



# HIGH COUNTRY *News*

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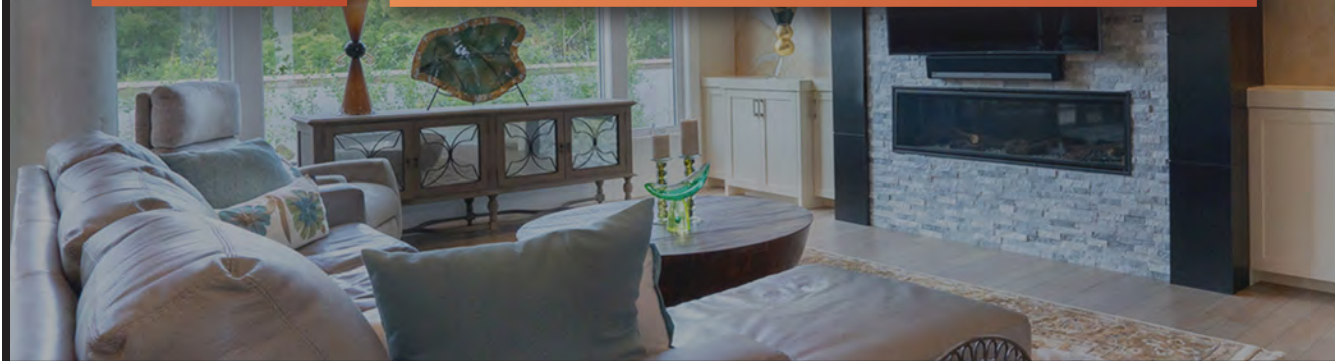
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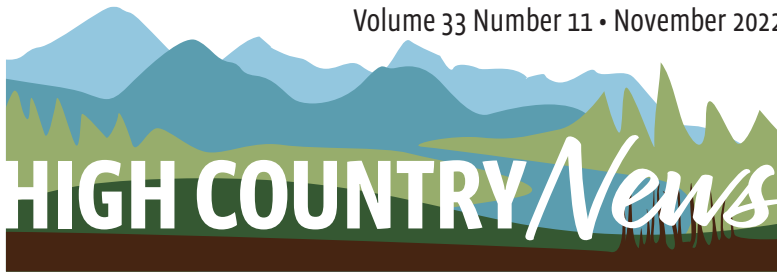
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**HIGH COUNTRY NEWS** is published monthly by:

**High Country Business Services Ltd.**

**Box 476, Bragg Creek, AB, T0L 0K0**

Editor: **Lowell Harder**

Layout & Design: **Sam Richey**

### ADVERTISING RATES:

Circulation: 12,500

Front Page Banner: Colour Only \$227.50 Min 3 mo booking

Inside Cover Full Pg: Colour \$773.50/ B&W \$624.75

Index 1/4 Pg: \$227.50 Min 3 mo booking

Full Page: Colour \$702.50/ B&W \$567.00

2/3 Page: Colour \$494.00/ B&W \$399.00

1/2 Page: Colour \$377.00/ B&W \$304.50

1/3 Page: Colour \$260.00/ B&W \$210.00

1/4 Page: Colour \$201.50/ B&W \$162.50

1/6 Page: Colour \$149.50/ B&W \$120.75

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**NEXT DEADLINE IS  
Tuesday, November 15**

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## LETTER FROM THE EDITOR

Last year for Remembrance Day, I wrote of my wife's grandfather who served in the experimental Dieppe raid. On my side of the family, there is a hero's tale of a different kind. Otto Harder ran a delivery service. He drove a truck from Calgary to Crossfield and as his work was deemed "an essential service" to the community of Crossfield, he wasn't drafted.

More than delivery, Grandpa's character represented something in which we all need. His word was his bond. He had the keys to Crossfield and was trusted. His consistency of work and character envisioned him to be more than a "mere delivery service". He built and supported his community, influencing and helping many.

There is a statement in a sacred text that I love, and it motivates me to live a life that is beyond my personal gain. "Seek the welfare of the city, for in its welfare will be your welfare".

As residents of our communities, what does it look like to live like my grandfather? How can we be deemed as "essential services" to our communities? How can we make the welfare of our neighbour better? Chris Lowney, in his book, *Heroic Leadership*, makes this statement:

"Everyone is a leader, and everyone is leading all the time – sometimes in immediate, dramatic, and obvious ways, more often in subtle, hard-to-measure ways, but leading nonetheless."

This Remembrance Day, I want to give tribute to an individual who quietly served his community, supported his neighbours, and gave of his time to the local projects and initiatives that built his community, one delivery at a time.

*From my family to yours,  
Lowell Harder*



## ARTIST PROFILE

The wild spaces invite you to join them. Let the wilderness speak to you - celebrate the song of its flora and fauna. Breathe in the freshness of the air, and connect to Mother Nature, which in turn provides a connection to yourself. This Autumn moment displays the changing of the deciduous leaves. They become colourfully vibrant and represent the maturity of the season. Change is part of our lives – embrace it as the wild spaces do with this simple invitation.

"Invitation" [www.DeannaLavoie.com](http://www.DeannaLavoie.com)  
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*We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to [info@highcountrynews.ca](mailto:info@highcountrynews.ca). We are looking forward to seeing what you create.*



## Remembrance Day Service

10:30 am on Friday, November 11, 2022

Bragg Creek Community Centre  
23 White Avenue

The service will be held OUTSIDE so please dress warmly. There will be coffee and light lunch served indoors following the service.

Non-perishable food items for the Veterans Association Food Bank are welcome!

*Lest we forget.*







## ROCKY VIEW COUNTY

### Rocky View County invites residents to balance budget

October 18, 2022 – Every year, Rocky View County budgets, plans, and invests for the future based on resident needs and community priorities. A balanced budget ensures the County can afford to maintain infrastructure and provide services without overspending.

The County is inviting residents and businesses to try their hand at balancing municipal tax revenues through an online Budget Allocator tool. Residents can use the tool to increase, decrease, or maintain spending for services that directly affect their daily lives. This helps the County understand residents' priorities and satisfaction with existing service levels.

"The community should have a voice in important decisions, like which programs and services we invest in. When residents communicate how they want tax dollars spent, they bring their voice and influence to County decisions, and that is so

important to us," says Rocky View County Mayor Don Kochan.

Comments and information gathered through the Budget Allocator will be shared with Council and Administration to help provide insight into public priorities.

#### Quick facts:

- Public comments are accepted from October 18, 2022, to November 1, 2022. The Budget Allocator will remain available to residents after this period to serve as an information tool.
- The Rocky View County Budget Allocator is available at: [rockyview.ca.abalancingact.com/2023budget](http://rockyview.ca.abalancingact.com/2023budget) and is powered by Balancing Act - a secure,

online program that helps communities participate in municipal budget planning.

- A What We Heard report will be shared with residents.
- In the 2022 Citizen Satisfaction Survey residents said they want more opportunities to provide feedback to the County.
- Learn more about the County's budget process, and how your property tax dollars support County services, visit Budget & Finance | Rocky View County

Contact: Communications & Engagement  
[media@rockyview.ca](mailto:media@rockyview.ca)  
403-520-6280



## Christopher Lucjan Wenslaw

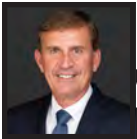
**January 19th, 1950 (Bialystok, Poland) to  
September 19th, 2022 (Calgary, Canada)**

Surrounded by his loving family, Christopher peacefully passed away on September 19th in Calgary, Alberta at the age of 72 years. He will be deeply missed.

The family moved to West Bragg Creek in 1991, where Christopher designed and built their family home; shared for the next 31 years with his wife and daughters. Christopher was an avid hiker, with a passion for the Canadian Rockies that he eagerly shared with his family and friends. A seasoned traveler, Christopher visited over a dozen countries throughout his life. He enjoyed reading and learning, with a ceaseless thirst for knowledge that was present in every aspect of his life. Christopher was a long standing member of APEGA (Association of Professional Engineers and Geoscientists of Alberta) working on numerous projects in the oil and gas industry.

Christopher was a dedicated husband and father, prioritizing his family above all else. He is survived by his loving wife of 47 years, his two daughters, son-in-law and granddaughter, as well as numerous relatives and friends.

A memorial was held by family and friends at Leyden's Funeral Home in Calgary on the 28th of September. To share condolences and memories of Christopher, please visit [www.arbormemorial.ca](http://www.arbormemorial.ca)



## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

Hi everyone,

Following is an update on Council matters for your use:

#### **Springbank Area Structure Plan (ASP):**

Administration provided an update to Council on the status of the proposed new Springbank ASP. You can expect an Engagement Summary Report of the communities' feedback that was provided thus far through the various feedback sessions. The next steps would be to prepare a draft ASP and then further engage the community to ensure we have interpreted the communities' feedback properly. After the feedback sessions are complete and revised ASP will be developed and put forward for a public hearing before proceeding for the bylaw readings.

For project updates and all background materials, please visit: [www.rockyview.ca/springbank-area-structure-plan](http://www.rockyview.ca/springbank-area-structure-plan)

#### **Springbank Off stream Reservoir (SR1):**

The Joint Land Use Committee that has been established regarding the land use planning of the area has been working towards proposing various recreational needs that could be incorporated into the SR1 project. Membership of the committee consists of the Springbank Planning Association (SPA), Springbank Community Association (SCA), Springbank Trails and Pathways Association (STAPA), local ranchers, Indigenous group representation, and Rocky View administration. One of the initiatives for the committee is to explore and advocate for the construction of a north south pathway connection along RR 40 in order to provide for a safe active transportation corridor. Administration is planning on providing a progress report on the committees work to Council by the end of February.

**New Virtual Services Available:** Just a reminder to take advantage of Rocky View's online customer service portal [my.rockyview.ca](http://my.rockyview.ca). The new portal makes County services, previously only available in-person or by telephone, more accessible

and convenient for residents.

The new portal requires residents to create an account to access the following county services online:

- Property assessment information
- Property tax payments and balances
- Tax certificates
- Utility payments, balances, and billing history
- Mortgage holdings

Residents can visit [my.rockyview.ca](http://my.rockyview.ca) to sign up and get started.

**School Speed Limit Signage:** You may have noticed a change in signage for speed limits on RR33 and Springbank Road. This was initiated through an independent engineering report that was submitted to the County relating to the school zones along Range Road 33 and Springbank Road. The analysis identified areas of concern for the school zones in regards to current Alberta Transportation standards.

The County reviewed the report and confirmed the following additions/ measures were necessary to align with Alberta Transportation standards.

The following was implemented:

- Day and time signs indicating when the school zone is in effect were changed to a

full sized sign rather than tab size sign for improved visuals for motorists.

- 30 km speed sign was changed from a tab sized sign to a full size sign for improved visuals.
- A speed reduction zone was added in all directions prior to entering the school zone allowing motorists the time and space for a gradual speed reduction from, 80km/h to 60km/h to 30km/h, rather than 80km/h down to 30km/h.

There has been no change to the school zones only changes to improve awareness of the zones themselves

**Governance Committee:** Rocky View County (RVC) council has approved the establishment of a Governance Committee to help Councilors better manage public meeting times, and to provide a venue for more in-depth discussions with County staff on questions of governance outside of regular bi-weekly council gatherings. Decision-making would stay in the purview of the regular, bi-weekly council meetings

The Governance Committee is made up of Councilors and is expected to meet monthly starting in January 2023.

*Don Kochan  
kochandiv2@gmail.com*



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## NEWSLETTER

### Judy Hunter - Ward 5 Trustee

Schools are well into the swing of learning. For the most part there is a return to a normal school year. An exception would be travel outside of the country. Rocky View Schools will not approve out-of-country travel this year. Travel within Canada will continue.

Rocky View School District continues to grow by about 1000 students per year. The Board is in dire need of new schools and portables to accommodate the rise in student population. The Board met with Minister LaGrange to advocate for new schools in Rocky View. The Board will actively be engaging with communities to highlight the extreme need for student accommodation in Rocky View schools.

In its effort to support school councils and the work that councils do in support of students and parents, the Board hosted a by-laws workshop for school councils October 6, and on October 27, 2022 held

the joint School Council/ School Board meeting, its first in person meeting in over 2 years.

Alberta Education Minister Adriana LaGrange has appointed lawyer Julia Sproule as the province's first teaching profession commissioner. Her five-year contract begins January 1, 2023. Sproule will oversee a new complaint process for the province's 46 000 teachers.

Tuesday, October 11, Rocky View Schools enabled SMS/text messaging service to parents, which will be used to disseminate timely information, such as school closures from both RVS and the schools their children attend.

Alberta Education has awarded \$4 million in dual credit start-up and enhancement funding to 43 school authorities for the 2022/23 school year. RVS schools received a \$50 000 grant to assist students enrolled in dual-credit programs. Below are the institutions that RVS high school kids are enrolled in:

- 2 SAIT pre-employment
- 3 second year welding at Olds College
- 12 online at Olds College in various courses

- 11 online at SAIT in various courses
- 28 in Turning Point which is a trades exploration course
- 32 in Tech for Ag at Olds College
- 5 in Vet Tech Assistant course at Olds College
- 40 females will be taking part in "Jill of All Trades" (planning still in progress)

This funding enables school authorities, public charter and accredited funded independent (private) schools to provide students in Grades 10, 11 and 12 with learning experiences to earn both high school credits and credits that count toward a post-secondary certificate, diploma, or degree, including a journeyman certificate. These learning experiences will be developed in collaboration with an eligible post-secondary, business and/or industry partner.

Education continues to see educational options for parents, and school boards are trying to meet the needs of families. A remote island in British Columbia is an example.

A recent article in the Edmonton Journal gives some interesting information about the indigenous population in Alberta. Rocky View schools has set Truth and Reconciliation as a focus area, the article sets out the need for continued work. Link to article [www.cbc.ca/news/canada/edmonton/indigenous-population-in-edmonton-area-continues-to-grow-statistics-canada-says-1.6624253](http://www.cbc.ca/news/canada/edmonton/indigenous-population-in-edmonton-area-continues-to-grow-statistics-canada-says-1.6624253)

Mental health continues to be in the forefront of educational decisions. Parents, teachers and students are advocating for greater mental-health supports. The recent "Support Public Education" rally in Edmonton spoke this issue in a list of others. A recent immigrant youth summit also focused on mental health support needs.

[calgarysun.com/news/local-news/immigrant-youth-wellness-summit-builds-much-needed-peer-leadership/wcm/756e242b-35e3-4686-9567-2b096527e47f](http://calgarysun.com/news/local-news/immigrant-youth-wellness-summit-builds-much-needed-peer-leadership/wcm/756e242b-35e3-4686-9567-2b096527e47f)



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62 Griffin Industrial Point  
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**REGISTRATION FEE \$50 +GST per person**

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**Cochrane & Area HUMANE SOCIETY**



## SPRINGBANK HERITAGE CENTRE Activities/Events 244168 RR #33

The autumn has come and gone and as the winter approaches, there are many activities to look forward to in the coming months at the Springbank Heritage Club. Listed are some high lights in addition to the regular daily groups at the centre.

### Wine and Paint Night

Nov. 9 at 7:00pm. We are painting on donated barnwood; bring your own wine; a list of supplies can be found on the Heritage Club website; cost: free (Sign-up Options: on the sign-up sheet at the Heritage Club hallway / on the Heritage Club website / via the Sign-Up Link at: [www.signupgenius.com/go/10C0E4EA8A722A6FCC34-wine1](http://www.signupgenius.com/go/10C0E4EA8A722A6FCC34-wine1))

### Remembrance Day Program

Nov. 11 at 10:30 am. Open to the Public; refreshments afterwards

### Grey Cup Party

Nov. 20 at 4:00 pm. Heritage Club members only; details to follow

### Gingerbread Tea, Artisan Sale and Bakery

Nov. 26 at 1-4 pm. Open to the public; tea/coffee and gingerbread \$5/person

Featuring hand made: greeting cards, jewelry, scented pot holders, quilted items, stained glass and more! (cash sales) Come, bring a friend and join in the fun! Enjoy a lovely afternoon and do some Christmas shopping!

### Christmas Dinner and Caroling

Dec. 14 at 1:00 – 4:00 pm. Catered by Harmony Catering; Entertainment by Cornelius Sutherland

### Registered Courses:

Sign-up Options: on the sign-up sheet at the Heritage Club Hallway / on the Heritage Club website / via the Sign-Up Link at: [www.signupgenius.com/go/10C0E4EA8A722A6FCC34-wine1](http://www.signupgenius.com/go/10C0E4EA8A722A6FCC34-wine1)

### Yoga

Wednesdays, October 5 to November 23 (8 classes) at 9:00 – 10:00 am

### Pickleball

Mondays 1:00 – 4:00 pm.

### Crafts Coffee Chat (CCC)

Wednesdays 1:00 to 4:00. Come bring a project to work on, snacks welcome

### Programs and activities coming up

- Sustainable Farm Families: Free. Date TBD
  - Health assessment performed by registered nurses
  - Spolumbo Fundraiser: Details coming
  - Pop up Happy Hours: Details coming
- Please visit the website [www.springbankheritageclub.com/](http://www.springbankheritageclub.com/) for more activities, information, membership and hall rental opportunities

*Yvonne Bamlett*

*Communications for the Club*



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2022 BONSPIEL



Bragg Creek's  
Spirit of Christmas

**SAVE THE DATE**

Dec 3rd from 12pm to 5:30pm

Bragg Creek Community Centre

Join us for an old fashioned Christmas celebration

Horse drawn wagon rides - Carollers - Pictures with Santa Princesses - Light Up Market from 12pm to 5pm - Kid's Only Store from 10am to 2pm - Fresh cut Christmas Trees available from Coy's 12pm to 5pm - Tree Lighting Ceremony at 5:30pm

[braggcreekca.com](http://braggcreekca.com)

all activities are free of charge and subject to change without notice





## BRAGG CREEK TRAILS

Winter is coming and Bragg Creek Trails is ready! All the cross country ski trails are mowed and ready to go, the snow cat is tuned up and ready for the snow to fly and Trail Volunteers have been working hard on improving fat biking trails including lots of upgrades on Snowy Owl. We are looking forward to adding a new Trail Operations Manager to the team this fall. If you know someone who would be a great Manager and loves the Trails please send them our way at [www.braggcreektrails.ca](http://www.braggcreektrails.ca).

November is also a great month to give back to your favorite charity – Bragg Creek Trails of course! Support the trails by bidding on something at our Annual online Silent Auction running from November 26th to December 7th. Buy all your loved ones some Bragg Creek swag. Who doesn't love a new toque, plaid shirt or riding jersey under the tree? Or donate to BCT and your other favorite charities on November 29th in honour of Giving Tuesday, "the World's Largest Generosity Movement" (google it). Hey, why not make it all three!

We want to thank you for your year round support because it really does make for 'Happy Tales and Happy Trails'. We couldn't do it without our many supporters and the contributions we receive from the Kananaskis Conservation Pass. Thanks again and we look forward to seeing you on the trails!



## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Haven't we all said this at least once - "aww, I missed this, I didn't know it was happening..." Problem solved! Introducing a Social Event Calendar for ALL COMMUNITY GROUPS to submit, member or not! Go to [www.visitbraggcreek.com](http://www.visitbraggcreek.com), things to do, event calendar on the drop down menu.

YES, ANYONE can submit their upcoming event. Our goal is to create a centralized hub for all happenings around town. This decreases multiple events, eases planning, and makes it simple to plan your social life.

Please attend the Chamber AGM on Nov 16 at The Post, 7 PM. Along with a need for additional Directors (please consider) we will share our last year activities, and launch some exciting developments. Wine and nibbles will be provided.

### Upcoming meeting dates:

- Jan 18, RVC presentation -insurance and your business
- Feb 15, Bookkeeping for your business
- Mar 15, Navigating difficult conversations
- Apr 19, Your business topic here!

Please consider showcasing your business as a guest speaker at a meeting. We can be reached at [office@braggcreekchamber.com](mailto:office@braggcreekchamber.com).

Kindly,  
Your Chamber Team



## LITTLE SCHOOLHOUSE

The end of October was full of spooky fun at The Little Schoolhouse as the preschool and kindergarten classes were able to host a Halloween parade and concert for our families. It has been a so wonderful getting to know all of our friends at The Little Schoolhouse!

This month we are grateful that we can focus some more time to honour peace, through stories, artwork, and songs. We at The Little Schoolhouse feel privileged to live and explore such a beautiful part of the country with a caring and supportive community.

If you would like more information regarding our preschool and kindergarten programs, please see our webpage at [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)

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## COY'S CHRISTMAS TREES



### B.C. Douglas Premium Fir Trees

Arriving at Bragg Creek Community Centre

December 3<sup>rd</sup> & 4<sup>th</sup>  
December 10<sup>th</sup> & 11<sup>th</sup>

10am - 5pm

# Robert M. Hughes Financial Solutions Inc.

## The Shifting Economic Winds

There will likely be many impacts on the global economy resulting from the Russia-Ukraine War. The biggest casualty will most likely be the end of the "business as usual" mindset that most Canadians have lived by since at least 1980, if not since the end of World War Two.

Just like the nostalgic desire to return to "life before COVID", there tends to be a deeply held belief that any future recessions, trade wars (or other economic disruptions) will be temporary events that fade into the night. And then you can get on with the financial planning methods that have served so well for decades.

Well, what has changed? First, the 40-year period of declining interest rates and steady inflation appears to have ended. Despite economic weaknesses becoming more evident in Canada and the United States, Central Banks are being forced to raise interest rates to combat rising inflation.

If you have a large mortgage, of \$500,000 or more, then your future planning should consider the impact of rising interest rates in the coming couple of years and maybe even decades. It will not be straight up, but the trend of higher interest rates will very likely continue onward at each mortgage term renewal. This will also require Canadians to re-view the use of HELOCs (Home Equity Lines of Credit) versus using a traditional fixed rate mortgage. Things are not as bad as the 1980s when mortgage rates were 11% to 13% and foreclosures were rampant, but it is moving in that direction.

Global trade now appears to be moving towards deglobalization which will likely continue to disrupt and change global supply chains. This is a marked change from the previous pushes for "globalization" and will likely reverberate throughout the global economy for years to come. This change will also likely challenge the continued use of the US dollar as the global trade settlement mechanism and give more power to exchanges competing with the SWIFT, i.e., the main international payment trading system.

Inflation has been relatively low and benign for almost 30 years, trending at about 2% or less. With the recent global financial

rescue mission (due to COVID) and the unprecedented shut-down of the global economy for a period of time, inflation has been moving back into a long-term rising trend that has broken through the 2% level. These new inflationary pressures can be directly attributed to the estimated \$11 Trillion dollars of money created through Quantitative Easing just by the US Government alone.

Earlier this year, Russia accounted for about 5% of global daily oil production with much of it going to the USA and other European markets. Ukraine accounts for about 25% of global wheat production. It is hard to imagine Ukrainian farmers planting wheat next spring during a war, so experts are saying that consumers should expect some food and energy inflation to persist for many months to come.

Investing and saving in this environment will require a new mindset and set of tools to help investors to navigate and thrive in this environment. This is a skill set that has not been used since the inflationary 1970's. Few professional investors have used those

skills for decades, but they will adjust quickly in the next few years.

The idea of life (or the economy) returning to a "business as usual" approach in the immediate future should be carefully reconsidered when thinking about a long-term financial strategy. When economic stresses occur, some people react quickly without a strong strategic plan by cashing out investments or doing other similar things.

The key to saving and investing during turbulent times is to be laser focused on your goals and what you can control, even more than ever today.

And remember, this too shall pass...eventually.

Call me to review your investment strategy and see if you are still on track to achieve your investment goals.

Together, we can begin the process of helping you to get comfortable with and in control of your financial situation.

Also, visit my business website [myfinancialsolutions.ca](http://myfinancialsolutions.ca) for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics.

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## MAKE YOUR MARK By Mark Kamachi

### Hurry! Hurry! Hurry!

This month we look at the gift-giving season and how creativity in your brand advertising can build your brand awareness.

Christmas is right around the corner and the signs have been evident since September. Have you walked the aisles of a Costco or Walmart lately? Yes, it's the beginning of November and if you're a business owner, you should be well into thinking about what to do this festive season. If you haven't, then you're procrastinating (like me writing my HCN articles). Right now, you should be implementing your Black Friday, Cyber Monday, or above all, Christmas strategies as folks top up their credit cards or stuff their bank accounts in preparation to open their wallets. What's your Christmas strategy?

Don't have one? Well, I have an answer. Come up with an ad campaign to grow business awareness, but also grow your customer base for the long run. You want to leave your competition in your wake. Your rearview mirror. Your dust. And you want to keep those customers coming back year-round.

The first step is to look at your current brand. Is it aligned with your target audience, your customers? Do you need to rejig it? Polish the edges? If you're trying to be all things to all people, you're not going to succeed. However, if your products/services are focused on a well-defined target audience, using entertaining and engaging creative, you'll see more traffic resulting in greater sales.

So, what constitutes a creative ad campaign? Simple. A series of messages that intrigues, excites, and most importantly is memorable to your target audience. Speak in their language and leave them emotionally engaged with your product or service.

Here are some weird and whacky top-of-mind ideas that do just that: for instance, using Santa, show him in different circumstances. Maybe

for a television spot he's not so jolly because he has a dump truck sized load of boulders to deliver for a Harder & Sons job. In a print ad he's over-joyed as someone has left him a bottle of Bragg Creek Distillery Whisky instead of milk with cookies. Better yet, radio is great theatre of the mind, and we can hear Santa moaning and groaning, after a long night's work getting a massage at Bragg Creek Physio. And finally, on social media, we can see an exhausted Santa after Christmas finally treating himself by dining at the Bav Tav. Those are just a few random examples.

This is where professionally trained or educated creatives come in to save the day. Not so simple if you're doing this solo with an engineering degree or ticket in electronics. Depending on the size of your enterprise, and of course, your budget, seek professional help from design studios, ad agencies or freelancers. Creative thinking is brain science. So don't dawdle. Hurry.

Until next Month, please don't forget to honour our Veterans on November 11th, a day to remember.

*Cheers, mark.*



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## WHAT'S THE BUZZ ABOUT INJECTIONS? By Jennifer Gordon

What happens when you are diligent in your rehabilitation program, seeing your physiotherapist, chiropractor, and massage therapist and you still have PAIN?! There are many factors to consider here, such as your general health, diet, sleep status, underlying disease process, mechanism of injury and co-morbidities. However, many of our patients inquire about injections for pain relief. They have a friend that it worked wonders for, they read about it in the news or their dog or horse recently had an injection that seemed to help!

The most common injections for joint pain are corticosteroids, hyaluronic acid (HLA), and platelet-rich plasma (PRP). Let's explore what these are and how and when they may be appropriate for you.

Corticosteroids (ie. Cortisone), which have been around for decades, are the most commonly used injections for osteoarthritis and tenosynovitis (tendon inflammation) in the shoulders, knees and hips. This can offer pain relief within a few days and may last for 2-3 months. With repeated use however, corticosteroids have been shown to cause cartilage breakdown and weakening of the soft tissue structures such as ligaments and tendons. Cortisone costs are typically covered by the Alberta Health Care Plan (AHC).

Hyaluronic acid injections (ie. Synvisc, Orthovisc), also known as viscosupplements, are used for the treatment of knee, hip, shoulder, elbow

and ankle osteoarthritis. Hyaluronic acid is a naturally occurring molecule that is normally present in healthy cartilage. The levels of hyaluronic acid have been shown to be lower in arthritic joints.

This injection has properties chemically similar to your natural joint fluid. To this regard, studies have shown that injecting supplemental hyaluronic acid has been shown to stimulate the joint to increase its own production of this important substance. HA forms a viscous coating over the cartilage lining, acting as a mechanical barrier over pain receptors and inflammatory cells. It may last longer than cortisone, some studies showing pain relief for up to 6 months. It also has not shown the detrimental effects on surrounding soft tissue structures, such as tendons and ligaments, compared to cortisone. The costs vary, but these injections are typically an uninsured service (not covered by AHC).

Platelet-rich plasma injections (PRP) are an emerging therapeutic procedure used for the treatment of both acute and chronic soft tissue injuries. It involves collecting a blood sample from the patient, separating the platelets via centrifuge and injecting it back into the patient's injured tissue area. The U of A Sports Medicine Centre describes how "platelets are cells that clot blood and contain over 300 active growth factors to help improve healing by stimulating normal tissue repair instead of scar tissue." PRP has been shown to enhance the growth of stem cells and fibroblasts, which stimulate the body's normal healing process. PRP encourages cartilage cells to produce more type 2 collagen, the building blocks of normal cartilage. Furthermore, the joint lining cells are stimulated to produce more hyaluronic acid, which we now know

is a great joint lubricant. It has commonly been used to reduce pain levels in patients with osteoarthritis, tennis elbow, rotator cuff injuries and tendinopathies. Currently PRP injections are an uninsured service as well.

Results of any injections will vary from weeks to months depending on the joint or body part involved, the severity of the disease and the cause of the pain. Some patients get complete relief that is permanent, while others have no significant effect. Large studies like the Cochrane review, reflect on how the average individual responds to therapy. About 30% of people who undergo HA injections became virtually pain free and had symptom relief up to 2 years. Yet another 20% of patients experienced no benefit at all. All treatments require a referral from your family physician. Some general practitioners will do cortisone injections in office, depending on if they require guided ultrasound or not. HA and PRP injections are performed at certain clinics and hospitals and use guided ultrasound to direct the injection into the proper site.

Injections may be your first line of defense for an injury or at the end of a long journey of rehabilitation. Wherever you are in your healing process, it is important to identify and restore joint mechanics, muscle imbalances and possible movement compensations that may have got you in trouble in the first place! We are here to answer your questions and help get you on the road to recovery.

*Jennifer Gordon (BScPT, GunnIMS, AFCl)*

*Physiotherapist  
Bragg Creek Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)*

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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### October 25 is Organization Meeting

This is the annual meeting where Council selects from amongst themselves for our various leadership, board, and committee roles. It gives Council a chance to review the past year with a critical eye, and make adjustments and tweaks that allow each Councillor to contribute in roles where they have specific interest and/or capability to govern, or want to develop further in their leadership.

We also place community members into board and committee positions. Last year saw some unfilled spots due to insufficient interest or volunteerism from the community. This year Administration was directed to cast a wider net. Hopefully, we were able to attract a larger slate of candidates from which Council will choose and place into various board and committee vacancies.

#### Council Priorities Update

The County has eight strategic objectives currently defined as:

- Create a culture of customer service
- Enhance transparency and communication
- Expand community service delivery
- Embrace partnerships
- Strengthen our financial resiliency
- Increase awareness of the County's financial risk tolerance
- Ensure competitive engineering standards
- Guide the County's growth pattern

Which together define long-term goals for the community over the next 15 to 20 years.

This past spring, during a facilitated workshop, Council determined nine top priorities that were relevant and aspirational in three strategic areas, and that we would focus on immediately:

#### Service Excellence

- Governance improvement
- Strategy refresh
- Service capacity review
- Organizational excellence strategy

#### Financial Health

- Long-term financial forecast
- "Soft" levies bylaw

#### Responsible Growth

- Solar farms on agricultural land strategy
- Area structure plan updates
- Economic development strategy

#### Further, our focus regarding advocacy efforts was confirmed as:

- CMRB relations
- First Nations relations

#### And important priorities to consider "next" included:

- Asset management plan/policy
- Agriculture land use strategy
- MDP/LUB review
- Potable water strategy
- Utility model
- CMRB Growth Plan implications
- Virtual County Hall
- Recreation cost sharing and business plans
- Development application analysis checklist
- Subtrade services review
- Advocacy strategy

I believe CAO Wandzura has raised the bar for executing strategic administrative projects and delivering results. Project Charters were created for each of the priority projects that defined key dimensions such as:

- Project objectives
- Project milestones and activities
- Resourcing requirements both in-house and for-hire
- Measurement of outcomes

Furthermore, to enable achieving the outcomes in the timeframe Council expects, the CAO provided Council with a \$1.34 M price tag on the project work (mostly resourcing), of which \$0.31 M was internally reallocated within this year's budget, which left \$1.03 M to come from the County's Tax Stabilization Reserve as approved by resolution of Council on July 26th.

#### Utility Rates Seasonality

I informed the Executive Team that I will be bringing forward a notice of motion this fall to have Administration explore options for Council to consider a seasonality component in our water and wastewater rates schedules. As climate change and drought continue to challenge Western Canada, summer usage of water can vary significantly compared to winter usage and this is metered. There is not as much seasonal variation in wastewater usage, which is not metered. NOT having a single blanket factor relating the two rates could be a fairer "pay per use" system for utility rate payers across Rocky View. Master Rates are set in the spring, prior to finalizing tax rates.

*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.*

### Councillor Drop-In Chats

The Council Strategic Objectives are well underway, Budgeting for 2023 is in full swing in November, and finalizes early in next year when our property assessments are updated and final tax rates set.

Drop-Ins are a chance for Kevin to listen to feedback and gain input from residents. This is also an opportunity for folks to ask questions.

**Host:** Div 1 Councillor Kevin Hanson

**Invited:** Any interested Bragg Creek Area residents who would like an informal conversation with Kevin

**Where:** Creekers Bistro

**When:** Afternoons 3:30 pm – 5:30 pm

Thursday Nov 17th

Tuesday November 22nd

Wednesday November 30th

Thursday December 8th

Note that with COVID being managed now, the County will again be able to offer a full RVC Division 1 open house, with staff attending. I will be coordinating with my Council Colleagues and plan to have something scheduled for sometime in the first half of next year, after our budgeting is finalized.



## Bragg Creek Centre

Our office staff have been working hard planning events for the upcoming Christmas/Winter season. We are pleased to have partnered with the Bragg Creek Artisans to offer the Christmas in the Creek Market on November 18, 19 & 20. We will host over 50 vendors for this 3-day event. On Friday November 18, the Bragg Creek Ladies Auxiliary will be onsite to serve wine & cheese from our concession! A fun evening to bring your friends, grab a glass of wine and an appetizer to browse through our unique, jury selected vendors. We have also confirmed the arrival of Santa & Mrs. Claus for family photos on November 19 & 20! A successful event is always dependent on the dedication of our volunteers, please watch our social media pages for a list of our volunteer requirements.

### Christmas in the Creek

November 18 – 20, 2022

Friday 5 pm – 9 pm

Saturday 10 am – 5 pm

Sunday 10 am – 5 pm

Save the Date! Spirit of Christmas will be held on Saturday, December 3. Join us for a Kids Only Store, vendor market, photos with Santa, Coy's Christmas Trees, sleigh rides, carolers and much more! If you are interested in sponsoring a tree, or becoming a vendor, please contact Amanda at [info@braggcreekca.com](mailto:info@braggcreekca.com) for an application.

Also coming soon! The return of the Bragg Creek Rink Committee's Winter in the Woods event! Mark your calendars for Saturday, January 28th and watch our social media pages for more information!

Lastly, on Friday, November 11th, the BCCA board and staff will honour and remember all of those who served and sacrificed for our country. We welcome everyone to join the outdoor Remembrance Day ceremony to be held at the cenotaph, located on the south side of our facility at 23 White Avenue.

Kim Perraton

General Manager

Bragg Creek Community Association

## Do you want to learn more about reducing the wildfire risk for Bragg Creek area residents and businesses?

If yes, the Bragg Creek FireSmart Committee is looking for members.

Please contact Peter Dwan at [pdwan@icloud.com](mailto:pdwan@icloud.com) for more information.



## Christmas in the Creek

BRAGG CREEK ARTISANS &  
ALBERTA VENDORS

NOVEMBER 18 - 20, 2022



FRIDAY 5 PM - 9 PM

SATURDAY 10 AM - 5 PM

SUNDAY 10 AM - 5 PM



**Bragg Creek Centre**

23 WHITE AVENUE





## MLA UPDATE - Banff/Kananaskis

### Miranda Rosin

#### MLA Miranda Rosin named Parliamentary Secretary of Tourism

On October 21st Premier Smith announced her new leadership team including Miranda Rosin, MLA for Banff-Kananaskis as Parliamentary Secretary of Tourism for the Government of Alberta.

Over the past three years, Rosin has worked tirelessly in support of Alberta's tourism industry. She has used her role as an MLA to advocate not only for her home constituency of Banff-Kananaskis, an internationally renowned tourism destination, but broadly for the industry all across Alberta. During her initial meeting with Premier Smith following Smith's UCP leadership election victory, Rosin's primary focus was on the growth and vitality of the tourism industry all across Alberta. The conversation, led by Rosin, centered around the immense potential for recreational tourism on Alberta's Crown Lands, funding for Travel Alberta, the need for continued red tape reduction on tourism leaseholds, and better configuration of the Kananaskis Conservation Pass. This conversation demonstrated MLA Rosin's comprehension of and commitment to the tourism industry, and helped secure her position as Parliamentary Secretary for Tourism.

Parliamentary Secretaries work as key representatives of their respective

portfolios. MLA Rosin will work closely with the Minister of Forestry, Parks and Tourism to champion the Government's policy development, legislation, stakeholder engagement, committee leadership, and issues management with regards to tourism. The role requires extensive knowledge of the tourism and hospitality industries.

Pre-pandemic, tourism expenditures in Alberta peaked above \$10 billion, with over 34 million visitors. The industry contributed \$8.4 billion to provincial GDP and over 82,000 full time jobs to Alberta's economy. Alberta's tourism industry shows the rest of the world what Albertans already knew: this province is the most beautiful place on earth to visit, explore, and enjoy. "There are few places on planet earth to whom a thriving tourism economy comes more naturally than our beautiful province of Alberta. From the northern lights of the Peace Country, to the badlands of Central Alberta, to our majestic Rocky Mountains, our province has immeasurable potential. I look forward to working with Minister Loewen, Travel Alberta, the Tourism Industry Association of Alberta, industry partners, and our province's many entrepreneurs, to strengthen that which our tourism and hospitality sectors already do best, and further improve, grow, and diversify the industry where there is opportunity to do so."

- Miranda Rosin, MLA for Banff-Kananaskis and Parliamentary Secretary for Tourism

"Alberta's tourism industry and visitor economy are a very important part of Alberta's economy. I'm excited that Miranda Rosin has agreed to serve

Albertans as the Parliamentary Secretary of Tourism. Her knowledge of and excitement for Alberta's tourism sector are two key reasons that I chose her for this role."

- Hon. Danielle Smith, Premier of Alberta

#### Media inquiries

Team Banff-Kananaskis:  
banff.kananaskis@assembly.ab.ca  
403-609-4509



### MLA MIRANDA ROSIN Banff-Kananaskis

#### Bragg Creek Office:

226-7 Balsam Avenue  
PO Box 313, T0L 0K0

10:00 am - 4:30 pm

Monday-Wednesday, and by appointment

#### Canmore Office:

206-1080 Railway Avenue  
T1W 1P4

10:00 am - 4:30 pm

Thursdays, and by appointment

Office may be contacted at Banff.Kananaskis@assembly.ab.ca



## CRABAPPLE COTTAGE

### SHADES OF FALL

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### It's that time of year again

Fall is here, after a fantastically warm and beautiful few weeks, and around now the deer are getting busy working on the next generation! Have you seen some "Rutting Season" signs around recently? Yes, it's that time of year again, when the white-tail deer and then - a bit later - the mule deer go into rut. The shorter days trigger this "photo-period". The bucks now have muscular thick necks and fully developed antlers, ready to spar and fight for the opportunity to mate with a doe in oestrus. They'll lose their antlers later in the winter after the rut, when their testosterone levels drop significantly. Often we see a single doe along the road at this time, and that could mean that there are several bucks in pursuit. Bucks may chase off fawns, too, which means they could be confused without their mum.

For males it's a time when every ounce of focus is on successfully fighting for dominance and chasing potential mates. In fact, they often lose a lot of body weight as a result of this singular focus - fasting

and fighting make them vulnerable. That means their attention isn't on the dangers of the roads running through their territory. For us around Bragg Creek and Redwood Meadows this means being alert on all local roads. Deer may be drawn to roadways by salt on roads and vegetation in ditches, or they may be in mid-chase, as they steer a doe to a secluded place to mate.

November's the most dangerous month in Alberta for wildlife-vehicle collisions (WVCs), with approximately 80% of those involving deer. On average the number of WVCs is more than double that of any other month in the year, according to the AMA. Costs in insurance payouts can be huge for vehicle damage, and there are often personal injuries as well. The highest numbers occur around the time the clocks change (Nov 6th this year).

As always, play it safe when driving in deer country. Be particularly aware at dawn and dusk - the danger factor increases overwhelmingly at these times of day. Look out for movement in the shadows in day time, too, and look out for spots of light (eyes) at night.

- Don't speed - especially on slick roads it's hard to slow down or stop quickly enough if a deer appears on the road ahead of you.

- Use high beams when possible - while still respecting other drivers.
- Keep your eyes on the roadside as well as the road ahead. Deer may be browsing in the ditch. They may also not be alone.
- If you encounter a deer on the road, brake gently. Don't swerve - you don't want a collision with oncoming traffic.
- If a deer is standing in the middle of the road, don't use your horn or lights - instead, you could steer very slowly towards the animal's rear end and that may encourage it to continue in the direction it was headed. Or you could wait.

Let's keep ourselves and our neighbours (human and otherwise) safe this fall. If you see an injured deer (or other wildlife) you can report it to AIWC: 403 946 2361.

We're very grateful to everyone who's helped us with our wildlife tracking. If you see wildlife around, please continue reporting it on our observation form by using this QR code. All information you provide is confidential.



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## SWAMP DONKEY

Swamp Donkey Musical Theatre is excited to be kicking off our 2022/2023 season with our production of Vanities: The Musical! The story chronicles the life-affirming journey of three vivacious Texas teens from cheerleaders to sorority sisters to housewives to liberated women and beyond. This musical captures a snapshot-sharp portrait of the lives, loves, disappointments, and dreams of these young women growing up during the turbulent sixties and seventies and reconnecting in the late 1980s. With a tunefully evocative score by David Kirshenbaum (Summer of '42) and Jack Heifner's hilarious adaptation of his long-running Off-Broadway smash, Vanities: The Musical is a funny and poignant look at three best friends who discover that,

through thirty years of rapidly changing times, the one thing they can rely on is each other.

We would like to thank our partners and sponsors for your ongoing support.




**BRAGG CREEK**  
community church

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**Sunday Service 10:00 - 11:30am**  
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You can also still join us virtually on Facebook Live or YouTube  
Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com  
[www.braggcreekchurch.ca](http://www.braggcreekchurch.ca)



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**TICKETS & FURTHER INFO:**  
[swampdonkeytheatre.ca](http://swampdonkeytheatre.ca)





**VANITIES:  
THE MUSICAL**

**SHOW DATES:**  
October 28-30 &  
November 4-6, 2022

**SWAMP DONKEY THEATRE**  
16 WHITE AVENUE, BRAGG CREEK

Book by Jack Heifner  
Based on his Play  
Music and Lyrics by David Kirshenbaum

**TICKETS & FURTHER INFO:**  
[SWAMPDONKEYTHEATRE.CA](http://SWAMPDONKEYTHEATRE.CA)

Vanities: The Musical is presented by arrangement with Concord Theatricals.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)



## REDWOOD MEADOWS EMERGENCY SERVICES

### Getting to know your Volunteer Community Emergency Services

We're answering more "Frequently Asked Questions" we receive about Redwood Meadows Emergency Services when we're out and about in the community.

#### How are RMES members trained?

RMES members join the team as "probationary" members (big shout out to the folks that wear black helmets!). Probationary members are closely supervised on calls until they attain a certain number of skill sign offs which can take up to a year to complete. Once members demonstrate the slate of industry standard skills typical for firefighters, emergency medical responders and rescue technicians, they receive a yellow helmet and are no longer under close supervision. Through call attendance, training and additional education, our firefighters can move up the ranks from a Class 5 firefighter to Class 1 firefighter, each promotion reflects increased skill proficiency and leadership demonstrated.

All of the team receives annual first aid and Basic Life Support training and attends monthly medical in-services. Most of the team have pursued additional medical training at their own expense to achieve medical certifications such as: Fire Medical Responder, Emergency Medical Response, Primary Care Paramedic or Advance Care

Paramedic. We also have a nurse on staff. This high level of medical training across our membership often saves lives before an ambulance even arrives.

#### How do RMES members know when there's a call?

Even though you won't see cars parked at the hall all the time, RMES members are ready to respond to emergency calls at all times. RMES members carry radios that alert to emergencies in the response area, as well as apps on their cell phones. When an emergency call comes in, an alert is pushed to member radios and phones. Members signal their intention by radio and/or app to head to the hall to assemble a crew and head to the emergency. As soon as the trucks roll out of the bays, members let Dispatch know they're on route so our dedicated Dispatchers can coordinate

information with partners, sometimes the caller and keep track of the crew for safety purposes.

#### What happens on weekend duty shifts?

Every weekend duty shift begins with crews doing a Pre-Trip Inspection on the 4 big trucks including air brake checks, fluid checks, light checks and tire checks. Around attending calls that come in, duty crews are responsible for inventorying one of the big trucks every shift to ensure tools are in good working order (and where they belong), inventory is restocked and breathing apparatus are working. Part of the hall is focused on each duty shift for a deep clean, paperwork is completed, Fire Smart assessments are booked, community correspondence response and during leftover time, training may take place.

*Until next month, stay safe*

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

### Wars, Prohibition and Alcoholic Anonymous

Over the past two years, I explored how soldiers and army leaders used alcohol to sustain the unbearable violence they faced and muster the courage needed to get “the job done.” Unfortunately, alcohol also brought about its fair share of casualties as it became a popular way to self-medicate deep trauma known then as “shell shock” (today recognized as PTSD - Post Traumatic Stress Disorder).

Stories abound of soldiers and other army and medical staff coming back “broken” and not being their “old selves.” Of men and women that shut down and were silent about their war experience. Most of the time, the invisible wounds were not recognized, and little help was offered. Today, the symptoms are well documented on Veteran Affairs Canada’s website, including anxiety, depression and acute stress. But, back then, left to their own devices, the afflicted men or women did not have such luck. They found solace in alcohol, driving many of them to alcoholism - adding harm to injury.

However, wars were not the only contributors to the rise of alcoholism in the early part of the twentieth century. Ironically, during Canadian Prohibition,

between 1915 to 1927, the consumption of alcohol increased. The so-called “Iron Law of Prohibition”, coined by Richard Cowan, helps explain this social reaction. He correlated the increased use of law enforcement and social control with the increased potency of prohibited substances. Cowan put it this way: “the harder the enforcement, the harder the drugs” (Cato Institute). In other words, during Prohibition, the quality of the alcohol diminished, its potency increased, and the harm brought by the illegal trade neutralized the benefits sought by the law. The booze was produced in proverbial back sheds by amateurs with makeshift equipment. There was little to no quality control, and the high-proof alcohol products were often dangerous to the consumers’ health. It was only after Prohibition that standards of quality and regulations brought in by the state ensured the offering of safe alcohol products.

It is against this backdrop that in 1935 a chance meeting between Bill W., a New York stockbroker, and Dr. Bob S., an Akron surgeon, eventually led to the creation of Alcoholics Anonymous (A.A.). Both had been hopeless alcoholics and owed their recovery to the Oxford Group, a mostly nonalcoholic fellowship professing universal spiritual values in daily lives. Bob first sobered up with the guidance of this fellowship and the support of an old friend. Bill eventually realized “that alcoholism was a malady of mind, emotions, and body.” He supported Bob’s recovery

and convinced him of the existence of the malady (aka disease or condition). Together they helped a patient recover at Akron’s City Hospital, and these three men founded A.A. According to A.A.’s website, the striking rise of the organization saw 100,000 recovered alcoholics by 1950 and is currently active in 180 nations.

Alcoholics Anonymous defines its organization as “a fellowship of people that come together to solve their drinking problem.” It is free, has no age limit and is open to everyone and anyone. The Twelve Steps approach to recovery is the guide that helps alcoholics heal. The steps include admitting alcohol dependence; taking responsibility for personal healing; accepting other people’s help; helping others; making amends, and believing in a greater power to support the journey back to sobriety. Interestingly, A.A. is not anti-alcohol, is non-denominational, not associated with any particular culture and does not profess to own the truth.

Remembrance Day is a time to remember the fallen that contributed to the relative peace of the last 77 years. Along with them, I also honour all those who came back wounded in their hearts and minds. Their sacrifices carried on long after the wars were over into their daily lives. Many found solace in supportive families, but many did not. Still, some were lucky enough to find A.A. that understood them and helped them recover. To all, I say Lest we forget.



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## PRIDDIS NEWS

Greetings from the Priddis Community Association! Here is your October Update:

### Priddis Library

Have you ever stopped by the Priddis Library? It is honestly one of the best kept secrets of our community. There are hundreds of books with many popular titles. Kids are more than welcome and even have their own area filled with toys. Hours of operation are: Tues/Thurs 3:30-5:30 & Sat 10-12.

### Membership Renewal

Memberships are due at the end of the month for the 22/23 year. Online is the quickest way to (re)activate your account. Communal ([pca.getcommunal.com](http://pca.getcommunal.com)) is where the PCA manages memberships and hall rentals, as well as sells event tickets. If you would prefer, membership forms are available at the Priddis General Store.

### Priddis General Manager

The board has made some decisions around the logistics of hiring a General Manager and what responsibilities the job would entail. If you are interested in learning more

about this position, or to provide some feedback, please join us on October 27th, 7pm at the Community Hall.

### Fall Supper

Tickets are selling fast for Fall Supper on November 4th. Doors open at 5pm with dinner at 6pm. This is a catered meal and because of this TICKETS ARE ONLY AVAILABLE IN ADVANCE UNTIL OCTOBER 31st. Tickets will not be available at the door. Cash bar and 50/50 ticket sales for purchase at the event.

[Pca.getcommunal.com](http://Pca.getcommunal.com) is where you can directly purchase tickets or visit the events page of [priddisalberta.com](http://priddisalberta.com). If you would prefer another method of payment, please reach out to [priddispresident@gmail.com](mailto:priddispresident@gmail.com).

### Photos with Santa

Come visit the jolly man November 27th, 10:30-4:30 at the Priddis Community Hall. This incredibly popular event sells out every year! Visit the events tab of our website for instructions on registration.

### Annual General Meeting

This year's AGM will be hosted at the hall on December 15th at 7:00pm. Please join us to hear all that was accomplished in 2022 and what we are planning for next year and in the years to come.

Please reach out to [priddispresident@gmail.com](mailto:priddispresident@gmail.com) if you have any questions or feedback.



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## Flying Personal Drones

I recently received a phone call from a person who was upset about a drone that was flying over their property, and they felt the drone was spying on them. This is an increasing concern due to the relative ease of buying a drone. Operating a drone legally is not as simple as operating a remote-controlled toy car.

A good place to start getting educated about personal drone operation is the Transport Canada Flying Your Drone Safely and Legally web site. Most of the following information is from that website.

“Drones are aircraft—which makes you a pilot. When you fly your drone, you’re sharing the skies with other drones and aircraft. Before you fly, understand the rules you must follow and review our safety tips.

Drone pilots must follow the rules in the Canadian Aviation Regulations (CARs). Part IX – Remotely Piloted Aircraft Systems contains most of the rules that apply to drones up to 25 kilograms. You should read these regulations in full before you fly your drone for the first time.

Drone pilots must carry a valid drone pilot certificate and only fly drones that

are marked and registered. A valid drone pilot certificate is a printed or electronic document issued by Transport Canada. If you are flying a drone that is less than 250 grams, you do not need to register the drone or get a drone pilot certificate.”

Because of the 250 gram (0.55 lbs or about the weight of a large apple) dividing line, drone manufacturers are producing drones that weigh less than that, including drones equipped with a camera. Below 250 grams you don’t need a drone pilot certificate and drone registration, but you still need to follow the relevant laws.

More from the Transport Canada website: “Respect all other laws: You must respect all other laws when flying your drone. We encourage you to read the following documents before you fly for the first time:

Relevant sections of the Criminal Code, including Offences against Air or Maritime Safety, Breaking and Entering, and Mischief

- Your province’s trespass act
- Laws related to voyeurism and privacy

You must respect the privacy rights of others when you fly. We investigate reports of unsafe flying. We may involve local police if you break other laws.

While flying - To keep yourself and others safe, fly your drone:

- Where you can see it at all times. Visual-line-of-sight means keeping your device in sight at all times without visual aid (for example, binoculars or video feed). This means not flying into clouds or fog,

or behind trees, buildings or other (even partial) obstructions.

- Below 122 metres (400 feet) in the air
- Away from bystanders, at a minimum horizontal distance of 30 metres for basic operations
- Away from emergency operations and advertised events: Avoid forest fires, outdoor concerts, and parades
- Away from airports and heliports: 5.6 kilometres (3 nautical miles) from airports. 1.9 kilometres (1 nautical mile) from heliports
- Outside controlled airspace (for basic operations only)
- Far away from other aircraft: Don’t fly anywhere near airplanes, helicopters, and other drones”

There are other No Drone Zones including National Parks, Alberta Provincial Parks, and over border crossings. Alberta Hunting Regulations prohibit “hunting any wildlife with or from an aircraft, or communicate, for the purpose of hunting, the signs or whereabouts of wildlife seen during a flight on an aircraft, including the use of unmanned aerial vehicles”.

When my wife and I were visiting Grasslands National Park in southern Saskatchewan a few years ago there was a drone flying over the campsite (illegal as per above but see below). Grasslands National Park is known for its wild bison herds. As it so happened, camping next to us was a professor who studies bison (I believe he was from Laval University). In conversation he informed me that bison do not like drones and may stampede. It is recommended that you not operate drones near livestock or wildlife.

I later talked to the drone operator who, as it turned out, was with the RCMP (hence the NP exemption). They were doing border patrol for illegal entrants and the drone was one of their surveillance methods.

If you are operating a drone for commercial use, there is a whole other list of requirements. Operating a drone comes with certain legal responsibilities. Drone laws are constantly evolving as drone use and technology evolves. The above information is only intended to make you aware of drone flying responsibilities. It is incumbent upon you to know the specific relevant laws.

Dave Schroeder  
HCRCWA Board Member

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## MILLARVILLE COMMUNITY LIBRARY

We do live in an amazing place! This year the glory of the golden aspens against the blue, blue sky with our beloved Rockies towering in the distance has brought a smile to our hearts and a bounce to our steps! And then there are the generous, caring people in our community. Thanks to your generosity through donations and our successful bottle drive we have replenished our coffers! I would like to reassure all our library patrons who might have been alarmed by our "ask" for donations. A combination of a large increase in utilities and insurance coupled with a shortfall in funding from our traditional funders (lots of other important community projects needing funding) meant that we were struggling to provide the quality of service that this community expects. Your generosity means that we can purchase more new books and materials and provide the best possible service. We plan to have one more bottle drive after Christmas as well as offering some interesting Christmas gift ideas. Please keep us in mind for Christmas donations and on Giving Tuesday.

**Our workshop program is in full swing. Our next workshop is**  
Wet Felted Bowls with Lyn Pflueger  
Saturday November 5, 2022 10:00 - 2:00

"Wet felting" is an old way of making fabric out of Sheep's wool. Hats, coats, and carpets are familiar forms, but we can also make bowls in this simple technique. And while felted bowls will not hold water, they are perfect for holding our treasures.

So, if you love to work with colour and shape, come join us in this 4-hour class... whether you are experienced with textiles or not, whether young or older, you will make a beautiful and useful sculptural object!

Registration Cost: \$40 per bowl (all materials are included)  
Ages: 6 and up maximum: 10 people  
Place: Millarville Community Library

In November we have two workshops;  
On November 10, 2:00 or 6:00 p.m., you decorate spectacular Christmas cookies with artist Sheila Woolner in her home in Priddis. On November 24 children and

adults can decorate Christmas cupcakes with library manager and cupcake Queen Natasha Grusendorf. At our final workshop this year on December 1, children and adults can make glass fused magnets with Saskia Knol (just in time for Christmas gifts). All of our workshop facilitators donate a portion of their fee to the library. We are so grateful to them.

For more information on these workshops check out our social media pages and to register call the library at 403-931-3919.

Look for new books from Brad Thor, Emily St. John Mandel, Who Would Win series, and new kids' books plus a selection of new Christmas books coming in soon.

We are always looking for local artists who would like to display their work in the library.

Suggestions for classes/workshops of if you have a skill you would like to share/teach are most welcome. Please call Natasha at 403-931-3919

The Library will be closed October 31 (Marigold is closed for a system up date.)

Christmas Hours; starting December 26 the library will only be open December 8 from 12-7, January 3, 9-12 and January 4 12-7:30. Regular hours resume January 9.



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held at Ranchers Hall in Millarville on the second Tuesday of the month, September to May, at 7:00 p.m. Please do not use Google to try and locate Ranchers' Hall as it will direct you to Heritage Park. Millarville only has one main street so you cannot miss it. It is located beside the school.

Our November meeting will be on Tuesday, November 8, 2022 at 7:00 p.m. It is our AGM. We will be electing for positions on our board. This is your chance to have a say.

If you are interested in attending any of our presentations, please contact Gail Dziuba at millarvillehorticulturalclub@gmail.com. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family.

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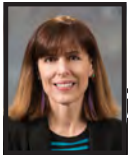


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## COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

### Greetings! Sharing my News Update...

**Highway 762 Area Fire:** Thanks go to Highway 762 community-minded, caring neighbours and the Foothills Fire department for their efforts on Friday October 14, 2022, to extinguish a growing fire. The flames originated on the side of the highway, which then ignited the nearby hillside near the Fish Creek crossing. While the official cause has yet to be investigated and confirmed, this is a real-time, close-to-home example of how quickly a little spark can turn into a major fire. I am sure this situation will serve as a reminder for us all to be vigilant and to call 9-1-1 right away to get the fastest response possible from emergency services. In recognition of how dry conditions have been, a Fire Restriction from Foothills County has remained in effect for some time. Check the County's website for up-to-date information:  
[www.foothillscountyab.ca](http://www.foothillscountyab.ca)

**Potable Water Discussions with West Foothills Residents:** Foothills County recently received approval from Alberta Environment & Parks to transfer a rare, available Water Licence for use at the Fish Creek Ranch (FCR) Water Treatment Plant location. We are now in the process of setting up a Zoom meeting with West Foothills residents to share the latest information about the water licence and potable water service options stemming from FCR. I have invited our Foothills County Public Works representatives, and we hope to have the attendance of our Provincial MLA and Federal MP. Discussion topics include: potential service areas near FCR, number of hook-ups per property, payment options with or without grant funding, and obtaining input from our MLA and MP regarding provincial/federal grants. Our goal is to host this meeting in November 2022. As of the writing of this article, we are still working to confirm the meeting date. ASAP, I will send out information by email to the local community organizations and

West Foothills area residents, and post on the area social media. While I do have a lot of contacts and you may be on my list, I welcome you to send me an email if you want to be sure to receive an invite to the upcoming Zoom meeting. For more information about water licences, please review my October 2022 High Country News article.

**Ambulance Update:** Residents met at the Priddis Hall on October 17 to discuss concerns with Ambulance Service. In a growing grassroots movement, community members gathered to hear about the issues and share their own experiences. We appreciated hearing from guest, Don Sharpe, and listening to our local citizens. I was also able to share an update and perspective related to our Foothills Regional 9-1-1 Commission's ongoing efforts to help improve emergency communications, emergency response and patient outcomes. Our 9-1-1 Commission and Foothills County have participated in the Alberta EMS Provincial Advisory Committee (AEPAC) engagement over the last few months.

In a discussion, on October 14, with Highwood MLA Sigurdson, who is a co-chair of AEPAC, I learned that we can expect a release of some important information soon. I hope that, as of the printing of this article, we may already hear this news. AEPAC's 30 members have heard extensive details from many contributors and are charting a critical path forward with impactful solutions. This includes 58 recommendations, which they will prioritize and implement asap. We look forward to seeing the list and then seeing this in action, as the new Premier has stated she wants to see this solved!

So do we. Bottom line for us, amid all the complexity, is that we want to see improved response and availability of Ambulances in our communities. MLA Sigurdson also stated that he will be hosting a meeting in the next few weeks. We will be invited to attend and hear all about these plans first-hand. I will share the meeting details when they become available, and I look forward to seeing you there!

**Mailbox Theft:** Unfortunately, another incidence of mailbox theft occurred in October 2022 in the Priddis Greens area, which serves as a serious reminder for us to keep watch. In this case, mailbox units were stolen in their entirety. It is so concerning that residents could be subject to identity theft or have important funds or documents stolen. Since mailboxes in all areas are targeted, consider removing your mailbox contents more often. Please keep an observant eye on things and report suspicious activity at our mailboxes.

**Volunteers Needed:** Hope you are able to take part in the local events in our beautiful county! Congrats to all Community Associations and their volunteers for making these fun events happen. Please consider joining with the teams in our community to make a difference and to add your valuable perspective and a helping hand. We need you!

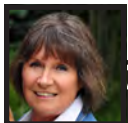
**For Other News & Updates: Facebook:**  
[www.facebook.com/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)  
Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)  
*Enjoy the beautiful Fall colours!*  
Suzanne



## WELCOME TO SUE WINSOR



We are very pleased to welcome Sue back to MaxWell Canyon Creek after being away for a few years. Sue is excited to work with her past clients and friends to help them with their real estate needs. Give her a call at 403.333.3717. "NO Horsing Around"



## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

Winter is coming! Foothills County has had extraordinary weather this Fall and the trees put on a show bar none.

### Foothills Fire Department

Since it has been extremely dry because of this warmer weather Foothills County Fire Department cautions you use extreme care with fire pits and barrels.

For more information go to:  
[www.foothillscountyab.ca/emergency-services/foothills-fire](http://www.foothillscountyab.ca/emergency-services/foothills-fire)

### Foothills Land Trust

The Foothills Land Trust board met in September after completing the monitoring of designated properties. With the departure of one of the key Board members who has relocated to the United Arab Emirates, there is a need for a biologist, ecologist, or agronomist to join the Board or to support the work as a non-Board volunteer. If you are interested or know someone who might be, feel free to contact the chair with your suggestions at: [sandybruce80@gmail.com](mailto:sandybruce80@gmail.com)

To find out more about the Foothills Land Trust go to: [www.foothillslandtrust.org](http://www.foothillslandtrust.org)

### Foothills Regional Landfill and Resource Recovery Centre (LRRC)

Did you know there is no charge for households to recycle these items?

**RECYCLABLE MATERIALS – NO CHARGE** (If materials are brought in mixed loads with garbage, regular tonnage fees apply)

- Batteries
- Grass, Leaves & Sod
- Electronic Waste
- Tires
- Paint
- Oil - Less than 40 L
- Household Hazardous Waste: Small Residential Volumes (Commercial quantities are surcharged)
- Propane Tanks (Automotive propane tanks are surcharged \$25)
- Grain Bags (Grain bags must be rolled and as clean as possible)
- Commercial operations will be charged.

For more information go to:  
[www.foothillslrrc.com](http://www.foothillslrrc.com)

### Public Works Information

Foothills Council was informed that log hauls will resume soon in 3 areas – Division 2, 3, and 4. Signs will notify residents that the hauling has begun. Drivers are cautioned to take extra care when encountering these large trucks on back roads as well as highways.

### Family and Community Support Services (FCSS)

Are you a not-for-profit organization? Do you celebrate your amazing Volunteers? You may qualify for funding for acknowledging your volunteers. Applications will open soon.

For more information go to:  
[www.foothillscountyab.ca/programs/family-and-community-support-services](http://www.foothillscountyab.ca/programs/family-and-community-support-services)

### Millarville Racetrack Christmas Market

November 3-6 & November 10-13, 2022  
Daily from 9:00 AM – 4:00 PM  
Entry Fee: \$7.00, 12 and under free  
Tickets must be pre-purchased online at:  
[millarvilleracetrack.ticketspice.com/millarville-christmas-market-2022](http://millarvilleracetrack.ticketspice.com/millarville-christmas-market-2022)

For more information go to:  
[www.millarvilleracetrack.com/christmas-market](http://www.millarvilleracetrack.com/christmas-market)

### Kids Only Shoppe

The Kids Only Shoppe, which is open on Saturday and Sunday, is a special place for children 5 – 12 years to select Christmas gifts, with shopping assistance from the elves, for their family members. All items are \$15 or less, with 80% of the items being quality handcrafted locally or donated by local vendors of the Millarville Farmers' Market.

Each gift is wrapped and tagged to keep the contents a secret until Christmas. Mrs. Claus and her elves look forward to welcoming the children back to the Shoppe every year. The profits the Shoppe are distributed between 6 local schools within the Foothills School Division to assist with their hot lunch programs.

### Remembrance Day November 11

The Remembrance Day service will commence at 10:30 am on Friday, November 11 at the Oilfields High School in Black Diamond.

*Lest We Forget.*

*Barb Castell*

*Phone: 403-931-3690*

*E-Mail: [barb.castell@foothillscountyab.ca](mailto:barb.castell@foothillscountyab.ca)*

*Website: [www.barbcastell.com](http://www.barbcastell.com)*

*FaceBook: [facebook.com/barbcastell.ca](https://facebook.com/barbcastell.ca)*

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- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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- 3. Well stocked vans means we have the parts required for your repair.**

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## SHEEP RIVER LIBRARY

### Lest We Forget

George and Art, two Canadians in their early twenties, were probably looking forward to nothing more than returning from Europe to their homes in Nova Scotia and Saskatchewan on that cold November day in 1918. Perhaps they would even make it back in time for Christmas. Theirs had not been the usual young man's tour of Europe, taking in the sights and experiences of a different continent before settling down to university or a career.

On this day they found themselves in France, but instead of gazing at the Eiffel Tower or wandering through the Louvre or along the banks of the Seine, they were with the other members of Battalion 28 near the village of Havre. They were to secure the village and more importantly, Canal du Centre. Across the canal, the German soldiers were clearly seen retreating. Battalion had received the news that hostilities would cease at 11:00 am that day, November 11 and they were to stand fast at the position they were in at that time and not engage the enemy. The strictest precautions were to be maintained. No one

is sure why George and Arthur would lead a patrol across the other side of the canal just before the ceasefire. Perhaps they perceived an imminent threat from the Germans on the other side. Perhaps they were looking to see if the houses there would provide suitable accommodation for the Battalion. Whatever the reason, their actions ensured that their names would go down in history. At 10:58, a mere 2 minutes before the declared ceasefire, a single German bullet was discharged which felled Private George Lawrence Price. He died in Private Arthur Barrett Goodmurphy's arms. George was last Commonwealth soldier, and the last Canadian to die in the First World War.

It is sacrifices such as this that we recall on Remembrance Day. Since the First World War there have been many conflicts that our young citizens have been sent to fight and die in and we have some idea of what it was like for them by the often poignant, dramatic and realistic words they wrote. We are all familiar with *In Flanders Fields* by John McCrae and *High Flight* by John Gillespie Magee Jr, a World War II pilot enlisted in the Royal Canadian Air Force. Many of the great battles have been immortalised in the lines of verse such as Lord Tennyson's *Charge of the Light Brigade* which memorializes a suicidal charge by light cavalry over open terrain

by British forces in the Battle of Balaclava in the Crimean War (1854-56); which is modern-day Ukraine, now the location of a present-day war. Byron writes of an even more ancient conflict between Assyria and Israel in *The Destruction of Sennacherib*. However, not all battle accounts are confined to poetry. Before the advent of television and the ability to see the images of war firsthand, people had to rely on the reports written by war correspondents and the soldiers themselves to know what was happening on those far away battlefields. Even though today we can witness first-hand the bombing of our enemies on the nightly news we can still read riveting prose by those Canadians who have been there. General Romeo Dallaire's *Shake Hands with the Devil* tells the story of his frustrated efforts to stop the madness of the Rwandan Genocide. Another great read is General Rick Hillier's *A Soldier First: Bullets, Bureaucrats and the Politics of War*. A more recent publication, and new to our library, is *The Fight of Our Lives* by Iuliia Mendel. In 2019, at the age of 32, this Ukrainian journalist had been hired to work for Ukrainian president Volodymyr Zelenskyy. Little did she know what was to come. Her book is a moving account of her experiences living in a nation under attack.

As November 11 is a Statutory Day the Library will be closed.

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## DIAMOND VALLEY CHAMBER OF COMMERCE BOARD

Hello Diamond Valley Owners/Operators, Residents, and Community Stakeholders:

Attached, please find a link to the current BD Downtown Area Revitalization Plan, as provided to us by Rod Ross, of the Town of Black Diamond.

The DARP "provided a framework for the planning and future development of the Town of Black Diamond's Downtown. It establishes a vision for what it can become and presents the approach to realize it."

"One of the stated goals is to Solidify a Soulful Downtown. The DARP includes objectives and policies that align with the stated goals of this economic development plan to help create a downtown that provides multiple housing types, job & business opportunities while maintaining a small town, historical feel."

The DARP is being presented to the current BD Town Council at the next meeting in November. The Diamond Valley Chamber is looking to host a public forum whereupon business owners/operators can ask questions in order to more fully understand the implications and timeline of the plan, at a time still to be determined.

In the meantime, please feel free to direct any questions to the Diamond Valley Chamber, and we will put them together either to be forwarded to the Town or fielded at the forum. Further updates will be provided as they happen.

Please also be advised that the DVCC will be hosting an Election Forum where residents can listen and address questions to the confirmed candidates on Monday, November 14th at the Oilfields High School. Time and additional details will be provided as they develop and are confirmed. We welcome everyone to attend and look forward to giving you space and time to ask questions of our potential new Amalgamated Council Members.

*Happy Snow Day to Everyone!*  
R. Samantha Istance  
DVCC - Chamber Administrator



## LONGVIEW LIBRARY

Our library has something new and fun to offer you. You may borrow donut pans for a week. This is just in time for those who like to get a jump start on Christmas and cuts down on the clutter in your cupboards. This comes with a recipe for donuts

The Writers Group is back in full sway and would welcome new members. They meet on the first Wednesday of every month at 1 p.m.

Two new CDs have been added to the library- Six Minutes to Midnight and

Where the Crawdads Sing. We also have the book, Six Minutes to Midnight.

We have two popular magazines- Architectural Digest, the international magazine of interior design and Canadian House and Home.

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





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## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Did everyone have a nice Thanksgiving? It's so nice to be able to get together with family and friends again, and we also enjoyed the drive through the back country to see the coat of many colors that Autumn brings. This month also brings a multitude of Christmas Markets with gift ideas from local crafters, artists, ranchers, bakers, and much more.

The Turner Valley Legion's Ladies Auxiliary is pleased to present their annual Christmas Market on November 26 from, 10-3. The kitchen will open from 9-2, and they have 21 vendors this year so it's a full house with returning favorites of: Pickles and Such, 31 Gifts, Pretty Bows, J Krauss Stained Glass Designs, K McGuire Lighted Bottles and many new vendors to choose from. Also the Legion will hold their popular Bucket Raffles and a 50/50 Draw. Always a good time at our Legion so we hope to see you there.

### Other Foothills Christmas Markets are as follows:

Millarville Racetrack: Nov. 3-6 and 10-13 from 9-4.

High River: Nov. 5 from 10-2.

Okotoks: Nov. 11-13 and Light-Up.

Spruce Meadows: Nov. 18-20 and 25-27.

Granary Road: Nov. 26 - Dec. 18.

Leighton Art Center: Nov. 5 - Dec. 21 from 10-4.

Bragg Creek: Nov. 18-20

Watch for the High Country SPCA's Christmas Market at the Flare and Derrick as it's usually held in December. Also check out Crafter's Corner in Black Diamond, they have really nice little gifts such as home décor and candles, all from local artists. They are located at 116 Government Road and are open from 10-6 every day except Mondays.

Our own Diamond Valley Light-Up is scheduled for December 3, more to follow next issue, but if you can volunteer a couple of hours please let either Town know, as volunteers are the heart of our community.

Remembrance Day is November 11, and there will be a service at the Oilfields High School from 10:30-noon, please be on time so as not to interrupt the service. Afterward, head on over to the Legion in Turner Valley for a small family wreath laying at the cenotaph, with socializing after that. Please wear your poppy this month to honour our Veterans.

Please watch for signs regarding the annual Firefighter's Food Drive. Items especially needed this year are: condiments and sauces, all kinds, baking supplies, cookie/muffin/cake mixes, canned meats and

fruits, tissues and paper products, kids lunch snack kits, fruit and pudding cups, instant noodles, ready to serve soups, canned meals like stews and chilis, and pet foods of all kinds. Wait for the Firefighter's Drive or you can drop off goods, monetary donations, or help by volunteering at the United Church in Turner Valley, 125 Royal Avenue. The Oilfields Food Bank there is open on Tuesdays from 1-3, You can also receive a Hamper there if needed. More details can be found by emailing [info@oilfieldsfoodbank.com](mailto:info@oilfieldsfoodbank.com).

Back in the Diamond, the Griffiths Center on Government Road offers floor curling, coffee and cookie chats, poker, quilting and crafts, ukelele, writer's group, Dementia Support group, and much more. The Griffiths Center has been around since 1967 and it is very easy and affordable to join. You can find out more by dropping by at 122 Government Road or check them out online.

Diamond Valley Transfer Station is switching to winter hours soon. They will be open only on Fridays and Saturdays from 10-4, and it is here that you can drop off small branches, grass clippings and leaves, and compost. You can also get tags at the Town Office for any extra household garbage you may have. They are located just northeast of the Black Diamond Bridge. The winter hours run from November 16 – April 14.

Election Day for the Diamond Valley Mayor and Councillors is on Monday, November 28, and you can vote at the schools for your pick. For a list of candidates and more information, visit either Town's website.

If you have any events or news for December you would like to see in the High Country News, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net), before Nov15.

*Best wishes for a nice November!*  
*Elaine Wansleben*



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## SQUARE BUTTE COMMUNITY

### November events

Saturday, November 12th 7:00 – 11:00pm at Square Butte Hall Country and Western Dance with live band “Tumbleweeds.” Members \$15.00 each, Non Members \$20.00 each. Includes evening lunch. Cash Bar. An incredible price for a great evening of fun.

Tuesday, November 22nd, 7:30 pm Square Butte Community AGM. Are you looking to get plugged into a vibrant community? Come to our AGM to find out who we are and what we do. You may even want to consider serving on our board. It's a great way to get connected and meet new people. Who knows, you may be just the person this community needs! Contact our President, Clayton Foster at [exec@squarebuttehall.com](mailto:exec@squarebuttehall.com) if you are interested in being nominated to serve on our board. But even if you don't want to hold an official position, please come out to meet your neighbours and help elect the officers and directors, and hear a summary of events and fiscal reports from this past year.

Friday, November 25th “Ladies Only Night” Meet and share in an evening of wine, shopping, raffle prizes and great food. 10 local women entrepreneurs will showcase their wares. Call Susan 403-931-3366.

### Square Butte Ladies Group

This group has been a constant in our community since 1941. You wonder how a group could continue for so many years? It started after a baby shower was held for Peggy Nylund and all those who attended thought it was such a wonderful idea to get together monthly, in their homes. There was such a need to socialize and since it was war time they joined in the effort to hand make items for the many soldiers overseas. To this day, any money raised goes to local charities. Getting to the meetings in the beginning was a challenge, as the roads were not graveled and near impassable at times. One time Alex Lyall was giving rides to ladies across a very difficult stretch of road, even resorting to taking off the wheels to unclog the mud that had built up in the wheel wells. In the early days the gatherings were of such importance they would walk (even crossing streams in their bare feet) or ride horseback. Mrs. Belanger often rode her horse which was not some sleek riding steed, it was in fact a work horse or we should say dual purpose horse.

The group has embarked on some very ambitious fundraisers over the years. They held the Gingham Ball at Ranchers Hall from 1953 to 1961, until the new Square Butte Hall was operational, which then continued there until 1990. Of special interest is the year 1961 (when most of the group were pregnant) the Gingham Ball attracted a record crowd of 300 people at the Ranchers Hall.

From 1967 to 1983 the group ran a Barbeque at the July 1st Millarville Races

often netting a handsome sum. For example in 1980 the ladies netted a profit of \$1,256.44. In 1987 the group started having a bake table at the Millarville Market and this tradition is continuing with 3 markets each summer. Their baking (especially the pies) are sought after by many Market goers, often disappointing many if you don't get there early!

Over the years the Square Butte Hall has been a major recipient of funding from the ladies group. Graveling hall grounds, ovens, Hall sign, telephone, stage, stage curtains, paid utility bill for many years and installed modern washrooms. The Walk-a-thon or famously named the John-a-thon was held to raise money for the Square Butte Hall washrooms. 14 members took to the roads in a 17 mile walk from Turner Valley to Square Butte with the first group finishing in 5 hours, which netted \$1,650.00.

The group has celebrated their 25th, 40th, 50th and 75th anniversaries with some very original skits, radio shows and hilarious shenanigans always accompanied with some great food. As we struggle to maintain a viable group after 81 years we are always optimistic that our traditions will prevail.

It was not all about raising money it was about comradeship, friendship, community support and above all having fun together. The goal always has been to give to charity and to help out when needed. Hard work has never deterred this group and a determination to continue regardless of deteriorating membership, spurs this group on. We welcome everyone to join. The group epitomizes what volunteering is all about.

Our utmost thanks goes out to Jill Fry (our present President) a member since 1986 who documented the history of the group right down to a list of past and present members.

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

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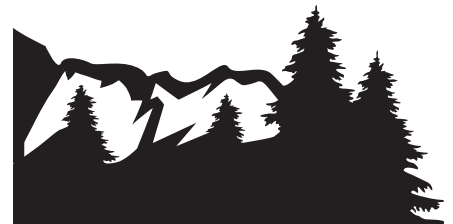
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## LEIGHTON ART CENTRE

Festive Foothills Art Sale at Leighton Art Centre opens on Saturday, November 5 and runs in person until December 21, 2022. Fine craft and artworks by local artists will be featured in the galleries of the historic Leighton home and at [shop.leightoncentre.org](http://shop.leightoncentre.org). Get a head start on holiday shopping and festive spirit at Leighton Art Centre!

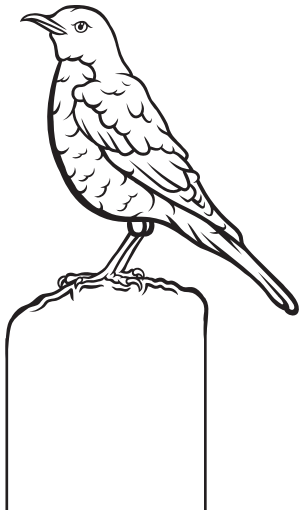
Visitors will discover over 100 talented artists and find truly unique gifts for their loved ones at this annual art sale (formerly Christmas In The Country). Free parking and admission by donation. Leighton Art Centre members (\$50/year) receive 10% off their purchases. Spectacular Rocky Mountain views included!

As a not-for-profit, Leighton Art Centre values the community's commitment to art, history, and nature. Proceeds raised at this event support children's programming, local artists, and environmental stewardship.

November 5 - December 21, 2022:  
In person. Tuesday - Sunday 10 AM - 4 PM  
November 10 - December 21, 2022:  
Online

Gallery pick up and shipping both available for online shopping.

More information: [leightoncentre.org/event/festive-foothills-art-sale-2022](http://leightoncentre.org/event/festive-foothills-art-sale-2022).



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## DUANE HARDER

### Ambivalence

*"To be, or not to be, that is the question:  
Whether 'tis nobler in the mind to suffer  
The slings and arrows of outrageous fortune,  
Or to take arms against a sea of troubles  
And by opposing end them. To die—to sleep,  
No more; and by a sleep to say we end  
The heart-ache and the thousand  
natural shocks*

*That flesh is heir to: 'tis a consummation  
Devoutly to be wish'd."*

*(From Hamlet – Spoken by Hamlet –  
William Shakespeare)*

I am sure all of us have experienced the ambivalence of Hamlet in one form or another. Ambivalence is that internal conflict that arises when we have a divided mind about a decision. The tension intensifies when the benefits on both sides of the decision are of equal value. The uncertainty of an outcome can amplify our indecisiveness and leave us paralysed. This dyssynergy can be beneficial if we will objectively look at our decision-making process. The late Zig Ziglar challenges us to ask this question:

*"Will what I am about to do bring me closer to or take me farther away from my goals?"*

Zig Ziglar's question raises a further question: "What are my goals?" They can be as simple as, "I just want to make to the end of my shift," or as lofty as "I want to be the CEO of a large company."

First, let's look at three common goals or perhaps I could call them hidden ambitions.

1. The quest for pleasure. "Are we having fun?" Unfortunately, there are many people who spend 40 hours of their week "putting in time." Days off are opportunities to satisfy their lust for pleasure. The question remains, "What are you doing to enhance that goal of pleasure?"
2. The quest for power. This is the desire to "be the boss; "be in control;" "run the show." We need leaders who can take charge, bring vision, inspire people, and help people invest in something bigger than themselves. If that aspiration stirs within you then take steps to acquire the skills necessary for the task.
3. The quest for prosperity. This is really the desire to be self-sufficient. Everyday thousands of people buy their lottery ticket with the dream of cashing in on the big one and being released to live their dream. Prosperity that is rooted in self-sufficiency is a recipe for grief. When it is tied to a goal that takes you outside yourself, it is worth pursuing.

Second, let's look at three filters that help us avoid distraction and disappointment.

1. The value filter. Will what I am doing leave where I am in a better place than when I came? This shifts the focus from

what I get to what I have to give. Our need tank is always crying out for more. A focus on need leaves us in a state of low-level discontent. It diminishes our sense of value and worth. Knowing that I have something to contribute that brings value underlines my value and worth.

2. The responsibility filter. This filter helps me define to whom I am responsible for what? When I commit myself to a task, I am also accepting accountability to the one who has assigned the job. That means I need to know the expectation that is inherent in the assignment.
3. The reality filter. This is a critical point of examination. Do I have the time, talent, and financial resource that is necessary? What activities in my present schedule would have to be adjusted to enable me to buy time for my new goal? Will this activity (goal) impact my current financial commitments? Does my skill portfolio match what the new goal would require? Will this have any impact on my current network of relationships?

Let's come back to Zig Ziglar's question: ***"Will what I am about to do bring me closer to or take me farther away from my goals?"*** The decisions I make today will influence the goals that I reach tomorrow. Remember, your future begins today. Make your decisions today count for tomorrow and I will see you at the top.

*Duane Harder*





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**TEAM "BIG COUNTRY SENIORS SPORTS SOCIETY" (ZONE 2, TEAM ALBERTA), at CANADA 55PLUS GAMES, KAMLOOPS, BC.**

**Back row:** Lynda Gross, Wendy Davis, Sharon Barnden, Myrna Fink, Monique MacKenzie, Jim Roberts, Paulette McKinnon, Ernie Robson, Joss Binns, Herb Smith, Rick Makowichuk, Gary Hawkes, & Bob Jennings. **Front row:** Frank Willoughby, Lynda Cooke, Debbie Willoughby, Jean Whyte, Norma Dawson, Karen Binns, Loreen Lehmann, Nancy Gibbie, Karl Gibbie, & Doug Campbell.

**Missing:** Brian & Tracy Hauck, Randy Molitor, Clint Docken, Russ & Susan Sagert, Susan Cowitz, Sue Christison, Dawn Cosman, Dawn Baker, Laurie-Ann Baker, Nancy Chudleigh, Laurie MacKenzie, Les Markham, Karen McMillan, Jim Millman, Alison Ostegard, Pat & Carol Breen, Cheryl Griep, Tony Kerr, Mark LeBere, Laura Milne, Bob Wahlund, Lana Pittman, Lara Wiebe, Brian Hill, MaryLou O'Byrne, Christine Anderson, Marianne Pinchbeck, Steve Weiwei, Nancy Neufeld, Betty Ann Fountain, David Formstone.

**14 Home Towns in Zone 2:** Our players came from Cochrane (15), Okotoks (10), Airdrie (6), Strathmore (5), Canmore (3), Drumheller (3), Bearsaw (2), Chestermere (2), High River (2), Springbank (2), Sundre (2), Turner Valley (2), Bragg Creek (1), Carstairs (1).

**Results:** Our "BCSSS (Zone 2)" Team sent 56 athletes, all of whom had won Zone Qualifiers, then Provincial playdowns – winning Gold, thus qualifying for the National Games. 41 medalled, capturing 69 medals. Our team ages ranged from 55 to 88 years. -30- D.E. Campbell



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## MUDROOMS AND SUCH

A mudroom is an entry area or room off a secondary home entry, with access from the outdoors via the garage, the side of the house, the rear of the house or the laundry room. It's a utilitarian space, generally used for shedding wet or dirty clothing; storing such things as vacuums, mops, and brooms; keeping family winter or sports gear; or in a mudroom/laundry combination room doing laundry. However, despite their practical function, today's mudrooms can be beautifully designed.

### New Designs and Builds

If you are considering a mudroom for your newly built, or newly renovated, home, consider a mudroom/laundry room combination. Today's laundry rooms often have extra wall and base cabinet storage, and so features such as drying rods, sinks, countertop folding areas, and under-counter pullout hamper storage can easily be added.

Or how about adding a bench with drawers? Not only can you sit on a bench to pull on your Wellies, but the pullout drawers can store utilitarian items such as light bulbs, batteries, extension cords and even summer barbeque tools, and totes full of easily lost items, like mitts, gloves, slippers, and flipflops can be stored underneath!

### Flooring

One of the prime things to consider in a mudroom is flooring; after all, a mudroom is specifically meant to be a space to shed muddy, wet, or snowy clothing. Linoleum or tile is ideal, but there are also some great, water-resistant, durable, luxury vinyl plank options if you prefer a wood look. With periodic cleaning, such choices will get you through Alberta's winter season and ensure that your floor holds up to repeated onslaughts of dirty, muddy footwear not to mention the dripping raincoats and umbrellas caused by playing with the grandkids in Alberta's spring-melt puddles!

### Mudrooms at Any Entrance

A mudroom is meant to keep items organized and help reduce stress, but mudrooms don't have to be elaborate or large. With some simple tweaks, you can

easily create a drop zone for shoes, jackets, and backpacks at any door.

If you want to make a mudroom style entry at your front door, for example, and changing your flooring is not an option, start with durable, water-resistant mats (with rubber backing to protect your floors) and then add a bench, some hooks for coats, a shelf for hats and keys, some cabinets for jackets and sweaters, and/or baskets for gloves and scarves. You can even create space for artwork, or notes and memos for your family!

With increased functionality, and stylish design, your mudroom will become an important part of family life!

*Karen Horte, DID*

*karenhorteinteriors.ca*

*Instagram: @karenhorteinteriors*



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## DO YOU HAVE A MUDROOM?

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## ADHD TREATMENTS

### You have been diagnosed with ADHD - Now What?

When you or someone you know and care for, has been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) there are concerns about deciding what the best way is to help the person. There is no 'cure' for ADHD. However, research has shown that our brains can adapt and develop new abilities throughout our lifetime. ADHD can be successfully managed.

### What are my options?

There are many treatment options. The best way is to consider the person's needs, medical, personal history and to work closely with everyone involved – from healthcare providers to family members. No single treatment works for every person. There are 'different strokes for different folks'.

### Medications

There are Amphetamine-based and Methylphenidate-based stimulants and non-stimulants. If you decide to try medication, it is important to be medically supervised.

### Behavioral strategies

Many people respond well to a reward system with clear consequences for behaviors. Behavior management or modification simply means being rewarded for positive behavior with the goal to increase them and vice versa. An environmental setting that is structured, quiet, predictable and less distracting may help for some. On the flip side, others may be motivated by more flexibility, movement and lots of stimulation.

### Education, Training and Mindfulness

ADHD can be exhausting. Parents dealing with children with ADHD can benefit from tools and techniques for managing behavior problems. Mindful Parenting is recognizing your child is having their own experience in that moment, to be intentional and attentive in the moment. Social skills training helps the person with ADHD to learn new, more appropriate ways of interacting with others.

### Counseling or Psychotherapy

This allows a safe place for the person with ADHD to process their feelings and to develop strategies for dealing with the effects of ADHD. Some issues include broken friendships, poor relationships or plunging self-esteem.

### Coaching

An ADHD coach partners with their clients to create daily structure and organization while providing support and encouragement to set goals and rewards and keeps them focused even when obstacles occur.

### Support groups

People with ADHD, friends, parents, spouses, partners, etc. may find strength, education and encouragement when sharing experiences with others who are going through the same situations. It can be a tremendous booster!

### Alternative treatment approaches

The ability to reorganize and create new pathways is called neuroplasticity and is the science behind Cognitive training and Neurofeedback. The ability to stimulate cells, generate more energy and to undergo self-repair is called Photobiomodulation and is the science behind the use of Light therapy.

### How do I know treatment works?

When there are improvements in school or work performance, relationships with others improve or when self-esteem increases. If a person with ADHD does not respond to a multi-treatment approach, then the original diagnosis of ADHD should be reviewed.

### Sources:

Agency for Health Care Research and Quality (2011). ADHD Effectiveness of Treatment: a Systematic Review.

Diagnostic and Statistical Manual of Mental Disorders, 5th Ed., 2013. Arlington: American Psychiatric Association.

[www.wehcs.com](http://www.wehcs.com) OR [adhdassessment.c](http://adhdassessment.c)

*Roché Herbst, M. A. R. Psych.*

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## MORTGAGE MATTERS

### Fixed of Variable?

With rates on the rise, which option is best for you? Should you stick with the stability of a fixed mortgage rate or roll the dice with a variable? It's one of the most difficult decisions faced by new home buyers and homeowners who are renewing or refinancing. With fixed rates steadily increasing and the Bank of Canada indicating that they are not finished raising rates, the question is more timely than ever. Let's take a look at the options and weigh the pros and cons.

#### Fixed Rate

Many Canadian borrowers opt for the stability of a fixed rate. And in most cases, the 5-year fixed is the term of choice. This is because it locks your rate for the duration of the term, giving you the peace of mind that your monthly mortgage payments are going to remain the same. Thanks to the high demand of the 5-yr term, lenders are generally able to offer competitive rates, making them great value from a

risk-assessment perspective. Plus, you don't have to worry about your mortgage renewal for 5 years.

The downside is that rate stability and peace of mind may come at a cost, at least in comparison to lower-priced variable rates.\* Another big downside is the prepayment penalty on a fixed term mortgage. If your life plans change inside your 5-yr term, you may pay a hefty penalty to break a fixed mortgage contract.

#### Variable Rate

For those looking strictly for the lowest rates currently available, chances are that is going to be a variable rate\*. A variable rate mortgage is one where the interest rate fluctuates with the prime rate, which is set by the Bank of Canada's key lending rate decisions eight times per year.

Aside from competitive rates, variable mortgages are very attractive for those who think they may need to break their contract before the term is up, since variables charge a prepayment penalty of just three months interest. Variable rates do have a degree of risk however, since your interest rate can suddenly rise (or fall) depending on a host of economic, inflationary, and geopolitical factors. When the rate increases, so to will your monthly mortgage payment.

If you're not crazy about the idea of your monthly payments potentially changing over the course of your term, there are certain lenders that offer fixed-payment variable rates. In those cases, your monthly payment remains the same while the amount paying down your principal vs interest will fluctuate.

#### But There is Another Option

Another option is the "multiple product" mortgage, which allows a fixed rate and a variable rate (and/or potentially a home equity line of credit too).

This provides you with the best of both worlds - the stability of a fixed rate, but also the potential rate savings of a lower variable rate. A multiple product mortgage is a great option for anyone having a hard time choosing between the two, and a great way to hedge your future rate expectation bets. While only 1 in 17 opt for a multi-mortgage, it's worth considering given today's uncertain rate outlook. Choosing the right mortgage can be daunting ... but the good news is you don't have to make the decision alone.

Give me or your favourite mortgage broker a call to help you find your best solution.

*\*As of this writing, subject to change without notice.*

*Candace Perko, Mortgage Broker*

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## OUT OF THE RUT

### Chapter 147

You'd think when immobilized at home, one would have all kinds of time to ruminate on the various meanings of life, resulting in startling insights and witty observations. This is not necessarily the case as simple tasks that generally take seconds or few minutes now take many. These minutes pile up on top of each other like a sedimentary amalgamation of Persian rugs and falling leaves.

On falling leaves, through the lens of a glass door the brilliant golden hues of Fall are picked out by the rich early morning sunshine. I'm watching the season slip from one dress to another, what to wear? What to wear? She spends fanciful moments before a mirror... swirling shades of green and yellow in the reflected depths of a glass-covered lake. The choice of garb takes some time this year, I'm glad of that as these moments in the dressing-room of the Seasons are the most entertaining and vivacious times. The Equinoxes, times of fluttering balance when light and night dance hand-in-hand for a brief hiatus before world, and sun and moon, spin on again in their merry swirl of lights, plunging headlong into darker days.

So it continues, we are in the midst of another season, change is in the air as always. Let's taste the wind together. Rocky Mountain Air, so rare, so fine, we should bottle this stuff.

Meanwhile, back at the ranch... within my knee a strange warmth glows and my hands fall softly around the joint from time to time. I refocus, talking to my cells, breathing new vigour into this rebuilding. I place a singing bowl beside my leg or on my belly and breathe in the sensation of the vibrations. This bowl rings and rings and rings and rings...

Strange sensations, I'm pulled in all directions. Strains of music that drift through my head, some I've played, some I've said. I play music that I haven't heard in years, a recording pops up of an old phone message to launch me tumbling chaotically into the midst of an old happening. Vivid streaks of prior emotions leap in the edges of my vision. This quick reminisce stirs my blood and I'm all at odds before sinking down into a well of acceptance. I'm here, now.

Later, a recording of bowls and chants and peace falls over the room. Peace stood over the room prior to that, but she lost her balance, not paying attention - as usual. Around me I'm surrounded by twisting vines, green growth, new shoots, some leaves, but most stay rampant. There's unstoppable life persisting in persisting all around me. South windows host a variety

of thickly overgrown Spider plants that have never looked so healthy, they vie with Jade and Geranium and an impossible Aloe (hello?) that is growing from a pot masquerading as an egg-cup beneath its plumply engorged spines. All is gold, green, serene. The sun continues to shine. There are some gloriously shining people in this world. Many of them are reading this right now.

*Happy November to you.  
With gratitude and love, Kat Dancer  
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+1 415 525 2630 (c)*







## COOPER RESCUE

It takes a village to raise a child. But as it turns out, it takes an entire community to rescue a dog. This is a story about our six-year-old rescue Husky Cooper and how an astonishing number of people stepped up to save her life.

This extraordinary effort occurred over a 24-hour period last week. She was spooked just after we moved to Priddis, Alberta from Vancouver, just five days before the events I am about to describe, unfolded.

Our new house was full of trades making adjustments to our home when someone unintentionally left a door or gate open. She clearly perceived it as her chance for freedom and ran off at her top speed of about 40 km.

A massive search began immediately, and she was spotted several times, but avoided attempts to coax her back and was living her adventure.

But when she crossed Highway 22X a couple of hours later, heading North, we feared the worst.

Simultaneously, neighbours, strangers in virtually every case, rallied to help. Facebook became a tour de force as news of her disappearance spread. One person across the street started printing up posters, others took to their vehicles, while others searched and called the name of a dog they had never met, for hours.

As darkness set in, we became more and more desperate.

We knew the perils: wild animals in a landscape unfamiliar to Cooper. And freezing temperatures. Not to mention highway traffic, barbed wire fences, and cold and fast-moving streams. The worst fears came overnight as we had to abandon the search. Not normally a pessimist, I didn't think we'd ever see her again.

Then, hope, the next morning.

After thousands of Facebook posts, Simon, our son, took a call from a man in the Bragg Creek area, 25 km from our home in Priddis, saying he thought he had spotted Cooper in the community. His prompt action bought us time and probably saved her life.

We raced to Bragg Creek. Unbeknownst to us, literally a dozen good Samaritans from Priddis headed to Bragg Creek to join in the recovery. Then finally a miracle.

Jill, our daughter-in-law, spotted Cooper heading out of town towards Kananaskis and astonishingly a tired, bedraggled, bleeding Cooper came up and nuzzled her.

Jill grabbed her collar, and our heartbreak was over. Within minutes, her rescue was out on the bush telegraph and literally a

dozen cars converged on the site. About 25 adults gathered around her and I swear everyone was crying.

She needed stitches for two gashes on her paws, had part of her paw pad removed and was put on a course antibiotic for an infection...but was otherwise only in need of some TLC. Even the vet thought her survival was a miracle. It was. Others thought the chances of her surviving that long were perhaps 1%, at best. Certainly, she was five minutes away from the trails to Kananaskis, and it is doubtful, by all accounts, that we would ever have seen her again.

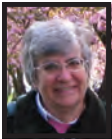
But even though her rescue was a miracle, in many ways an even bigger miracle, for us, is the new community we find ourselves living in. Complete strangers abandoned their lives to find our beloved Cooper.

So, thank you Priddis. Thank you, Bragg Creek. Thank you from the bottom of our hearts.

And as Cooper recovers, sleeping off her adventure, she would want to thank you ALL too. What a fantastic community...so many heroes we will never forget. It was for us renewed faith in the human spirit.

*Clive Jackson*





## WARY OF THE WOLF by Andrea Kidd

'Who's afraid of the big, bad wolf, the big, bad wolf, the big bad wolf? Who's afraid of the big, bad wolf. ....' Hmmm...how does that song end? Where did I learn it?

That song was singing through my head as I lay in the darkness in my bed. I knew who was afraid of the big, bad wolf. I was!

The dim light from the hall flowed through the open door and into my bedroom. I was glad the light shone into the gaping black hole of the open fireplace opposite my bed, because I could watch that fireplace carefully for the first sign of the big, bad wolf.

This was my nightly ritual ever since Dad had read me that nice new story book called 'The Three Little Pigs and the Big, Bad Wolf'. I was tucked into bed and kissed goodnight. Then, eyes wide open, I kept watch on that open grate. I knew what I would do if I saw one whisker or scrap of fur. I would scream for my Dad, and he would come.

I look back on those days and think, "Fear! What ridiculous fear! No wolf was ever going to come down my chimney. I am not afraid of such silly things any more."

The other day a friend told me, " 'Fear not!' is in the Bible 365 times; once for every day of the year." I haven't checked it out yet. But I do know 'Fear God' is also written in the Bible. Isn't that a contradiction? In one place we are told not to be afraid and then in another we are told to have fear. Sometimes I just don't know what to think!

But this I do know. If I were a wolf cub, I would not be afraid of the big wolf. He would be my father. He would be strong and powerful. He would protect me.

I would be his own little cub and he would look after me.

So now I have come to realize that my fear of my Dad and my fear of God are both healthy fears. This fear is respect for the superior strength, intelligence and understanding they have compared to my smallness. When I accept the parenting of my earthly Dad or my heavenly Maker I am in a place of belonging. I am cherished, protected and saved from any big, bad wolf that might be lurking nearby.

But I still think I will keep one eye open so I can call for my Father when I need Him.

Andrea Kidd

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## A LONG 'TAIL' OF WINTERIZED WEASELS By: Laura Griffin

After an unusually warm October, I am sometimes left baffled by the thought that winter is on its way and perhaps I really ought to get to putting on those winter tires before I'm surprised by a snowfall. Luckily for me I can look out the window and find a furry neighbour friend who is a reminder that yes, it is time to pull out those winter tires.

The long-tailed weasel does not rely on temperature to tell it to shed its brown summer coat and grow in its white winter coat. Instead, it relies on the amount of daylight decreasing to give it a cue to moult. This is of utmost importance, because the long slender body of a weasel means that it can lose heat quickly. If it was surprised by a snowfall and it was not wearing its thicker winter fur it could be in trouble. As it is, a weasel needs to consume about 40% of its body weight a day to maintain its heat. During late October and November when our hours of daylight dwindle, you can watch as the weasel's coat turns white, starting from the belly and slowly working its way to the back and head over the course of a few weeks. Sometimes the last thing to turn is the little brown toupee.

The long-tailed weasel is one of our most adorable neighbours; I have yet to see it while guiding a group and not have someone comment on how cute it is. Their black-tipped tails make up half or more of their body length and their rounded

ears appear almost kitten like. In addition to looking beautiful, they move with a graceful bounding motion that can look almost playful. But looks can be deceiving, and the weasel is no exception.

The long-tailed weasel is one of the most ferocious predators in the foothills area. True carnivores, they will consume only fresh meat or the carrion of their prey that they have stored away for later. To catch the small rodent prey, they follow scent trails and sounds until they can make a rush at their prey and kill it with a swift bite to the base of its neck. Their slender form means they can slip down burrows of ground squirrels and pocket gophers as well.

Weasels are not afraid to take down prey larger than themselves, including rabbits. If a house cat were to match this feat they

would have to kill a yearling deer. Given their efficiency as predators, we should be grateful that they are consuming what most people consider to be household pests.

Unfortunately, long-tailed weasels can be rather elusive, and are often active at night when people are not. However, their tracks are easily identified in the snow as few other species make a bounding pattern that looks like two small holes close together followed by more of these double holes a few centimetres away. If you do find these tracks this winter keep your eyes peeled for these white beauties using their camouflaged coats to 'weasel' their way out of this cold season.

*Laura Griffin*

Photo credits Jackie Sills



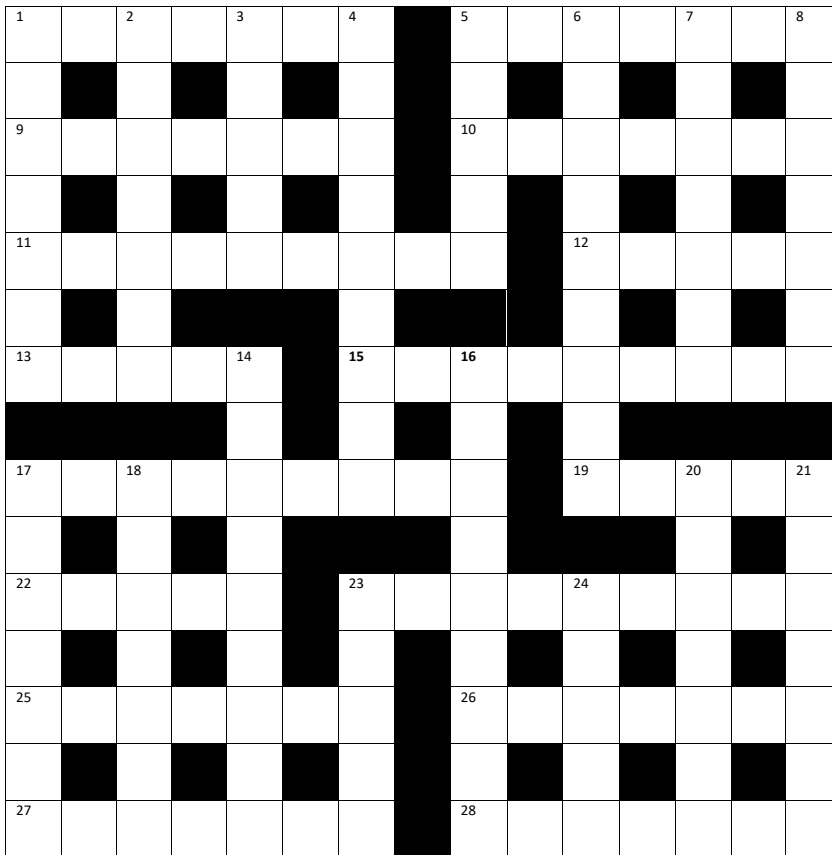
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# Across.

1. Commended what was quietly reared. (7)
5. Dishonest people wore reused badges. (3,4)
9. Confirms that parking should be included? (7)
10. Mostly aware, in the midst of awkward stink, will rouse from sleep again. (7)
11. Criticize then contaminate to do the opposite. (9)
12. Old Testament hero loses backside and becomes different. (5)
13. This kingdom is right in front of confused man. (5)
15. Sounds like arty fax could be prehistoric things. (9)
17. Fifty-one Romans in what is easily apparent are heedless. (9)
19. Unknown direction needed for bread to rise. (5)
22. Continuous rhythmic sound created by the endless Caribbean spirit. (5)
23. VIP accepts East/West in overtime perspective. (9)
25. Posts constant rings that go right to left. (7)
26. E-transfer Carl's afternoon tea delight. (7)
27. Short science course gets double sulphur or cutting implement. (7)
28. Arrange steep characters around Ty or on a printing press. (3,4)

# Down:

2. Incite anger with poke or return with five inside. (7)
1. Pillage phosphorous with a little bit of lead beneath. (7)
2. Language impairment seen when capital of Samoa surrounds what it owns. (7)
3. Where can I get my hair done? South Alabama or Ontario? (5)
4. Eagles' song about renegade who spread ode around. (9)
5. Inside, Monsieur Labbe retrieved a hat. (5)
6. Persist insect! Or an iridescent one. (9)
7. Explicit visual. (7)
8. Sounds like one can view mistakes in this mountain range. (7)
14. In a very short time Vivaldi and Elgar initially create parts of symphonies. (9)
16. There's no flavour when one continually eats what's stale. (9)
17. Tentacled creature is found in fall month with nothing but a tailless cat. (7)
18. Spilt oil with reel creates owner of 6 down's TV inn. (7)
20. Mastery switches boy for girl and achieves cleverness. (7)
21. Recipe direction for adding flavour and French toast scrambled. (2,5)
23. Six Italians take a second or find shield. (5)
24. Constant biblical character becomes aviator. (5)

Cryptic Crossword #18 By Jan Burney

## KIDS ZONE

Answers:  
Across:  
1. Praised 5. Bad Eggs 9. Upholds 10. Reawake 11. Disinfect 12. Other 13. Realm 15. Artefacts 17. Oblivious 19. Yeast 22. Thrum 23. Viewpoint 25. Pillings 26. Eclairs 27. Scissor 28. Set Type  
Down:  
1. Plunder 2. Aphasia 3. Salon 4. Desperado 5. Bere Tasteless 17. Octopus 18. Lorelei 20. Agility 21. To

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

Have your parent or guardian submit your completed project (have an adult look it over first!) to [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca) and you may see your project in print!

We will include your first name and age if you include that information

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Price: \$ 22.00 More Information: Hello! We are looking for an enthusiastic and caring part time caregiver for Mondays-Tuesdays- Wednesdays from 3pm to 7pm. Our daughter is 8 years old.  
For more information regarding the position email: [annewagner607@gmail.com](mailto:annewagner607@gmail.com)

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