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Communities of*

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Millarville • Priddis • Red Deer Lake • Redwood Meadows • Springbank • Turner Valley

and were once more drinking beer
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of the "Fueride Feisilien"

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Im hoping and praying ill come home to stay.
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and we all know that youre safer there.
"Somewhere in Canada."

and when the letters come,
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each one a sweet souvenir
They will give me the spirit to carry on,
to give the dear kiddies a kiss one by one,
Until that day when I return,
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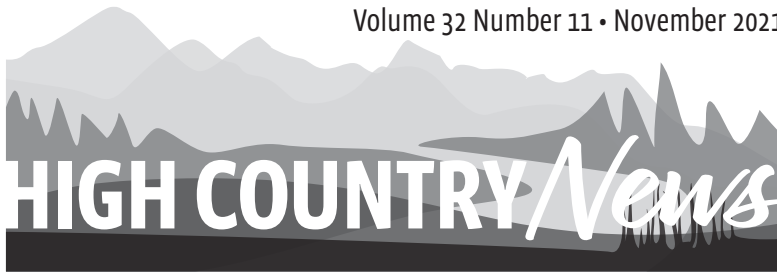
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LETTER FROM THE EDITOR

In Remembrance of...

On the 11th of November we take the time to remember the millions of individuals who laid down their lives to give us a better future. The poem on the front page and pictures included in this article are excerpts from my wife's grandfather's journal while a prisoner of war. (Edward A Miller, A Wartime Log). He served in the Dieppe raid and then was a POW for the remainder of the war. The Dieppe raid was an experimental invasion to test the German defenses on the coast of France.

Recently, when I was casually reading through his writings, I was intrigued at the amount of hope that his journal shows. Rather than be in misery over his present circumstance, he chose to believe in a future. He hoped for something better. He wrote of his affection for his daughters. Drew house plans, meal plans, pictures of nature as well as poetry.

This hopeful attitude when life was bleak is something we can learn from today. If he had looked at what his eye saw - it would be utter despair.

Nothing of his circumstance, both on the battlefield, and then as a POW, would have given any indication of hope. In fact, it would have given him every reason to despair and give up hope. His writings reveal his resilience to the present circumstance and ability to plan for a better future. It was an honour to play "The Last Post" at his funeral.

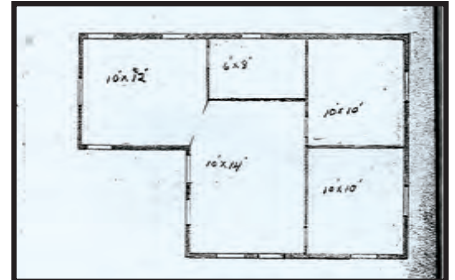
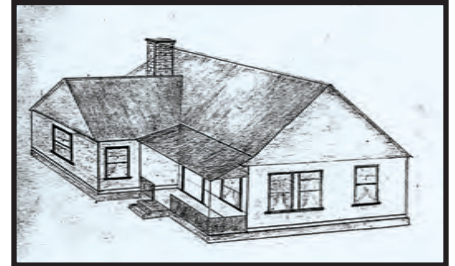
Given one of his war medals as an inheritance, the real value isn't what I received as a historical artifact, it was the gift of his spirit the medal represented. Against all odds, both on and off the battlefield, he displayed the courage to lead and press forward. He looked past the present circumstance into the potential of a future that was beautiful.

I hope that we can emulate this character today.

Enjoy the paper. There are several great articles for your reading enjoyment. With Christmas coming, I trust you can participate in the many local Christmas markets and support our talented artisans.

From my family to yours, Lowell Harder

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MASHA SCHEELE, HCN STAFF

Mountain View Village geared towards rural retirees

Black Diamond is gaining 135 independent living suites where baby boomers and seniors can retire and experience the concept of 'aging at home'. The development is called Mountain View Village and is conveniently located adjacent to the Oilfields General Hospital.

Calgary-based developer, Todd Gow, noted that they didn't use the name "Mountain View" for no reason. The community will have spectacular views of the mountains that can even be enjoyed from the second floor.

The community includes 125 condominium suites and 10 luxury villas that offer several care options as its residents age. Gow explained that the development company, Circle G by Vitality Living, has a philosophy to build suites 20% larger and approximately 20% lower in price than what can be found in cities.

"Our philosophy is vitality living, meaning that we want people to live life to the fullest both mentally and physically and be in community with each other," said Gow.

The developer already started selling the condos and the plan is to get shovels in

the ground in early 2022. Occupancy of the villas is expected in the fall of 2022 and occupancy in their first condominium building is expected in the spring of 2023. Aside from buying suites, which is their current focus, there will be a few rental opportunities in the future. Gow explained that to avoid erosion of wealth, owning a suite will help residents maintain their equity and reduce their monthly payments. Residents can still opt in or out of services like housekeeping, grocery shopping, shuttle services, medical home care, palliative and dementia care, and more.

"Even if there is a period where some of these folks will need more intensive care like full dementia care in a secure facility, we literally back right onto the hospital in Black Diamond and of course right next to the hospital are care facilities," Gow said. This development truly offers the age-in-place experience, he added.

Gow noted that he changed his focus from typical senior developments in cities throughout Canada and the United States to the needs of seniors and retired people in rural areas.

"I have close ties to the ranching community here in Alberta. The majority of people that I know that are looking to retire really don't want to move into the city for several reasons," he said.

Many people have grown up, lived, and worked in rural areas for the majority of

their lives and it's where they are most comfortable. Moving into a small and expensive suite in the city and dealing with city crowds and traffic can also be intimidating and costly, Gow added.

"Right now there's just really no alternative out there in rural communities for seniors living. So we created this based on the needs of smaller town people but also ranchers, farmers, and people living on acreages," Gow said.

Mountain View Village is a lot different than most senior housing and is focused on the rural lifestyle. Individuals can continue to be part of their local community with people their own age and enjoy activities like card games, potluck dinners, and hiking.

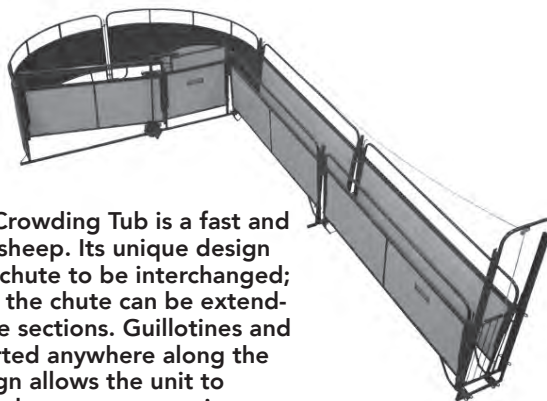
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Masha Scheele, HCN Staff
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MP UPDATE - Foothills

John Barlow

A Special Thank You

To the voters of Foothills, I would like to express my heartfelt gratitude for once again showing your confidence in me to be your voice in Parliament. I am truly honoured. An election is not won alone, and I am grateful to the dedicated and passionate volunteers who played an integral role on our team. Many of you spent countless hours contributing to the

campaign and I sincerely thank each of you for your enthusiasm and commitment.

Thank you to my family, my wife Louise, who is my rock, without whose partnership, love and incredible support I wouldn't be standing before you today. My beautiful children, who inspire me to work harder for your future, and the Canada I want to see for you. There is more work to do and my focus is on five key issues: unlocking the potential of our agriculture and energy sectors, which is imperative for our economic recovery; improving connectivity throughout Foothills; cracking down on rural crime while defending law-abiding firearms owners; ensuring small businesses have a competitive tax and regulatory regime; and fiscally responsible government.

Being in Opposition means we must work with other parties to advance important issues. We will continue to make a difference in a wide variety of areas for all Albertans, no matter who you voted for in the last election. We will continue to defend hard-working Albertans and demand our province is respected for our contributions to Canada and get its fair share of support and acknowledgement for our role in Confederation. My resolve to defend Alberta, our rights and freedoms, and strive for a strong and united Canada has only become stronger. My staff and I look forward to continuing to serve our communities and our residents. Our challenges are many, but I will remain steadfast each day working hard to earn your support, your trust and your confidence. As always, I appreciate your ongoing support and encouragement and consider it an honour to be your elected federal representative in the House of Commons.

John Barlow
John.Barlow@parl.gc.ca
613-995-8471



JOIN OUR TEAM!

Call For Bragg Creek Chamber of Commerce (BCCC) Board Positions – BCCC will hold their annual general meeting on November 17th, 2021, at 7:00 pm (location TBD due to current health restrictions).

The main topics to be addressed are: assigning open board positions (see descriptions below), financials, and open-floor discussion for any questions/concerns.

Open positions:

- President
- Vice-President
- Treasurer
- Secretary

For more information on positions/how to apply please email office@braggcreekchamber.com.



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MLA UPDATE - Banff/Kananaskis

Miranda Rosin

“Should section 36(2) of the Constitution Act, 1982 - Parliament and the government of Canada’s commitment the principle of making equalization payments - be removed from the [Canadian] constitution?”

According to Albertans, the answer to that question when posed on the municipal election ballot last month was an unequivocal yes.

On October 18th through provincial referendum, Albertans gave our government a decisive mandate to pursue efforts to cease sending hard-earned taxpayer money to those in our country who work actively against our economic and cultural interests.

Albertans voted against equalization.

The only mention of equalization in the Constitution Act of 1982 is Section 36(2) which vaguely states: “Parliament and the government of Canada are committed to the principle of making equalization payments to ensure that provincial governments have sufficient revenues to provide reasonably comparable levels of public services at reasonably comparable levels of taxation.”

The existence of equalization is nothing more than a vague concept, created initially to ensure provinces had equitable essential services for their residents. It was never intended to be a program that transferred wealth from one province to another, allowing the recipient province the ability to spend to their heart’s desire at the other’s expense. Now, that system is broken, and equalization is no longer equalizing.

From 2007-2018 Alberta made a net contribution of nearly \$240 billion to the rest of Canada. On a tax base of 4.2 million people, that is over \$57,000 per Albertan in a decade - more than many people’s annual salary.

Based on our young working population and strong resource economy, Alberta has some of the highest revenues per capita of anywhere in Canada. Yet once equalization transfers are paid out, our province is left

with the second lowest per capita revenues of any province in Canada. Not only is equalization not equalizing, it is actually leaving our province poorer than nearly all others in Canada on a per capita basis.

In budget year 2019-20, Quebec ran a \$32 million surplus - their sixth consecutive surplus since 2014 - while still being a net recipient of equalization.

The program’s initial constitutional intent has deteriorated entirely, and equalization has become merely a wealth transfer rather than something that exists to guarantee essential services.

The formula by which equalization payments are calculated is complex, although not directly included in the Constitution. Equalization is calculated by subtracting a province’s “fiscal capacity” - its ability to raise revenues - from the national average fiscal capacity. There are strange intricacies, however.

Natural resource revenues are accounted for at 50% in the formula. Yet if a province chooses to nationalize their resource industry, such as Quebec has done with their hydroelectricity, the revenues derived from those resources then become exempt from the calculation. This skews the formula against provinces who believe in self-determinant free market principles, in favour of provinces who do not - effectively punishing entrepreneurial spirit while rewarding irresponsible governance.

Further, as Danielle Smith recently pointed out, Quebec’s nationalized, subsidized, equalization, exempt hydroelectricity is charged to Quebec residents at just seven cents per kilowatt-hour, in stark contrast to the 23 cents per kilowatt-hour charged on their outward exports. If Quebec would merely charge a six cent per kilowatt hour increase, still well below the going market rate, with a dividend back to the government similar to Alberta’s oil and gas royalties they would generate nearly enough own source revenue to completely displace their need for Alberta’s equalization dollars.

Unfortunately, the only approach a province can take to alter the equalization formula or attempt to abolish the program altogether is to host a successful referendum against Section 36(2) which would force the federal government into, at minimum, negotiating. On October 18th, Alberta did just that.

Because equalization payments are distributed by the federal government with taxes collected from the provinces, and because equalization is enshrined in the Canadian Constitution, any alteration to the program is required to pass through the Senate, House of Commons, and two thirds of the Provincial Legislative Assemblies before coming into effect. The road to fairness for our province will be a long and challenging one, but as Albertans decided on their referendum ballots, it will be a worthwhile journey.

Alberta has remained a generous member of the Canadian federation through boom years and bust, but we cannot settle for being treated as second-class citizens in our own country any longer. The days of allowing other provinces to run multi-million surpluses with our money while simultaneously campaigning to shut down our industries and shut out our people must end.

On October 18th, Albertans spoke. Now, our government begins the work.

Miranda Rosin, MLA



MLA Miranda Rosin
Banff-Kananaskis

Office Hours: 1:00-4:30 pm

Bragg Creek:
226-7 Balsam Ave
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* Monday - Wednesday

Canmore:
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* Thursdays





OCTOBER 2021 TRUSTEE REPORT

Judi Hunter

Sarah Thomson School in Langdon presented to the Board about the game they had created to cover the Social Studies curriculum. It involved a combined Grades 2 and 3 class. The game included a regular board game component and an online game component. The following is a link to the YouTube video they created.

www.youtube.be/YOzLYAaAXYw

The game is called Survive and Thrive. The students were very excited by this learning project. It was interesting to listen to the kids, as they were really excited about their work and what they learned.

CMR update

The Capital Maintenance Renewal dollars update.

This is a new funding block from the government; however it is not new money. It is just reallocation of money for capital projects. There is a funding formula for this and an associated process for approval.

IMR

Infrastructure Maintenance Renewal dollars are also given to school boards. These dollars are not meant for capital projects but rather on-going maintenance projects.

In Ward 5 the following projects were approved:

Springbank Community High School

- Foods room modernization
- Sewer lift station upgrade

Springbank Middle School

- Foods room modernization
- Cafeteria modernization
- Site drainage

Elbow Valley School

- Site drainage

Just a note to inform the public that the Boards meetings are being held via zoom as the renovations to the Education Centre are not complete. The next Board will decide if in-person meetings will be held at an alternative site.

The Board of Trustees has written a letter to the Minister of Education asking for the student to decide whether to write the Provincial Diploma Exams.

There will be a presentation by the Board of Trustees to assist school councils in rewriting their by-laws. October 6, 6:30 pm. You must register in advance.

rockyview.zoom.us/j/94723642100

There continues to be updated COVID protocols. Statistics are showing an increase in the numbers of children reporting COVID. Rocky View School Division is watching this closely and continues to follow all CMOH guidelines.

This election has brought the much attention to the role of trustee. In addition to voting for trustee, you will be voting for councilor and making your decision with regards to daylight savings and equalization payments. You may have had to ask for a trustee ballot. Last election they were not routinely handed out.

The Springbank Middle School is holding its casino October 10 and 11. Many thanks to all volunteers. Springbank Middle School and Elbow Valley school had a successful Terry Fox Run.

Westbrook School staff, students and parents had an excellent day for their annual Walkathon.

All our schools spent time learning about and understanding the history of Canada's first Truth and Reconciliation Day.



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SPRINGBANK CRAFTS, CHAT & COFFEE GROUP

If you are looking for an outing every second Wednesday of the month.

Location: Springbank Heritage Club

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This group has reformed now that things have opened up.

You are welcome to come, bring your project in hand, participate in the project offered or sit and chat (coffee available).

Over 55 and interested? email Janice at janice3lambert@gmail.com to get on the reminder and announcement list.

Membership in the Heritage Club is encouraged \$35.00 for the year.

Past projects included: sewn microwave bowl cozies. Sewn hot pads, acrylic abstract art instruction, making Halloween decorations

Snack are always welcomed. All AHS protocols are observed.

Submitted by Yvonne Bamlett



GREATER BRAGG CREEK FIRESMART COMMITTEE UPDATE

Taking personal responsibility for reducing wildfire risk is gaining traction in the Greater Bragg Creek area. Drive down any road in our community and you'll see examples where homeowners have employed FireSmart vegetation management practices such as cutting back dense bush, trimming the lower limbs of conifers, and moving combustibles such as wood piles to outside the so-called home ignition zone. Effective vegetation management is inexpensive and goes a long way toward reducing risk.

Additional risk reduction can be achieved through the selection of construction materials; for example, replacing unrated wood shakes with noncombustible roofing products. Clearly these types of improvement can be costly - particularly in the current market brought about by the COVID pandemic. Reduced productivity in the forest industry, compounded by a surge in home renovations resulted in the skyrocketing prices for lumber. Fortunately, prices collapsed in June and returned to pre-pandemic levels by the end of August -

to the great relief of those who resisted the urge to build or renovate. However, supply chain problems continue to impact the availability of some building materials.

So where do homeowners turn to for advice on building materials selection?

Historically there was little guidance on construction in the Wildland - Urban Interface (WUI). In 2011, following the Slave Lake Fire, the National Fire Protection Association and the Alberta based Partners-in-Protection submitted a proposal to the National Research Council (NRC) seeking changes to the National Building Code to better protect communities from destructive wildfires. The NRC rejected the proposal with the manager of the Canadian Commission of Building and Fire Codes stating that the national codes are meant to prevent a fire on one person's property from damaging another person's property, not to protect property from wildfires. The manager went on to suggested that the issue be addressed at the municipal level. This was a Catch-22 situation in Alberta where municipalities are not permitted to make or enforce their own building and fire codes. Some Alberta communities have addressed the issue through local land use bylaws. For example, the Town of Canmore requires a wildfire risk assessment for new subdivision applications and prohibits the use of

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Since the rejection of the NFPA/Partners-in-Protection proposal, the frequency and severity of wildfire has escalated resulting in billions of dollars in property loss and unthinkable hardships for families and business owners. This new-normal moved the NRC to act. In July 2021, the NRC published the National Guide for Wildland-Urban Interface Fires; see the Greater Bragg Creek FireSmart Committee Facebook page for a link to the Guide.

How can homeowners use the Guide?

Guide provides considerable detail in the selection of building materials for home located in the WUI. Specific performance tests are cited for building components such as exterior walls, roofing materials, eaves, soffits, windows, doors, and decks. Understandably, much of this information may be a bit overwhelming to those not familiar with testing standards. However, there is nothing preventing a homeowner from requesting that a contractor use building materials specified in the Guide for a renovation, addition, or new build.

The NRC reports that the Guide will eventually move into a Canadian WUI Code.

Peter Dwan



REDWOOD MEADOWS EMERGENCY SERVICES

One of the most common calls for service Redwood Meadows Emergency Services receives is for traumatic injuries.

Traumatic injury is damage to the body caused by external force. This may be caused by accidents, falls, hits, weapons, and other causes.

One of the most preventable of these, traumatic head injuries are a result of a blow or jolt to the head or a penetrating head injury.

General prevention tips

- Buy and use helmets or protective head gear approved for specific sports. In addition to other safety apparel or gear, helmets or head gear should be worn at all times for: Softball, Cycling, Football, Hockey, Horseback riding, Skateboards/Scooters, Skiing and Wrestling.
- Supervise younger children at all times, and don't let them use sporting equipment or play sports unsuitable for their age.

- Follow rules and warning signs at water parks and swimming pools.
- Wear appropriate clothing for the sport.
- Don't wear clothing that can interfere with your vision.
- Don't participate in sports when you're ill, tired or under the influence of drugs or alcohol.
- Obey all traffic signals and be aware of drivers when cycling or skateboarding.
- Avoid uneven or unpaved surfaces when cycling, skateboarding, or in-line skating.
- Replace sporting equipment or protective gear that is damaged.

Preventing other head injuries

- Wear a seatbelt every time you drive or ride in a motor vehicle.
- Never drive while under the influence of drugs or alcohol or ride as a passenger with anybody else who is under the influence.
- Keep firearms unloaded in a locked cabinet or safe, and store ammunition in a separate, secure location.
- Remove hazards in the home that may contribute to falls. Secure rugs and loose electrical cords, put away toys, use safety gates, and install window guards. Install grab bars and handrails if you are frail or elderly.

Until next month, stay safe!

Alison Archambault



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What is Your Investing Personality?

Just as each of us is unique as a person, we also have a distinct investing personality. One isn't better or worse than the other, but, understanding "who" you are as an investor is helpful, no matter your circumstances, or how much money you have to invest. While it's a complex matter that depends on various factors, exploring the questions below may give you some preliminary insight into your investing personality.

1. What's your risk tolerance?

Can you accept the potential risk of short-term losses, with the possibilities of earning higher returns over an extended period? Or are you more comfortable with investments that generate a stable but modest return from year to year? Knowing your risk tolerance - which can change throughout your life - can serve as the foundation of your investment game plan.

2. What is your approach to saving?

Money is an emotional topic for many of us, but, being honest with yourself about your saving style is one key to your success. This self-reflection can give you clarity on what you need to do to save for your goals while still living a responsibly balanced financial life. Speaking of goals, whether you're a saver or a spender, it's also essential to identify what you're saving for and to be clear on how much you need to put away to make your dream a reality.

3. What is your timeline?

Your investment timeline is how long it will take you to meet the financial goal(s) that you've identified. Whether it's short-term (i.e., saving for a car), mid-term (i.e., saving for a down payment on your first home) or long-term (saving for education or retirement), determining an end date for achieving those goals is a helpful indicator of the type of investing you need to engage in.

4. Will you need access to your money?

Liquidity refers to how easy it is to get your money out of an investment. Cash, chequing, and savings accounts are very liquid, but the returns are negligible.

Longer-term investments are a little less liquid, but they offer a higher potential return on your money. They may also come with more risk. For longer-term investments, potential taxation is an area to consider. All long-term investments are not taxed the same way. Do you need one or the other? Or is there a way to leverage both to reach your financial goals?

There are online tools to help you identify your investing personality, which is an interesting place to start. However, like all meaningful and lasting growth, your financial journey may be more likely to flourish through trusted, long-term relationships. Specifically, working with a financial advisor who takes the time to know who you are, how you relate to money, and your current challenges and future goals may be the most beneficial financial decision you can make.

Financial advisors do much more than help you identify your investing style. Your financial advisor can be an expert guide, planning partner, coach, advocate and mentor who can help shepherd your financial future for the long term. It's the right choice for every investing personality type.

Contact my office to begin the process of getting comfortable with and in control of your financial situation.

Also, visit myfinancialsolutions.ca for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics!

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

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Evacuation Order Preparation

In September's High Country News I explained what Evacuation Alerts and Orders are and what to do if one is issued. In this month's article I will give some guidance on what you can do to be prepared for an Evacuation Order. As with any emergency, your anxiety and your effectiveness can be significantly reduced if you have done some prior work.

Remember Evacuation Alerts are the "get ready something has a high probability of happening" situations and Evacuation Orders are "you have to get out now" situations.

In both situations you should have a list of things you want to take. In an Evacuation Order you may only have 15 minutes or less to leave so what are you going to take with you? With Alerts you'll have a little more time.

The importance of having a pre-existing list is that you don't have to make a bunch of decisions while in a panic mode - all you have to do is execute your plan. Start the Evacuation Order list as soon as you finish reading this article - it's easy. You can

add to it as you think of things. Then keep it in a convenient place that is known by everyone in your family.

In drawing up the list you should be cognizant of the fact that you may not be coming back, or not coming back to what you left behind. Must haves in my opinion are birth certificates, prescriptions, cell phone & charger, wallet & cash, some food, and water. After that you can add other documents, additional food, significant mementos, clothes, and toiletries. If it's an Evacuation Alert I'll start preparing the fifth wheel so we are assured of a place to stay including all our pets.

If you have children, pets, or livestock things get a little more complicated (see why you have to do this now). Fortunately there are some very useful websites from Foothills County www.mdfoothills.com/emergency-management/emergency-preparedness.html, Alberta Emergency Services www.alberta.ca/emergency-preparedness.aspx and the Federal government get prepared website www.getprepared.gc.ca/index-eng.aspx. These sites have done the thinking for you and you can pick and choose what you need to implement.

If you have children or other family members who are not at home with you, then you'll have to have a plan for how to get everybody together after the evacuation. See the above websites for a family plan.

Probably the most significant emergency threat for most of us is that of a wildfire.

In addition to the above evacuation preparation, you should be FireSmarting your home and property. If you are not familiar with FireSmarting by now you can go to this website <https://www.mdfoothills.com/media/files/upload/Firesmart-HomeownersManual-ProtectYourHomeFromWildfire.pdf>. Remember, we live in the second highest wildfire risk area in the province.

If you are living in the forest, FireSmarting your property likely won't be done in one day or a weekend. It may be years before you're done, and even then there will be ongoing maintenance. It's important to get started; every bit of fuel you remove can make a difference. Start at your house and work outward. The first 10m are the most important. Sometimes you have to make tough decisions about what landscaping has to go and what can stay. In my own FireSmarting efforts I would tell myself I'll do that when the fire is imminent. Next thing I knew I had 2 days' worth of things to do at a time when I need to be focused on the evacuation efforts noted above.

Fire fighters have told me they are more likely to save a property that has been FireSmarted vs one that hasn't. It's common sense - which one has a higher likelihood of being saved. In a widespread fire unfortunately not all structures may be able to be saved and some properties will be on their own. This is where your FireSmarting efforts will become even more paramount.

There are fire sprinklers with fire hoses you can order that work on very low water pressure and can be attached quickly and easily to your eavestroughs. I ordered a couple of them. They are relatively inexpensive. It is wise to set them up when you receive them to see how they operate, and how to best deploy them. But you don't need the special sprinklers, regular sprinklers will also work. Sprinkler deployment has been proven to work very effectively in forest (and prairie) fire situations.

Unfortunately, a major wildfire is all but inevitable. Are you prepared?

Dave Schroeder
HCRCWA Board Member



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IN A RUT - ROAD SAFETY IN AUTUMN by Bragg Creek Wild

As summer warmth gives way to autumn, big changes are underway in deer movements and behaviours.

In the summer months, male deer tend to band together in the deep woods for protection from predators. They alternate taking quick naps through the day, while a few deer remain awake and alert.

From early September to mid October when the velvet peels off their antlers, they usually remain in these groups in their preferred deep forest territory, beginning to spar gently.

As October progresses, the stags irritability and aggression increases dramatically. They leave their groups and engage in increasingly violent sparring matches. They become intolerant of one another and begin to seek out does. Now they will spend almost all of their energy defending an established territory near female/s in heat. At this point, the stags are obsessed with the does, and with fighting, in fact they are so distracted they barely even eat. They become highly unpredictable, and unaware of anything but the rut. By late October and early November the bucks are usually at their most agitated.

We must always remain vigilant for wildlife at any time of the year, however November is the peak month for wildlife-vehicle collisions (WVCs) in Alberta, with deer representing about 80% of those incidents. The highest risk period for wildlife collisions is October through January, between 7 p.m. and 11 p.m. So it's a good time to review safe driving practices.

- Always scan the ditches ahead of you for signs of wildlife
- Slow down! The faster you travel, the slower your reaction times
- Be especially vigilant at early morning and dusk and use high beams to illuminate roadway edges
- Slow down at curves, hills, or areas known to be frequented by deer
- Remember that deer are likely to travel together, if you see one, expect more
- Never leave your lane to avoid hitting an animal
- Brake firmly and steer slightly to avoid a head on collision, if possible a glancing blow

In 2019, the Miistakis Institute released the report "Highway 22: Human and Wildlife Safety Assessment". The conclusion of the 45 page in-depth study reveals that "Animal Vehicle Collisions are highest between Priddis and the junction of Highway 567 (north of Cochrane)... If the goal is to reduce overall collision numbers, these highway

sections would be the focus of mitigation strategies."

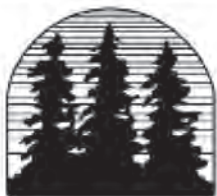
So, we clearly see in this data what we already know to be true that our health, and the health of our wild neighbours is inextricably linked.

If you do experience a wildlife collision call 911 if you or a passenger is injured. Never approach an injured animal, it could be very dangerous. In the event of an injured animal, call Alberta Fish & Wildlife at 403-297-6423 (between 8:15 a.m. - 4:30 p.m. Monday - Friday) or 1-800-642-3800 (outside of office hours). If an animal is deceased and you are able to, drag it off the roadway and call Volker Stevin at +1 888-877-6237.

Please visit us at www.braggcreekwild.ca and follow us on fb at www.facebook.com/groups/braggcreekwild to learn more about what we are doing to ensure a wild and natural Bragg Creek for future generations. We would love for you to join us in any capacity. Be safe and have a joyful autumn.

*Note collision statistics from AMA: ama.ab.ca/articles/wildlife-road-safety-tips

*Additional Highway 22: Human and Wildlife Safety Assessments www.rockies.ca/files/reports/Hwy%2022_Human%20and%20Wildlife%20Safety%20Assessment%20Report_June2019.pdf



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PUBLIC NOTICE: Canadian Navigable Waters Act

Rocky View County hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act, Rocky View County has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and under registry number **4230** or, under the NPP File Number **2021-605150** a description of the following work, its site and plans:

- Dyke (Flood Mitigation)
- Erosion Protection

in, on, over, under, through or across the Elbow River at NW 12-23-5 WSM within the Hamlet of Bragg Creek.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada

344 Edmonton Street

Winnipeg MB

R3C 0P6

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Posted in the High Country News this 27 day of October, 2021.

Rocky View County

PUBLIC NOTICE: Canadian Navigable Waters Act

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Pursuant to paragraph 7(2) of the said Act, Rocky View County has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and under registry number **4245** or, under the NPP File Number **2021-605233** a description of the following work, its site and plans:

- Bridge (Flood Mitigation)

in, on, over, under, through or across Bragg Creek at Bracken Road at NW 12-23-5 WSM within the Hamlet of Bragg Creek.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada

344 Edmonton Street

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Posted in the High Country News this 27 day of October, 2021.

Rocky View County



COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Thank You Division 1 Residents!

As I am writing this (thanks Lowell for slipping this in post-election) the results are official but I think I have a good margin of safety for the decisive direction Division 1 voters chose to take. I appreciate the confidence shown in not only my representation for Division 1 interests, but also in stewarding the County as whole in these times of great regional changes and challenges.

I also look forward to moving council towards a high-performance council built on a foundation of earned respect, and thoughtful listening - and am confident that with new members at the table will be able to approach more consensus policy solutions - as opposed to polarizing policies.

Listening to the Community

I promised to represent both "population bulges" at the opposite ends of Division 1 to the best of my abilities. Personally knocking on 90%+ of the doors in

the greater Bragg Creek Area during campaigning has equipped me with the feedback I need to hit the ground running for residents new to me. I will continue to listen, and am exploring the best ways of communicating to help serve the Hamlet and greater Bragg Creek area.

Seniors Housing on Donated Land

As I discussed at the Community Centre town hall this is in the direct hands of the Rocky View Foundation. This non-profit organization's vision statement is "To be the leading provider to seniors needing affordable, safe accommodations and services in the Rocky View region", with a mission of "The Rocky View Foundation provides quality residential facilities for seniors in a supportive environment through innovative and progressive program service delivery."

I had a chance this week to quickly delve further on the status of the Seniors Project in Bragg Creek. Rocky View County, along with Irricana, Beiseker, Crossfield, Airdrie, and Cochrane all support the Foundation as the best and most economical way to provide for affordable Seniors Housing in the County. All six municipalities have a seat on its Board, with Rocky View maintaining 2 seats due to our larger population. Board terms are 4-years and I intend to occupy one of those seats, if my Colleagues are agreeable at our Organizational Meeting.

The Foundation prepares its own annual operational and capital budgets, which are approved by its Board, and then each of the municipalities in the Foundation are assessed an annual contribution, based on those budget numbers, and the equalized assessment base of each municipality being the basis for the funding split. As such, Rocky View currently has the largest contribution, and you can see your share as a line item on your tax assessment. This is very transparent, mine is just under \$50.00.

Prioritization of Seniors projects happens following board-set policy and processes, and final decisions are approved by the Board. Effective membership by Rocky View on the board is Bragg Creek's best option for a timely solution in the Hamlet.

2nd Egress North of the River

Once sworn in, I will dig into moving this long standing issue forward. I know there is road construction underway on Tsuut'ina lands, and I will bring an update back to the community on this matter as soon as I have status information from administration reported back to Council on this matter.

Please e-mail me if you would like to be added to my contact list for e-mail and on-line communications - Kevin.Hanson@RockyView.ca or call 403.463.1166.



Porcelain Artist Pamela Rodger

Mosaic, Acrylic Paintings, Pottery

Bragg Creek Christmas Market 2021

Fri. Nov. 18, 5 pm to 9 pm

Sat. Nov 19th, 10 am to 6pm

Sun. 20, 10 am to 5pm



Please wear a mask

*Let us bless you or
help us bless our community
with food hampers this Christmas*

Food donations can be dropped off
at Bragg Creek Community Centre or The Hub,
234-7 Balsam Ave, Bragg Creek Shopping Centre
before December 15

*(Please note, we are unable to accept open packages, expired goods,
perishables or homemade items)*

If you or someone you know could use the blessing of a food hamper this Christmas, please contact Pastor Dave at braggcreekcommunitychurch@gmail.com
before December 15

To donate financially, please visit
braggcreekchurch.ca/give
and specify "food hampers" in the subject line





Are you a local business that is interested in reducing the amount of food waste going to the landfill? We want to hear from you!

Our intent is to gauge the Bragg Creek business community's level of interest in organics diversion. Composting was one of the four community priorities identified by Bragg Creek residents as part of a University of Calgary Student Nurse project in 2019. Organics diversion also supports Rocky View County's goal that all Industrial, Commercial and Institutional (ICI) waste produced in the County will be managed in accordance with the 3R's Hierarchy.

www.rockyview.ca/Portals/0/Files/GarbageRecycling/RVC-Servicing-Strategy.pdf

Given Bragg Creek's unique community layout, remote location, and abundance of wildlife, employing standard organics diversion programs are not recommended in our area. We need to create a solution that works here.

The County has agreed to work with the community to develop a solution if there is enough local interest that would make such a program viable.

Here are some questions to get the conversation started.

Challenges and Opportunities:

What are some challenges and opportunities that are specific to Bragg Creek concerning commercial food waste diversion?

Exploring Solutions:

What is the level of interest from grocery stores, restaurants, cafes, BnB's, bakeries, camps, or any other businesses in the following:

- Learning more about how to reduce food waste, spoilage?
- Exploring food sharing options?
- Hosting technology solutions such as a dehydration machine, onsite composting technologies, or other?
- Starting a food waste (collection) program at their establishment?
- Partnering with other businesses for economies of scale and shared solutions?

Have ideas/challenges/opportunities to share? Please email braggcreekorganics@gmail.com to provide feedback. Your thoughtful ideas are appreciated!

Sincerely,
Shannon Parker (Bragg Creek resident),
Jennifer Koole (Rocky View County),
Christine Pollard (Bragg Creek resident)



JACKET RACKET EVENT

SAT, OCT 30 | 10AM-12PM | FREE | MORE INFO: 403-851-2265
COCHRANE ALLIANCE CHURCH, 902 GLENBOW DR.

Join us for the annual winter clothing event to pick up gently-used winter wear for you and your family. There will be Halloween costumes too!

Please note masks and hand sanitizer are mandatory this year.
COVID safety notes:

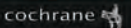
- Limited number of people in each 20-minute time slot (first come, first served)
- We recommend one member per family
- Event will follow necessary Covid protocols

If you or someone you know need winter wear, please stop by!

Clothing/Costume Drop off: Oct 7 to 24:

BGC of Cochrane & Area
Bow Valley Credit Union
Cochrane Alliance Church
Family & Community Support
Services (FCSS)
Family Resource Network (FRN)
RancheHouse
Safeway Cochrane

**Jacket collection assistance by
Smart Mortgage Solutions**





WHAT IS A NEUROPATHY?

BY JENNIFER GORDON

Firstly, let's start with pain. Pain is a very generic term with many causes, many descriptors and can be perceived differently by everyone. There are three phases of pain: "Immediate pain" is the sudden source of pain we feel when our body senses a threat, for example if we touch a hot stove. "Acute pain" is when there is trauma to our body and inflammation is sent to the area. Inflammation is a vital part of our immune system and can initiate healing chemical changes to our body such as histamines and prostaglandins. There may be redness, swelling and pain in the area, but this helps us to avoid further damage and rest. The third stage is "Chronic pain". Chronic pain becomes more complex as it is described as having pain and ongoing inflammation in the absence of further damage to the tissues. This stage may involve a disease process, a psychogenic disorder (emotional or mental stress), or be the result of "neurogenic pain" - pain that originates in the spinal cord or the peripheral nerve roots.

A neuropathy is when the nerves in our body become damaged and hypersensitive due to disease or injury. Nerves branch off the spinal cord and nourish all the structures in our body - muscles, bones, ligaments, skin, and organs (heart, lungs liver, kidney, intestines, stomach, skin).

These nerves can be damaged by a variety of factors, such as an infection, metabolic conditions (ie. Diabetes), trauma, toxins or degenerative conditions such as a spondylosis/osteoarthritis in the spine. This is the most common cause of a peripheral neuropathy. When the discs and joints in our spine are damaged, the tunnels the nerves run through begin to narrow and put pressure on the nerve root. The nerve becomes hypersensitive and over time, normal stimuli become irritable and painful (your shoulder starts to ache simply doing the dishes). The nerve and all the structures it innervates may be a source of pain.

The most common areas of joint degeneration (spondylosis and osteoarthritis) in the spine are at the levels of C5/6, L2/3 and L5/S1. The C5/6 nerve roots in the neck supply the shoulder and elbow areas, the L2/3 nerve roots in the lower back supply the hip/thigh/knee area, and the L5/S1 nerve roots supply the back of the leg and foot. This nerve damage that originates in the spine, can manifest itself as an isolated issue down the limb (ie. Rotator cuff tendonitis, tennis elbow, knee pain, plantar fasciitis). Furthermore, these nerve roots are also responsible for our sensation (pins and needles, burning), our muscle function, autonomic functions in our body such as sweating, goosebumps and arterial function as well as the health of our skin, hair and nails. That is a big job for those nerve roots! Why this is relevant is because you may experience one or more of these changes happening but not attribute them to the same origin. For example, you may have nail bed changes, plantar fasciitis,

hair loss along your calf and a history of intermittent back pain. The L5-S1 nerve root is the likely culprit!

Typical characteristics of neuropathic pain are you may be experiencing pain without any mechanism of injury, there may be a delay in pain onset after an injury, normal stimuli causes pain, there is brief/shooting pain, deep aching or burning type pain and symptoms may be worse after treatment or exercise. If this sounds familiar to you, you may be experiencing neuropathic pain that is originating at some level of your spine. It is integral to investigate your whole body - spine and limbs - and evaluate how you stand and move in multi-directions. More often than not where you are experiencing pain is not where the original problem lies!

Treatment must address both the origin of the issue and the local problem. Muscle flexibility, muscle function, posture and gait patterns are evaluated. It is integral to assess and palpate along the whole spine to understand where compensations are occurring. Treatment may involve postural education, manual therapy, acupuncture or intramuscular stimulation techniques and exercise education.

How true that Dry Bones song rings when we put it all together! The shoulder bone connected to the neck bone... Dem bones, Dem bones gonna walk around...

*Jennifer Gordon
(BSc.PT, GunnIMS, AFCI)
Bragg Creek Physiotherapy
www.braggcreekphysio.com*

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

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

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Bragg Creek Centre

Hello Creekers!

November is a month to reflect and remember.

We honour those who have given their lives serving Canadians and helping people of other nations. Lest we forget.

Did you know? The Bragg Creek Community Association is a non-profit, charitable organization. We rely on memberships, grant funding and donations to keep us going. There are several ways to donate; register online with Skip the Depot to donate the proceeds of your refundable bottles and cans, scan any of the QR codes you see around the Hamlet, in the Centre or on our ground's signage, click the Donate links on Facebook or our website, or simply drop into the office. Every little bit helps, and we thank you for your support!

Upcoming Events

Remembrance Day Service

November 11

Due to the pandemic this year's service will once again be held virtually. Details will be posted on our website and social media channels.

Bragg Creek Christmas Market

November 19 - 21

Shop for everyone on your Christmas list from local artisans, makers and foodies!

Friday: 5:00 pm - 9:00 pm

Saturday: 10:00 am - 6:00 pm

Sunday: 10:00 am - 5:00 pm

Vendors wanted! Email info@braggcreekca.com for details and registration forms.

Bragg Creek's Spirit of Christmas

December 4

Bragg Creek's Spirit of Christmas is a good old fashioned Christmas celebration, guaranteed to get the whole family in the spirit of the season.

The first Saturday in December, Bragg Creek will transform into a sparkly, winter wonderland, complete with all things needed to bring the "Spirit of Christmas" alive in us all. There are many

FREE family friendly activities to take in; take a horse drawn wagon ride, meet some princesses, enjoy hot chocolate, cookies, and storytelling. There will also be our outdoor Light-Up Market a perfect place to find those one-of-a-kind Christmas gifts. As if all that wasn't enough at the end of this fun filled day will be the official Tree Lighting Ceremony where we countdown and "flip the switch" to light up all the trees in the hamlet followed by a lantern walk through town. There is nothing more beautiful than a snow-covered Bragg Creek in winter. Please join us for all the sights and sounds of our magical hamlet at Christmas.

Programming

Visit www.braggcreekca.com for additional programming and services details and full schedules.

Adult Pickleball

Date(s): Tuesdays (Drop-in)

Time(s): 12:00 - 2:00 pm

7:30 - 9:30 pm

Cost: Members \$5 | Non-Members \$8

Yoga

All ages and abilities welcome

Date(s): Saturdays

Time: 9:00 - 10:15 am

Cost: \$18/session or \$150 for a 10 pass

email: info@braggcreekca.com to register

Rumble & Roar (Indoors!)

Ages 0 - 5

Date(s): Thursdays

Time: 9:30 - 11:30 am

Drop-in Fee: Members - \$2/child

Non-members - \$5/child

Artsy Afternoon

All ages and abilities welcome

Date(s): Thursdays 1 - 4 pm

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COVID-19 and other Support Services

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need because of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support

If you are a family or individual needing emergency food support, please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

The Rural Community Support Program provides rural residents, in West Rocky View County, direct access to free and confidential meetings, in Bragg Creek offering:

- Support and problem-solving options,
- Resource information,
- Referrals and help navigating government systems.

If you or someone you know, has a problem and you're not sure what to do, please contact the Rural Community Support worker. Together, we can discuss solutions, options and first steps.

For more information about this program, please contact: Wendy Farnsworth, 403-851-2286

Is there a program or service you would like to see offered at the Bragg Creek Community Centre? Do you facilitate programming and need space? Contact Christine at program@braggcreekca.com and let's chat.

Get engaged! We always have opportunities for the community to help with programs, events, grant writing or with odd jobs around the Centre. Email: program@braggcreekca.com to find out how you can get involved!

Follow us on Facebook and Instagram and visit our website at www.braggcreekca.com for news and updates.

Take good care Creekers!

Christine Pollard



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The Little Schoolhouse has been bustling with lots of fun and learning. Our preschool and kindergarten classes have been finding the routines of the classroom more familiar and everyone has been enjoying lots of fun and learning. We have been focussing our time mastering early literacy sounds and recognizing letter shapes. Numeracy is also an important focus with lots of inquiry activities, games, rhymes and songs.

In kindergarten we have been having loads of fun learning how to become a scientist! We have explored why leaves change colour, as well as, most recently how to make popcorn dance! Our kindergarten are becoming skilled scientists and looking forward to more experiments in the near future!

Each class is also practicing their fine motor with some amazing art of their own creation as well as teacher led projects. Within the next month we will be exploring the theme All About Me and My Family, as well as learning more about animals who hibernate as winter begins to creep in on us. Our days are always full and busy at The Little Schoolhouse! Hoping everyone stays warm, safe and healthy!

Ms.Shelley
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MASHA SCHEELE, HCN STAFF

Local fire departments reflect on 2021 wildfire season

Alberta's wildfire season officially ended on Oct. 31 but locals still need to be aware of the risk of fire throughout colder months, according to local fire departments. As long as there is no snow cover, conditions are very dry and the wildfire risk continues, said one local fire chief.

"Clean up your yards, clean up around your home, any loose clutter, any leaves, any branches, that type of thing. Go to firesmart.ca and look at how to FireSmart around your home," said Rob Evans, fire chief at Redwood Meadows Emergency Services (RMES).

Rocky View County offers free FireSmart assessments to ensure properties in the area are safe from the risk of fire. Residents in the area are becoming better at educating themselves about being FireSmart, Evans said.

RMES started the wildfire season on April 1 by assisting with a large grass

fire near Highway 1A and Highway 40 and bookended the month with another major grass fire. Evans noted that people in the Redwood Meadows/Bragg Creek area are very cognizant of the dangers with wildfires and fortunately there were no major fires in their immediate response area.

"It was a pretty impressive start to the fire season this year for us. With it being as dry and warm as it was this summer, we were very lucky not to have any major fires in our response area," Evans said.

Instead RMES saw a spike this year in backcountry rescues, a likely byproduct from the COVID-19 pandemic as people were trying to get outside more, Evans noted.

"I would guess anywhere from 30% to 40% more calls that way where we're helping hikers or mountain bikers, that type of thing," he said.

A positive impact from these calls is that RMES had the opportunity to work and train with Kananaskis Public Safety and their rescue specialists. Through cross-training, RMES crew members fine-tuned their rescue skills and trained with helicopters more than ever.

"The more you do that type of [training] the more it becomes muscle memory and the better it is for the citizens. I mean our

firefighters are so well-rounded in their training now," said Evans.

Another impact from COVID-19 has been the way crews train and respond to calls while wearing masks and additional protective equipment. RMES didn't respond to many calls for COVID-19 patients, Evans added.

Currently, RMES is focused on being response-ready for everything. The crews recently trained on laying lines from a hydrant and several structure fire techniques, followed by a house fire in West Bragg Creek. The crew also trained on vehicle extrication followed by several calls of vehicle versus animal crashes.

"We have to be ready for everything. In our operating guidelines we are a full-service fire department," Evans said.

RMES is also working with Banff-Kananaskis MLA Miranda Rosin to obtain structure protection units for the area, which are trailers with sprinklers in them.

Deanna Hintze, fire chief in Turner Valley, noted that about 45% of their calls have been medical, which is up a little bit at this point. They've also seen a slight increase in grass fires.

"When I look at my outside fires category, it's up a little bit this year. Not a lot but it makes sense when you consider how dry a year and how warm it's been," Hintze said.



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Hintze said the COVID-19 situation has made it tough for the crew to manage training and in-person community events. The Turner Valley Fire Department normally supports the community with food drives and their annual Town Discovery day, which were all cancelled.

"That's always been a great way for us to get out in the community and support folks. It's unfortunate that we're not able to do some of those events," she said.

Their main focus is to continue training even when it's just online, and to maintain response to calls. Rick Saulnier, fire chief of Foothills County, said they too were struggling to continue training in the midst of the pandemic. They developed an online system for firefighters to continue training, but it misses the practical component. Foothills also moved many of their services for residents online, like purchasing fire permits and school programs teaching kids about fire prevention.

"We had a difficult time recruiting, especially in our volunteer stations. We also had to change staffing models [due to COVID-19]," Saulnier said. He explained that they've moved to more full time personnel instead of part-time, avoiding any staff overlap and the potential risk of spreading COVID-19. Some staff were also able to work from home, but Saulnier said the social distancing tactics go against the way fire departments function based on teamwork and camaraderie.

While the majority of calls for the Foothills fire department is medical, Saulnier said they did not respond to many COVID-19 cases due to changing protocols by Alberta Health Services (AHS). Saulnier said that the Foothills fire department has seen a drop in wildfires over the past three years and that they currently sit about 27% below the seasonal average. In 2021, Foothills responded to 83 grass fires, compared to 100 in 2018 and 127 in 2017. Their total calls also dropped since the COVID-19 pandemic, with 797 calls in 2020 and 742 calls in 2021 so far.

"This is one of the driest years we've seen, no snow in the winter, and barely any rain

this and last summer," Saulnier said. "I'm surprised we haven't had more fires due to the dry weather. But we're putting out a lot of information on fire restrictions, fire bans, and fire advisories."

Foothills has mutual aid agreements with all surrounding fire departments and

municipalities, and Saulnier added they have great partner relationships.

Go to firesmart.ca for more information on how to protect your home and property in case of fire.

Masha Scheele, HCN Staff
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A TASTE OF THE HIGH COUNTRY

Lest We Forget

Last year I wrote how alcohol helped soldiers of all nations survive the horrors of WWI. This year we are exploring the role of alcohol during WWII. We are post-prohibition and the nature of the war is quite different and way brutal.

The following is an excerpt from an article written by Peter Andreas, Professor of International Studies at Brown University, and published in his book *Killer High: A History of War in Six Drugs* © 2020, Oxford University Press.

The untold story of how booze soaked the battlefields of World War II

By the time World War II broke out, the (American) nation's short-lived prohibition experiment had long ended. In some countries, such as France, drinking had been celebrated and encouraged during the interwar years, and consumption surged. Indeed, the French remained so devoted to their wine that securing enough wine for the troops was deemed essential to mobilizing for the next war. A third

of the country's railroad cars designed to carry liquid in bulk were reserved for transporting wine to the front lines. When Germany attacked France in May 1940, 3,500 trucks were tasked with delivering two million liters per day to the troops.

But when France fell to the Germans within two months, praise turned to condemnation. Wine was blamed for making the country soft. Philippe Petain, the WWI hero who had credited wine for saving France, now pointed a finger at drunkenness for "undermining the will of the army." He became the leader of the collaborative government of Vichy, where new restrictions on the sale of alcohol were quickly imposed, including setting a minimum drinking age for the first time (no one under 14 could purchase alcohol).

The British fought on with their daily rum rations. "We simply kept going on rum," recalled one soldier. "Eventually it became unthinkable to go into action without it." But German u-boats targeting shipping lanes made it much harder for the British to secure rum supplies from the West Indies. "Things became so critical in 1943," writes Captain James Pack, "that the Admiralty was forced to seriously consider discontinuing rum which, for reasons of morale, the board was loathe to do."

The British government had a noticeably more relaxed attitude toward alcohol than during WWI. (...) In 1940, Lord Woolton, the British minister for food, declared beer drinking to be essential for public morale:

"If we are to keep up anything like approaching the normal life of the country, beer should continue to be in supply, even though it may be beer of a rather weaker variety than the connoisseurs would like. It is the business of the Government not only to maintain the life but the morale of the country." Unstated was that beer was also helping to pay for the war: the beer tax was increased three times between September 1939 and July 1940. The tax on increasingly scarce whiskey supplies was also nearly doubled.

Whereas pubs and alcohol were treated as threats during WWI, now they were promoted as essential to the war effort. As one beer advertiser observed, "At no other time in British history had an intoxicating drug enjoyed so much symbolic importance." Keeping the beer flowing, however, became increasingly challenging as the war dragged on. Many London breweries suffered direct hits from German bombers. Finding a place to drink also became harder: by 1943, thirteen hundred pubs had been destroyed by German attacks.



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Discover something unexpected

With prohibition long abandoned, American soldiers sent off to fight were no longer expected to stay dry. Beer in particular was considered so important to troop morale that the government instructed the brewing industry to allocate 15 percent of their production for the military effort. Brewers were more than happy to oblige, launching an aggressive public relations campaign touting their many contributions to the war, including tax payments to support war production. Having made a full recovery from their abject vilification in WWI, American brewers were now considered promoters of patriotism. The government also supplied defense workers with beer in the belief that it would help their productivity. To keep the beer flowing, the government gave brewers privileged access to rationed goods (such as rubber, gasoline, and tin cans), and granted them status as an essential wartime industry.

Meanwhile, the Nazis denounced drunkards but did plenty of drinking. Hitler himself rarely drank, and soldiers who committed crimes under the influence faced the death penalty. The victims of a sterilization program included several thousand alcoholics, and thousands more were shipped off to concentration camps as “undesirables” and “deviants.” The government announced that, “No dangerous alcoholic, no person who has fallen under the influence of alcohol may... remain unknown to the state and party.” In 1939, the Bureau against the Dangers of Alcohol and Tobacco was created, initiating a wave of restrictions on alcohol. Alcohol taxes were increased and new limits on production and sale were introduced.

The new rules also included restrictions on alcohol use in the military, but Hitler’s commanders on the ground often had a more tolerant attitude. One German soldier on the Eastern Front wrote, “Those who were neither asleep, on guard, playing cards, nor writing letters were absorbing the alcohol which was freely distributed along with our ammunition.” A wounded German soldier observed: “There’s as much

vodka, schnapps and Terek liquor on the front as there are Paks.”

Alcohol, which facilitated desensitization, was also supplied to German soldiers and police tasked with carrying out some of the most horrendous atrocities of the war. This included extra alcohol rations to the men in the Reserve Police Battalions in Poland who shot tens of thousands of Jewish men, women, and children at close range. Historian Edward Westernmann documents how alcohol not only lowered inhibitions but also fostered social bonding and helped to incentivize and reward genocidal killing. In the occupied Eastern territories, members of the ruthless Schutzstaffel (SS) regularly participated in celebratory post-execution drinking rituals.

Alcohol was equally important within concentration camps, with alcohol flowing freely amongst SS-personnel at both Auschwitz and Treblinka during mass killings. One Treblinka survivor recalled observing “SS-men who held a pistol or truncheon in one hand, whiskey bottle in the other.” The doctors charged with running the gas chambers were also well-lubricated with alcohol. By their own admission, drinking was part of the job: “The selections were mostly an ordeal. Namely to stand all night. And it wasn’t just standing all night—but the next day was completely ruined because one got drunk every time.... A certain number of bottles were provided for each section and everybody drank and toasted the others.... One could not stay out of it.”

To the west, meanwhile, the German occupation of France included the country’s most prized wine producing areas—Burgundy, Bordeaux, and Champagne. The Nazis extracted an average of almost 900,000 bottles a day during the occupation period. The extraction of French wine was overseen by Herman Goering, who expressed no remorse: “In the old days, the rule was plunder. Now, outward forms have become more humane. Nevertheless, I intend to plunder, and plunder copiously.” In addition to securing wine shipments for his fellow military

officers, he stocked his private cellar with more than ten thousand bottles of the country’s best wines.

In Champagne, producers frantically hid their prized supplies. But their efforts failed to keep the Germans from quenching their thirst for France’s most famous drink. An estimated two million bottles of champagne were stolen in the first chaotic months of occupation. Some producers resisted by relabeling bad wine as good, watering down the good wine, using bad corks, and even substituting water for wine in barrels being shipped to Germany. Technically, the occupiers paid for what they consumed, but since they set the value of the mark at five times its pre-war value, this essentially amounted to what one producer bitterly described as “legalized plunder.”

Meanwhile, in the wake of the failed Bolshevik temperance campaign in Russia, alcohol returned in full force to the Red Army, with the vodka ration in 1942 set at a hundred grams per man per day. And toward the end of the war, as Soviet forces advanced into Germany they supplemented their ration with looted alcohol. As they retreated, the Germans purposefully left their alcohol stocks behind, calculating that a drunk Soviet soldier would be less effective. But the reality was that the Soviets had such an abundance of manpower that no amount of alcohol was going to stop them, and in the end it was the German civilian population, especially women, that suffered the most at the hands of intoxicated Soviet soldiers. Heavy drinking within the Soviet military went all the way to the top: Stalin told British foreign minister Anthony Eden that his generals “fought better when they were drunk.”



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CHAULK TALK by Wayne Chaulk

Market Review - Acreage Sales - Foothills County - 2019, 2020, 2021

Below is a review & summary of acreage sales (not including raw land) in the Foothills County pre-pandemic to September 30, 2021 which I have done to see if any noteworthy patterns evolved, and they certainly did. The review reflects a significant increase in sales in all price sectors over the 3 years 2019 -2021 with a noticeable increase in the sales in the upper price ranges year to year.

I chose April 1 to Sept 30 in each year as these are historically the busiest months for acreage sales. There were sales in the other months as well but since we are only at Sept 30 this year I cannot compare 'end of year' numbers yet. That will be another interesting exercise at the end of 2021 and I suspect the numbers will still show year to year increases across all price ranges up to the end of year comparisons.

The review shows an increase in all price ranges year to year and large overall percentage increases across all sectors. So it seems clear that despite major concerns when COVID started in 2020 that real estate could decline significantly, the complete opposite happened in the country! Furthermore, there were significant price increases over the 2 years 2020 and 2021 in all price categories as well, up 10% or more in most categories compared to 2019 and particularly in 2021 as demand peaked. There were notable increases in product sales over

the \$1M range since 2019 as many of the more expensive acreages were struggling somewhat to sell in 2018 and 2019.

I suspect all sales level increases were due to a new interest among people desiring to move to the country to likely get away from the city pressure of COVID restrictions and people feeling more confined to their homes and desiring more family space, privacy and a country acreage lifestyle. These moves were also likely supported by continuing low interest rates.



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2019 118 Sales	72 Sales	28 Sales	7 Sales	2 Sales	227 Sales	
2020 177 Sales	93 Sales	76 Sales	14 Sales	8 Sales	368 Sales	62% increase
2021 230 Sales	116 Sales	93 Sales	15 Sales	13 Sales	467 Sales	27% increase

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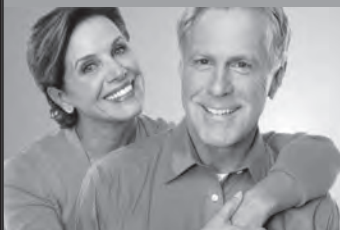
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COUNCILLOR UPDATE Foothill County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Good News about the SW Calgary Ring Road:

I hope you are enjoying this newly opened ring road section, as of October 2, 2021. I am truly grateful to be using this smooth, efficient highway and not incurring any more issues with driving the unofficial detour route or going through challenges elsewhere. Did you notice the speed limit of 100 km/hr? I wasn't sure that I was reading that correctly. There's still a short section of 90 km/hr, and a slow-down to 70 km/hr at the lights at the Red Deer Lake School, but truly an improvement to our main route into and out of our neighbouring city. I know many of us have spent much time in delays and confusion during construction. It seems miraculous that Bridge 17 now exits and affords us to go to SW Calgary. While we still have to pay close attention in case something should change and while this is still new to many drivers, I am enjoying the results of the hard work of all the people who worked on this for us. Thanks go to Alberta Transportation, all our neighbours and all the construction partners who navigated the project, amid the trials, and came up with the roads we see today. Enjoy and safe travels!

Ambulance Service Update: Incidents of lack of available ambulances in our rural service area has been a continuing problem. This is not new for the rural areas. We have been monitoring this and working to convey our concerns and offer solutions for years. What's new is that we are seeing a

mounting effort to deal with this province-wide, which is a good thing. Our Foothills Regional Emergency Services Commission recently held a meeting in September with the new Health Minister as our guest. We shared out concerns and willingness to collaborate on solutions that would lead to the best outcomes for the service levels for our citizens. We will be engaging in further discussions as the ministry allows. I hope to continue to work as a representative of Foothills County to this Commission (and as Chairperson), which includes 25 municipalities in Southern Alberta, to advocate for delivering effective 911 dispatch service and coordination of emergency response where every second matters. Along with our commission members and administration, I will keep vigilant on this service and work hard towards contributing to improvements.

Rural Crime: It is imperative that we partner on keeping up the united front against Rural Crime. I will contribute to this effort by working with council, protective services, local Rural Crime Watches and keeping tabs on our recently organized Foothills County Rural Policing Strategy, while also seeking the legal changes we need to end the revolving door of criminals through the justice system. To keep you informed, the County and our local High Country Rural Crime Watch Association (HCRCWA) are posting the writings of our Foothills County Police (RCMP), called: "Mountie Moments". You can find these archived on the Foothills County website (look in the box entitled "RCMP" for the link): www.foothillscountyab.ca/rural-crime-watch.html. As a volunteer with HCRCWA since 2010 (currently president), I also share these messages through our HCRCWA Facebook and our volunteer fan-out team sends them out by email to the HCRCWA members. You can join the

HCRCWA, free of charge. Sign up here: www.hcrcwa.ca/membership.html Report suspicious activity to [Foothills County Policing](http://www.foothillscountyab.ca/policing) (RCMP). 24/7 Non-emergency complaints: 403.933.4262; Emergency Complaints: 9-1-1

Spruce Budworm Infestation -

Upcoming Meeting: We are planning an informational workshop via Zoom. The proposed date will be one evening during the week of Nov 29 - Dec 3, 2021. **Details, including guest speakers, will be confirmed through publicity done via website, Facebook and email. Please check these sources or contact me.**

Background: After hearing from concerned residents about a growing Spruce Budworm infestation, I attended the Bragg Creek meeting on July 6th and brought the discussion to Foothills County Council the following day. I asked for our Agricultural Services Department to assess, work with our Provincial experts and provide recommendations. Council agreed to that. Having looked into Btk, a specialized bacteria which was sprayed aerially to treat Redwood Meadows trees and is being considered by Bragg Creek residents. I know that there are other issues, costs and side-effects around using this bio agent pesticide. There is a certain timeframe during the budworm's lifecycle when a treatment with Btk could be used. Other insecticides are also available. All intervention products have associated cautions. Foothills County is gathering information now, pooling resources with the Province and Rocky View County and will get back in touch with residents to share information. I have also taken some photos and asked residents to supply some of their photos - to bank some evidence from 2021.

*For Other News & Updates: Website: suzanneoel.com/
Facebook: www.facebook.com/CouncillorSuzanneOel/
Email: Suzanne.Oel@FoothillsCountyAB.ca
With Best Regards,
Suzanne*

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AG FOR LIFE'S FARMERS IN FLANNEL PHOTO CONTEST IS BACK!

NEWS RELEASE

Channel Your Flannel and Show Your Appreciation for Farmers

CALGARY - AB. - Agriculture for Life (Ag for Life) is launching its Farmers in Flannel photo contest for the second year in a row. A contest designed to celebrate and show appreciation for Alberta farmers.

Ready or not, autumn is here and that means winter is just around the corner! Rather than dread the end of summer, why not welcome the new season with open arms? It's time to reach in the back of the closet for that beloved flannel shirt. Flannel can be traced back to the 17th century, when farmers wore flannel shirts to protect themselves from harsh weather conditions. Since then, flannel has continued to grow in popularity because of its longevity, affordability and warmth, making it the go to attire for Alberta farmers.

With over 300 submissions last year, Ag for Life is bringing back the Farmers in Flannel photo contest and hoping to once again bring some flannel-fun into people's lives while showing gratitude for Alberta farmers. The contest will run in Alberta from Oct. 19 to Nov. 8, 2021 and the winners will be rewarded with a warm flannel gift pack from one of Ag for Life's founding members, UFA Co-operative Limited.

"This year more than ever, we want to show our appreciation and say thank you to all the hard-working farmers and farm-families who ensure we have an abundance of food options year-round," says Luree Williamson, CEO, Ag for Life. "Our Farmers in Flannel photo contest is a fun way for all of us to just say 'thanks'! Many people underestimate the amount of hard work that goes into producing the food we eat. By sharing these photos and stories we hope to shine some light on Alberta farmers and thank them for their countless hours of hard work."

The Farmers in Flannel photo contest is open to all Alberta residents. Only those photos submitted on Ag for Life's website will be entered in the contest and eligible to win the grand prize. Participants are encouraged to share their images on social media using the contest hashtag #ChannelYourFlannel.

Ag for Life will share entries on its website and social media channels. To learn more about the Farmers in Flannel photo contest and how you can enter, please visit: www.agricultureforlife.ca/farmersinflannel.

Ag for Life aims to foster through education, an understanding and appreciation of agriculture and its fundamental connection to life.

About Ag for Life

Ag for Life (Agriculture for Life) has the mandate to deliver educational programming designed to improve rural and farm safety while building public understanding around the agricultural industry.

Ag for Life is made possible through the funding and commitment of companies that employ almost 20,000 people in more than 350 Alberta communities. Founding Members include AdFarm, Glacier FarmMedia, Nutrien, Rocky Mountain Equipment, TC Energy and UFA Co-operative Limited. Find out more at agricultureforlife.ca.

For more information, contact:

Irena Ceko, Marketing and Communications Specialist
iceko@agricultureforlife.ca
250-826-6398



INCLUSIVE PLAYGROUND EXPANSION PROJECT

AT A GLANCE

Red Deer Lake School Council is fundraising to install a new inclusive playground at Red Deer Lake School.

The new playground will promote healthy living and an active lifestyle for all children in the school and the community. This new structure will increase playground capacity and provide a safe place for all children, including those who don't always feel comfortable on our current playground, to play. This may include children with mobility limitations, sensory disorders, learning differences and autism spectrum disorder.

Key metrics

Red Deer Lake School Council is well on its way toward the goal of fundraising \$248,000 toward our new inclusive playground.

The playground will be accessible to communities in surrounding areas such as Calgary, Priddis, Bragg Creek, Black Diamond, Turner Valley, Okotoks and the greater Foothills region.

**\$217,900**
Funding raised to date

**\$30,100**
Amount to be raised

WE NEED YOUR HELP

If your corporation or family is interested in partnering with us on this exciting community project, there are different types of **taxable** donations that can be made. Donation information can be found on the following page.


**\$50+**
Shoutout on RDL School Council Social Media + Website

**\$500+**
Social Media / Website Shoutout + Name Plaque in our "Giving Garden"

**Other Amounts**
Please reach out to our Fundraising Chair, Lindsay Flynn at rdlplayground@gmail.com


WHY IT MATTERS

Countless studies demonstrate the importance of play. The current play structure at RDL is not only insufficient in size, it was not created with an inclusive lens in mind. The proposed expanded inclusive playground space would be welcoming and safe for all students and community children.

 rdlplayground@gmail.com


 www.rdl.schoolcouncil.ca


 178093 112 Street W Foothills, AB





INCLUSIVE PLAYGROUND FEATURES


"Communities are diverse. Playgrounds should be too." PLAYCORE

**PROPRIOCEPTIVE FEEDBACK**
Crash landing calms those on the autism spectrum

**ADA STAIRS**
Allow elevated accessibility to the slides + platforms

**BRACHATING**
Provides a valuable "reset" for a child on the spectrum

**FALLSAFE**
Pour in place allows unimpeded access for wheelchairs

**SPINNING**
Allows calming repetition for those on the autism spectrum

DONATIONS

Donations can be made online at www.rdl.schoolcouncil.ca or via cheque or cash (please use form below for cheque / cash donations). We would be so appreciative of any donation that you may be able to make to this cause. Your generosity would directly result in a welcoming, safe and inclusive space for Red Deer Lake School students and children in surrounding communities.

CONTACT INFORMATION

Full Name	Company
Address	Email
	Phone

DONATION AMOUNT

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ OTHER


PAYMENT INFORMATION

☐ Cash

☐ Cheque

Please note:

Cheques must be made payable to Foothills School Division (FSD#38) to receive taxable donation receipts.



Proposed playground rendering



PRIDDIS NEWS

REMEMBRANCE DAY NOV 11TH

A time to give thanks and reflect on those who gave so much for us!

Priddis 2021 AGM:

Prize Giveaways! Join our Board!

All community members are more than welcome to join us. Attend the Annual General Meeting on Thursday, November 25th, 7:30 - 8:30. Due to COVID, the AGM will be a Zoom meeting. To obtain the Zoom link, register by emailing priddiscommunityassociation@gmail.com. Foothills County will make a short presentation. Nominations will be accepted for 2022 board positions. A draw for prizes will be held at the end of the meeting for those in attendance. Join us!

For your information, board descriptions and duties are now posted on our website. Watch for updates and further details on our website www.priddisalberta.com and Facebook page, www.facebook.com/PriddisCommunityAssociation/

Let's continue to make Priddis the great community we all know it is!

Red Deer Lake School Playground:

Red Deer Lake School Council is excited to be getting close to our fundraising goal for the Inclusive Playground Expansion. This fully accessible playground would not only benefit the students at Red Deer Lake School, but children in the surrounding communities as well. Please look at our website for tax deductible donation and sponsorship options. The inclusive playground expansion will promote healthy living, an active lifestyle and fun for all children. Being the recipient of your generosity would mean that we would be that much closer to making this dream a reality for the kids in our community. Website: www.rdlschoolcouncil.ca

Membership Renewal 2022:

Purchase your PCA Membership for the 2021 - 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: priddisassociationpayments@gmail.com. In the description on your e-transfer, please state your name and which type of membership you are purchasing, eg. Family. Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Business Memberships are also due, and the form is online. E-transfers will also be accepted. Go to www.priddisalberta.com. Fill out your business details and email it with your payment. How easy is that!

Everyone should have a Priddis Community Membership when participating at events at the Hall and using PCA facilities. Thanks in advance.

Parent & Tot Playdate:

We would like to continue the monthly Parent and Tot playdates at the Priddis Hall but need a Co-ordinator to do so. Please contact pcayoungfamilies@gmail.com if you would like to get involved. This is a fantastic way to meet other young families in the community. Check our website and social media for updates.

Anyone interested in donating boxes or bins to help organize our toys and equipment for storage would be appreciated. Please contact pcayoungfamilies@gmail.com if you wish to donate.

Priddis Early Learning Program - PELP:

Back for a second year. ...PHOTOS WITH SANTA ... in support of the Priddis Early Learning Program. This special event will take place outdoors at the Priddis Community Hall on Saturday November 20. Take as many pictures as you would like during your time slot. Hot chocolate will also be available by cash donation. Be sure to book early as this event sold out last year!

www.treatsanddeats.ca/christmas

The Priddis Early Learning Program has space for new students wishing to join our classes in January 2022. Please email our program director for more information. pelpreschool@gmail.com

pelpreschool.wixsite.com/pelp/registration

Priddis Panthers:

The PCA and Priddis Panthers are excited to announce the start of construction on the new Zamboni garage. We were able to get the concrete foundation and slab poured early October, just in time to avoid doing this in the winter months. Framing of the building was started mid-October and substantial completion of the project will be expected for the start of our outdoor hockey season. This new building will allow us to remove the infamous shipping container. We hope this will please local businesses and residents alike. Thank you to everyone who contributed to making this building a possibility for us.

Priddis Panthers online hockey registration started in September. All players must have a Priddis Community Association membership. For more info, please follow our Facebook page, www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/ or email priddishockey@gmail.com

Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Your donations are appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole,

Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30pm. Due to COVID-19 restrictions, however, we have held Zoom meetings starting at 7:00pm.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club: \$15/year for singles or \$20/year for a family.

Our annual Plant Sale, held on June 5, was a resounding success. While the rain and hail came down around us, we were lucky to have sunny skies at our location. A huge thank you to those who so generously volunteered; without you and all the hard work you did, we would not have been able to do it. Once again, our members provided a wonderful variety of plants; annuals, perennials, herbs, vegetables, shrubs, trees, and houseplants. Without these, there would not have been a sale.

We invite you to like our Facebook page where there are lots of tips and hints posted.



Sonya, Barb, and Jeanie. Thanks Ladies, for volunteering your time to keep the library operational for the community.

Booking the Hall:

We are taking bookings for the Hall for the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments online. 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 Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms
- [@priddiscommunityassociation](https://www.instagram.com/priddiscommunityassociation) Instagram photos and videos



MILLARVILLE HORTICULTURAL CLUB

"Meetings are held on the second Tuesday of the month September to May, usually at 7:30 p.m. Due to COVID-19 restrictions however, we have been holding Zoom meetings starting at 7:00 p.m.

Speaker arrangements are still in the works for our November and we would ask that you please check our website, www.millarvillehortclub.com/ or Facebook page to confirm our speaker information, meeting place and time due to changing COVID restrictions.

My sincere apologies for the error in the speaker name for the September meeting. It should have read 'Edzard Tebault' and the Company name as "Fuzei + Tree".

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family."



MILLARVILLE COMMUNITY LIBRARY

Well, we almost got through Thanksgiving without the onset of winter. It is a little depressing to realize that we are still in the midst of a pandemic and restrictions. Our library does not require visitors to be vaccinated but we are limited to 15 people in the library at a time. Masks are mandatory and we ask you to keep 2 metre spacing between patrons.

With these restrictions we cannot offer any in-library programs and sadly that includes Story Time. Kelly Nutbrown is going into the Kindergarten classroom and the preschool to do Story Time until we are able to offer it in the library.

We are open 4 days a week Monday-Thursday (9-3, 9-7:30 Wednesdays). It is quieter in the library than usual but books are still flying off the shelves. We are lucky that the Marigold online reservation system is so easy and fast. There are lots of new books for adults and children, as well as new audio books in our library and of course you have access to material from so many libraries. tracpac.ab.ca

The colder weather does provide a great excuse to curl up in your favourite chair, with your favourite bevy and get stuck into a book. Mysteries are very popular and it is hard to top anything by Scottish writer Peter May. His latest book is *The Night Gate* and it's a gem.

In a sleepy French village, the body of a man shot through the head is disinterred by the roots of a fallen tree. A week later a famous art critic is viciously murdered in a nearby house. The deaths occurred more than 70 years apart.

Forensics expert Enzo McLeod quickly finds himself embroiled in the investigation of the latter. Two extraordinary narratives are set in train - one historical, unfolding in the treacherous wartime years of occupied France, the other contemporary, set in the fall of 2020 as France re-enters COVID lockdown.

Enzo's investigations reveal an unexpected link between the murders - the Mona Lisa. Tasked by the exiled Charles De Gaulle to keep the world's most famous painting out of Nazi hands after the fall of France in 1940, 28-year old Georgette Pignal finds herself swept along by the tide of history. Following in the wake of Da Vinci's Mona Lisa as it is moved from chateau to chateau, she finds herself just one step ahead of two German art experts sent to steal it for rival patrons - Hitler and Goering.

In this, May's latest novel, he shows why he is one of the great contemporary writers of crime fiction - and *The Night Gate* is available from the Millarville Library!

Barn Quilt Painting Class

Join us for a fun afternoon of painting.

Includes all the supplies required to complete a 24 inch square barn quilt to take home and proudly display indoors or outdoors.

Students will have various designs to choose from and several paint color options as well.

Fee: \$110.00

Location: TBA

Email: jane.morgan@outlook.com for upcoming dates

Class space is limited.

See us at the Bragg Creek Christmas Market November 19-20

www.quilterspalette.ca





RED DEER LAKE UNITED CHURCH

As of this writing, we are offering in-person services at 10:30am on Sundays at our church building on Highway 22X. We will be asking everyone attending our services and events to provide proof of full vaccination or a medical exemption to help keep our community as safe as possible. We hope this measure is a temporary one! If you are unvaccinated, we encourage you to check out our online services which are broadcast on our website and YouTube at 10am on Sundays.

Please check our website: reddeerlakeuc.com - for the latest information.

We are thrilled to report that we will proceed with our On the Edge Concert Series this year! Again, patrons will be asked to show vaccination proof and ID when they attend our concerts. The next concert is Christmas with the Travelling Mabels on Sunday, November 28, at 3:00pm. This local trio - Eva Levesque, Therry Lawson and Lana Floen - accompanied by Keith Floen on keyboard will treat us to a Christmas concert full of spirit, song, spunk and laughter. Tickets are \$25 each and are available on our website: reddeerlakeuc.com/concert-series-2021-22. We would love to see you at the concert!

If you need support during this uncertain time, our Congregational Care team may be able to help. Please reach out by contacting us at office@reddeerlakeuc.com. For more information about our church, please call us at 403-256-3181.

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.

JOIN US FOR

OUTDOOR SANTA PHOTOS



Saturday, November 20th | 10:30 am - 4:30 pm
Priddis Community Hall (outdoors)

Tickets: \$25/5 minute timeslot
Take your own photos!
Tickets: treatsandeats.ca/Christmas

AHS guidelines will be followed to ensure proper physical distancing • sanitizing protocols

Hot chocolate will be available for cash purchase during the event. All proceeds will benefit the Priddis Early Learning Program. Thank you so much for your support!



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

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LONGVIEW LIBRARY

Book marks and posters are available at our library to honour Remembrance Day. They are provided by Veteran's Affairs.

The Share Our Stories (SOS) book written by seniors in the Foothills about times in their lives that have been very difficult. They are in the libraries of Okotoks, High River, the Sheep River Library and Longview. They tell of how they coped and of how others might benefit from their experience.

Both iPads and Hubs are ready for check out. The good news is that they are available to our rural patrons, too.

New to the library are: Architectural Digest, a magazine of interior design, The Jail House Layer by James Patterson and The Madness of Crowds by Louise Penny. It is a mystery novel that takes place after the imagined end of the COVID pandemic. It takes place in the Eastern Townships in Quebec. A moral dilemma, posed by a government appointed statistician, gives the reader a chance to ponder the difficult medical issues of to-day. All this is entwined in a murder at a college nearby. Louis Penny

has co-authored a murder mystery with Hillory Clinton called The State of Terror a political thriller that is to come out this month. Penny is the recipient of many awards, including the Order of Canada for her contribution to Canadian Culture and mystery fiction

Another good read is The Great Alone (1986) by Kristen Hannah author of The Nightingale. It is a family drama that takes place in Alaska. An emotionally unstable victim of the Vietnam War moves his family from Seattle to Alaska, hoping to create a simple and peaceful lifestyle there. It turns out to be anything but. The description of the breathtakingly beautiful landscape of Alaska is spellbinding.

Another book in your library, by Sharon Butala, also a member of the Order of Canada, is the story of her journey through love, loss and healing after her husband's death. After much soul searching, she decides to re-locate to Calgary after having spent her married life on a huge sprawling ranch in Saskatchewan.

Happy Reading,
Sylvia Binkley
sliv@telus.net (403) 395-2418



HELLO DIAMOND VALLEY

Hello, Diamond Valley. I hope this day that everyone is well and happy as we soldier through these crazy times. There are many who feel their freedoms have been compromised during this pandemic, as most of us have not experienced such a thing in our lifetime.

Remember those who fought for our freedoms on Remembrance Day, November 11. At the time of writing, we had not heard of plans for a ceremony, which is usually held at the High School. Certainly watch for notice of one, but I suspect there won't be such a large public gathering.

Elaine Wansleben



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BLACK DIAMOND STRONG IS ABOUT YOU!

My role as animator for the Rural Mental Health Project has officially come to an end. I feel that talking about mental wellbeing is easier these days than it was a few years ago. If there is a silver lining to the pandemic, it is that we have collectively found a new appreciation of connections that we used to take for granted.

Black Diamond Strong is about the people who make up the fibre of our community, it is about you!

Over the past months I have asked what is helpful to get you through rough times, I have motivated to discuss what mental wellbeing looks like and I have highlighted the importance of self care and connecting with nature to refuel.

My role was to get the discussion going. In my interactions with you on hikes, during camping and in town it appeared that talking about mental wellbeing is no longer taboo and in general we are more open about how we feel. The best ideas are born out of opportunities, connections and social engagement. So, keep on sharing your stories, learn together, inspire each other and take turns in leading the way. Above all: practice the art of listening, remain curious and celebrate the small wonders of daily life.

The mental wellness movement is just beginning. Grants are available for initiatives that support wellbeing in towns as Black Diamond. A first step is to contact Suzan Nagel, Family and Community Support Services (FCSS) Coordinator, Town of Black Diamond: by phone 403-933-4348 ext. 212, by email SuzanN@town.blackdiamond.ab.ca or in person at FCSS, 301 Centre Ave West, Black Diamond.

I wish you well!

*Riny Tuithof de Jonge
Community Animator Black Diamond
Black Diamond Strong
Mental Wellness Movement*

Wilson & Plumer

Chartered Accountants

ben@benplumercpa.com

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Fax: 403.949.2252

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SHEEP RIVER LIBRARY

Restrictions Continue....

As COVID drags on and restrictions remain, we have had to make the decision to cancel our Out Loud Series for the second year in a row. As much as we were looking forward to having Sheri-D Wilson, Notable Exceptions and The Best of the Storytelling West Show at the library, we will have to postpone until 2022. Under the present restrictions, we cannot have any adult indoor gatherings. For the moment, all adult programs are either taking place outside, off site or via Zoom. If you are not sure about the status of a program listed on our website, please call the library, and talk to Jan (403-933-3278).

Something patrons can look forward to when programming gets back to full capacity is the installation of upgraded

Audio-Visual equipment in our large programming space. Due to supply issues, it has taken several months to get everything lined up, but we are happy to say that the installation is almost complete. We will now have a better sound system along with new projectors and up to code wiring. We can hardly wait to screen movies again!

Since the beginning of the pandemic, we have opted not to charge fines on late items. We will continue this practice until all restrictions are lifted. Charging replacement costs for lost items still applies. In lieu of the annual Fire Hall Food Bank drive, residents of Diamond Valley can drop off non-perishable items for the Food Bank at the library in the box provided at the front desk. Fire Chief, Deanna will make regular pick ups and deliver items to the Food Bank. Similarly, the United Church's Jacket Racket is also using the library as a drop off location for gently used winter coats and jackets. The

bin for these items is located in the front entryway.

Please remember that to enter the library under the current restrictions, a mask and physical distancing are required. There is no time limit on how long you can stay in the library. We are still on the hunt for new members to join the library board (two from Turner Valley and one from Black Diamond). If you are interested in joining this intrepid group who keep the library vibrant and growing, then please contact Jan ASAP.

As the weather turns and the snow returns, don't forget that you can take snowshoes and microspikes out on your card. These items ensure that your winter walking or hiking can be done in a safe manner.

The library will be closed, Thursday November 11 for Remembrance Day.

For more information on either of these opportunities, please call Jan at 403-933-3278.



DUANE HARDER

Who Is the Greatest?

Wayne Gretzky was an outstanding hockey player and earned the title, “The Great One.” In the sport of boxing, Mohamed Ali claimed to be the greatest. I must confess that his claim grated me. If we tell the truth, the desire to be great lies in the heart of all of us. That desire has led people to outstanding accomplishments. It has taken the good performance and elevated it to a great performance. It takes a man like Edison past 1000 failed attempts to developing a working light bulb. The “great” football coach, Vince Lombardi observed that “The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.”

My dad used to say to me, “Son, never let it rest until your good is better and your better best.” That advice is applicable to any person in any walk of life. However, there is still a question in my mind: “By what standard do we measure greatness?” We all have differing motor skills, intellectual skills, social skills, and leadership skills. There are multitudes of hard working, disciplined hockey players but few reach Gretzky’s level.

I want to deposit another thought for you to explore. “Let the greatest among you be the servant of all.” Think this through with me. Here are a few suggestions for the normal standard of greatness.

Greatness can be measured by your position — how many people are under you. The more people you have under your “control”, the greater you are. A friend of mine was given a significant promotion. Shortly after being placed in his new responsibility, he was riding in the elevator with the CEO of the company. His friendly greeting directed toward the CEO was met with cold silence. When he and his fellow co-workers got off the elevator at their floor, he was informed that you do not speak to the “boss” unless he first addresses you. The CEO was head of a sizable company but was he great?

Greatness can be measured by your prosperity — how much wealth you possess. There is an old saying that used to be popular: “Wealth isn’t everything, but it is a long way ahead of whatever comes in second.” Is a person great because they have control of billions of dollars and throw the crumbs of their wealth to the poor and needy? Is Bill Gates great? What he gives hardly makes a dent in his lifestyle. Wealth will not glue a marriage together, build a family legacy or loyalty in a company. I have asked hundreds of wives, in the presence of their husbands, “What would you rather have, a man who provides the luxuries of life or one who feels your pain, invests in the desires of your heart, and opens his heart to you?” The answer is inevitably, “That’s a no brainer. Give me a man committed to the latter.”

Greatness can be measured by your productivity — how valuable you are to the company, organization, or social club. This is often a subjective chain that fastens us to the treadmill. It creates a cloud of “I can never do it good enough.”

The usual ladder of greatness fosters negative competition, debilitating comparisons, and cancerous covetousness. These elements weaken a team and reduce its effectiveness.

Explore with me the possibility of being a servant.

A true servant is committed to making others successful. He will concentrate on developing the skills and abilities that will contribute to the success of the one he is serving. In doing that he learns to see his work from the perspective of the authority. Most workers evaluate company decisions on how it affects them rather than the benefit that will be brought to the whole. This reversal of thinking helps develop the capacity for greater responsibility.

On the other side of the equation, the boss who has the heart of a servant is looking for how he can develop each person on his team. What are their life goals? What are their life interests? What pressures are they facing at home? The servant leader is interested in the person, not just their productivity.

A true servant wants to invest his skills to bring the greatest good to those he is serving. A man’s son was playing with his friends in a field. He fell and cut his wrist severely. He was rushed to the hospital and was told they would likely have to amputate the hand. The attending doctor said, “There is a neurosurgeon about 100 miles from here. He is your only hope.” They raced to the hospital and were told the surgeon had just gone home. He had just finished 12 hours of surgery. The son’s father knew the surgeon and phoned him. He returned to the hospital, brought together his team, and started to work on the boy. Over 12 hours later he emerged from the operating theater and said, “I think we have saved your son’s hand.” The father started to express his deep gratitude but was interrupted by the surgeon who was kneeling in front of the father. The surgeon looked up and said, “You don’t understand. I am here to thank you for giving me the privilege of using my skills to enrich your son’s life.”

Now that is a true servant — one who views his work as an opportunity to enrich the lives of others. When I cross the finish line, I am praying that that is the kind of servant heart I will have. Keep serving, and I’ll see you at the top.

Duane Harder



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DUKE OF EDINBURGH October Report

Four of our Bronze level participants completed their overnight adventurous journey hiking to Alymer Pass in the Lake Minnewanka area. The weather was fantastic and the scenery magnificent.

We are pleased to announce four of the Duke of Edinburgh participants have complete their silver level. Once the recipients have received official notice, a celebration will be held.

The Springbank Chapter now has two gold level participants. This level requires significant effort and time to complete. The final project for this level is a five-day community service project usually in another country.



The Duke of Edinburgh Program

Is a internationally recognized non-formal educational program offered to young people aged 14 to 24. Participants set and monitor achievement of goals they set for themselves. Youth can pursue their interests, passions and contribute to their communities.

Contact Judi Hunter at hunter47ab@yahoo.com for more information

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SQUARE BUTTE COMMUNITY

The Square Butte Hall has undergone the final stages of restoration and will be open for business as soon as the COVID-19 restrictions are lifted.

The hall was used on October 18th as one of the polling stations for Division 3, Foothills County. This was the first event to be held since the completion of the Wall Restoration. A big thank you to the Foothills County for their continued support of our community hall.

Keith Walters along with Clayton Foster and Bill Lightfoot, have been diligently working to finish off the loading dock and extensive basement restorations along with the landscaping. An unbelievable number of hours have gone into finishing this huge project. We all should be so proud of what has been accomplished. Thanks to all those who have come forward to volunteer, your help has been very much appreciated.

On November 11th we would like to pay tribute to our Veterans and their families who have paid dearly for our freedom. Less we should forget! Many from this area served.

KatYoga classes are being offered at the hall on Wednesday mornings at 9:00 a.m. Kat Dancer is offering these classes to all levels of experience, with alignment-based foundation in Hatha Yoga to help prevent injury through awareness and laughter fueled origins. COVID-19 restrictions in place. Email Kat at bodymudra@gmail.com.

2022 memberships are available for the SBCA, we truly will try and offer some fun and exciting events for the coming year that will make your membership very worthwhile. Belonging and helping in the community has its rewards. You need not live in close proximity to join.

Thursday, November 18th, 7:30 pm. AGM at the Square Butte Hall. A review of the

years activities, financial report, slate of proposed officers and committee reports will be sent out to all past members, if COVID restrictions prevent the meeting from being held.

Community History

George William (Curly) Sand Born 1909 at Chisholm, Minnesota. He came to the Kew area about 1946. He was hired by the North Fork Stockmen's Assoc. To hunt grizzlies that were raising havoc on the yearling grazing area on the Muskeg—a long open valley of the North Fork of the Sheep River. In 2 years time he had shot 11 grizzlies and numerous black bear. Having been previously mauled by a grizzly he had no mercy on any bear unfortunate enough to come within his sight. He was a hunter, and if there was any sightings of cougar or bear he was off with his dogs. He loved his horses and dogs and took meticulous care of them. His favourite was "the General" best horse ever! He was a fine horseman, had been a rodeo rider in a previous life. He was a fire lookout person on Threepoint Mountain for a time and lived at the North Fork Ranger station and various other locations throughout the district. He had some young friends that would plan and execute some very hilarious tricks on Curly. At the poker table they would set him up so he was always losing, even going so far as to rigging the hands. He would get angry but would soon get over it as they were his friends. They were Johnny Nylund, Perry Jacobson and Donny Mickle, just a few of the friends that loved to play tricks on him. One time Curly went off to the Millarville school with a cougar draped over his Jeep, the kids loved it and he was in his glory telling his stories and maybe bragging a little about his exploits.

Curly's storytelling was renowned and he could entertain young and old on into the night. A story was not worth telling if it couldn't be embellished in some small way. Joan and Bill Kendall were his close neighbors where his shack was squatting on a road allowance close by, off of Hwy. 762. Joan rarely appreciated his consistency in knowing when Sunday supper was going to be served, as he was always there

an hour before serving time to have a visit, which often annoyed her. She was rewarded as she was left his gun and ashes when Curly passed in 1971 while living in Cochrane. The funny part of this was that the ashes remained in the pantry for several years so Joan would often berate him while preparing another meal. The ashes did finally find an appropriate resting place at the rim of the Canyon, close to the Muskeg. Acknowledgment of some information from Foothills Echos.

Contributed by Mary Ann Watson

Square Butte Hall Contract Information
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DEWINTON COMMUNITY ASSOCIATION

The DeWinton Hall has adopted the Alberta Restrictions Exemption Program. At the door to any rental, event or activity we are required to ask for proof of full vaccination OR proof of medical exemption OR proof of a negative private pay COVID test within the last 72 hours, as well as valid ID. Masking is required at all times in the Hall.



Summer is over and fall has fully arrived. The slow and steady movement into fall has so far been kind and the colours this autumn have definitely helped to soothe our COVID weary souls.

Thank you for your understanding as we all continue to navigate our way through this.

We are very saddened to once again feel the need to cancel children's Halloween activities at the De Winton Hall as they are held indoors. We hope that you all have fun outdoors with your littles and that next year looks a whole lot different for us all.

Christmas Craft Fair

De Winton Community Hall

November 20, 2021

10 am to 3 pm

The De Winton Community Association would like to extend an invitation to one and all to attend the annual De Winton Christmas Craft Fair. Local vendors will display a wide variety of items, some seasonal in nature, and others ideal for holiday gift giving:

- Candy
- Quilting
- Body and Bath
- Artwork
- Gourmet Foods
- Plus much more.

If you or someone you know would like to display their wares in our fair please contact us ASAP to secure a table!

New Equipment Update

Basketball Net

Our new outdoor basketball net is up and ready to go. Due to a paint shortage, the key lines may not get painted until the spring but if you or your kids are looking for an outdoor pick up game, head down to the hall and give it a go.

Bring your own ball, or check the shed at the back of the hall for a community one. Here are some fun games to play alone or with just a few friends.

Big thanks go out to Perry Deibert, Mike Kosinec and Jim Vangilst (who brought out the big guns to help get 'er done - thanks Jim!)

Soccer Nets

Along with the basketball nets, we've also installed a set of soccer nets, which will be found on the flat yard on the East side of the property.

Big thanks to Gerry Poole who put the nets together and set them up for us.

Balls etc. will be stored in the new shed behind the hall. All current DCA members will receive an email with the code to the lock once the shed is stocked. You are also always welcome to bring your own ball at anytime.

We've recently suffered some vandalism to our playground which is a huge disappointment. Please do be respectful of the equipment so it is there for all to use and enjoy.

Our Volunteers are The BEST!

A brief note to end our brief note - you may notice that there is a theme here when it comes to our volunteers; they are often the same dedicated people!

While we very much appreciate them it can be easy to burn out such a small group of people. If you think you might be able to spare a bit of time to do some community service, please consider stepping up. It is a wonderful way to get involved and meet some new friends.

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ROCK, WATER, SPIRIT by Andrea Kidd

Bag It!

In 2019 the Government of Canada announced that single use plastics will be banned by the end of 2021. That's only two months away! Starting January 1st, 2022 my grocery store won't have plastic bags for me! Is this really going to be enforced, I wonder, or has the Canadian Government had to work so hard to keep us healthy during the pandemic that the overuse of plastic is no longer a priority?

In the 1950's, Mum went shopping every two or three days because we had no refrigerator or freezer. She had a basket, a vinyl-coated cloth shopping bag and a green, string bag scrunched into one of them "just in case". These bags were used over and over again, for years. They were familiar friends, faithful and ready to help on shopping days. Of course, they became old, scuffed and faded, but they worked hard and held firm. The only new bags were the paper "carrier bags" given out at the nice dress shop, but they were not made for carrying chicken, a cauliflower, a pound of flour, a jar of strawberry jam, a tin of baked beans and a packet of McVities chocolate coated digestive biscuits.

What's wrong with using plastic bags anyway? Scientists contributing their findings to Ted Ed say that a factory releases 1.6 kg of carbon dioxide for every bag produced; that's almost a whole cubic meter of gas at room temperature. Much human activity produces carbon dioxide which causes changes in the climate on our planet. This is where we live, and although we are adaptable, we find changes in our lives stressful; we like to "get back to normal". Huge changes in climate and weather prove catastrophic and "normal" never returns.

Maybe paper bags would be a better choice for our groceries. The scientific research shows that a tree harvester, pulp mill and factory release 5.5 kg of carbon dioxide into the atmosphere for every paper grocery bag produced; that's three cubic meters of gas.

Cloth bags are even worse. Research reveals that 272 kg of carbon dioxide is released into the atmosphere for every cotton grocery bag produced, and that would be nearly 150 cubic meters for each bag.

Considering the release of carbon dioxide into the atmosphere, a plastic bag is best for the environment; but that does not take into account the question of degradability. Of course, a paper bag is the winner in this category because it soon disintegrates when wet; cloth can also disintegrate entirely after a few months. Plastic, however, will stay for a hundred years and still be present in tiny pieces. Little pieces are better than a whole bag blown against the fence or onto the windscreen of my car when driving past the landfill site, but not so good for animals to ingest. So, considering biodegradability, a paper bag definitely has the best score.

Now, I wonder, what shall I put my groceries in? Is there a way out of this conundrum? The Canadian Government is going to take one choice away. That leaves two to choose from - or does it?

Any bag, plastic, paper, cotton or otherwise, comes to the end of its life and is thrown away. It is waste. It is discarded. It is taken to the landfill site, burned, blown by the

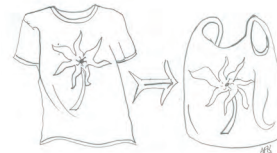
wind across roadside ditches or it litters a stream, river or ocean.

Will.i.am says. "Waste is only waste if we waste it."¹ The first to be trashed is the soggy or torn paper bag, next is the plastic bag that leaks or splits, and last is the faithful, long-lasting fabric bag. The longer something stays out of the landfill site, the better that is for our environment. There are a lot of us and we are very good at throwing things away.

I could make a grocery bag out of that garish T-shirt from Bermuda that I never want to wear! Just cut out the sleeves, sew up the hem and use the shoulders as handles; or I could make a really strong bag from an old pair of jeans. Or, I could crochet a string bag from oddments of yarn or string. Oh, but I only have eight weeks left! I don't have time for any of this! I think I'll put two or three cardboard boxes in the trunk of the car for my next shopping trip!

¹ Will.i.am Quotes

Andrea Kidd





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MORTGAGE MATTERS

Can a Mortgage Be Approved & Then Be Revoked?

For most home buyers, obtaining a mortgage is a requirement to purchase a property. Once you're approved, you feel so relieved! Congratulations! Now you can rest easier and start packing & preparing for your new home.

Although rare, there are certain situations when the approval can later be revoked. Reasons vary and the most common reason is fraud; but sometimes changes in your financial or employment situation and even factors beyond your control, can cause an approval to be revoked.

If you take on more debt

If you've been approved for a mortgage, it is based on your current debt(s) at time of underwriting/approval. You are well advised to do nothing that might affect your credit until after the mortgage funds. If you take on additional debt: co-sign a loan, buy a new car, or buy a bunch of furniture on credit before your home purchase closes - you will increase your

debt ratio and you may exceed what is allowed. **Typically, mortgage lenders run an updated credit report one final time just prior to closing.**

If you change employment

In my experience, this is the most common reason for a lender to cancel an approval when the change wasn't disclosed. If you have quit your job, changed your status (dropped from full-time to part-time) or been laid-off. Also, do not change employers (even if for more money).

Lenders normally call your employer a day or two before funding.

Don't spend your down payment

I know it seems crazy to have to say this, but I have seen it happen. If you commit to a mortgage lender that you will put down a \$50,000 down payment for example, then a \$50,000 down payment is what you must provide to your lawyer before closing. You cannot take your \$50,000 and have an upscale European vacation instead (true story). If you no longer have your down payment money, this is a problem.

There can be no changes unless the file is re-underwritten and re-approved.

Fraud on your application

Equifax Canada data notes a 52% rise in suspected fraudulent mortgage applications since 2013. Mortgage lenders will revoke an already approved mortgage before

funding if they discover a borrower has exaggerated income, provided falsified paperwork, arranged for an inflated appraisal or gave erroneous property details, and/or flat-out lied on your mortgage application in any capacity, they will not hesitate to cancel the approval. This may be mortgage fraud and it is a crime. **Mortgage fraud is generally defined as illegal actions taken by a borrower motivated to acquire or maintain ownership of a house.**

Other Factors

Certain factors beyond your control can cause lenders to decline an approved mortgage. In some cases, lenders cancel approved mortgages because you didn't close your purchase in time. **Lenders will only hold the funds for your mortgage for so long, and lengthy closing delays may have consequences.**

What to do

Although stressful, as long as you're communicating with your mortgage broker/bank at all times, even an unexpected turn of events resulting in an after-the-fact decline may be remedied with a new application based on your updated details.

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GET RIPPED

Edition 3

Welcome back to this edition of Jari Love's ten-minute full body workout! Sitting for too long can impact your physical and mental wellbeing so we asked Jari Love, certified personal trainer, author, and creator of the incredibly popular and scientifically tested Get RIPPED! workout series, to put together a ten-minute workout that can be done from the comfort of your own chair! In this edition, we will cover exercises #6-8.

*Before beginning, for safety, be sure to use a sturdy chair on a flat surface. Avoid using a chair with wheels as they are unstable.

6. Mountain Climbers:

With your chair against the wall, place hands in a plank-like position at the end of the chair and extend both legs back, while keeping the back flat and core engaged. Pop or accelerate your knee into the chest

and body facing the chair. Repeat by putting your foot back, then bring your left knee into the chest and repeat. 1-2 sets of 30 seconds.

7. Right Knee Up and Left Knee Up on the Chair:

Place your chair against the wall and put your right foot on the top and middle of the chair so that the knee is at 90 degrees. Core tight, shoulders back, hands on hips, bring your left knee up while your right foot stays on top of the chair, bringing the left knee to 90 degrees, while placing your weight on the right leg as you stand. Bring that bent left leg down to the floor and bring your right leg down beside the left leg. Do 10 times per leg for 1-2 sets. Repeat with the opposite leg for a left knee up.

8. Seated Rows:

With your chair against the wall, sit at the end of the chair, hinging at the hip with your back neutral. Hold a pair of hand weights, appropriate for your fitness level, in your hands with your palms facing each other. With your hands and weights by the sides of your knees, keep your core tight

and elevate the elbows towards the ceiling while retracting shoulder blades. Squeeze at the top and bring the weights down to the starting position and repeat. Do 12-15 reps for 1-2 sets.

About the authors:

Charlene Bazarian is a health and lifestyle writer as well as a fitness and weight loss success story after losing 96 pounds. She mixes her no-nonsense style of fitness advice with humor on her blog at Fbjfit.com. You can follow her on Facebook at FBJ Fit and @FBJFit on Instagram.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® Series that garnered her international attention as a top trainer and fitness personality. Jari makes her home in Calgary, Canada, and most recently has been busy filming and preparing for the launch of her brand new Get RIPPED!® Live + OnDemand. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.

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OUT OF THE RUT

Chapter 135

WARNING - SOME READERS MAY FIND SOME TERMINOLOGY OFFENSIVE, BUT PLEASE DON'T!

Okay lovely readers, let's talk shit this month. Some of you may think I talk shit every month, but this month is different, I'm talking about excrement and the process of evacuating the bowels. (What's The Scoop On Poop?) I had a great conversation recently, discussing the benefits of water and squatting as they relate to the process of evacuating the bowels.

In my wide-ranging travels and education, I have long understood that hanging out at ground level, ie squatting, is good for you. This practice ensures that your body retains strength and flexibility throughout your lifetime. By squatting daily, both as a sitting position to have a chat with friends, and more importantly, as your posture for the great bowel evacuation, this is a fundamental aspect of healthy living.

The digestive system of the human animal is not designed for us to sit on a throne in order to take a pee or a poop. When we do this, we are effectively putting a kink in the pipe! When your hosepipe gets folded over, the water flow stops or sputters... That's what sitting on a toilet does for your digestive system.

In our 'modern' world where humans have lost the ability to be natural animals, there are now products on sale to enable us to get back to the natural squatting posture. If like most north Americans, your hips/knees/back/overall weight will not allow you to perch atop a ceramic toilet bowl with any degree of confidence that you are not about to plunge to an untimely and possibly quite stinky end... you can buy yourself a "squatty potty" or similar. Just an angled, U-shaped step that will fit around the toilet when not in use. There are a few out there... basically they provide a shelf on which to place your feet, raising your knees and bringing your body into a more natural position for evacuation. You can try it out using a pile of old books or magazines on which to place your feet, just to see what it does for ya. Heheheh.

One of the more entertaining facets of travelling the world with my Hippie Honcho Fantuzzi is that almost all our friends and hosts are of similar mind. Walking in on someone in the bathroom is highly amusing when they are perched over the toilet like some tentative bird on a nest.

I recall my first adventure in North Carolina many, many years ago. I was a camp counsellor...at the tender age of 21, I was flabbergasted when I had to literally demonstrate to American teenager girls how to take a pee in the woods. So many of the global population are now born, grow up and live within the parameters of controlled city environments, they have lost their innate connection to the land and natural habits that have sustained us for centuries.

Are you, gentle reader, one of the very many who have suffered from or currently suffers from constipation or hemorrhoids? These two persistent malaise are endemic and can be largely avoided given the simple practice of squatting, not sitting! Less straining is involved, the body is in the correct position and nature will take its course without stress. Enjoy it.

The great Buddhist teachers will always tell us to focus on what we are doing right here, right now, this is the essence of mindfulness or mindful meditation which may sound elusive, but is available to all of us, all the time, all that is required is focus. I remember a quote, I believe from Sogyal Rinpoche, author of *The Tibetan Book Of Living And Dying*, who told an inquiring mind "When you are eating, eat. When you are shitting, shit." Straightforward stuff that our modern lives are eliminating as we add in more and more stimulation - I am so guilty of this! - try and do one thing at a time. If you do any reading on the Buddha's teachings, you will eventually come across the topic of urination and defecation and bringing attention to what you are doing.

Oooh, here's some pretty revolting facts: "In 2012, a full 75% of Americans admitted to using their phone while on the toilet. Nearly a fifth owned up to dropping their phones in the toilet, according to CNET. Nearly a third of men and 20 percent of women won't even go to the lavatory without one. As a result, the University of London found 1 in 6 phones to have "fecal matter bacteria" on them." Yuk. I won't be using someone else's phone any time soon.

Then again, a 2016 study of over 100,000 people in Europe found that 62% of men and 40% of women sometimes skip hand-washing after going to the bathroom. Lovely. That may be quite different these days with the recent emphasis on hand-washing among other things.

Our desire to distract ourselves from basic bodily functions is pretty amusing when you sit down (pun intended) and think about it. Go back a century or so and communal latrines were far more common. In India farmers would designate a particular area that all families would use - meeting your neighbours over steaming pongy pits each

morning must have been a tad different to a macchiato at the Cinnamon Spoon.

Western social conditioning encourages us to be repulsed by fecal matters, to hide it, to be ashamed of it, to ignore it, to avoid talking about it in polite discussion, to keep it separate from the rest of our lives. The Buddha tried to change this reaction by changing the normal context in which we view the byproduct of our last delicious meal: the Dalai Lama told a London audience "The Buddha said that although excrement is dirty in the town, it is helpful when used as fertilizer in a field."

Eliminating the distinction between temple (spiritual matters) and toilet (practical matters) is part of the experience at Ittoen, a commune near Kyoto, where toilet cleaning is considered a critical aspect of the path to self-knowledge. In her book, author Louise Rafkin describes the moment of Zen she felt after mopping the communal latrines: "In my heart, I saw a big tree, with everything in its branches. You, me, air, birds, flowers. I knew everything was related. That was my realization after cleaning that toilet."

Interesting. I have had a life-long love of horses. One of the most satisfying practices for me over many decades has been that of mucking out stables. It's eminently satisfying. I love the feeling of clarity looking around a gleaming clean barn or stable, the smell of horse, dirt and fresh air, it all combines in such a natural and complete fashion. I love it.

Remember the toilet paper frenzy last year? In Asia every toilet has a bowl or tub or hose or some form of water supply for cleaning yourself after pooping. I'm pretty sure that there was no toilet paper drama over there. When I come back to the west from Asia this is a culture-shock challenge I'd rather not address.

What I find challenging with all the house-dog-cat-sitting that I'm doing these days is the lack of water. What? I hear you ask, we have running water here in the West. In my own home I've installed a hose at the toilet so that I can easily be clean. What a novel idea. How many of you would consider a piece of poop wiped off the floor/counter with a piece of toilet paper as cleaned away? I prefer to wash & then dry rather than rub it around.

Don't forget, there are other benefits to squatting - like playing with dogs and kids at ground level. Oodles of fun to be had.

Okay, enough of this poop. I hope that gives you something to smile about.

Until the next time. Don't hold it. If you gotta go, you gotta go!

With gratitude and love,
Kat Dancer
bodomudra@gmail.com
403-931-3866 (h)
+1 415 525 2630 (c)



ADHD: NOW WHAT?

How to move ahead?

Receiving an ADHD diagnosis can change your life for the better. People want to know what exactly they are dealing with, to what degree and what they can do about it. Most can relate to the symptoms by referring to pop-psychology, a conversation with another parent, a friend, family member or a co-worker. When you hear others say: "You might have ADHD" or perhaps suspect it yourself, then it is time to get a proper evaluation.

Phase one: Strong Emotions

First, there are all the feelings that come along with getting a diagnosis of a condition you dealt with all your life, but did not recognize. When you receive a diagnosis, it can trigger strong feelings. These vary from shock, to tears of relief or joy, while some choose to keep it to themselves. Some people need to forgive themselves for fear that those close to them may not accept or believe them, but instead will judge and criticize them. Finally, there is an explanation for why you think, feel and behave the way you do. More importantly, there are starting points to improve your life and to move forward in a practical way. These include skills and

strategies to manage your time, tasks and emotions.

Phase two: Exploration

There is now a basic explanation of how your behaviours make sense in your life, work, studies and relationships. Don't panic. If a child is old enough to understand, include them in any considerations in a positive way. Aspects include how to live and learn better with the many challenges and opportunities their ADHD presents. Develop their personality by building on their strengths and talents, while mitigating their weaknesses through supportive interactions with others. You may reach out to others and look for camaraderie to share your stories, experiences and information.

Phase three: Frustration

ADHD is a permanent, chronic condition which is a sobering fact. You may say: "Why didn't I find this out sooner?" It is important to consider co-existing disorders such as anxiety and depression. It can also shake your self-identity as you come to grips with a new sense of self. Remember that all can be managed with interventions that are aimed at reducing the core symptoms. Once you are aware of what are primary and secondary, then treatment begins.

Phase four: Acceptance

This is where you embrace the new part of you. You have come to terms and accept

how your unique ADHD related thoughts and behaviours show up in everything you do. You have found ways that work i.e. routines, habits, dietary and lifestyle changes, medication, neurofeedback, therapy, etc. You no longer judge yourself based on the opinions of others or compare yourself to those individuals who do not have ADHD.

Phase five: Embrace

This is the point where you have researched as much as possible about what it means to have ADHD. You have figured out your strengths and opportunities for growth. You realize that without ADHD, you would not be the person you are today. You know how to apply them in many areas of your life. You start to advocate, learn and inspire others. You let them know they are not alone, but that they have a voice and a friend who understands.

Sources:

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Sinfield, J. Untapped Brilliance Blog: Five Stages of the ADHD Emotional Journey.

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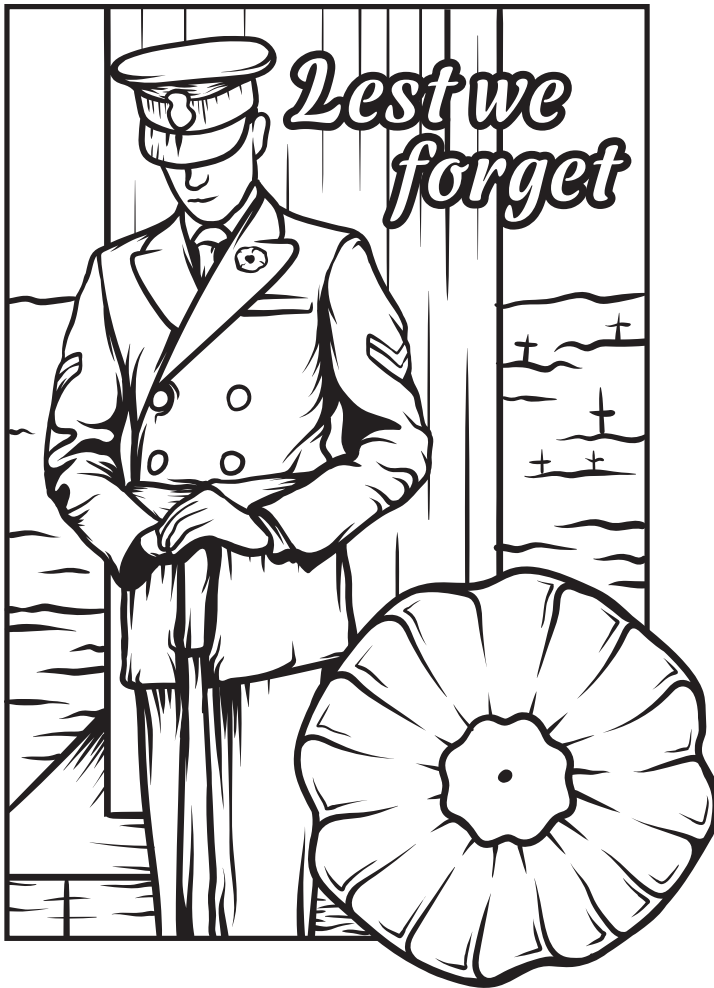
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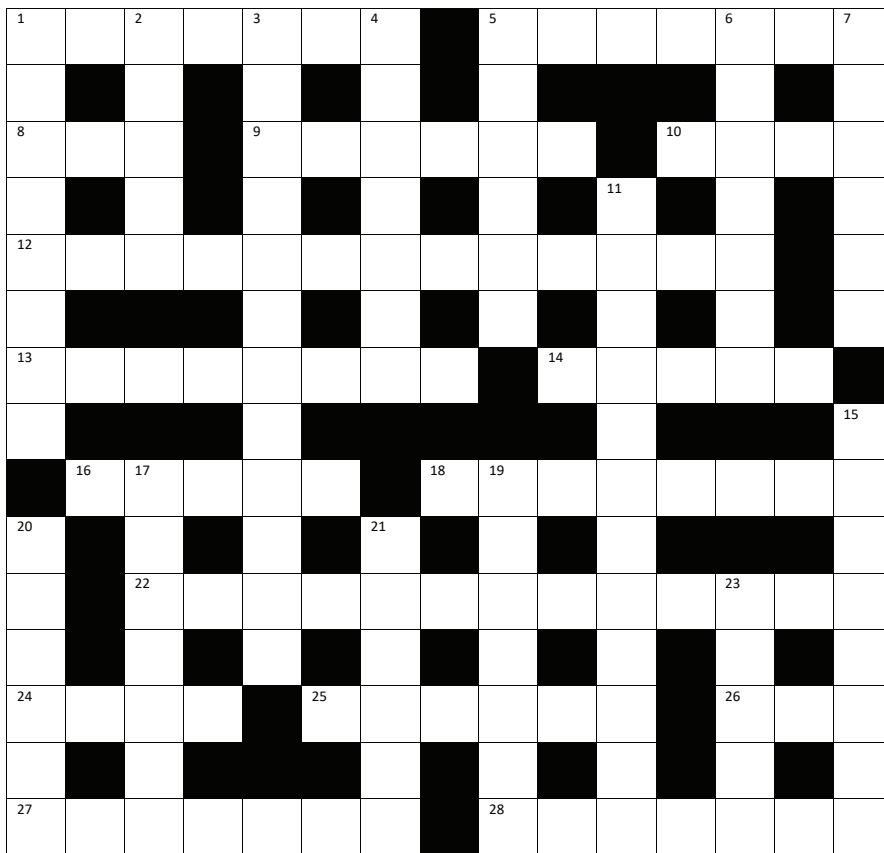
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Deco 19. Rurality 20. Morose 21. A Sharp 23. Bmen
6. Immense 7. Bunch 11. Significance 15. Wintered 17. Art
1. Stampede 2. Vicar 3. Running Mates 4. Lacking 5. Brutal
Down:
28. Yielded
Graft 22. Treasure Chest 24. Open 26. Err 27. Ego Trip
Participation 13. Demagog 14. Kneel 16. Madam 18.
1. Several 5. Beguile 8. Arc 9. No Clue 10. Omen 12.
Across:
Answers:

Across.

1. Cut almost all, but still have a lot. (7)
5. I beg you to mix up the French charm. (7)
8. Primarily, a rainbow can be this shape. (3)
9. If you have this, you can't get this. (2,4)
10. Sorrowful exclamation given by males is a sign. (4)
12. Eat apricot repeatedly before the end of own involvement. (13)
13. Democrats agog, why? Is this Trump's method of political rule? (8)
14. Sounds like something this man would do when he prays. (5)
16. Either way, this woman is crazy in the morning. (5)
18. Writing was on the wall for female tennis player who got fit, I conclude. (8)
22. Fallen trees crush tea kept in box of valuables. (8,5)
24. 10 across switched medium for petite to allow access. (4)
25. Loud L-shaped key has toppled over. (6)
26. To go off track within this territory. (3)
27. Journey one takes by oneself. (3,4)
28. Gave up what was provided. (7)

Down

1. Impressed Elizabeth the first with panicked rush. (8)
2. Church official found in civic arrest. (5)
3. Are you steaming mad about no nonsense beginners like Biden and Harris? (7,5)
4. The French sea king was in short supply. (7)
5. Falling into a drab rut alone was vicious. (6)
6. I'm going before the guys towards the south east. It's huge! (7)
7. Sounds like you knew to go before church castrated this man. (6)
11. I'll find the importance in the design if I can, certainly. (12)
15. Confused number in nervous state spent cold months elsewhere. (8)
17. Carted nothing around to find this 1930s architectural style. (3,4)
19. Are you attending the gathering in the countryside? (7)
20. Code gets zero and becomes sullen. (6)
21. In other words, you could be flat. (1,5)
23. Fix the printer's measurement at last. (5)

KIDS!

Have a great idea for a puzzle, brain teaser, colouring page or word search?

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