have by your fire-pit, on your patio, at the BBQ, or in your dining area should be different than the lighting at your entryways. You don't have to have glaring lights and bright spotlights where you hang out with friends and family. The lighting should be more subtle and gentle, and because of this, you will not need to use as much energy to light up these beautiful locations. Sometimes solar lights can work well in these areas, as

string lights, lanterns, or more, which will reduce your costs significantly. Focus on relaxing illumination for your entertaining and garden spaces.

3. LED Bulbs

You don't need to get halogen bulbs that burn through energy and ramp up your power bill to light your property well. There are numerous options of LED bulbs for outdoor lighting that can stay on throughout the night and use 90% less energy than traditional or older lights. Many LED lights are also maintenance free, and so you won't have to spend time and money replacing any bulbs.

4. Outdoor Certified

When hanging lights outside or when buying new bulbs for your outdoor fixtures, make sure you pay attention to whether your new lights are certified for outdoor use. Our exterior lights take a lot more of a beating than our interior ones what with rain, wind, dirt, and bugs. Ensuring that your outdoor lights and cords are designed for outdoor use will save you some headaches and money in the future.

5. Hanging

If you are hanging lights or attaching strings of light to your home or to other structures outside of your house, consider the methods you use to do this. For one, stay away from nails or staples which can penetrate wires and cause damage to your cords or lights which can result in shorts and other dangers. Using clips or installing hooks around your home or an archway is

a great way to save your string lights. Hooks can also help to speed up the installation if you want to change lights depending on the seasons or events.

Summary

There you have it! 5 simple tips to help you light your outdoors with great, safe lights for a safer, more beautiful home!

by Carla Berezowski,
Owner of Alberta Indoor Comfort



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Millarville-Stockland 4-H Beef Club

The last year's wrap up before the new year begins: The Millarville-Stockland 4-H Club had a banquet on July 25 at Priddis Community Hall to celebrate the end of the 4-H year. We had supper and awarded some of the 4-H members and handed out banners for Grand Champion or Reserve Champion from the Virtual 4-H show.

In September, the Millarville-Stockland 4-H Club participated in highway cleanup and it was fun. Highway cleanup was moved to September due to COVID-19. The club did 14km but I did 3km. The most exciting thing was finding a salamander and he tried to cross the highway but we brought him to the tall grass so he could be safe.

In my opening this year I had fun besides COVID-19. My favorite part of this year was the beef showmanship clinic. 4-H is so fun and if you'd like to join the Millarville-Stockland 4-H Club, come to our next regular club meeting.

by Club Reporter Blade Bell

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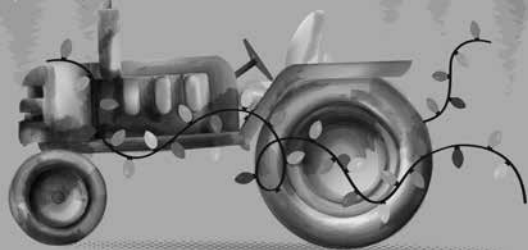
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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well we had our first bit of snow on October 12 but it had all melted by noon. Oh, not too bad, we thought, happy days are here again. Well Mother Nature had the last laugh when we woke up to a nice wet dump of snow with a forecast for more to come. Sigh. I guess it's time to pull out the snow shovels and the winter coats. However, I hope everyone had a happy Thanksgiving. It was a quiet weekend for many and it seemed we didn't have as much traffic around town as usual.

Speaking of snow, volunteers are needed every winter to shovel walks for seniors and those needing a hand. ***If you are interested in becoming a volunteer Snow Angel***, please contact Suzan at 403.933-4348 for the address of someone in your area who could really use your help.

Many of us are tired of the news these days. It's been a long haul with this pandemic with not much of an end in sight for now. ***The first Wednesday of November, the 4th, is National Stress Awareness Day.*** This day aims to identify and reduce the stress factors in life. Everyone has stress. Some is good for us as it helps us to respond to changes in life. It is our body's way of protecting itself from harm. However, too much stress causes harm to our health and relationships. The pandemic definitely continues to be stressful for us all, and some feel it even more when you add in bipolar disorder with the changing of the season, anxiety disorder, depression, and post-traumatic stress disorder. There is help to be had! The Canadian Mental Health Association has strategies to help, such as physical activity, doing things you enjoy, meditation, counselling, support groups, and so much more. Please take

a moment to check out their website at mymentalhealth.ca. It is a valuable tool in helping yourself, your family, and others, and remember, you are not alone in these stressful times.

Rowan House is an important organization here in our Foothills, as a short-term women's emergency shelter. When women reach out to them for help, it tends to be after abuse has taken place. They strongly believe in prevention and education, and so have an awareness event coming up, the third annual "Breakfast with the Guys", with keynote speaker Jake Stika. Jake has an impressive background in both women's and men's voices being heard, and will talk about the small ways you can actually make a big difference for all the women and girls in your life. This will be a virtual event and includes fun surprises. A \$20 ticket gives you access to this Zoom event, and \$40 includes access, a mailed swag bag, and a \$25 gift certificate to Foothills restaurants for breakfast, all for a worthy cause. ***Breakfast with the Guys is on Friday, November 6*** from 7-9am, for tickets and information, go to rowanhouse.ca. If you or someone you know needs help, call their Crisis Line at 403.652.3311 (text enabled) or toll free at 1.855.652.3311.

The Alberta Government is providing monetary help to municipalities, charitable and non-profit organizations to provide help to individuals, seniors, families, and other vulnerable Albertans who are isolated or impacted by measures to contain COVID-19. Through grants from their local Family and Community Support Services Association of Alberta, funding will be distributed to civil society organizations. These organizations will support a range of services needed from at-home help for seniors, crisis and helplines, food security issues, emotional and mental health counselling or any other identified community issue. To find out more about eligibility for your organization, contact Black Diamond FCSS at 403.933.4348 or email suzann@town.blackdiamond.ab.ca.

At the time of writing, our towns and our not-for-profits have had the difficult decision to cancel many events this

year. We will not be doing Light Up, Firefighter's Food Drive, Shop Black Diamond Contest, Oilfields Hospital Basket Raffles, and Tree of Giving. But! Stay tuned on the web for updates from both towns, as things may change. Remembrance Day is November 11. There will not be a ceremony at the High School this year, and no service afterwards at the Legion. Just too many people and not enough room to hold us all safely. ***The Legion will have a small ceremony at the Cenotaph to honour our lost soldiers. Please honour them at 11:00 am with a minute of silence. And wear a poppy! The Poppy Campaign kicks off Oct. 30*** and they have said volunteers will be set up at Costco, Walmart, and usually they are at BD's AG Foods as well. Look for poppy boxes at local businesses as well. The Poppy is our emblem of supreme sacrifice. All monies raised from the Campaign go towards Veterans, bursaries, and programs and benefits for Veterans.

So, this year there are many events that are cancelled because of safety concerns, and rightly so. But many have forged ahead and are finding creative ways to follow AHS protocols and still have their events. In an attempt to bring some normalcy back, the ***Turner Valley Legion Ladies Auxiliary will be going ahead with their annual Holiday Shopping Spree on Sat. Nov. 21*** from 10-3. They hope to have their popular bucket raffles as well, with local businesses doing their best to support them. Depending on the amount of donations, they may have some extra raffles at the Friday night suppers. Our community is strong and resilient and they hope the coming event will give everyone something to look forward to. So, come out Nov. 21, have breakfast, do some shopping, and help support our Legion, our Veterans, and our many local Artisans. For more info the Legion's number is 403.933.4600.

New this year is the ***first annual Cowboy Christmas Western Vendor's Market.*** Hosted by Big Rock Arena and Black Magic Quarter Horses, this Market is all things western and horse themed, and all local Canadian handmade items.

Admission is free for this indoor heated riding arena. Come hungry as there will be food trucks on site. Just minutes off Highway 7 and north on 48 St. W., for more info, check out their Facebook page.

The very popular Millarville Christmas Market is a go with pre-purchased tickets mandatory this year, no drop ins. They must adhere to a maximum capacity within the grounds to help keep everyone safe. Your \$5.98 ticket gets you parking, admission, and two hours of exclusive Christmas shopping like never before! Kids 12 and under are free. Dress in layers as there are over 300 vendors indoors (check out albertawhiskycake.com to see if they will be there this year!) and out, food trucks, campfires, forging demonstrations, music, photos with reindeer, and much more. The Market runs November 5-8 and again November 12-15. When you purchase your ticket, you will be able to pick your two hour time slot. For more info or to purchase your ticket, visit millarvilleracetrack.com or call 403.931.2404.

Not far from Millarville is the beautiful **Leighton Art Centre. They are pleased to host their annual Christmas in the Country Art Sale from November 5 – December 23** from 10-4. Fine craft and artworks by local artists will be featured in the galleries of the historic Leighton home and on their online shopping site

(shop.leightoncentre.org). Discover over 1000 talented artists. Free parking and admission with donations gratefully accepted. Spectacular Rocky Mountain views included! More info at leightoncentre.org.

And our friends in **Okotoks will be hosting their annual Christmas Market November 13-15.** They are excited to announce over 150 of the best artisans from Southern Alberta along with Santa, live caroling, and more. The event will be spread over two locations, the Foothills Centennial Centre and the Elks Hall. For more info on this event, visit themarketsquare.ca.

Our dear Valley Neighbours Club member, Laura Haywood, has for many years talked of the Samaritan's Purse Shoebox Program, which people can gather items for children to have something at Christmas time. **Operation Christmas Child 2020 is a go.** You can build a box online this year, or pack your own shoebox. Items can include school supplies, toiletries, small gifts, and letters and pictures also. Empty shoeboxes can be found at Black Diamond Gospel Chapel and can be dropped off at the Okotoks Free Church, or High River Baptist Church. A \$10 postage must be included. National collection week is November 18-24. For more information, visit samaritanspurse.ca or for online boxes, PackABox.ca.

Sheep River Library is offering many programs this year to keep you busy. One to keep you warm and entranced is Poetry by the Fireside with famous Cowboy poetess Doris Daley facilitating. This group meets on the last Thursday of the month at 10:30 to read the works of poets both dead and alive and share their own work. A voluntary monthly writing project is assigned. Check out this and other programs at sheepriverlibrary.ca or give them a call at 403.933.3278.

Amalgamation talks are still up in the air. The next **Joint Friendship Agreement Committee Meeting will be held on November 11** at 6pm at the Flare and Derrick to facilitate physical distancing for both towns council members. Members of the public can view using Turner Valley's live stream link. The agenda or previous meeting's minutes can be viewed using the "Download Agenda" button at the top of the screen at turnervalley.ca. For more updates and frequently asked questions regarding amalgamation, visit town.blackdiamond.ca and search "proposed amalgamation".

If you have any events or news for the December issue, please email me at elaine.w@telus.net. The deadline for this issue is November 15.

Stay safe and keep smiling everyone!
Elaine Wansleben



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The library is up and running with everything back to normal. All the FNMI (First Nation Metis Inuit) books have been recataloged and shelved for easier access.

The library is partnering with Tracy Howk, a longtime resident of Longview, and FCSS Covid relief. Tracy has put together journaling binders designed to track daily activities that address and explore the concept of mental wellness. Villagers can come in and get a copy for free.

Some interesting programs are being considered for the winter months. They are: Talks on early ranching, storytelling by an indigenous neighbour, and native plants and products.

New Books In:

Masquerade at Middlecrest Abby, by Abigail Wilson. (Historical fiction)

The Shotgun Wedding, by William Johnstone (Western)

A Study in Murder, by Calie Hutton (Victorian mystery)

Thief River Falls, by Brian Freeman (Suspense)

A pleasant read is *Becoming Mrs. Lewis* by Patti Gallahan. It is a beautiful love story that follows the relationship over many years between Joy Davidson and C.S. Lewis, a British writer and lay theologian. It is a philosophical and

theological companionship, coupled with a shared love of literature. Gallahan writes movingly of our natural world,

especially of the rolling English country side..

Happy Reading!
Sylvia Binkley, sliv@telus.net

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Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged. Our next meeting is on Tuesday, November 10, 2020 at 7:30pm. This our annual general meeting. If you have suggestions and/or ideas for the next year, come and let us know. We will be practicing social distancing, no food or drink, sanitize on the way in and out. Please bring a mask. 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.



SHEEP RIVER LIBRARY

"If you want to be a writer, you must do two things above all others: read a lot and write a lot." ~ Stephen King

What did you do when you were stuck at home during the COVID-19 shut down? The answer to this question covers the whole gambit from wearing pajamas all day and bingeing Netflix, to re-organizing the entire house to working on projects that had been put off until "someday when I have the time".

Three people connected to the library used their "somedays" very well: they put their noses to the grindstone and used the lockdown time to produce a book. Doris Daley, well-known and lauded as a Western Poet, who also happens to be a library employee and facilitator of the Poetry on the Patio group, produced *That's A Good Answer: Wise Words from Wonderful People*. For this compilation, Doris asked her contacts from far and wide to supply the answers to burning questions such as "How did your parents save money?", "What should the 11th commandment be?" or "Three benefits of hiking are...". The answers span the spectrum from the thought-provoking to the hilarious. All of the contributors are listed at the back of the book which is already into its second printing.

Doris also spent the lockdown confined to her house with her husband, so perhaps compiling a book is as contagious as COVID-19 as Al "Doc" Mehl also produced a volume during this time. Al, like Doris, is well-known as a cowboy poet and songwriter and when not trapped at home, facilitates the Diamond Valley Songwriters group, which meets monthly at the library. Al comes by his nickname "Doc" honestly as he lived his professional life in Denver and Boulder as a pediatrician, before Doris married him and lured him to Black Diamond in 2016. The title of Al's book, *Good Medicine: Read Two Poems and Call Me in the Morning*, is a humorous nod to his former profession as well as a collection of 20 years' worth of his original cowboy poetry. The volume also includes western art and photographs throughout.

Our third productive author is Della Dickie. Della is a member of the Poetry on the Patio group and during the time of COVID-19 she produced her third volume of poetry: *There's Still A Bit of Kid In Me*. If you are familiar with Della's previous collections, *Splatology* and *Wrinkles of Laughter*, you will find both her sense of humour and unique outlook on life present in her latest offering.

All three volumes are available in the library collection (or soon will be). Unfortunately, because of the pandemic, we have not been

able to host book launches for these wonderful authors, so If you wish to purchase a copy, (they make great gifts!) then please contact the library.

All of this may seem a bit daunting to some of us, especially if you were in the all-day pajama wearing club. However, you may have a short story or two to tell. Family and Community Support Services (FCSS) is inviting senior residents of Okotoks, Black Diamond and Turner Valley to share a story or two about a difficult time you faced and how you got through it. Project SOS (Share Our Stories) will be running for a few months and to get you started there are writing kits available at the library. You never know. This could be the beginning of a whole new endeavour. Stories will be shared on the town's website.

Please note that the library will be closed on November 11, to mark Remembrance Day.

I will finish as I began with another quote about writing:

"There's no better teacher for writing than reading... Get a library card. That's the best investment." - Alisa Valdes


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Red Deer Lake United Church

Along with other faith communities, we are beginning to carefully offer in-person services at our church. At this time, we are planning to hold a service in our sanctuary on Sunday, November 15 at 10:30am. This service will be limited to 40 people. Everyone attending the services will need to pre-register on our website – reddeerlakeuc.com – or by calling our office at 403.256.3181.

Watch for announcements about a number of virtual and in-person activities we will be offering during the Advent and Christmas season.

We are still posting virtual church services on YouTube and our website for you to enjoy each week. Watch all of our virtual services here: reddeerlakeuc.com/sundayvideos.

We also have pub nights, Bible studies, meditations, hymn sing-alongs, and family activities online. You can see everything we have to offer on our website: reddeerlakeuc.com.

If you need support during this time, our Congregational Care team may be able to

help. Please reach out by contacting us at office@reddeerlakeuc.com.

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world. You're welcome, wanted, and accepted. Join us on the journey.

Thank you for bearing with us as we figure all this out! We hope you are having a safe and enjoyable fall.

Home Grown Alberta Businesses Join Forces To Weather The COVID-19 Storm

Jordan Ridge BBQ & Dipping Sauces started out as a small, gourmet product line by Jordan's General Store Ltd. in Black Diamond, Alberta. Since its inception in 2017, founder Laurie Rowe has stuck to her values of creating a line of Alberta-made, healthy, delicious and gourmet products. When COVID-19 shut the country down, Jordan's General Store took a direct hit

in their sales from Farmer's Markets on top of the severe economic downturn in the Calgary area affecting buyers' ability to purchase.

David Wilson of Urban Aspect Inc. saw this same story happening to entrepreneurs across the province and around the world. He developed a series of podcasts to try to help business owners succeed in these troubling times called *On Another Track*. His aim is to find the interesting story behind the business and promote the businesses of friends, family and colleagues who have something special to offer.

Urban Aspect Inc. has been in the traffic safety business for 6 years and operates out of Sherwood Park, Alberta. That industry too has been affected severely by the loss of the oil business in Alberta and COVID-19. Rather than sit and wait for things to improve in our economy David decided to take matters into his own hands and use his broadcasting skills to promote other businesses.

Jordan's General Store is the subject of David's 4th podcast in the *On Another Track* series and can be found on Podbean at onanothertrack.podbean.com.

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The Annual General Meeting

for the

Red Deer Lake Community Association

will take place on

Friday Nov. 20 at 7pm
at the Red Deer Lake Hall



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Square Butte Community Association

Set the date: November 19th, 2020 for our AGM to take place at the Square Butte Hall.

Prior to the AGM we will be having a volunteer appreciation event at 7pm. We appreciate the work and commitment that our members make to our community.

Without them there would be no community hall. People choose to volunteer for various reasons. For some it offers a chance to give back to the community, or a chance to build skills and confidence. At 7:30pm the AGM will take place. We are looking to fill the Vice-Pres. position along with 3 directors. If you have an interest in standing for election or helping out on some of the committees, you are all welcome. We are looking for people that could help with rentals, inside maintenance, yard maintenance, advertising, fund raising, social media, and event coordination. We will have 2021 memberships available, \$10 single, \$20 family.

SquareButteCommunity@gmail.com,
Squarebuttehall.com,
Financial email:
sq.butte.comm.assoc@gmail.com

Rentals 2021

We are excited to offer the Square Butte Community Hall up for rental bookings starting April 1st, 2021.

Please contact us for viewing of the facility, discussion of dates for upcoming weddings, birthdays, anniversaries, or special occasions.

We would love to help make your event a cherished memory.

Email contact@squarebuttehall.com

Square Butte Ladies Group

Our small local ladies group that has been in existence since 1941 would like to reach out to anyone that would be interested in joining.

The membership is \$1, this fee probably hasn't changed since the group's inception. We are focussed on helping others and donating to local charities.

It is great to have new voices and view points to expand our horizons. The winner of our 2020 quilt raffle was Dianne Swales. Congratulations Dianne!

We are planning our next quilt so if you are interested in helping, contact Pres. Jill Fry at 403.931.3420. We will be getting together to assemble in November.

Facebook Pages Of Interest

I believe a correction is needed on the local information page: Friends and Neighbours of 762

If you are a gardener or want to be a gardener in Alberta this site is invaluable, ask any questions or post your garden pictures: Alberta Gardening

Local History featuring Johnny Quirk

John Quirk lived through some very historical times and places. Information has been garnered from the history book *Our Foothills*, to which I now give credit.

The location of the land that Johnny and wife Kathleen Dempsey ranched

on is significant as the Quirk Creek Gas Plant (CaledonianMidstream) is located on their lands. Quirk sailed from Ireland before 1860 and settled in Detroit, Michigan. He spent time in California and Virginia City during the gold rush years, later joined by Mrs. Quirk where they ranched at Missoula, Mt. in 1877. In 1882, with Mrs. Quirk driving the covered wagon and John with the aid of a good cattle dog and 650 head of cattle, they headed north. They arrived at the Highwood crossing and Mrs Quirk, taken with the lovely cottonwoods, refused to go any further.

They were the first white settlers to settle on the Highwood, but a succession of dry years forced them to move further north. With the advice of Joseph Fisher, they settled on the north fork of Sheep Creek. The Q Ranch prospered and the herd increased to 2,000 head on 6,000 acres of deeded land and 6,000 acres of lease. His house and buildings were located on SE1/4 33-20-4 W5. They later built another house and put gravel in the walls, some say for insulation others to keep it from blowing away with the strong west winds. He was a leader among the Highwood and Sheep Creek ranchers and one of the first to irrigate. Some of his licenses were cancelled in 1902; irrigation officials complained that as he was "a man of poor education" it was "difficult to make him understand what is required of him". In 1910, the Quirk ranch was sold to Pat Burns; in 1917 to J.F. Dole then EHC Rawlinson; and in 1923, to the Kendall Stock Co. The story of the land will continue next month.

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De Winton Digest

Community News

“Fall is sneaking into De Winton”: In spite of COVID-19 changing many things that are going on or NOT going on in our Community. But, ‘seize the moment’ and enjoy the beauty that we are surrounded with.

As in all of life, I have chosen to dwell on what we do have choices and control over, rather than thinking about the ‘old normal’ or what the ‘new normal’ is or will be.

One year ago, we were able to celebrate and focus on what De Winton was like 100 years ago with all the decades of activities from 1918 to now! We did reflect on the Spanish Flu of 1918; little did we know then how much more we would hear about that in 2020! What will the next 100 years have to report from 2020? Many ‘buzzwords’ are already floating around.

“Flatten the curve”: Although that has been made in regards to trying to keep the numbers of COVID-19 statistics lowered, will we try to work towards “flattening the curve” for: Bankruptcy! Unemployment! Suicide! Are we remembering to do our own small part by:

- Striving to support all the local (especially small) businesses by making

sure we ‘buy local’ wherever possible; support local tradespeople, craftspeople, artisans as well as small local markets that are attempting to showcase their talented creative products?

- Traveling and learning about our own ‘backyard’ and the beauty that surrounds us in our own province, when we cannot go on planned trips to other countries? It is refreshing to hear about all the hiking that is being done this year nearby. Photography from there is also amazing.

- Considering our way to help and support the many charities, who still provide so much support for such important causes, but are more limited now in some of their usual fundraising activities?

- Looking after our own Mental Health by creating new routines and interests? Gardening, which has been a wonderful long-time activity for many people, has now acquired new clientele. The extra time forced on people to be at home has lead them to realize the joy and satisfaction (not to mention convenience) in growing much of their own food. Families are enjoying the outdoors in a more meaningful way without having to drive anywhere.

- Music interests have also expanded from just listening, to learning to play a new instrument. A recent news report revealed a guitar making company being over-run with orders now, much to their pleasure!

- Cooking and baking, which used to be a regular function in a home, had been often cast aside due to the busy two-

parent home needing to travel out to work each day. How many of you wondered why flour, yeast, and parchment paper, to name a few, were suddenly not available on your grocer’s shelf when you went to buy it?

- Great improvement in the technological skills of especially the more senior citizens. Well, we can’t go visit our grandchildren... hmmm, best we learn to Facetime or Skype to see how fast those little darlings grow! There may have been a happy pause in some of our volunteer positions! However, soon we learned that Zoom meetings could keep us involved in meetings as well as yoga classes or just connecting with friends and family.

St. Andrew’s United Church

The church has continued to move forward with some interesting innovative methods.

- The former Daily Faith twice-weekly online messages have now become a 9:30 Zoom meeting/faith-sharing time every Sunday morning.

- There have been several planned birthday ‘drive-by’ events within the area. Cars assemble at the White Church and then drive to the home of the birthday person for some horn honking and bell ringing to bring joy to both the birthday person and the drivers by feeling connected with their wonderful Church family.

- Board members continue to meet regularly by Zoom to evaluate what can be done until they deem it safe to have services again in the building.

Other Local Happenings:

As is always mentioned in each newsletter, we welcome news to report. However, you have to let someone on the newsletter team or a board member know.

On Saturday, after I felt I needed to just go for a drive to clear my brain (even though the air was filled with smoke), I headed down towards Millarville to enjoy the fall colors.

It was my pleasure to see the orange bags on the side of the road where many volunteer groups had done their job Sept 19 instead of the usual May clean-up day. I have always applauded the 4-H groups who have done this for many years. Millarville 4-H was one of those many groups, as well as the group of ladies from the Kenya Community Association I ran into while there.



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Thank you to anyone who does so many other jobs within our community for the well-being of us all!

President's Message

Hello fellow De Wintonites or is it De Wintonians? Or perhaps it's just the good people of the De Winton area. This is a new feature for our Community newsletter and I am happy to introduce myself as the current President of the De Winton Community Association (DWCA). I grew up in Northern Alberta in a Community called Warrensville, which is truly just a wide spot in the road in the Peace Country. The one room school house in our area was converted to a Community Hall in the early 50's and became a gathering place for many of the local farmers, ranchers and townfolk. It was where my parents met, where they were married, and where so many friends and local families gathered for country dances, anniversary parties, and Christmas celebrations - it was truly the hub of our area. I see so many similarities in the history of that little hall, which was replaced in the 1970's with a more modern and larger facility, to that of our De Winton Community Hall. Over the years the people of De Winton and area have made use of our hall in many of the same ways. While the pandemic has demanded that so many things be done differently, we have had to cancel many

of the large gatherings and the Hall sits empty for the most part. This will change. It is difficult not to notice that the world has changed over the last decade or two, people seem to be busier than ever and the number of locals involved with the Hall and the DWCA has decreased in a big way. There are many good and reasonable reasons for the increased pace of life here in the Foothills. Certainly, if you have children involved in sports, you will recognize the demands on your time have increased exponentially since you were a kid playing school sports. And there are many other activities and duties that we all need to commit to in our day to day lives. Good on you for being involved, for getting things done, for supporting youth and providing a non-paid taxi service to keep everyone where they need to be next. The De Winton Community Association is run by a volunteer board. They are all committed, hard working locals who have, and continue to, commit hours and hours of their personal time to help make our Hall and our Association operate for the good of the area. I commend them all, past and present, for their contributions. While there used to be many more 'local' events at the Hall, it has turned into a wedding rental venue in recent years, and has been booked 12 months in advance or more for weddings from April to October. This

provides us with the revenue needed to operate and maintain the venue, however, many people from De Winton have asked if we could do more for and with our neighbours. So here we are, reaching out to you - our neighbours and fellow DeWintonians. We need some volunteer help, we need people to serve on the board, and we need locals to use this great facility for their events and celebrations. We are looking at the feasibility of new features at the Hall, possibly a Pickle Ball court, maybe a basketball court as well. The basement at the Hall has a large open space and we would love to get your input on what sort of activities could happen there. Your ideas and energy around our Community and the DWCA would be most appreciated - I would welcome your calls and emails and hope we might meet face to face when restrictions are relaxed.

Regards, Perry Diebert
President, De Winton Community Association

403-650-9502 perrydiebert@gmail.com

...

Visit www.dewintonca.com

We provide updates on hall functions, programs, news, and more on the De Winton website. Leave comments, get involved and stay in touch with the community.

Local Musician Publishes Poetry Book During COVID-19 Lockdown

What does a singer, cowboy poet, emcee, and entertainer who is bereft of gigs do during the COVID-19 viral pandemic? Why, he publishes a book, of course!

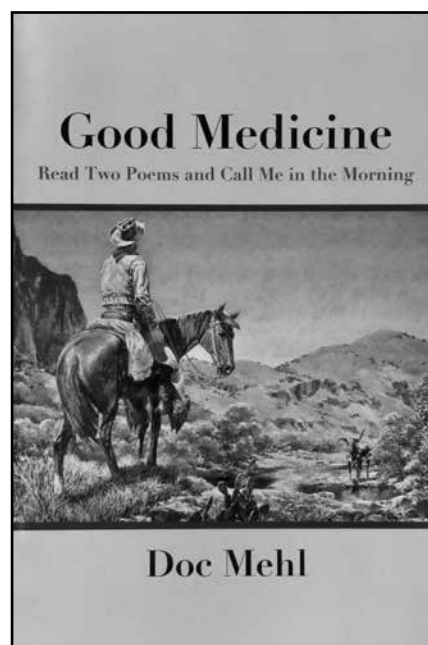
Black Diamond resident Al "Doc" Mehl, known on cowboy poetry stages throughout North America for his whimsical and eclectic western songs, is also an accomplished poet. With all performances canceled since last March, he turned his creative energy into a book that was 20 years in the making and six months in design and production.

"I wrote and performed my first poem in 2000," explains Doc. "As the poems accumulated, I have always wanted to compile my poetry into a volume. I've

recorded several music and spoken word CDs, but audiences have been asking for written copies of my performance poems as well." With this book, explains Doc, those fans will get rhymed-and-metered cowboy poetry as well as Doc's take on pacifism, family roots, health care, holidays, and many other topics.

The collection includes 95 poems (211 pages). Nebraska cowboy poet Marty Blocker says, "If you're one of those people who are corralled in an office or hobbled by concrete, Doc Mehl's poetry will slip your halter and set you free." And Alberta singer-songwriter Cori Brewster adds, "What makes my heart sing is Doc's lyrical gift, love of words, and sensitivity to the human condition." In addition to the poetry, the book includes images from over 30 acclaimed western artists and photographers.

Doc Mehl's book is available now, priced at \$20 (plus \$5 shipping and handling). The book is now available at DocMehl.com.





Autobiography of an Elk

Hi, dears! This Spring, I had to hide for 10 days before we could leave the forest as I was too young to escape predators. My name is Wapiti and I have an even number of toes on each foot, two in the front and two high up in the back! My family and I love to socialize; you will seldom see us without fellow elk. I can't wait to see my antlers grow, but that will be next year.

Shedding antlers each year must be tough to do. You may find worn off velvet, the fuzzy coat that provides blood and nutrition to the antlers. The velvet sheds but the antlers don't fall off until after the rut. Keep your eyes peeled this winter, but please leave the antlers where you find them; they're an important source of nutrition for my animal and plant friends.

My dream when I grow old is to be a head bull during the elk rut. Did you know? The rutting season lasts 20-45 days! One day I will shed my antler

velvet, bugle with a grunt and roll in elk wallows, which are wet areas filled with mud and urine. During this rut, I've seen males mark themselves with mud, use olfaction, make bugle calls, rub their antlers on trees and fight with each other to attract females. Who needs predators? Some elk will even fight to death!

Talking about predators, wolf and coyote packs, solitary cougars and bears are major threats to us apart from humankind - one of the reasons why we hide when we're born. We are big game species for hunters. Human activities like traffic and noise pollution increase vigilance and decrease foraging among us. On the bright side, I have heard about a conservation area nearby that focuses on conserving wildlife habitat where elk roam freely, away from traffic, all-terrain vehicles and hunters! I am definitely living my retirement life there.

I have heard a rumor that humans used our bugle for the Ringwraith's sound in their movie Lord of the Rings. Can you check and see if there is any similarity? I'm sure they wouldn't be able to match our frequency of 4000Hz. Yes! That is how loud a bugle can be. I am still

learning the different kinds of bugles like the location bugle, which is not aggressive and doesn't end with a grunt. There is also a challenging bugle to intimidate the rival elk ending with a grunt - my favorite! Then there are high pitched spikes and herding bugle just to round up the cows staying away from the harem group. I still remember my first high-pitched squeal to my mother who recognizes me by my voice!

I must go for lunch now. I have shared details based on what I've heard within the few months of my short life; I would love to share my wisdom once I'm older.

See you after my first rut!

Submitted by Maha Ejaz

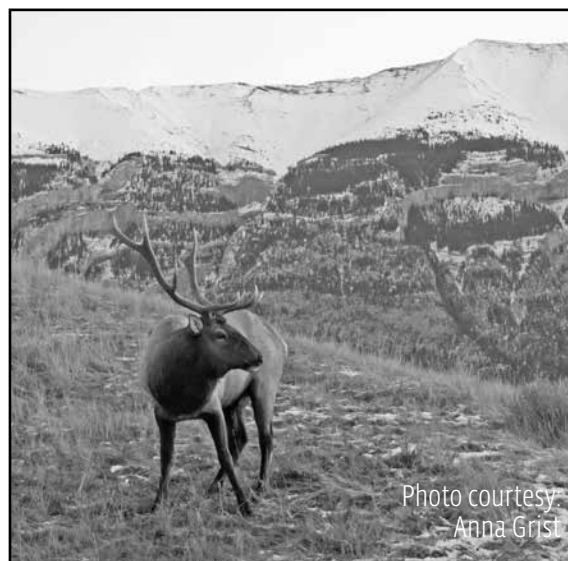


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Mady Thiel-Kopstein

BUSINESS PROFILE:

Home Instead Senior Care

Home Instead Senior Care®, a leading home care provider across Canada, has opened another office in Calgary to provide alternatives to long-term care homes for seniors residing in Okotoks, Calgary, Cochrane and Airdrie.

Home Instead is pleased to offer Home Care services to our readers at a time when high quality, personal, in-home care is needed the most – at a time when safety and comfort has never been more urgent. Home Instead Senior Care offers resources to allow seniors to remain independent in their homes, and out of long-term care homes and hospitals.

Home Instead is owned by a husband and wife team. The Franchuks includes Debbie, Co-Owner and Director of

Care, who worked previously as a nurse for AHS for over 27 years. Fred, Co-Owner and Managing Partner has a knack for delivering old fashioned customer service

"I became a nurse to keep people safe, happy and to provide solutions for loved ones and their families – whatever that may mean," says Debbie. Before opening the doors to the Franchuks' first Home Instead location over a decade ago, Debbie worked for Alberta Health Services (AHS) as a Home Care Case Manager RN. "My job with AHS became so incredibly frustrating once it became obvious to me that the gaps and lack of resources make the provincial health care system seriously flawed. I knew immediately that I needed to make a change." From there on out, Debbie made it her mission to provide the care and support needed for seniors aging in place – no matter where they call 'home.' In 2009, Debbie and Fred began their journey with their first Home Instead location in Southwest Calgary.

Fast forward to over a decade later, and the Franchuks continue to see gaps with the healthcare system. A few months ago, Alberta Health Minister Tyler Shandro said more than 70 per cent of Alberta's COVID-19 related deaths have been in long-term care facilities, and the Canadian Institute for Health Information (CIHI) reported that Alberta experienced the fourth-highest proportion of COVID-19 deaths at long-term care facilities across Canada. With Alberta's recent announcement that they will be easing restrictions at continuing care centres and seniors housing, the fear is that the worst of the pandemic is yet to come.

By keeping the promise of making a difference is what has kept the Franchuks in business for over 11 years. Today, Debbie manages a team of over 170 CAREgivers and nurses, and they continue to see demand growing for quality home care.

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Chaulk Talk

By Wayne Chaulk, Real Estate Agent

Things You Can Do Over Winter to Prepare for a Spring/Summer Property Sale

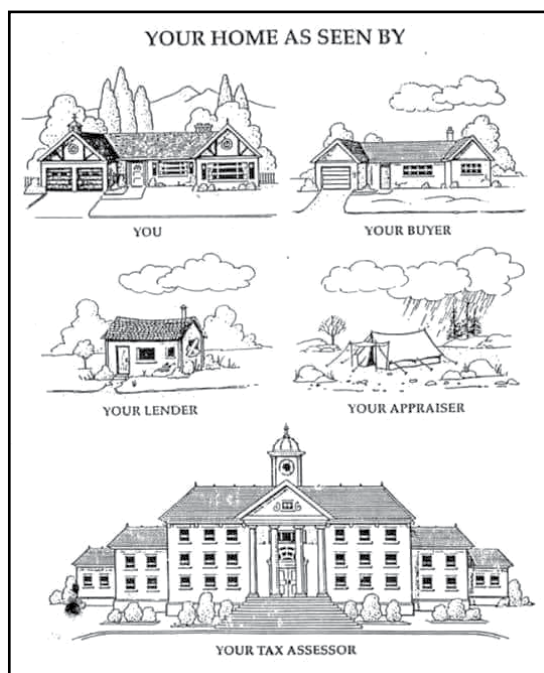
The summer and early fall has seen quite a brisk acreage market with a surprisingly high level of sales despite the very slow start and COVID-19 atmosphere. I feel the continuing, incredibly low interest rates (some dipping below 2%) and the desire by many families to escape to the country, given the challenges around COVID-19 in the city, has propped up the country market particularly under the \$800K range. But there have been a healthy level of sales above that as well including over \$1M. Let's hope that trend continues into next year! So given a seemingly renewed interest in the acreage market you may want to consider selling next year if the idea has been on your mind lately. If you do plan to do so you may want to begin preparing now!

Winter is truly setting in with colder temperatures and short daylight so one can't do much outside work on one's home or property. Whether in spring or early summer there are still a wide variety of things you can do in advance. Many of these items will aide in your listing preparedness and take pressure off you when it comes time to actually list. It will improve your marketability by providing your agent with valuable information, as well as help speed up a potential purchasers 'due diligence' process because info would be readily available that buyers might request or be curious about. This is not an exhaustive list and you may not be able to do all of them but certainly do as many as feasible and achievable over the next 1 - 4 months. Many of my past clients have taken this approach with improved success.

Some Items worthy of Attention and Repairs to Consider:

The following are some of the more critical items to attend to as the list can be endless but one can't expect an aged home to be a new home so keep the list in perspective!!

- De clutter and tidy wherever possible throughout your home. Go through your storage areas, closets and various rooms and pack up items you no longer use and commit to sell or give them away. Be ruthless in this process. If you haven't used something for the last year or 2 you probably won't. Work towards clean, organized and de cluttered spaces. Do this in your garage as well! The result will make you home appear larger, cleaner and more appealing!



- Paint any walls or areas that may need a 'spruce up', modernization or neutralizing. Move away from bright, overbearing colors. Remove any old style wall papers/borders/decorative pieces on walls.
- Replace old baseboards with more modern size/style. Paint trims, doors and mouldings if they are looking tired or worn.
- Repair or replace any worn/old faucets/toilets, sinks. Ensure showers/tubs are stain free and all grouting is 'in tack' or redo. Worn grouting can make an area look problematic when all it needs is fresh, clean grouting. Repair any moldy areas.

- Replace older light fixtures with modern fixtures. Increase brightness in darker rooms, utilize lamps to create mood.

- Repair any kitchen and bathroom cabinet door hinges or surfaces that may need attention. Update to new door knobs. It is amazing how simply changing these out can add a little more modern feel to an older kitchen.

- Definitely clean your utility room, furnaces, humidifiers and water equipment, drains and floor areas. If you have water processing equipment prepare labels for them so potential viewers know right away what various tanks/devices are for. A variety of tanks can be very confusing with agents and buyers guessing what their function is.

Confirm any internal cistern tank sizes.

- If your flooring is tired looking and budget allows, consider new carpeting in badly worn areas. If you do not have the budget to replace them, certainly have any carpets stretched if needed and professionally cleaned. If replacing flooring make sure you get advice from a floor specialist so you are installing more neutral and modern colouring/styles.

Assembling Important Documents and Property information:

- Summarize and average out your utility costs for 2016 including heat, power, and communications. Confirm internet provider details, costs and speeds available. Buyers almost always ask for this information once interested in a property. If you are in a problem area for cell or internet coverage research all and any options as this could be a challenge for selling if

buyers feel coverage is poor. With the growing number of hub and cellular options becoming available at least be aware of the options and minimum services one can get.

- Summarize all the main features and unique characteristics of your property and home. Your agent can use these for marketing impact in brochures, online promotion etc.

- Assemble a summary of all school options for all grade levels for kids given your particular location & also confirm school bussing options. Buyers will definitely want confirmation of this as part of decision making, so make it easy for them.

- Understand any restrictive covenants or caveats if any exist on your property or community development you may be a part of and prepare a summary for review. These can affect decision making so best to make people aware of them up front. Get a current Certificate of Title and ensure there are no surprises on it including if ownership arrangements have changed.

- If you are an acreage owner definitely gather any old or recent well tests and water analysis reports. If none exist consider getting one done, especially a water analysis and bacterial test just in case there are any critical issues you can have addressed by installing a piece of processing equipment. Buyers will always have a water condition so be prepared for this. Also confirm your well pumping rate GPM. Guessing what it is from memory is not a good idea you may need a new test.

- If your water system includes an internal or external cistern confirm the tank size.

- Summarize any and all renovations, upgrades and repairs you have done over the last 5 years or so and where possible list the contractor and approximate value of the work done. Confirm the roof age and materials if possible. This is always an area of concern. Buyers love to see that a property has been kept in good repair and proof of work done. If you happen to have a wood basement ensure an engineer's report is made available and if not have an inspection done and get a report. Check with MD Foothills in case an engineer's report is on file when built.

- Start making a list of any outside work that should be done and set a schedule for attention as soon as the snow is done. Research contractors, pricing and scheduling available.

- Confirm if your furnace is mid or high efficiency if you don't already know.

- Gather any information on your septic system including recent repairs and clean out receipts, tank size and style.

- Pull your existing Real Property Report and verify if it is still valid, i.e. no additions have been made since you purchased. If, however you have added space, expanded decking, added walkways, sheds or an outbuilding it will need to be updated and you will need a new Certificate of Compliance from the municipality. Call the surveying company noted on the RPR and get a quote for an update and plan to have it done when feasible. If you don't have an RPR definitely order one in early spring. You will need it to close on a sale.

- Take time to research and interview real estate agents you may want to consider unless you already have a track record with an agent. Don't focus on the brokerage name but mainly on the agent. There are excellent agents in all brokerages. Choose someone who knows your product and general area and who will give logical pricing advice. Don't get caught up in the 'international reach' pitch, big team and brokerage prestige image some agents give these days. Most sales come from agent networking locally and with the internet we all can promote far and wide. Choose an agent primarily based on experience, honesty, work ethic and integrity.

Hopefully carrying out many of these steps will take some of the stress out of a usual stressful process and improve your marketability and help you achieve a higher dollar value sale as well! Our market is quite challenging these days so any edge you can bring to a listing will improve your chances of a sale.



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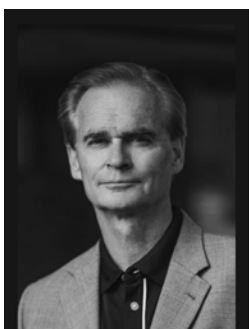
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Remembering A Day in War-Time Britain

by Jean Crook

I was a little girl about three or four years old in 1941 or 1942. We lived in Richmond Surrey, nine miles from the centre of London. We had two pear trees in our garden. The fruit was small and hard but everyone who had produce growing in their garden was required to harvest and share it by taking it to the local greengrocers' shop. It was one of the many things we did to help the war effort.

The day was sunny and warm and my Dad went out into the garden to begin gathering the pears. I



watched as he climbed the ladder. Up and down the ladder he went bringing down the pears in a bag for me to pack in boxes.

Suddenly the sound of an engine roared above. It was the unmistakable noise of a doodlebug. Hitler was sending these very dangerous unmanned bombs across the sea to Britain. When the fuel was spent the rocket would land and explode. The noise was scary.

The silence, however, was worse because then the bomb would fall.

Dad was way up in the tree and yelled for me to go in the house and get into the bomb shelter¹. I said, "I'll wait for you, Daddy!"

My Mother was not home so he urgently said, "Go in the shelter, NOW!!"

Later, after the huge explosion, he came to find me in the house.

The bomb had dropped in the park nearby. The force blew out our windows and doors and some of our neighbours', too. We put boards up over the broken windows until they could be repaired properly.

My Dad related his experience to my Mother and to others and I remember listening as he explained how he had clung to that tree with all his strength. He was amazed that he hadn't been thrown to the ground and was very shaken by the narrow escape.

The remaining pears did not need picking. The explosion had thrown them to the ground. We saved the ones not too badly damaged, delivered a percentage of those pears to the local greengrocers' shop, and I helped my Mother with the process of bottling our share of the prepared pears in jars, for later use.

Written by Andrea's sister, Jean Crook, edited by Andrea Kidd, drawing by Russ Rodman

¹The shelter was a Morrison shelter, made of iron sheeting with thick mesh on the sides. It was large enough to house a mattress to sleep on and we used to play table tennis on it sometimes.

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Mortgage Matters

By Candace Perko, Mortgage Broker

10 Things That Won't Hurt Your Credit Score

You may already know certain behaviours can impact your credit score, either positively or negatively. But did you know that not every action will impact credit score? Here are 10 examples:

1. Paying with a debit card: Using a debit card to access money you already have in your bank account to pay for items won't impact your credit reports or credit scores. For comparison, when you pay with a credit card, you're essentially borrowing the funds to pay back later.

2. A drop or raise in salary: A salary cut or raise may affect your personal and financial life, but won't directly affect your credit scores. If you lose your job, it is not recorded on your credit reports.

3. Getting married: Your marital status is not a factor used to calculate credit scores. If you get married, you'll still have your own credit reports, and so will your spouse. If you and your spouse open joint credit accounts, they may appear on both of your credit reports.

4. Getting divorced: Actually filing for divorce won't directly impact credit scores, but if you have late or missed payments on accounts as a result, it may negatively impact credit scores. While a divorce decree may give your former spouse responsibility for a joint account, that doesn't let you off the hook with lenders and creditors.

5. Having a credit application denied: Having a credit application denied doesn't affect credit scores. But the application itself may result in a hard inquiry, which may impact credit scores.

6. Having high account interest rates: Interest rates and annual percentage rates (APRs) on your credit accounts aren't a factor used to calculate credit scores, but late or missed payments on those accounts can hurt your credit scores.

7. Checking your own credit report: Regularly checking your credit reports is one way to keep track of your credit accounts. Pulling your Equifax credit report, or a credit score based on the information in it, will generally result in a soft inquiry, which will not affect your credit scores.

8. Disputing information on your credit report: If you see information on your credit report that appears to be inaccurate or incomplete, you can contact Equifax for free and they will look into it.

9. Paying a traffic ticket (on time): If you are issued a traffic ticket – such as a parking or speeding ticket -- and pay it by the due date, the information will not be reported to the credit bureaus.

10. Moving money out of RRSPs, TFSA's or other non-credit accounts: Investment accounts such as RRSPs, RESPs, TFSA's and RDSPs are intended to help individuals build their personal savings. Although there may be tax implications when you move money out of these savings plans, these activities are not reported to the credit bureaus and therefore will not affect your credit scores.

Source: Equifax

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Everything Worthwhile Is Uphill

by Duane Harder



In his book *No Limits: Blow the Cap Off Your Potential*, John C. Maxwell says, “Everything worthwhile in life -- everything you want, everything you desire to achieve, everything you want to receive -- is uphill. The problem is that most of us have uphill dreams but downhill habits. And that’s why we have a cap on our production capacity.”

I vividly remember my first trip to Mt Norquay as a 12 year-old skier. I stood at the top of the chairlift looking down the North American run. The ski hill in Hall’s Coulee, a mile east of Crossfield, seemed like a molehill in comparison. How on earth was I going to make it to the bottom. As I stood contemplating my possible funeral, I noticed a young boy, about six years old, zip of the lift and head down the hill. Suddenly my competitive drive kicked in. “If he can do it, so can I.”

Paradoxically, my uphill that day was downhill. By the end of the day I wasn’t dreaming of the Olympics, but Mt. Norquay didn’t conquer me, I conquered it. My real uphill challenge was being asked to take over the goalie position on our high school hockey team. I was in grade eight at the time. My first game was against the Old’s School of Agriculture. I thought I was in the middle of the Dieppe battle. Pucks were flying at me thick and fast. We lost that game 8 – 3 but I won a battle over fear. Hours of practice plus the encouragement of the coach and friends propelled me forward.

Paganini (October 1782 – 27 May 1840) was a great Italian violinist. He is reported to have said, “If I miss a week of practice, my critics know. If I miss a day of practice, my fans know. If I miss an hour of practice, I know.” An uphill dream requires persistent determination and vigilant discipline.

Unfortunately, today we want the greatest possible result with the least invested effort and all that with maximum profit. So, what is it that puts a cap on our potential and makes our dreams illusive fantasies? The villain is called pragmatism. Is this some kind of disease? No! It’s something we believe in even though we may not have heard of it. It is a world view that is rooted in an *a priori* rejection of binding principles. The general consensus is that there are no absolutes that establish norms of moral behavior, standards of excellence, business practices or our educational philosophy. The only absolute is that there are no absolutes.

The pragmatic approach to life has the inherent danger of making success the ultimate criterion of measurement. After all, “nothing succeeds like success.” Therefore, anything that contributes to an increased bottom line must be good.

Pragmatism tends to live in the world of short-term gain without consideration of long-term impact. Debt seduces us into believing that the short-term gain is worth the long term risk.

We all know that a good tree produces good fruit. The pragmatist asks, “How can I get good fruit without necessarily having a good tree?” It is like the young apprentice said to the seasoned craftsman, “Can you show me the tricks of the trade?” To which the craftsman replied, “I don’t know the tricks, but stick with me and I’ll teach you the skill of the trade.” A principle-

orientated approach strives to conform to empirically verifiable standards that have been proven to produce “good fruit.”

Pragmatic thinking easily becomes fertile soil for opportunism: That can involve going with the flow, adjusting to questionable current trends, using manipulative marketing methods and even cooperating with corrupt political systems.

Today, like never before, we need men and women who are governed by absolutes. People who have their morality rooted in a transcendent authority or classical conceptions of virtue. A people who are directed by the empirically proven, timeless truths, not the variable subjective impulses that men and women know or feel for themselves – autonomous ethics without a religious or metaphysical foundation. People who will say no to victimhood and yes to personal responsibility. People who will reject entitlement and fully embrace investment of their resources in making others successful. People who will say no to utilitarianism and yes to the investment of their skills in the shaping of cultural stability. A people who know the difference between the strength and security of absolutes and the flexibility of preference. We need history changing, culture transforming men and women who can see beyond their circle of need to a world of opportunity where anchors of truth will release a generational legacy.

Personally, I have requested that my tombstone read, “He died climbing.” The journey has been uphill all the way. There have been times of exhilaration, exhaustion and the temptation to exit. However, what I see keeps me pressing onward and upward. I invite you to join me on the journey to the top.

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Out of the Rut Chapter 121



Now has fallen. Now is a good time to wear a mask... the comforting cotton flannel lining I made for mine is snug and warm on my chilly nose. It's nice to finally have an acceptable face covering for the winter months.

I dragged a few more bins from my storage this weekend... unearthing piles of fleecy winter pants and sweaters. I discover that I have more hats and scarves than I can shake a stick at. Where did they all come from? Transplanting potted plants to the ground for the winter... I thought they would have a few days to acclimatize before the snow came. More fool me.

Walking in the near-dark through the woods by my home. I am striding along like a giant. As I turn into the park, a car ascends the hill and sweeps in behind me. *Who might that be at this time of day?* I accelerate, thinking to myself *if it's someone unpalatable like the drunken man wandering the woods last week, I can dive into the undergrowth and circle home quick enough.* My stride lengthens again on the downslope and I am into the woods and the gathering dark within seconds.

A few more seconds and strides pass and I hear something behind me.... turning I greet the ubiquitously happy face of a golden retriever who has bounded ahead of their human guardian. The person is jogging, hence the quick connection. I am reassured and turn to go on, detouring to the left to walk the loop anti-clockwise.

Maintaining a blistering walking pace over the scrambled spaghetti tripwires of tree roots and stumps in the half-dark, I know this trail so well, it hardly slows me at all. I am only slightly surprised therefore, to find that I am heading back on the return leg of the loop before I meet the dog and jogger again. As we pass on distant sides of the trail, I remark "Hey! that's **** isn't it?" The dim figure corrects my naming, although in my head I have their last name correct, just the first was slightly off. However, the dark silhouette replies "Who is that? It's too dark to see you!" I identify myself, we exchange greetings and farewells.

I realise that it was merely the outline

of the person's head I recognised, how strange. Then I got to thinking about the person's last name wandering about in my head... and that she might refer to her last name as her *family* name or *Christian* name. Despite being born into a decidedly non-religious household, at school and in society back then in England, everyone referred to the *Christian* name. I think of it as my last name... now that means something entirely different to me... my first name was Kathryn Frith, that incarnation has been a ghost in the wind

for decades now. My last (current & presumably last) is Kat Dancer. I transmogrify!

It fascinates me how we view these things in different cultures and countries. The Inuit customs never included any form of family name. Our somewhat blinded predecessors, in an attempt to simplify 'administration' came up with the crashingly insensitive *disc number* system. Ugh, we might as well have put yellow stars on their breasts. Later that became the *project surname* which resulted in Inuit being metaphorically frog-marched into *white man land* and forced to use our/their system of identification. There are interesting articles that go into more depth on that topic freely available on the weeeeb.

I pray your movement through the last days of this year and into the first days of the next are smooth and uneventful, bringing you what you need and leaving behind whatever doesn't serve.

With gratitude and love, Kat Dancer
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Perceived ADHD Advantages

by Roché Herbst, M. A. R. Psych.



Is There Any Benefit To Having Adhd?

ADHD is not always a walk in the park. However, there is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

A Different Perspective

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

Undeniable Power Of ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are

aware of the positive aspects of ADHD can nurture and hone their unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

The Hidden Positives

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

- Grit - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. *"We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears"* (Linda Roggli, ADHD Coach).
- Ingenuity, creativity - no, not just for starving artists and broke writers. Some of the most successful people in the world value the importance of thinking outside-the-box.
- Spontaneity, a love for new experiences - okay, sure... sometimes a

little forethought goes a long way, but you are a quick starter, jump right in and do not get stuck in analysis paralysis.

- Laser focus - getting-in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.
- Constant surprises - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

ADHD Quotes

"I was trying to daydream but my mind kept wandering" - Steven Wright

"To invent, you need a good imagination and a pile of junk" - Thomas Edison

"I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting . . . remarkably at the same time" - Frank Coppola

"The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) ADDitude: Inside the ADHD mind. Monthly subscription magazine.

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If you wish to connect with some local people who discuss what is happening in our world: We are gathering with neighbours in small groups to exchange thoughts and information. To contact, phone in evenings: 403.933.2829.

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Meeting at Valley Neighbors Club Sunday mornings at 11am for worship, Bible investigation, and fellowship meal. Check out fbfellowship.ca for other gatherings and Bible studies.

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Family Road Trip 2020 Alberta's own Travel App Developer Shares Tips

Impact Tourism co-founder, Sheila Willis wants Alberta families to know that travelling in Alberta is not cancelled. With the History Check App, a made in Alberta grassroots travel and tourism app, present travel restrictions don't have to limit the adventures families can have across Alberta. Free to download to IOS and Android, the app can help plan in-province road trips to suit almost any taste and budget.

"I know there's a lot of disappointment and trips cancelled, but there's still hundreds of ways to explore the province in a safe way," says Sheila Willis who has spent the past four years on the passion project. *"There's plenty of outdoor, remote and private destinations."*

Originally developed to highlight historical sites throughout northern Alberta, the History Check App now features tourism sites, attractions, and businesses from across the entire province.

"It's a work in progress as I continue to explore funding sources, but I've added hundreds of points of data since the pandemic began," says Willis, *"first to identify as many of the open truck stops, restaurants and gas stations for essential truckers and now to help small businesses and tourism operators highlight their openings and summer policies."*

To learn more about Impact Tourism's history check app and how travellers can use it to plan summer road trips or to arrange an interview contact Sheila Willis at 780-805-1390 or via email at info@impacttourism.ca.

REMINDER



This year, it's especially important for you to get a flu shot.

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- Healthcare resources are freed up for the care of COVID-19 patients.

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