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A photograph of a family of three (mother, father, and child) running through a field at sunset. The sun is low on the horizon, creating a warm, golden glow. The family is running away from the camera towards the trees in the background.

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# Having a daughter follow in your footsteps is a dream come true. Now it seems like I'll be following hers.



## Meet my daughter.

Rhianna Edwards, Maxwell Canyon Creek's newest realtor. Raised here, she knows every nook and cranny of the Bragg Creek and Redwood Meadows communities. She has explored it on horseback, in canoes, and on skis. As a well-traveled adventure seeker, she has climbed Mt Kilimanjaro,

deep-sea scuba dived in Australia, represented

Canada in the 'Tall Ships Millenium Challenge,' and has even bungee jumped beside Victoria Falls. Working alongside me will be a new adventure but with some familiarity. You see, Rhianna and I have been teammates from day one. From 4-H competitions to backcountry pack trips, we have shared many great father-daughter moments. And we look forward to serving you, together, as realtors. Please stop by and say hello to Rhianna. And me, Lee.

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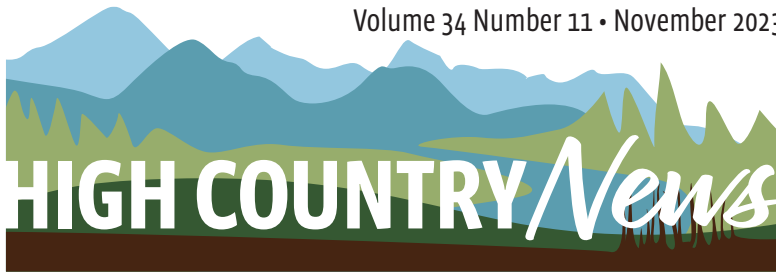
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## LETTER FROM THE EDITOR

Remembrance day is Nov 11. Although not war veterans, I want to take a moment to honour two residents who were recent recipients of the Alberta Order of Excellence for their contributions to our country and province, which ultimately impacts our communities. Please read the brief write up on page 9. For more information about their societal contribution to the province, you can go to [www.alberta.ca/the-alberta-order-of-excellence](http://www.alberta.ca/the-alberta-order-of-excellence).

What we do in times of peace to preserve what was sacrificed at a time of conflict matters. Complacency compromises our freedom, and these two gentlemen continue to live a “non-complacent” life, giving of their time to make the lives of others better.

We may not be of the caliber or capacity of The Right Honourable Stephen J. Harper, or, Mr. Max Foran, but the principle meaning of the reward can be applied to us. What is one small thing you could start doing that will benefit our community to be a better place to live and work? These two men took their skills and passions and made meaningful contributions to the lives of others within the context of where they are and the work they do. In essence, they lived a selfless life. What is more important, is that it wasn't just their individual effort, but the team or community around them that inspired them to work alongside them in pursuit of what they were working towards.

That same selflessness was in the men and women who gave of themselves in times of conflict; many paying the price of a horrific death, others, through sacrifice on the home front. At a time in history where the world is on edge, hopefully we can be men and women who give of ourselves for the betterment of others within the context of where we are. “Let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone...” (Galatians 6:9-10 ESV). Regardless of your religious affiliation, I think this statement is something we could all agree on. “As we have opportunity...” Every day, we have opportunities, choices, in how we respond to and act toward others in a positive manner.

*From my family to yours,  
Lowell Harder*

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## MP UPDATE - FOOTHILLS

John Barlow

### Canadians Cannot Afford this Government.

After 8 years of inflationary taxes and out-of-control spending Canadians know they cannot afford this Prime Minister and his Liberal NDP government. If the Liberals are truly looking to lower grocery prices and make life more affordable, they can do it right now: cancel the costly carbon tax.

Both carbon tax one and carbon tax 2 are driving Canadian inflation and making the cost of food at the grocery store astronomical for families. Our agriculture and agri-food industries are two of the most efficient and sustainable in the world, but with two carbon taxes, our farmers are struggling to do what they do best, feed Canada and the world.

The data is painfully clear. According to the Canada Food Price Index a 5,000-acre farm in Canada will now pay around \$150,000 a year in carbon taxes.

The Parliamentary Budget Officer just published a new report confirming the correlation between inflation in Canada and the suffocating carbon tax on our farmers. Diesel will go up 70 cents a litre,

gas has already exceeded \$2/litre in some provinces? This year alone, the carbon tax collected from on-farm propane and natural gas totaled \$50 million.

Think that's bad? Hold my jerry can, between 2023 to 2030, the Liberal-NDP government will collect almost \$1 billion from Canadian farmers and ranchers in carbon taxes.

These are the facts. A farmer in southern Alberta told me he paid \$140,000 in carbon taxes last year meaning he could not invest in new efficient equipment or help his daughter in her dream to take over the family farm.

A fruit and vegetable grower told me they are paying almost \$5,000 a month in carbon taxes alone. Plus, another \$800 for GST on that tax.

It has become so expensive they may close their market in the winter months due to the high costs.

A grocery store owner told me his power bill has gone up \$6,000 per month due to the higher carbon taxes. How does he absorb that additional cost?

The Liberals will also be enforcing non-sensical front-of-package labelling on all products which will cost producers and retailers another \$2 billion. Do the Liberals believe farmers and manufacturers can simply absorb those costs?



## COVER ARTIST PROFILE

Charmaine Carton is a long term foothills resident and amateur artist. She began to paint four years ago after spending many years riding mountain trails on the Eastern slopes. After closing her equestrian chapter, she set her focus on photography and painting with acrylic and chose a familiar subject matter - wildlife. The bull elk in this scene is bugling during rutting season to protect his harem on a small gravel bar on the Athabasca River near Jasper.

*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.*



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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

**Budget Engagement** - The County is planning on releasing the draft 2024 budget at the beginning of November. Look for newspaper advertising and on the county's website in October regarding the release details. After you have viewed the proposed budget you will have a chance to provide further input. Details of how and when will be provided in the advertisement. Learn more about the County's budget process, and how your property tax dollars support County services, visit Budget & Finance | Rocky View County.

**Highway 1 / Range Road 33 Overpass Improvement** - Due to the overpass being a regionally significant piece of transportation infrastructure for the County's west side since the overpass is extensively used to access services on both the north and south sides of Highway 1 which include, but are not limited to, all of Springbank's schools including the Edge School and Springbank Park

for All Seasons, Springbank Airport, Mickelson National Golf Club, Calaway Park, Commercial Court and Emergency Medical Services deployed from Springbank Airport, Council has issued a letter requesting the Minister of Alberta Transportation and Economic Corridors (ATEC) to supply the balance of funding required to complete the interchange improvements. The Ministry has previously provided \$2M to support a detailed engineering study for the interchange with a target completion date of Q4 2023. The County is estimating that the total interchange improvement costs are approximately \$40M and has partnered with developers to raise a total of \$24M towards this project. This private sector funding is contingent on the County securing the \$14M remainder of the required funding from ATEC. In addition, Council has requested \$5M to address the downstream impacts of stormwater management that may result from the interchange improvements. The staging of Highway 1 and Range Road 33 interchange improvements was determined through a functional planning study initiated by ATEC in 2009. The study identified the traffic triggers and staging plan for the interchange, which has been further refined in terms of timing and details with the development-specific transportation studies. Stage 1 of Highway 1 and Range

Road 33 interchange is required to be completed prior to Costco's opening. Stage 1 consists of

- reconfigure the interchange ramps to a diamond configuration,
- upgrade the interchange ramp terminal intersections to roundabouts,
- widen Range Road 33 to four lanes between Highway 1 and Township Road 250, and
- upgrade the Range Road 33 and Township Road 250 intersection to a roundabout

### Petro –Canada relocation proposal

– Urban Systems Ltd. (USL) has been retained by Suncor Energy Products Partnership (Petro Canada) to prepare a Land Use Redesignation application for the property located at 33019 Township Road 250 (subject property). The subject property is located at the southwest corner of Range Road 33 and Township Road 250. The proposed application will seek a land use redesignation of the subject property to redesignate the lands from the current Special, Public District (S-PUB) to the proposed Commercial, Highway District (C-HWY) to permit the future development of an integrated energy centre. The redesignation is being requested to allow for the potential relocation of Petro Canada's existing Jumping Pound integrated energy centre located at the northwest junction of Highway 22 and Highway 1. The potential relocation of Petro Canada's Jumping Pound facility is a result of potential planned improvements by Alberta's Ministry of Transportation and Economic Corridors (ATEC) to the highway interchange at Highway 22 and Highway 1. The potential expropriation of the lands will result in the closure of the Petro Canada Jumping Pound facility. Petro Canada intends to develop the subject property similar to what exists at the existing Highway 22 and Highway 1 location. The land use application is proposed to be submitted in fall of 2023. Once submitted, a Notice Sign will be placed on the subject property advising area residents and business owners that an application has been submitted. Following submission, the application will be circulated by Rocky View County for technical review and commentary by various County departments and external review agencies. In addition to the technical review, a public meeting will be held, and the public will be invited to provide input on the proposed development to Council directly. For



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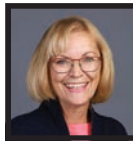
specific questions and/or comments about the proposed development, please send them to: [engagement@urbansystems.ca](mailto:engagement@urbansystems.ca)

**Bow River Access Stairs end of RR 32 by Springbank Heights Way-** Recently the access stairs to the Bow River at this location have been removed. RVC's Asset Management group has reviewed as to why the stairs have been removed and they have indicated that approximately 100' of the shoreline where the steps were located is owned by Transalta Corporation and that the County's Municipal Reserve is adjacent to this land. Transalta had relayed to RVC that an incident had occurred and due to the liability of the stairs that they would be removing the stairs. Administration has been asked as to what options are available for the continued access to the river.

**Soft Service Off-Site Levy** - At Rocky View County, we are exploring the idea of introducing an 'off-site soft service levy bylaw' to development - a thoughtful strategy to ensure we'll have fantastic amenities in the future. The County is in the engagement phase and is looking for feedback from residents and developers. Learn more by visiting <https://engage.rockyview.ca/site-levy-soft-services>.

**Canada thistle** - A herbicide application after a hard frost can hit the noxious weed where it lives. Fall control on pasture might be one of the most effective tools in stopping growth of the noxious weed, said an expert with a leading agribusiness. Read more at [albertafarmexpress.ca/livestock/the-time-to-attack-canada-thistle-is-now-or-soon/](http://albertafarmexpress.ca/livestock/the-time-to-attack-canada-thistle-is-now-or-soon/)

Don Kochan – Division 2 Councillor  
[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)



## NEWSLETTER

### Judi Hunter - Ward 5 Trustee

Schools are well underway with successful start-ups. I had the opportunity to attend the Welcome back celebrations at Elbow Valley Elementary, Springbank Middle School and Westbrook School. The weather was spectacular, and it was wonderful to watch the children playing and parents conversing. Thank you to the schools for hosting and providing food.

Rocky View Communications team have deservedly won a Canadian Association of Communicators in Education (CACE) award for the Space for Students advocacy campaign. This national award recognizes and honours exemplary work in all aspects of school public relations, communications, marketing, and engagement.

The Airdrie Community Engagement has begun. The engagement will inform parents of the serious space issues in the City of Airdrie and give possible scenarios to alleviate the overcrowding in schools. Options will include, changing a middle school to a high school, making boundary changes and making grade configuration changes. Parent will have the opportunity to weigh in through the School Engage platform as well as community consultations. Planning is in process for similar processes in Cochrane and Chestermere.

The Alberta government is consulting with stakeholders to gather input for revising the social studies curriculum. Public input will be sought in 2024.

Alberta says \$12.4M will create nearly 2,000 apprenticeship positions

The Alberta government is spending \$12.4 million that it claims will create nearly 2,000 new apprenticeship positions to be spread over five different institutions across the province. The new positions are slated to go to students at the Northern Alberta Institute of Technology in Edmonton, Southern Alberta Institute of Technology in Calgary, Red Deer Polytechnic, Lethbridge College, and Keyano College in Fort McMurray. In an interview with Postmedia, Advanced Education Minister Rajan Sawhney said the announcement reflects a growing need from employers.

Classroom Champions receives \$3.6M to expand educational programs for Western Canadian students. A mentorship program that connects Olympic athletes with children at schools across the country is set to receive a major funding boost aimed at bridging educational gaps and empowering young minds. Classroom Champions, a leading educational non-profit, has secured \$3.6 million in funding from 23 Western Canadian corporations they're calling the Energizing Community Collective. Steve Mesler is the CEO and co-founder of Classroom Champions, which now works with millions of students across North America by facilitating video lessons and interactive chats with athletes.

Alberta's population continues to surge growing by 184, 000 last year. This will impact our already overcrowded schools. [www.cbc.ca/news/canada/calgary/alberta-population-growth-statscan-report-1.6979657](http://www.cbc.ca/news/canada/calgary/alberta-population-growth-statscan-report-1.6979657)

The new Langdon Junior/Senior high school will open September 2025. Parents of Langdon are presently engaged in dialogue about the school grade configuration and attendance boundaries.

September 30 was Truth and Reconciliation Day, all of Rocky View participated in activities related to this day.

Caretaking is presenting a problem for many schools. Rocky View Schools received additional funding during COVID for caretaking. The funding has ceased so caretaking has been reduced and schools are adjusting to the new "normal".

Springbank Community Associate in conjunction with Springbank High School is holding a raffle to support the Springbank High School Physical Education program. Please be expected students at your door selling raffle tickets.

Bussing times for Elbow Valley, Bragg Creek and Redwood for students going to the Springbank Schools due to construction on Stoney Trail and 22 X.

Gravel trucks were being detoured along RR 33 and RR 31 while RR40 was being paved. All trucks should be using RR 40.



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## MLA UPDATE - BANFF/KANANSKIS

### Sarah Elmeligi

What an amazing fall! The colours, the temperatures, meeting with folks outside – it's all so fabulous. September and October were busy months for our office as I continued to attend a variety of community events and meet with as many constituents as possible.

I spent quite a bit of time in September getting to know the Springbank community better. At the Springbank Fall Fair, I connected with several local artists, learned how to make rope and butter, and had great chat with the local Sheriffs and Fire Department. Thanks to everyone who made the Springbank Fall Fair such a fun afternoon of community connection!

I also met with the Springbank Community Association, the Trails and Pathways group, as well as some concerned citizens to discuss SR1 and how it can benefit the community over the long term. I've already submitted a letter to the Minister requesting the recommendations from the Springbank community task force

be publicly released so we can include recreational opportunities in SR1 construction.

The Bragg Creek Arts, Eats, and Beats festival followed up with a showing of the International Vancouver Mountain Film Festival at the community hall was a great day! Good food, good music, and an evening movie? Hard to ask for a much better Saturday than that.

Over in Millarville, I had another amazing day at the Racetrack where I learned more about the amazing community, their incredible volunteerism, and the history of the area. I'm not sure I've been anywhere where people talk about being "third generation volunteers" for an organization. Wow! It's such a privilege and honour to connect with the good folks in Millarville and learn more about the diverse and incredible history of the southern end of our riding.

Through "Meet and Greet" events across the riding in September and October, I have met many good folks from Waiparous, Priddis, Bragg Creek, and Millarville. We've talked about logging, the Canadian Pension Plan, healthcare, various local developments, and tourism. Each of these conversations has helped me prepare for my first session in the legislature and

working with other MLAs to better serve you.

Forestry in West Bragg Creek and Highwood Pass continues to be the most common issue in my email inbox. I released a statement in response to the logging and have continued to meet with stakeholders and Spray Lakes Sawmills. Logging plans are determined years in advance, but I remain hopeful that we can work together as a community to find solutions.

In September, I put a call out for local artists to share their work in our Canmore office. Our office looks so much better with your talent gracing its walls! We still have wall space, so if you're an artist and have a piece you'd like to loan to us for six or 12 months, let us know. Our office is a great space to showcase your work!

"MLA on tour" is proving to be a great success. Each time Sean and I are in a community, we have a string of folks waiting to chat. Thank you to everyone who has come out and thank you to the businesses in Bragg Creek and Priddis that have welcomed us into their space to set up for an afternoon.

On October 30, I'll be heading into the legislature for the fall session. My maiden speech, in response to the Throne Speech, will be in that first week of session



**MLA SARAH ELMELIGI**  
**BANFF-KANANSKIS**

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Meet Sarah in person. See the MLA on Tour November schedule below.

Sunday, November 12:  
Millarville Christmas Market  
09:00 - 12:30PM

Sunday, November 12:  
Festive Foothills Art Sale, Leighton Art Centre  
1:00 - 4:00PM

Saturday, November 18:  
Canmore Christmas Artisans Market  
10:30 - 3:30PM

Sunday, November 19:  
Bragg Creek Artisans' 2023 Christmas Sale  
10:30 - 3:30PM



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(I'll post the date on my social media when I know). One of my colleagues said your maiden speech is like a "love letter" to your constituency. This summer, I have fallen in love with Banff-Kananaskis all over again. Each of you has brought something to mind that reinforces just how special our riding is. My maiden speech will reflect what I've heard from you, what issues we face, and how great our communities are.

I've also started preparing questions to bring to Question Period. If you have anything you'd like me to ask a Minister email me! I'm working on questions relating to tourism growth and recreation

planning, provincial supports for regionally important infrastructure, forestry, development planning, and so much more.

The MLA tour for November will involve ALL the Christmas markets across our riding (see ad accompanying this piece). Meet me there or email my office and let's arrange a time to chat. The best way for me to serve you is to meet you and hear what your concerns are. If we can't meet in person, video chat is always possible. I look forward to connecting.

*Sarah Elmeligi*



## ALBERTA ORDER OF EXCELLENCE

Local community members awarded the The Alberta Order of Excellence which was created in 1979, with the first investiture in 1981. The Lieutenant Governor, as the King's representative, invests members into the Alberta Order of Excellence at a special ceremony at Government House in Edmonton.

The Alberta Order of Excellence recognizes Albertans from all fields of endeavour and backgrounds. Members of the Order's contributions have formed - and continue to advance - the province's history and place in Canada and throughout the world.

The Right Honourable Stephen J. Harper PC, CC, D.Phil. (Hon.), FRCS

"I believe very strongly that in this world you have to have values and you have to stand up for your interests and if you don't do those things you're not going to get anywhere."

The Right Honourable Stephen J. Harper of Bragg Creek is an economist, politician and author who served as Canada's 22nd prime minister from 2006 to 2015. He transformed the country's political landscape by uniting the previously divided right into the modern Conservative Party of Canada. He went on to win three consecutive national elections, leading Canada through a decade of complex geopolitical, economic and security challenges. His leadership had a profound impact on the nation and Alberta.

Max Foran Ph.D.

"If you don't know the past, you've got no perspective on the present. To live meaningfully in the present, you should have an awareness of where you've come from, where your country has come from, where your civilization has come from, and even how your own species has interacted with its environment. Only an awareness of the past can give you that."

Max Foran of Priddis is highly respected throughout Alberta as a teacher, professor, author, historian, media figure, wildlife activist and contributor to his community. He has influenced generations of students, historians and Albertans with his original thinking and dynamic approach.



# Robert M. Hughes Financial Solutions Inc.

## All Weather Investing

There is almost always chatter in the media about the next possible correction, recession, global conflict, etc. The most recent buzz is about a possible US recession where Canada would likely follow suit. The chatter also includes opinions about a "soft landing" versus a "hard landing," etc. The primary challenge for individuals, trying to build wealth, is that this background noise (chatter), usually, has nothing to do with...you!

Pursuing the financial hopes and dreams, of you and your family, involves navigating the ever-changing world. You have to factor in your own desires, goals, and ambitions. Your desire to build assets (financial freedom) and financial independence remains the same - no matter what happens in the world around you. This is sometimes referred to as your personal economy. As factors in the outside world change (tax policy or interest rates) you can make tactical adjustments to your overall financial and strategic plan.

Your primary role is to work with an advisor to steer your path through the various opportunities and obstacles that life serves from time to time. Recessions and market corrections are known, expected, and normal events, that occur many times, over your lifetime. When tough times arrive, it is critical to keep talking to your financial advisor. Share your thoughts and concerns with your advisor so that they can provide clarity on how current events may or may not impact your overall financial strategy.

Your time horizon is the number one factor considered when a financial advisor recommends investments for your long-term goals and your temperament. Therefore, it is important to consider your short and medium-term spending needs when investing. If you are saving to buy a car in two years, then that money should be invested with this short-term goal in mind and not added to a long-term portfolio (long term is five years or more).

In addition to asset allocation, proper cash flow management will help you to ride out any recessions or market corrections. It may help you to not sell investments - to meet household expenses - at a possible low point. Disposing of investments during

corrections may result in you selling more shares or units than necessary - compared to more stable market conditions.

You must be prepared for corrections / recessions in advance and understand what your game plan would be. Those events can happen very quickly today with automated computer trading. Sometimes market corrections are over in days versus months or years to play out as in the past. If a small (say 5%) correction keeps you up at night, then that should be factored into your investment plan. If you have a large government pension and a modest RRSP (less than \$100,000) then you may be better prepared to weather significant market storms and corrections as your cash flow is probably minimally impacted.

The key to successful investment planning is patience, perspective, and a keen focus on the end goal. The path is not always clear, and the ride may be bumpy at times but there are almost unlimited routes to get you to where you wish to go.

Successful goal setting requires a clear focus on where you are heading rather than constantly monitoring day-to-day changes in market conditions. Call me today for a review of how well you are positioned in the event of a recession or market correction and how these types of events fit into your long-term financial strategy!

When thinking about long term financial plans and how to build assets effectively and efficiently, it is essential that clients and their financial advisor have conversations to confirm that there is clarity regarding "time horizons" and investing objectives.

Different objectives will involve different timelines. Call me today for a review of your various portfolios and whether they are positioned appropriately given your time horizon.

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

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## MAKE YOUR MARK By Mark Kamachi

### Is your personal brand working?

Last month I talked about personal brands based on a ChatGPT search result asking, "Who is Mark Kamachi?" I want to revisit this topic after having had an incident last month which resulted in two deaths which I was involved.

I was driving home, west to Bragg Creek late one night from the city on Highway 8, an unlit, two-lane highway. The night was not hampered by any harsh weather or wet road conditions. In fact, a perfect night for a drive. Stars sparkling and very little traffic.

Suddenly, from my right, a large creature appeared from nowhere. Immediately, I tightened my grip on my steering wheel. Larger than a horse, it dodged in front of my yellow Jeep (Yes, I drive a yellow Jeep). Ironically, the same yellow as a CAUTION sign. At first glance, it seemed this creature would clear my path, however, it suddenly turned back towards me. The whites of our eyes locked as we collided head on.

Crunch.

Fast forward a week and a half later, I was told my Jeep was a complete write-off. That's two deaths: my Jeep and a bull elk. I was now tasked with finding a replacement. The Jeep that is. I asked myself, "Where do I find another yellow Jeep?" As my buddies always say, "Who in their right mind drives a yellow vehicle?" They know me well.

My now departed Jeep, hopefully being driven by a bull elk in Elk Heaven (if there's such thing as a happy ending), was a long process to find 5 years ago. To find another yellow Jeep today is almost impossible. Asphalt Grey, Bitumen Black or Barney Purple are just not part of my persona. I like to think my personal brand is bright. Attention seeking. Yellow is my favourite colour. And Jeeps, although more common now, still stand out. A yellow Jeep stands out more.

Jeeps have a brand identity all to their own. Anything close in resemblance is a copy: Hummer, Toyota Land Cruisers, the new Ford Bronco, Suzuki Samurai, Land Rover, etc. And that's where branding plays a huge part in your business or personal relationship with your customers or peers. Connections to people are created when you leave an impression. Whether it's your

personality, your product/service, your actions, your goal, when you meet new customers/friends is to leave a memorable and lasting impression.

What's your unique identity? Is it working in your favour?

Case in point. The following morning, I had several friends, commuting to the city, call and/or text me asking if I was okay. They saw my mangled Jeep on the side of the road and immediately made the connection. On top of that, I received over 200+ replies within hours of a Facebook post recounting the incident. My personal brand came through.

We all have a personal brand. Some like theirs to stand out whilst others like to lay low and use other means to communicate their brand. Regardless, it's advantageous to use your brand to grow your audience. Especially if it comes down to growing your business/service.

The accident proved having a brand has its advantages. So don't be afraid to stand out. But don't do it on a highway at night.

RIP Mr Elk.

Cheers, mark.

## For Wonderful Gifts

Like snowflakes,  
my Christmas  
memories gather  
and dance - each  
beautiful, unique,  
and gone too soon.

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## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Greetings! Save the date Nov 15, 7 PM, The Post House, 36 White Ave for our Annual General Meeting. We have several Executive positions available, along with Director roles. Time commitment can vary from only attending meetings to being a bit more involved in chairing meetings and/or being lead contact for Tourism or Rocky View County as an example. Be a part of what change you would like to see in Bragg Creek.

The good news is there is a timeline document to help the new President and Executive to know what is coming up for decisions to assist with budget and plans for the next year. Two Executive positions are open due to them stepping into a Board Director role instead. The existing Board members are all staying so there is a wealth of experience remaining around the table.

As you begin your role on the Board established connections will be passed onto you with several key folks at Rocky View County and Travel Alberta. A lot of time was spent by your Board to create this; where we shared our outlook, concerns and hopes for the future.

As Past President I am happy to share these conversations and outcomes, and provide support to you.

I will share more at the AGM about our accomplishments over the last two years. I will say now though about two key outcomes I am particularly happy about:

1. There is a process in place for accessing funding with Rocky View County at a considerably higher dollar amount than before. Why? We presented a business case and asked. Our Councillor helped and it is now a line item in Rocky View budget.
2. The creation of a Community Group meeting with Councillor Hanson, who asked the Chamber to bring all groups together in one room. We just completed our second meeting; combining it with our Chamber members. Minutes are available to you, just ask. In two meetings we can see the bar being moved forward toward key initiatives in Bragg Creek, and various groups see alignment to work together towards goals. You are welcome to be a part of the shared communication and commitment towards our Community. We will have another meeting in February.

Please consider taking your turn to join the Chamber Board and support Business and Tourism in our fine community.

*Sincerely, Sherri Olsen*



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BEFORE



AFTER





## FROZEN SHOULDER

By Jennifer Gordon

Brrr...it's getting cold outside. It seems like just the right timing to discuss something like Frozen Shoulder! This frustrating injury has mysterious beginnings and for the most part, unknown causes. This is a process called adhesive capsulitis that affects your shoulders. Often signs and symptoms creep up slowly then gradually get worse. Pain and stiffness are the predominant symptoms early on. Typically, only one shoulder is affected, but some people eventually develop this issue in each shoulder, up to 5 years apart. The process can take 1-3 years to resolve, as the shoulder dysfunction goes through stages called freezing, frozen and thawing.

Frozen shoulder has an insidious onset, but most commonly affects people between the ages of 40-60 years, in women more than men. There may be a preceding injury that causes you to rest or immobilize your shoulder for a length of time, or a traumatic injury such as a fracture or surgery. Moving your shoulder soon after surgery or immobilization is important to ward off frozen shoulder complications. Comorbidities, such as diabetes, thyroid issues, Parkinson's and cardiac disease are at an increased risk for developing frozen shoulder.

The freezing stage involves pain with movement of the shoulder and the range of motion becomes limited. This can last from 2-9 months.

The frozen stage becomes stiffer, but the pain may lessen somewhat. This phase is often 4-6 months long.

The thawing stage is when the movement gradually starts to improve. This may take from 5-24 months.

The ball and socket style joint in the shoulder is called the glenohumeral joint. It is surrounded by strong connective tissue, called a capsule. Within the capsule, there is synovial fluid that helps to lubricate the joint and provide nutrition to surrounding tissue. When this capsule becomes stiff and thickened, adhesions in the connective tissue may form. This is what is called adhesive capsulitis. This stiffness squeezes out some of the synovial fluid within the joint. While this issue is local to the glenohumeral joint, the shoulder girdle is really a complex unit of the collarbone, shoulder blade, neck and upper back joints and ribs. All of these joints need to move in harmony as a unit for full shoulder range of motion. When the shoulder joint is restricted, compensatory movement patterns will develop that, over time, can cause pain in other areas.

The main treatment for frozen shoulder is range of motion exercises and keeping the surrounding joints moving optimally. Some might ask, "if this problem will resolve on it's own, why bother with physiotherapy and exercises?" Great question! Rehab will involve learning the right stretches to do and how to stretch without compromising surrounding tissue structures. When a joint becomes stiff, muscles and fascia tissue tighten up as well. There are also

nerves that pass through and around this tissue that will also lose flexibility. Nervous tissue (branches of peripheral nerves that originate at our spinal cord and extend down to our fingertips) does not like to be stretched. The sensation of "tight" nerves being stretched can be radiating pain, pins and needles, burning or numbness. So, while we need to stretch muscles, the capsule and the fascia, we need to protect the nerves along the upper limb. We also use manual techniques, modalities, stretches and strengthening exercises for all the joints involved in the "shoulder girdle" that I mentioned above. This may be joint mobilizations, manual soft tissue release, cupping, acupuncture or IMS techniques to loosen, mobilize and keep blood flowing to these other areas. Sometimes treatment may involve corticosteroid injections and rarely arthroscopic surgery.

The therapists at Bragg Creek Physiotherapy would love to help get you moving and keep that shoulder out of the cold this winter!

Jennifer Gordon (BSc.PT, BA Kin, AFCI)  
Physiotherapist - Bragg Creek Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)



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## Rutting Season - Wildlife's Deadliest Time of the Year

Autumn is the season for mating amongst ungulates such as deer, moose and elk. It is the deadliest time of the year for these species - with the highest incidences of wildlife-vehicle collisions not seen in any other season.

As the rutting season spans the Fall period, typically elk commence their rut in September, moose become active in October, followed closely by white-tailed deer and lastly, the mule deer in November. During the rut, males have an intense urge to reproduce with the females of their species and will display increased aggression towards other males. Sudden, unprovoked attacks on a perceived rival can cause a male deer (for example) to dart into a roadway with a singular focus on pursuing his competitor.

November is the month where the highest number of wildlife-vehicle incidents are seen and is therefore the deadliest one for wildlife. How can this be explained? Known as photoperiod, the diminishing ratio of daylight to darkness triggers behavioral and physiological changes in these animals. Bucks, for example, have arrived at the apex of their physical development after spending a fruitful feeding period over the Spring and Summer months. With fully-developed antlers, thickened necks and having extraordinary muscular strength, they

exhibit their prowess against competing males to win the opportunity to mate with female does in oestrus. As their instinct to mate is so intense, many males do not feel the need to eat during this period and may lose body weight. This single-minded focus also contributes to their lack of awareness for other dangers that are present - such as roadways that intersect with their territory.

For those of us who are living and active in and around the Bragg Creek and Redwood Meadows areas, this means being especially alert around all local roads. Deer may be drawn to road salt along roadways, attracted to vegetation in ditches, or they might blindly dart across a road in pursuit of a competing male or target a potential mating female. A solitary doe seen along a roadway may be the focus of several bucks in pursuit. The rut period is very dangerous for other species as well, as bucks may not differentiate dogs or people from their rival competitors. They may even chase off nearby fawns, leaving them confused and suddenly alone. Such intense social interactions instigated by these males will eventually dissipate once their testosterone levels drop and their antlers are shed later in the Winter.

In the month of November, a reported 80% of wildlife-vehicle collisions involve deer. According to the AMA, the average the number of wildlife-vehicle collisions is more than double that of any other month in the year. The highest numbers typically occur around the time the clocks change back from Daylight Savings Time to Mountain Standard Time. (The time change for 2023 occurs on Nov 5th) Costs incurred by vehicle damage can be a huge influence on insurance payouts and often include personal injuries as well.

The message is, **PLAY IT SAFE**. Be particularly wary during dawn and dusk – the collision danger factor increases overwhelmingly during this time period.

- Be on the lookout for movement in the shadows and during daylight hours too. Look for shining eyes in your headlights while travelling at night.
- Don't speed – Unexpected icy or slick roadways can make sudden braking difficult in the case of a deer appearing on the road ahead of you.
- Use your high beams when possible while being mindful of oncoming drivers. Flash your headlights to warn oncoming cars of wildlife you see on the road ahead of you.
- Keep your eyes on the roadsides as well as the road ahead. A deer may be browsing in the ditch, and several others may also be close by.
- If you encounter a deer on the road, brake gently and don't swerve into oncoming traffic.
- If a deer is standing in the middle of the road, don't use your horn or lights – either opt to steer very slowly towards the animal's back end to encourage it to continue in the direction it was headed, or wait until it moves off on its own.

Valuable contact information for various wildlife issues you may encounter is in the table below.

By helping to keep our wildlife safe, we keep ourselves safe too.

Bragg Creek Wild - [www.braggcreekwild.ca](http://www.braggcreekwild.ca)  
[braggcreekwild@gmail.com](mailto:braggcreekwild@gmail.com) - 403-200-9961  
 People and wildlife living in community

Injured / Orphaned Wildlife	Wildlife Emergency	Wildlife Collision	Wildlife Poaching Violation
Cochrane Ecological Institute (CEI) 403 932 5632	Alberta Fish and Wildlife 403 932 2388 and press 2	RCMP Cochrane 403 851 8000	Report a Poacher (RAP) 24/7 hotline 1 800 642 3800
Alberta Institute for Wildlife Conservation (AIWC) 403 946 2361		Alberta Fish and Wildlife 403 932 2388 and press 2	
Calgary Wildlife Rehab 403 214 1312			





## BRAGG CREEK TRAILS TRANSITION INTO WINTER – Trail Grooming waiting for Mother Nature

Bragg Creek Trails has been madly racing Mother Nature to get as much trail work done before the whiteness descends upon us. This has included significant improvements to our designated snowshoe trails, Snowshoe Hare and Snowy Owl. We've also had the mower out on the ski trails preparing a smooth, clear surface to start packing snow when it arrives.

The debate on when to start winter grooming has always been a contentious issue within BCT. The necessity to start base preparation once conditions allow didn't always jibe with the government regulations in the past. The official grooming season start has always been December 1 and ended March 31. The reality is that BCT has to take advantage of Mother Nature no matter what kind of mood she's in. Early snow and cold allows our groomers to start laying down a solid snow base which drives the frost into the ground. Without this early start, our ski season is significantly reduced especially considering the weather challenges we've experienced recently.

This issue came up numerous times during our recent Trail Planning process as we identified certain initiatives that would make the winter trails in West Bragg Creek (WBC) more sustainable from a maintenance and conflict reduction perspective. The major drivers behind this decision making were the ever increasing popularity of WBC as a winter trail sport destination and our challenging foothills weather. Trail user and trail

volunteer satisfaction were also strong considerations. This consultation with the public, BCT volunteers and with government landed on NOVEMBER 1 as a suggested official start date for ski and fatbike trail grooming as long as the proper conditions exist to begin. This is currently under review by Alberta Forestry and Parks as part of the pending WBC Trail Plan approval.

Until the Trail Plan is formalized, BCT will continue with our business as usual approach. This involves grooming once enough snow falls to start roller packing. Once winter operations have begun, we respectfully ask that these efforts be respected by non-skiers who will be directed onto alternate trails to avoid damage to the ski tread. With skiers anxious to hit the groomed trails, separating users is the only way to control user conflicts and reduce safety concerns from trail damage. The end date on March 31 was not a concern for us since by then the trail conditions are approaching marginal at best.

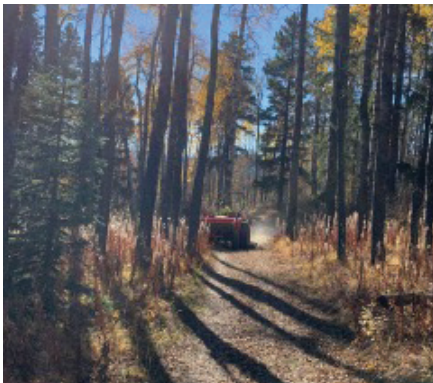
To help us all transition into winter trail etiquette mode, BCT has improved our messaging and signage as several of the summer multi-use trails have been

redesignated. Grooming of certain trails for fat tire biking and snow shoeing will be closed to horse traffic again this year. Horse specific trails have been identified on the maps as a result. Additionally, our volunteer trail hosts and grooming staff will be able to provide route finding and trail etiquette information so that everyone has an enjoyable experience on the trails this winter

**GET YOUR BID'S READY! BCT's ANNUAL ONLINE AUCTION IS HERE AGAIN.** This year's online auction will run from Nov. 25 to Dec 2, and we are in the process of procuring prizes and services from donors. Anyone interested in donating something should contact [info@braggcreektrails.org](mailto:info@braggcreektrails.org). A link to the auction will be added to our website [braggcreektrails.org](http://braggcreektrails.org) once we're ready to go. Many thanks to past donors for your support. We have had many happy trail enthusiasts benefit from your generosity.

**BCT IS HIRING - Seasonal Part-Time Ski Groomer.** If you have experience with maintaining ski trails we'd love to talk to you. Check out our website at [braggcreektrails.org](http://braggcreektrails.org) for job details/

*See you on the trails  
Conrad Schiebel (BCT President)*



Mowing the trail edges along  
Telephone Loop

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## BCCA

November may seem to be a month in the middle. Slipped between fall and winter, bordering occasions, events and lifestyles on either side. However, it is in no way neutral. It can be hard, full of the 'doing' part of well thought out plans. It can be cold and long, or short and busy. Either way, it calls upon us to live through and do, and sometimes, dig down deep.

Be purposeful with your time. Make it count and count others in.

Remembrance can be a pillar of strength for us. Remember who you are, what you believe in and where you came from. Remember those who served and continue to serve, and why. Take time to learn and move forward in community life with care and generosity.

Lest We Forget. Remembrance Day Service - You are invited to attend:

- Saturday, November 11th
- 10:30am at the Community Centre
- Outside Service (dress for the weather)
- Following the service, you are invited inside for coffee and a light lunch.
- At 1:00pm enjoy a performance with Tim Isberg - sponsored by BCPA.
- Please bring donated food items for the Veterans Association Food Bank.

The Board of Directors for the BCCA held their Annual General Meeting on Oct 30th and are now getting set up for a busy term. Stay tuned for announcements introducing the directors, both current and new that will be working hard behind the scenes for our community. Looking forward, there is plenty on the go:

-Special for our Rural Mom's - Night Out featuring Macramé - Nov 7

-Alcohol Ink Christmas Card Workshop - Nov 25

-Bragg Creek Spirit of Christmas - Dec 1-3 - Volunteers needed, please watch for opportunities to sign up.

-Purdy Christmas Chocolate fundraiser - watch for more info on our Website and Facebook.

-Plans are afoot for Winter in the Woods on Jan 27th - Save the Date!

We would like to recognize Kathleen Burke and Bragg Creek Insurance for hosting the outdoor movie night in September. We are fortunate to have such committed support from the business community. Thank you!

Our regular programming of Pickleball, Artsy Afternoons, and Rumble & Roar is in full swing. Stop by the Centre or visit the Website to get involved in these fun activities.

So, without the distractions of summer, vacations and parties, let's settle into November. Put into motion what you preach and turn your words into action. Shine on during this beautiful month of adventure.

*The Bragg Creek Community Association*

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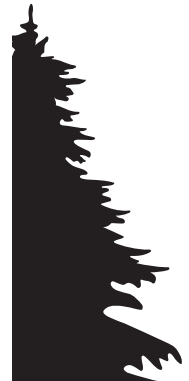


## SWAMP DONKEY MUSICAL THEATRE

Looking for a local activity to celebrate the holiday season? Join Swamp Donkey Musical Theatre Society for our third annual Christmas production. This original musical, Christmas at the Creekside Grill, was co-written by our President, Trisha Gizen, and Artistic Director, Melanie Baux. It is a heartwarming story that is sure to entertain audience members of all ages. The production runs December 15 to 17, 2023 and features a cast from Bragg Creek, Calgary, Cochrane, and Canmore.

Why not spend the day in Bragg Creek? We have partnered with eleven local restaurants and the Bragg Creek Distiller. Our partners are offering 10 to 15 percent off your food purchase when you present your Swamp Donkey performance ticket. Show tickets and a full list of our partners and their offers can be found at [www.swampdonkeytheatre.ca](http://www.swampdonkeytheatre.ca).

We hope to see you at the show!



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**CREEKSIDE**  
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**PERFORMANCES:**  
**December 15-17, 2023**

**SWAMP DONKEY THEATRE**  
**16 WHITE AVENUE, BRAGG CREEK**  
Christmas at the Creekside Grill was written by  
Trisha Gizen and Melanie Baux.

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

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for the Arts

 ROCKY VIEW COUNTY

  
Purchase tickets here

*Remembrance Day Service*

Saturday, November 11 @ 10:30 am  
Bragg Creek Community Centre  
23 White Avenue

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

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



*Lest we forget*



**SPIRIT OF**  
*Christmas*  
**MARKET**

**December 1 - 3, 2023**

Friday: 5 pm - 9 pm  
Saturday: 10 am - 5 pm  
Sunday: 10 am - 5 pm



**Bragg Creek Centre**

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## XC BRAGG CREEK SKI AND BIKE SOCIETY

Meet the Board Members and Explore Our Thriving Programs

XC Bragg Creek Ski and Bike Society (XCBC) is a vibrant community organization that has been a beacon for outdoor families for years. Throughout the seasons, whether the Bragg Creek area is a biking paradise or a winter wonderland, the society remains committed to offering youth from Bragg Creek and surrounding areas fun and active mountain biking, cross-country skiing, and biathlon programs suitable for all levels.

The club offers a wide range of youth mountain biking programs suitable for kids from ages 6 to 16. From novices looking to get their wheels dirty for the first time to thrill-seeking experienced riders, there's something for everyone. The society's Youth Recreational Mountain Biking Program introduces children to the joys of mountain biking. With volunteer coaches and age-appropriate trails, kids can develop their biking skills in a safe and fun environment. If your child is a more advanced biker between the ages of 11 and 16 and looking for some competition in a team environment, The Performance Team - Competitive Mountain Biking Program is a great fit. Both the recreational and performance programs run through the spring and fall from the West Bragg Creek Trailhead.

This coming January, the Performance Team will be hosting a fat bike fundraiser for the biking program at the West Bragg Creek trails. Stay tuned for more details to come in the following months. We look forward to seeing our returning young biking enthusiasts and greeting new members next spring.

As the days get shorter and the leaves start to fall from the trees, XCBC's bike programs wrap up their fall sessions and make way



**Left to right: Evelyn Pepperkorn, Max Van Vliet, Andrew Thompson, Allison McArdle (head coach), Logan Rostoker, Avery Balbanida, Ian Thomson, Isla Borycki, Hugo Borycki. Kneeling in front is Avery Thompson. The dog is Sonny.**

for winter fun. When snow blankets the Bragg Creek area, XCBC transitions into the cross-country ski season, offering comprehensive youth programs for skiers of all levels.

Similar to the biking program, XCBC offers both recreational skiing opportunities and a competitive program. The programs are organized and supported by a Nordiq Alberta's 2023 Coach of the Year with over 20 years of coaching experience at Club and international level to ensure ongoing athlete development and a smooth transition from the recreational program to the competitive program. Athletes in the competitive program compete in cross-country ski races around the province.

This season XCBC, will host the 11th annual Alberta Youth Championships (AYC) for athletes from Western Canada. AYC will take advantage of the amazing trail network at West Bragg Creek hosting over 100 skiers aged 10 - 13. It involves 3 races over 2 days, classic, skate and a relay. This year the championships will be on March 2nd & 3rd 2024.

The biathlon program at XC Bragg Creek Ski and Bike Society combines the discipline of cross-country skiing with the precision of marksmanship. XCBC's Biathlon program introduces children to this exciting sport, with the use of eco-aim photo-guns. No prior biathlon experience is necessary. Shooting sessions are held on Wednesday evenings at the West Bragg Day Use Area. Ski skills are developed

through the Trail Ninja program (Monday and Saturday) providing technical and tactical development in a challenging and fun environment.

XC Bragg Creek Ski and Bike Society is not just an outdoor organization; it's a community of passionate individuals who share a love for the great outdoors. This year, the society welcomes several new members to the board, each bringing their unique skills and passion for outdoor activities.

Meet the New XCBC Board of Directors:

- Graham Thomson (President)
- Sebastian Fallu (Treasurer)
- Desmond Bliek (Secretary)
- Nick Forbes (board member)
- Noland Krush (board member)
- Chunlee Jackson (board member)
- Janet Summerscales (board member)

With this dynamic and dedicated team at the helm, XC Bragg Creek Ski and Bike Society is poised for an exciting future of reaching new heights and continuing its mission of promoting active, healthy lifestyles. Whether your child is a mountain biking enthusiast, a cross-country skiing aficionado, or an athlete looking to explore the unique world of biathlon, XCBC has something for everyone. If you are interested in registering your child for one of the programs or would like to join our coaching team, please check out [XCBraggCreek.ca](http://XCBraggCreek.ca) for details.



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### **BRAGG CREEK CHURCH**

Grace and Remembrance

And the God of all grace, who called you to his eternal glory in Christ,

after you have suffered a little while,

will himself restore you and make you strong, firm, and steadfast.

1 Peter 5:10

It is the fourth anniversary of my mother's passing. I still miss her—every single day. A month after her memorial my husband and I travelled to Hawaii and stayed with friends on Kauai. We celebrated Thanksgiving on the beach, surfboards as our table. I took my chair down to the water and set it up so the waves would crash against my legs, and I thought of the washing of God—his grace washing the pains of grief and loss—waters of life flushing through me as the waves came rushing in. So many emotions ran through me that afternoon. Memories, some good, some bad, some painful and some joyful. I let the tears flow freely.

I sat in the water that day and let the grace of God flow; but what if I stood and just jumped in, letting myself be swept over by his infinite sea of love and forgiveness. Yes, we can stand on the shore and just admire God from a distance—but in it we are swept and tumbled, and maybe upside down for a bit. Maybe even your breath is caught—things lost—the losing of yourself. But everything—everything becomes washed, rinsed in the blood of Christ. I thought that day of everything I tend to hang onto and what must be let go of.

The infinite love of God can be capsizing, the ocean your own tears. Tenderly my husband and our friends, would come and check on me, asking if everything was okay. I found myself telling them, "It's OK. Really I was fine." But not really, because in that moment of lose I was broken and didn't know which way was up. I was tumbled in an ocean of sorrow.

What I know from that time in my life and the continuing days since is that the mercy of God upends you and you come home humbled, grateful, born again into the deep love of God.

O LORD, thank you for washing, rinsing, gracing, and loving your people through the storms of life. May we not just stand on the shore of your mercy and admire you, but jump right into the depths of your love. In Christ, Amen.

*Diane Scott*





## THE LITTLE SCHOOLHOUSE

October flew by in a hurry with so much excitement as we celebrated Thanksgiving and Halloween with all our classes.

November will include investigating animals that hibernate and migrate.

All our classes will explore these topics with hands on activities, songs, stories, and games.

We are looking forward to intentionally taking some time to remember all those from the past and present who help us enjoy a safe space to play, learn, and explore. We feel much gratitude and honour their service.

We at The Little Schoolhouse are enjoying all the energy and fun that exists within this space. Lots of play, laughter, and friends! If you would like to join our community of friends, please see our website for more information: [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)

We would love to have you join us!

From all of us at The Little Schoolhouse, we hope you all have a wonderful November!

*Ms. Shelley and The Little Schoolhouse team*



## REDWOOD MEADOWS EMERGENCY SERVICES

### Oh Deer!

Did you know that November is deer mating season? That means drivers run a high risk for collisions with deer and other wildlife. Animal-vehicle collisions are two times more likely in November than any other month of the year.

Use these 9 tips to avoid animal strikes and minimize their impact:

1. **Buckle Up:** More than half of human fatalities from animal strikes happen after a collision because drivers aren't wearing seatbelts. Not only is buckling up the law, but it can also save your life.
2. **Slow down.** Always drive the speed limit so you have enough time to scan the road for wildlife and react if an animal crosses your path. Also, remember your visibility decreases at dawn and dusk, so adjust your vehicle's speed accordingly.
3. **Don't tailgate.** Following other vehicles too closely reduces your field of vision and shortens your reaction time.
4. **Know the area.** Be extra cautious on roads surrounded by farmland or trees
5. **Stay alert.** Use your high beams at night if there is no oncoming traffic. Watch for the reflection of deer eyes in your headlights. Look for shadows near the shoulder of the road or signs of movement between you and the lights of oncoming cars.
6. **Don't swerve.** If you swerve to avoid an animal, you run the risk of colliding with a guardrail, utility pole or other stationary object. You also might drive off the side of the road and experience a rollover. If you can't avoid a collision, slow down as much as possible and brace for impact. It's safer than putting your life at risk by swerving.
7. **Look for "animal friends".** Deer travel in groups. If you see one, it's likely more will be nearby.
8. **Don't trust deer horns or whistles.** They're proven not to work and may actually startle the deer, causing the animal to stand still in the roadway.
9. **Know what to do if you strike an animal.** Pull over to a safe space. Turn on your flashers. Use caution when approaching an injured animal. Call 911 if needed.



## Get Ahead of the Winter Freeze

**It's not too early to begin preparing for the heating season.**  
Check these 10 tips off your list and get ahead of the winter freeze.

- ☐ Our furnace has been inspected and serviced by a qualified professional during the last 12 months. (A furnace should be serviced at least once a year.)
- ☐ Our chimneys and vents have been cleaned and inspected by a qualified professional. I have checked for creosote built-up. (Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)
- ☐ Our wood for our fireplace or wood stove is dry, seasoned wood.
- ☐ Our fireplace screen is metal or heat-tempered glass, in good condition and secure in its position in front of the fireplace.
- ☐ We have a covered metal container ready to use to dispose cooled ashes. (The ash container should be kept at least 10 feet from the home and any nearby buildings.)
- ☐ Our children know to stay at least 3 feet away from the fireplace, wood/pellet stove, oil stove or other space heaters.
- ☐ Our portable space heaters have an automatic shut-off.
- ☐ Our portable space heaters will be plugged directly into an outlet (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. (Place notes throughout your home to remind you to turn off portable heaters when you leave a room or go to bed.)
- ☐ We have tested our smoke alarms and made sure they are working. (You need smoke alarms on every level of the home, inside each sleeping room and outside each separate sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)
- ☐ We have tested our carbon monoxide alarms and made sure they are working. (Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)



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# WELL OWNERS

**ARE YOU NEGLECTING YOUR WATER SYSTEM?**



## **Standard Water System Maintenance Schedule:**

<b>Equipment/ System</b>	<b>Maintenance Required</b>	<b>Recommended Frequency</b>	<b>Risks/Results if Neglected</b>
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channell- ing, 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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## THE WORLD OF LYMPH

Imagine your cells packed into a swimming pool. Now try to imagine a hose coming to the edge of the pool (the equivalent of an artery) and pouring necessities like oxygen and macromolecules into the watery environment. When these supplies get close to a cell the cell brings them inside and uses them to do important cell business.

You are imagining how tissues are actually set up. In our bodies the cells are packed in water. The things the cells need must be diffused through the water to get to the cells. But the cells also poop in the water, so the water must be continually cleaned. The dirty pool water along with the leftovers the cells don't want (toxins, macromolecules, bacteria and viruses) are gathered up and this is lymph.

The lymph fluid is transported through lymph vessels to lymph nodes. Nodes act like little chop shops where everything is broken down, recycled, or sent for elimination. The cleaned fluid is then returned to the circulatory system through ducts that live behind your collar bones.

A fun fact is that some people have 80 lymph nodes and some people have 800

but the total volume of the nodes is about the same from one person to the next.

It is estimated that if our lymph system stopped working entirely we would expire within a day or two. That's how little time it would take for us to pollute our internal environment to levels that cannot sustain life.

Our lymph system also plays an important role in regulating fluid volume and pressure in tissues and is involved with preventing infections from spreading.

There are things that interfere with our lymph system from time to time. Pressure and temperature changes such as with airplane travel almost automatically mess things up for a few days. A sluggish system results in fluid backing up, which can restrict movement and even cause pain, sometimes headaches. Tissues get 'boggy' and hard to get supplies and defences to. Mostly it sorts itself out within a few days. But if this goes on long enough and is severe enough the vessels and their fluid pumping mechanism can become forever compromised, and this is a serious problem. Limbs become edematous and large, and painful, and most of your life is taken over by trying to manage fluid, temperature, and pressures, including wearing compression garments. There is not a kernel of fun within 200 metres of an edematous limb.

What can we do to take care of our lymph system? Not a lot, but the few things we can do are really effective. Most lymph flows in the tissue just under the skin, or very deep in the body and these are outside of the effects of the muscular system to exert pressure. So exercise and movement is not effective at moving lymph. Compression is effective, and immersing yourself in water is beautiful way to get gentle compression all over your body and stimulating lymph flow. This is why people feel like they need to pee when they are in a pool.

Manual lymph drainage techniques are very effective. You can learn to do these on yourself - valuable or possibly necessary if you live or travel where skilled help is not available. But finding a professional who is trained and experienced in lymph drainage can be a life line. It is very smart to get some lymph work done from time to time train your body's tolerance to manual lymph work. If you've never had this done, you must start slowly with little bits at a time, as the effects can be very potent until your body is used to it.

If you are interested in learning some techniques there is a lot of information on the internet and You Tube. Most of these are based on the work of Dr. Emil Vodder who debuted his techniques in 1936. A French Physician and Osteopath named Bruno Chikly brought understanding of and working with lymph up to modern standards around the turn of this century, and his information is excellent if you can find it.

It is worth your time to find a skilled practitioner or two and to learn a few techniques to work on yourself with. As our health system continues to crumble we all need to learn self care skills. Meaningful conversations about preventing health problems must include the lymph system. What are you doing to look after yours?

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## A TASTE OF THE HIGH COUNTRY

### Saving Bordeaux - Wine and WWII

Wine, like Art, can transcend wars and politics. Such was the case during WWII when collusion between "enemies" occurred to preserve the integrity of the French wine industry.

Early in 1940, the top brass of the Nazi regime quickly realized the commercial and cultural value of French wine and took control of the trade in Champagne, Burgundy and Bordeaux. Many of these wines, like fine art, were worth a lot of money. Lesser quality wine was also appreciated as an important source of food and supplies and as a source of revenue for Germany.

To establish their control over the trade, the Nazis created new positions called "Weinführers". These positions were filled by German wine experts responsible to differentiate the common from the extraordinary and to oversee all aspects of the trade. Each "Weinführers" was assigned a wine region they knew well. There was, however, only one problem with this approach. The Weinführers were wine producers or merchants who

had close associations with their French counterparts before wartime, often for generations. Families on both sides were either close business associates or family friends. Forced into impossible situations, what ensues is the stuff of movies. Here's one of those stories authors Don and Petie Kaldstrup recount in their 2002 book "Wine and War."

In 1939, Heinz Bömers reluctantly became a member of the Nazi regime and shortly after, was assigned the role of Weinführer in Bordeaux, a region he knew well and where he had several friends and well-established commercial connections. With little to no choice, he reason it was best to accepted the position if only to limit the damages the war would inevitably imposed on Bordeaux. He did so with the following conditions; he would not receive a salary from the Nazi regime, would not wear a uniform, and would have the authority to "step in" if he felt the actions of German troops were inappropriate such as for example, raiding of fine wine cellars by the like of field marshal Hermann Göring and other top officials.

In 1940, Bordeaux welcomed Heinz like a long-lost friend, albeit with some apprehensions. To reassure them, Heinz's first order of business was to meet with the wine producers and traders. His message was simple: "Let us try to continue our

business as normally as possible," he said, "but when I leave one day, I hope you will have better stocks of wine than you have now." It was his way of telling them he had their interest in mind.

Thus began the balancing act of providing the Nazi regime with what they wanted while helping the local wine makers. Bömers imposed his prices and was firm in his trades but did not confiscate or seek top-quality labels. Those cultural treasures were ignored. Instead, he relieved the wine producers of enormous quantities of average wines that otherwise would have been discarded, resulting in lost revenue.

The system required Bömers to negotiate wine prices and quotas with local "negociants" (merchants). One such negotiant was Roger Descas, an old friend. Bömers' role was to obtain the lowest prices possible, Descas, the highest prices possible. Eventually, both devised a routine, establishing prices the day before their official meeting at the German Economic Office. During those meetings, they would feigned outrage and argued over prices only to settle on the agreed upon numbers.

On another occasion, Göring ordered Bömers to fetch the best cases of Château Mouton-Rothchilds. Not wanting to give the thug exquisite wine, he called the Château, demanding they fill bottles with

## It's party time

It may seem early to be thinking Christmas but it's just around the corner. So don't leave your partying to the last minute. Our menu features cuisine that's perfect for this gift giving season. Reserve today to ensure your family, friends, and colleagues know they are on the top of your mind. And better yet your list.



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ordinary wine and glue on their esteemed labels. Interestingly, Göring never complained about the quality of the wine.

Over the years, Heinz Bömers took on significant risks and was often called to Paris to answer complaints that he was too friendly with the wine merchants. Each time, his diplomatic skills and ingenuity won. After the war, Bordeaux recognized him as a local hero, without whom the region would have suffered a terrible fate.

Check out other war and alcohol stories published in the November editions of 2020, 2021 and 2022.

Bonne appétit!



Renée Delorme, Sommelier  
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## How Often are You on Camera?

Take a guess. Hint: guess high.

Better sit down for this one. The latest stat I could find was from April 2020 on the Wise-Answer website which stated the average American is caught on camera 238 times per week (34 times per day). Depending on where you live, work or visit, this number can vary widely. I also think it's low.

So where are all these cameras? Below are some of the different types of cameras and likely places for their use.

Closed Circuit TV cameras are often used by businesses both inside and outside their premises. They are also used in public places like the train stations, public gathering grounds, or on some streets. I'm sure you've seen some of them and you don't have to look too closely. Technically the owner of the cameras is supposed to tell you that they use CCTV cameras, but in reality, few rarely do. If they do it is usually as a crime deterrent.

Doorbell and Security Cams – where do you think all those YouTube and Tik Tok videos come from. They can usually see beyond the front porch and can provide a full view of the street out front and the houses across it. Take a look next time there is a news/weather picture of hail, or an unusual snow fall from someone's doorbell or security camera. Look beyond the falling snow and see what you can see.

Automatic Teller Machines (ATM's). While banks usually have an extensive array of cameras throughout the premises, there are often cameras inside the ATM machines themselves that are almost undetectable. In a future article I'm going to address how to protect yourself at an ATM machine. I thought I knew, but in researching this topic I found out some other ways thieves can get your banking info and into your accounts.

Traffic surveillance. This can come in a few different forms such as intersection cameras, pole mounted cameras, and photo radar. Ever get a speeding ticket? The evidence is usually pretty clear it's your vehicle, and they provide you with nice additional info like time and date. These cameras may not actually photograph you, but they can get a really nice pic of your vehicle.

Dashcams. I knew more and more people are using these, and I'm contemplating getting one myself, but I was a little surprised by the percentage of Canadians that have

them. The Madeinca website states that "approximately 11% of drivers use dashcams in Canada". You can be caught on camera while driving or walking through a parking lot at the local mall. I'm not going to count backup cameras on vehicles as I don't believe a record is kept of the images. Since May 1, 2018, all new vehicles in Canada must have a backup camera. Some cars also have front cameras which act like the backup camera but are not a dashcam.

Phone cameras. Again (tongue in cheek), where do you think all those YouTube and Tik Tok videos come from. Your image can be captured on a phone cam either on purpose or in the background of people taking selfies or panoramic photos/videos. I rarely use my phone cam, but I've seen people who have thousands of pics on their phone. I'm sure you're on someone's somewhere.

Computer cameras. If you've got a computer, your camera is staring at you all day long. Yes, I know you can turn them off, but can you really? You can physically block your computer cam with tape or get a sliding tab that fits over your camera that

slides back and forth off your lens. They're cheap – like 5\$ or so at an office supply store.

So, you've decided you've had it with the rat race and want to head into the boonies to escape all the people and cameras. Well guess what? They are out there too. I've been backpacking and come across Parks Canada or research trail cams out in the middle of nowhere.

I got to wondering how many cameras I personally have. Turns out I have eight. And that's only counting one computer cam, only one traditional camera and not my truck's backup camera. I didn't include the rest of my family. Just for fun I multiplied that number by the population of Calgary which was 1.3 million in 2021 and came up with the number of 10.4 million cameras in Calgary alone. That number might be a bit high because I'm thinking that I probably have a higher-than-average number of cameras.

You get the picture, no pun intended, that your smiling face is not a very well-kept secret.

*Dave Schroeder - HCRCWA Board Member*

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## PRIDDIS COMMUNITY

Hello and Happy Fall, Priddis!

The Priddis Community Association, and its sub committees, have been working incredibly hard to continue to offer the amenities and events that our community members love. We are also pleased to be able to offer some new options. Our event calendar is pretty packed over the next few months so have a read below to see what is happening in your community:

- Looking to boost your business? Want to support your community? We are pleased to be offering advertising opportunities at our community rink. 30'x48" advertising spaces are available on a one year term. Professional printing and installation services are included. Advertisements, contracts and payments are due October 25 for early November installation. Please email our Executive Director if you would like to learn more about this exciting opportunity. [Priddisalbarta@gmail.com](mailto:Priddisalbarta@gmail.com)
- We are thrilled to be planning a community Halloween party this year. This fun event is presented by the PCA and sponsored by Water's Edge Pub. It will take place on October 31st from 5-6:30pm at the hall. Come in costume for food and fun. This is a free event for community members and we are offering a dinner option (pizza, drink and treat) for \$5. If you can spare a bit of time to help out with this fun event please contact [priddisalbarta@gmail.com](mailto:priddisalbarta@gmail.com)
- While the changing season means outdoor pickleball is done for the year, we have had a lot of interest in indoor pickleball at the hall. We will line one court and begin offering play in November. The court will be available on Thursdays from 3-7pm and Sundays from 1-4pm.
- We are excited to announce that yoga is back by popular demand for a second

session. This time we will be offering 8 classes in November and December. The cost of this registered program is \$140. Classes will run most Mondays and Thursdays from 7:30-8:30pm. Dates as follows:

November 9, 13, 16, 23, 27, 30

December 4, 11

Secure your spot by emailing [priddisalbarta@gmail.com](mailto:priddisalbarta@gmail.com)

- Save the date- Community Fall Supper, Saturday November 18 at 6:00pm. Tickets will be available online, through our website, starting November 1st. Members will receive a discount on tickets. Purchase your PCA membership to take advantage of this discount: [pca.getcommunal.com/memberships](http://pca.getcommunal.com/memberships)
- Did you know our community hall now has WIFI? This makes it the perfect event for your next meeting or event. If you are thinking of booking an event, please reach out soon as the last 2023 dates are going fast. Hall bookings can be made here: [www.priddisalbarta.com/hall-rentals](http://www.priddisalbarta.com/hall-rentals)

Have you considered volunteering with the PCA? We are currently seeking a treasurer to join the executive board. The position is best suited to someone that has approximately 3 hours per week to volunteer. No accounting experience is required, and you will be supported by our accountant. Please reach out to [priddispresident@gmail.com](mailto:priddispresident@gmail.com) if you have questions or to express your interest in the position.

See you all around the hall!

*The Priddis Community Association*



## LONGVIEW LIBRARY

The library is pleased to have a Mindfulness and Meditation program given by Kate Richmond, begin on Thursday, November 16th. From 2-3:30. Please sign up at the library beforehand.

Lynda, our librarian, would like to know if there would be an interest in Bingo afternoons. Drop by the library and let her know what you think about this.

Making a Difference Awards are when a library is nominated for excellence in programming. We won in the past for the formation of the Writers Group. The Writers Group meets the first Wednesday of the month and warmly welcomes new members.

New to the library:

Raising Good Humans Everyday: 50 ways to Press Pause, Stay Present and Connect with your Kids. By Clarke-Fields Hunter. (Non-fiction)

The Last Devil to Die by Omar Richard. (Adult Fiction)

Periodicals: Canadian House and Home and Architectural Digest.

*Sylvia Binkley - sliv@telus.net*



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## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m. The meetings are held at the Millarville Anglican church house.

Lexi Farmer was a wealth of information on wild bees. Who knew there so many types of bees and wasps right in our back yard. She has donated some bumble bee houses for a draw at our AGM. Another reason to attend.

Tuesday November 7 at 7 pm is our AGM. Please note this is the first Tuesday of November. Please attend and consider volunteering to be on a committee. We have a number of openings on the executive committee. Please consider the President or vice president position. We need everyone to give their recommendations for upcoming meetings as well. Memberships will also be available at the AGM.

If you are interested in attending any of our presentations, please contact Lorraine Cathro (403-651-4327) or at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well

*Millarville Horticultural Club*  
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Flare & Derrick Community Hall, Diamond Valley

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





## MILLARVILLE COMMUNITY LIBRARY

Exciting and fun workshops continue this fall at Millarville Community Library. Get a head start on your Christmas and make December a more relaxing month by enrolling in our pre-Christmas workshops.

First up, Sheila Woolner will show you how to make personalized crackers for Christmas or New Year. The workshop is offered on Nov. 3 from 7-9 p.m. at the Millarville Library OR Nov. 4 from 10-12 a.m. at Sheila's house in Priddis. You will make one to three crackers at the workshop but with the skills learned, you will be able to make crackers for all your guests at home. It's a lot of fun and a great way to kick off the holiday season, plus recipients will smile at the little surprises chosen just for them.

The cost for the workshop is \$30 plus a nominal charge for hats and snaps. Sheila is generously donating the course fee to the Millarville Community Library.

On Nov. 18, Sara Young will teach you how to make a needle-felted cardinal ornament. These handmade crafts make excellent gifts or brighten your tree. The workshop is from 10:30 a.m. to 2 p.m. at the library and costs \$40. Wool will be provided and needles will be available at cost.

Call to register 403-931-3919 for these programs. More information will be available on the Millarville Library Instagram and Facebook pages or on our website, [millarvillelibrary.ca](http://millarvillelibrary.ca).

You may have read Louise Penny's newest novel, *A World of Curiosities*, in our library already. But if you haven't, you are in for another fascinating journey in *Three Pines* as Chief Inspector Gamache uncovers secrets hidden in a bricked-up attic room. As the bricks are removed, Gamache, Beauvoir and the villagers discover a world of curiosities. But the head of homicide soon realizes there's more in that room than meets the eye. There are puzzles within puzzles, and hidden messages warning of mayhem and revenge. Reserve your next thrilling read on our website.

Thank you to everyone who attended our exciting selection of events and programs in October including all the families who dropped by our open house for VIP storytime, music and goodies. Plus book lovers who attended the popular Lecia Cornwall author talk, and the very lucky children who learned how to decorate their spookiest cupcakes.

We are always looking for enthusiastic residents to help at the library, on the board, or with events and programs. Join us! Check our website for details.



## SQUARE BUTTE COMMUNITY

We are venturing into the local Christmas Market world!!!

Drop in Saturday Nov. 11th Noon-8pm for our 1st Annual Christmas Sip & Shop. Enjoy mulled wine, tea or hot chocolate while you browse local hand-made treasures! We still have some vendor tables available. Contact Lisa at 403.606.6161 or email [rentals@squarebuttehall.com](mailto:rentals@squarebuttehall.com)

Next up, Thursday Nov 23rd @ 7:30pm is the Square Butte Community Association AGM. Don't worry, it's not all business... there will be coffee and goodies following the meeting! (We're smart enough to know we should bribe you with delectable treats to get you to come to an 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. It's a great way to get connected and meet new people. You may be just the person this community needs! If you are interested in being nominated to serve on our board, contact our Nomination Committee at [nominations@squarebuttehall.com](mailto:nominations@squarebuttehall.com). But even if you don't want to hold an official position, please come out to meet your neighbors and help elect the officers and directors, and hear a summary of events and fiscal reports from this past year.

Finally... this is your chance to get ahead! Before the holiday rush hits, mark Dec 31st on your calendar. Yes, New Year's is just around the corner. Ring in 2024 with an awesome group of people at Square Butte Hall. We don't have all the details figured out, but there will be LIVE MUSIC by the TUMBLEWEEDS plus FOOD and loads of FUN! Limited tickets available. For more details, visit [squarebuttehall.com](http://squarebuttehall.com) (ticket sales coming soon)

Connect with us:

Direct: [info@squarebuttehall.com](mailto:info@squarebuttehall.com)

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

Social: [www.facebook.com/squarebuttehall](https://www.facebook.com/squarebuttehall)

See you next month! Lindsey Kindrat,

SBCA – Director, Property Management and Archivist





## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well, the weather has certainly turned cooler, and thoughts of the holidays ahead are upon us as winter dons her snowy coat. There are lots of Christmas markets in our beautiful Foothills this month. It's a fun day to gather friends and family and explore these markets, have a nice lunch, and perhaps find that unique one of a kind gift for your shopping list. Plus, you are supporting local businesses, artists, and crafters at the same time.

Here's a partial list of Christmas markets for you to explore:

**Nov. 7 – Dec. 2:** Festive Foothills Art Sale at Leighton Centre, online and in person, [leightoncentre.org](http://leightoncentre.org).

**Nov. 2-5 and Nov. 9-12:** Millarville Christmas Market, 9-4, please prepurchase tickets online, [millarvilleracettrack.com](http://millarvilleracettrack.com)

**Nov. 19:** DeWinton Christmas Craft Fair 10-3

**Nov. 25:** Turner Valley Legion Ladies Auxiliary Shopping Spree, 10-3, raffles and proceeds to local charities

**Dec. 2:** Diamond Valley Christmas Market, 9-4. Proceeds to High Country SPCA, 403-880-2273 or [spcaphighcountry@gmail.com](mailto:spcaphighcountry@gmail.com)

Please consider a donation in a loved one's name, or for one of your pets, to the Pound Rescue, Heaven Can Wait, or the High Country SPCA. This gift will make a difference in an animal's life!

November 18 the Beneath the Arch Concert Series is pleased to present Tom Phillips and the DTs. This band is Calgary based and will have your toes tapping with honky tonk, roots, folk, and rock, with influences from George Jones to Jackson Browne. The show starts at 7pm at the Flare and Derrick in Turner Valley, for tickets go to [beneaththearch.ca](http://beneaththearch.ca).

The Valley Neighbour's Club in Turner Valley is now playing Mexican Train. They

have lots of different fun programs, such as floor curling, exercise, cards, drop-in social dancing, line dancing, and much more. Drop by the Club on Sunset Boulevard or go to [valleyneighboursclub.com](http://valleyneighboursclub.com) for more details.

Right next door to the VNC is the Sheep Creek Arts Council, and they have a plethora of arts classes in all mediums that you could think of, such as painting, quilting, and much more. Drop by and check them out and see the beautiful works of art their members have created. For full details, go to [sheepcreekarts.ca](http://sheepcreekarts.ca).

Remembrance Day is November 11. At the time of writing, I wasn't able to confirm that the Ceremony will be held at the High School this year, but it usually is. Please check our town's website to confirm that, and please be on time so as to not interrupt the Ceremony. I can confirm that the Turner Valley Legion will be open after the Ceremony for food, drink, and fellowship.

The Legion is also playing Chase the Ace on Friday nights, this can work up to a very large amount you could win! Proceeds are to go towards fixing up and maintaining the building. Also, the Ladies Auxiliary runs Meat Draws and 50/50 on Thursday night, wings are on special also. Please consider becoming a member of the Legion, and if you pay your dues by November 30 you will be entered into an early bird draw. Follow the Legion on Facebook for all their updates!

A reminder that the Diamond Valley Youth Foundation is presenting Fall Fling 2023 on November 4 at the Flare and Derrick, with proceeds to benefit our two elementary schools. Tickets may be found at [diamondvalleyyouth.ca](http://diamondvalleyyouth.ca).

If you have any events or news for December, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net) before November 15.

*Take care til next time,  
Elaine Wansleben*



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## SHEEP RIVER LIBRARY

We have been having a blast throughout October with our Out Loud Series speakers, performers and authors coming to the library. We are thrilled to put on these events and welcome the community in to see people who would not normally make a stop in Diamond Valley. Thanks for coming out and making the series a success again.

As students are halfway through the fall semester, now might be the time to think about study skills.

On Thursday, November 9, from 4:00-5:30 Cheryl Bain will be running Study Skills for High School Students. This workshop is for students in grades 9-12. It will cover study environment tips, time management, note-taking, what a teacher usually means when they tell you to "read this part of the textbook," some review strategies for before and after a test, and test-taking skills.

At 6:00 pm the Setting and Meeting Class Goals workshop will take place. Also, for students in grades 9-12 with at least one parent, this workshop will cover setting short- and long-term goals, how to break

down goals into smaller milestones to help reach targets, and how parents can help their students achieve success in their classes (and careers). Parents and students will work together to start using their new skills before the end of the class. Cheryl Bain is an award-winning teacher and tutor with a passion for helping students achieve their goals. Her education includes a bachelor's degree in chemistry, a master's degree in library science, and an in-progress continuing education certificate in teaching. Cheryl has been a student, employee, or educator at five different Canadian universities.

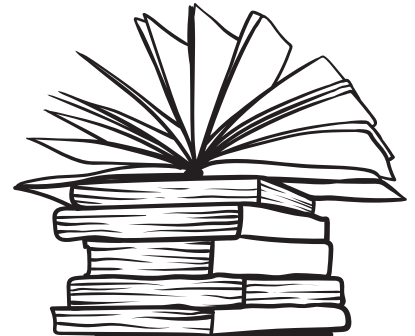
For those who have moved on from high school to tertiary institutions, whether in person or online, don't forget that the library offers exam invigilation. If you need to have an exam proctored, please call us and we can get the ball rolling to make this happen for you. There is no cost for this service.

For those children who are still attending Elementary school, don't forget we show movies on PD Days at 10:30. Check our Facebook page close to the day to see what will be playing. There is no cost and you are welcome to bring your own snacks. On December 15, Susan Kristofferson will be teaching how to make paper and origami ornaments. Registration is required. There are three sessions based on age: 6-7 year

olds (10-11 am); 8-10 (11:30-1 pm) and 10 years and older (1:30-3:30). There is a \$10 charge for materials.

Our Podcast space is now 100% complete and functional. To listen to the podcasts Teagan has created, go to [www.sheepriverlibrary.com](http://www.sheepriverlibrary.com), click on the Services tab, then click on Podcast Room. If you wish to create your own podcasts, please call the library and book the space. We charge \$10 per session and Teagan can provide assistance if necessary.

During November, our display cases by the circulation desk and in the Juvenile section will have materials related to Remembrance Day. These items, which cover a wide range of topics, are available to be checked out. In honour of Remembrance Day, the library will be closed, Saturday, November 11.



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In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

JOHN MCCRAE

The De Winton Community Association  
would like you to

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on our

### BOARD OF DIRECTORS

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community and want to have an impact,  
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Some of our Board members need to  
move on this year. Please help us out!

Please contact Amanda Gotmy at 403-  
938-2525 for further details.



## DEWINTON COMMUNITY NEWS

The August 30th Blue Moon, recalled old comments such as: "It will be a Blue Moon before that happens!"

That becomes more significant to me now when I read that it will be Jan and March 2037 before the "blue moon" happens again! {Blue moon means two full moons in the same month!} I guess I am old enough to remember a few; but now, I am wondering where I will be in 14 years?

I also learned that this time of year is considered: **PSL**... hmmm what is that? Well, I learned: It is PUMPKIN SPICE LATTE time! Well, I will likely have at least one this fall, but now I will have my own PSL.

**P PERSPECTIVE** As of late, I find myself talking to others about many topics by saying: "Yes, that is our perspective, however, you can't put 'your brain in someone else's brain'."

My several years of living has brought me to this peace and understanding about so many of the happenings in our immediate community and world!

My heart goes out, particularly this year, to the many people in our Province, Country and Neighboring countries who have had to deal with forest fires, hurricanes, drought [to name a few] along with so many other challenges in living.

But, I realize it is beyond my understanding /ability/efforts in 'how to fix the problem'. But I want to remain engaged to listen, care and be informed.

Thus, my perspective includes this important lesson in life as well: "The only person you can change is yourself". This also, has taken many years of living, to not only say this, but finally BELIEVE it and LIVE IT.

Our 'News World' is filled with hardships, sadness, tragedies, political unrest and climate disasters. Regular comments I hear are: "I don't watch the news as it is always so negative!"

Perhaps this is a necessary step in your own personal life for survival.

Only you know how much you can handle mentally, physically and spiritually. Just be cautious and careful what you use for your source of information, as our world is now flooded with Information overload.

### S SERVICE STRIVING SEEKING

With our Fall of new beginnings for the kids going back to school, new activities beginning in our communities, I do think this is a great guiding principal for everyone!

**L LISTS** It occurred to me recently, that I not only need to make more lists but that I also find my 'list making' a necessary way to keep focused and maybe even to help justify keeping busy or at least keeping moving forward!

MY PSL now also includes remembering a few long-time residents of De Winton who passed away this year but were wonderful contributing members of our community.

1. Richard {Dick} Quinton passed at the beginning of 2023. I am sure there are many who wonder why Cadillac Feeds is still the name of the standing elevators. When I moved here in 1973, the operating Grain elevator had just closed. Soon after, Dick and Kay Quinton purchased the property and established Cadillac Feeds for many years out of that elevator. Dick was a very involved member of the DCC particularly supporting the community dances which were enjoyed by Dick and Kay and many, many people. Rest in Peace, Dick, and thank-you for your contribution to De Winton.
2. Robert {Bob} Clarke, passed in March, having lived next door to me for a few years, before moving to a farm east of this community. Bob and Jean were most interested in assisting with community activities, in particular the Children's Hallowe'en parties.
3. Phyllis Dick {Shierman}, also passed in July. She had been a resident of this Community, both in her growing up years and later in her marriage to Alan Dick, who was born in De Winton. She was buried at the Pine Creek Cemetery surrounded by many other former De Winton residents.

4. Sandi Parsons, was a special needs teaching assistant at Red Deer Lake, for many years. Her passing in Aug., after a brief halt in life with cancer, was shocking for anyone who worked with her or benefitted from her loving care and attention as a student at RDL.

**DID YOU KNOW?** That we are surrounded by many different signs that spell De Winton in many ways?

Amanda Gotmy, present manager of our De Winton Community Centre, and I had the pleasure of having a Globe and Mail journalist, Carrie Tait, reach out for our input when writing a story that was published in the Globe and Mail online site in August. Before it was published the Globe and Mail photographer, Jude Brocke, did a most enjoyable photo shoot with us. Can be viewed on: [www.theglobeandmail.com/canada/alberta/article-dewinton-spelling-alberta-hamlet/](http://www.theglobeandmail.com/canada/alberta/article-dewinton-spelling-alberta-hamlet/)

Was it just a 'slow news summer' that instigated this article? Nevertheless, both Amanda and I enjoyed adding our input for this great community that we both have strong feelings about being OUR HOME.

It was named after Major-General Sir Francis Walter de Winton {DeWinton}, a British army officer, who had served as the secretary to Sir John Douglas Sutherland Campbell, who was the Marquis of Lorne and Governor-general of Canada between 1878 and 1883. Sir Francis de Winton had visited the area before Alberta became a province.

According to the "Sodbusting to Subdivision" Book, De Winton became a Hamlet in 1892, when the railway arrived. And a wonderful bustling hamlet and community area it still is!

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## DE WINTON COMMUNITY

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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**Secondary Suites Update:** On October 11, Council reviewed the results of our public engagement and recommendations on expanding Secondary Suite options. Staff is now authorized to proceed with a public hearing, towards the end of 2023, for proposed amendments to the Land Use Bylaw for Secondary Suites in Foothills County, which will give residents another opportunity to provide feedback.

**Proposed Amendments:** would build upon our Secondary Suites policy to provide affordable housing in these challenging times, help accommodate family situations such as aging in place, add more flexibility for landowners to develop their property and obtain income, and are responsive to what residents are requesting. As was done in the last round of changes, the County would monitor these amendments and then check back in with residents about how they are working.

**Background:** In 2019, Council adopted amendments to the Land Use Bylaw allowing for Secondary Suites on residential parcels 2 acres in size and larger under the zonings of Agricultural District, Agricultural Business District and Country Residential District. With 4 years of experience, in 2023, staff and council decided it was time to review the requirements, engage with residents, and see what is working, what is not working, and how improvements could be made.

2023 Public engagement included a preliminary hamlet survey to residents within Foothills County hamlets to see if there was a desire for Secondary Suites on residential properties in hamlets. There was overall support to proceed with allowing Secondary Suites in most hamlets, with the exception of the Hamlets of Heritage Pointe and Priddis Greens.

Next, public engagement was undertaken with County residents on policy review topics including acceptable forms of Secondary Suites, appropriate sizes of Secondary Suites, where suites should be allowed in the County, plus addressing challenges and solutions. Feedback was obtained through a series of open houses, held in May throughout the County, and a second survey pertaining more specifically to our policy review topics.

**What We Heard** - Themes noted by residents:

- Too many of restrictions currently placed on Secondary Suites
- Need for more flexibility in the policy
- Need easier process in place in order to encourage development of legal suites
- Allow stand-alone suites
- High percentage of support for the allowance of detached secondary suites, both outside of hamlet boundaries and within hamlets
- Policies needed that would ensure that visual character of detached suites are complimentary to the principal dwelling and the area
- Respect setbacks and proximity to neighbouring parcels
- More flexibility wanted on the size of secondary suites, especially those within principal dwellings or accessory buildings, plus a desire to either have no restrictions on size or to enlarge maximum size requirements
- Hamlet residents expressed support for suite sizes being dependant on the size of parcel and space available on the lots and the size of principal dwelling
- Hamlet residents identified main concerns were additional strain on existing services, increased traffic, parking, non-owner occupancy, increased unsightliness and increased noise

**Policy Recommendations:** Based on what we heard, the County is proposing the following draft Land Use Bylaw policy amendments for Secondary Suites:

- Allow Secondary Suites within hamlet boundaries (except Heritage Pointe and Priddis Greens) and on parcels under 2 acres in size.
- Include new type of suite, "Secondary Suite, Detached" (including accessory suites and stand alone).

- Increase maximum size for both types of Secondary Suites (maximum 1,400 sq. ft on parcels 1 acre and larger in size; maximum 1,000 sq. ft. on parcels less than 1 acre in size).
- Increase flexibility of size requirement pertaining to Secondary Suite, Principal, within the basement of principal dwelling or above attached garage.
- Removed the minimum size restriction for Secondary Suites (must still meet Safety Code requirements).
- Removed the mobile home restriction, to allow for use of ready-to-move homes as Secondary Suites.
- Allow variances on existing suites in hamlets and on parcels under 2 acres in size for a two-year period from the date of policy approval date.
- Add requirement for consideration of architectural character of detached suites to ensure visual character is compatible with the principal dwelling and the character of the area.
- Removal of restrictions on bed and breakfast, tourist home, and home-based businesses from a Secondary Suite.
- Amended parking requirement from one on-site parking space per bedroom to one on-site parking space per suite.
- Proposed permitted and discretionary uses in various land use types regarding Secondary Suites.

**Next Steps:** Now you will be able to find the "What we Heard" and a summary of proposed "Land Use Bylaw" amendments on our website: [www.FoothillsCountyAB.ca](http://www.FoothillsCountyAB.ca) Public Hearing details will soon be planned and shared. Please join us via our zoom meeting or attend the hearing in person to share or re-state your support or concerns on this.

#### For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>

Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

*With Best Regards, Suzanne*



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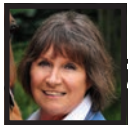
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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

I thought Mother Nature put on a good Fall show last year. This year she outdid herself. The countryside was blanketed with colour.

#### Foothills County - Aldersyde Water Treatment Plant

Many of you have asked me, "What is all that dirt and activity going on along the West side of Highway 2 near Aldersyde?" Answer: Foothills County is building a new water treatment plant that will service the Industrial Corridor along Highway 2A and future endeavours within the area.

#### MRAS - New Life Members

Three new Life Members of the Millarville Racing and Agricultural Society were honoured for their long-standing contributions at the Volunteer Appreciation Night on September 23.

Congratulations to Catherine Laycraft, Anna De Paoli, and John Lockhart!

#### Millarville Christmas Market

Millarville Racetrack  
November 2 - 5  
November 9 - 12  
Daily from 9:00 am - 4:00 pm  
Entry Fee: \$6.00, 12 and under free

Tickets must be pre-purchased online at:  
[millarvilleracetrack.ticketspice.com/millarville-christmas-market-2023](http://millarvilleracetrack.ticketspice.com/millarville-christmas-market-2023)

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

#### Kids Only Shoppe at the Millarville Christmas Market

The Kids Only Shoppe, which is open on the Saturday and Sunday, is a special place for children ages 5 to 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 programmes.

#### Leighton Art Centre - Festive Foothills Art Sale

Save these dates!

Festive Foothills Art Sale

November 7 - December 21, 2023:  
Online (24/7)

November 10 - December 21, 2023:  
In Person (closed Mondays)

Discover over 100 talented artists and find truly unique gifts for your loved ones at this annual art sale (formerly 'Christmas in The Country'). Free parking and admission by donation. Spectacular Rocky Mountain views included!

Gallery pick-up and shipping both available for online shopping at:  
[shop.leightoncentre.org](http://shop.leightoncentre.org)

#### School House Christmas at Leighton Art Centre

Saturday, November 18  
3 times to choose from  
All ages welcome, kids 2 and under get in free!

Take a step back in time with this fun family event on the historic Leighton property. Families can satisfy their sweet-tooth at the hot chocolate station, then play with some props and pose for a vintage holiday themed portrait (digital copies only) - all in the century-old Schoolhouse! Families can also partake in creative holiday crafts in the adjacent art studio. The perfect day out with family to satisfy your craving for all things Christmas.

For more information:  
[www.leightoncentre.org](http://www.leightoncentre.org)

#### Millarville Horticultural Club

The November meeting is the AGM and will be held one week earlier than usual, on Tuesday, November 7 at 7:00 pm at the Millarville Anglican Church House.

Membership fees are due at the November AGM. In order to keep the financial books straight, the Treasurer will not be able to accept payment any earlier than November 1st. If you pay by E-transfer, please hold off sending your transfer until after Nov 7.

New members are always welcome.

[millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com)

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

If you have any questions, please contact: Lorraine Cathro at 403-651-4327 up until the new President is chosen at the AGM.

#### Remembrance Day - November 11

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

#### LEST WE FORGET

Barb Castell

Phone: 403-931-3690

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

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## DUANE HARDER

### Welcome to the Distraction Age

I never cease to be amazed at the number of children I see in restaurants, in shopping carts, on public transport, walking down the street, and wherever you go, engaged with portable electronic devices. In fact, just the other night I was in a restaurant with two friends, and they were sitting across from each other texting. I said, "I sure hope you aren't texting each other." They smiled and said, "Not this time!"

The cyber world has given children and adults access to billions of bits of information that the majority of libraries of my generation did not contain. By trying to minimize the possibility of our children being bored, we have deprived them of creative living.

No device can match the satisfaction of building a network of tunnels in the huge snow drifts on the south side of a long caragana hedge. Or, what about the joy of playing "run sheep run" with a group

of school friends. Then there were the multitudes of sports activities, spontaneous games such as identifying the strange creatures floating by in the fluffy clouds. And then there was the rocket we launched on the crisp clear February afternoon along with the smug satisfaction of listening to some "old men" talk about this mysterious cloud that drifted over the town that Saturday afternoon.

Yes, I do have memories of a childhood with very few toys but countless fond memories that were experienced with family and friends. No, I don't want to return to the "good old days." Making a trek to the "outhouse" in minus 25F weather has not appeal. Furthermore, I'll cast my vote for a nice warm shower over that melted snow that was heated on the coal burning stove in that round galvanized laundry tub. More than once my feet reacted to the hot bottom of the tub. However, I am concerned that the present generation is not being given the opportunity to discover their own imagination.

Are we stunting a generation by now allowing them to discover the creativity that can emerge from the soil of boredom? Yes, there are creative minds that are stunning us with remarkable achievements.

But, by not allowing our kids to experience the slightest period of boredom, we deny them the chance to discover their own imagination. If my childhood friends and I were inside playing video games, we never would have ventured into discovering how to make a workable bow and arrow. If Wayne Gretzky had spent his spare time with a cell phone rather than a hockey stick, would we have lost a hockey legend?

Yes, there are rising stars that still emerge but that does not diminish my concern that digital intoxication is diminishing creativity and draining our culture of meaningful social relationships.

Robert Bellah, in his book, *Habits of the Heart*, has done research that points to the reality that western culture is losing the capacity for meaningful commitment. He points out that our world revolves around self-pleasure and self-fulfillment. To put it bluntly, we live in world that is about me.

I saw a cartoon of a musician who was introducing his song with these words. "The message of this song is meaningless but it sure is a wonderful showcase for my voice."

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It seems to me that we are watching a generation emerge who are socially stunted, depressed, and lacking in social skills. Yes, that is a broad generalization that is colored by my profession as a therapist. However, the stats indicate that there is a per capita increase in depression and anxiety.

So, what's my prescription? Get out of yourself and find a way to start helping others. A lady in her late 60's was battling depression. Her doctor referred her to me. I gave her a prescription: visit three senior's homes a week for a month and talk to at least three people each visit. Ask them about their family, the highlights of their life and their most memorable experience. After a month, come back and see me. That woman walked away from depression.

I encourage you to get out of yourself, find a meaningful way to get involved with others and I'll see you at the top.

Duane Harder



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## ADHD AND VAPING

### WHAT IS VAPING?

It is the act of inhaling and exhaling vapors heated from nicotine, flavored “e-juice”, marijuana or hash oil that are suspended in propylene glycol and vegetable glycerin. These liquids or solids are contained in a sleek looking metal device called a ‘vape’, ‘vaporizer’ or often called ‘juuling’. The use of vaping has skyrocketed especially among teens. Approximately 2.1 million middle to high school students (illegal and under-aged) were users in 2017.

### WHAT IS THE CONNECTION?

ADHD teens are particularly susceptible because they have a neurochemical condition that results in impulsivity and

inattentiveness. The three core deficits that contribute to the act of vaping is their inability to sustain attention to work, inability to focus and poor impulse control. Furthermore, they struggle socially with a constant worry about what they have said, they want to be liked, to fit in and belong. The truth is that vaping does not make you happier, nor improves your social status!

### HOW TO FEED THE NEED FOR SPEED?

ADHD teens are already at risk for nicotine addiction, as they are low on naturally occurring dopamine and norepinephrine levels in the brain. Nicotine is a central nervous system stimulant. So, when it is inhaled, it will release dopamine. Most people are: ready, aim, fire. ADHD people are: ready, fire, aim. Let’s just do it and think about the repercussions later. It feels good. I like it. I want more. Some brand

name pods contain 5% nicotine, which is equivalent to one pack of cigarettes. That does not necessarily mean that the other 95% of the pod, mod, juice, e-liquid or cap consists of water. It could be a mix of as much as 700 different carcinogenic compounds that are harmful for your health and developing brain.

### WHAT CAN GO WRONG?

Many devices contain batteries....a risk for a leakage or an explosion (during storage or charging, inhalation or in your pocket). The actual device heats up to 400F to turn the liquid into vapour. Even though there is no tar, side-effects can include addiction, painful mouth sores, hoarse voice, permanent lung damage and chronic bronchitis. When teens with ADHD try to stop vaping, the same or worse symptoms that they try to manage with their general ADHD, are exacerbated i.e. anxiety, inattention or insomnia.

### WHAT CAN PARENTS DO?

You can check. There are simple, easy to use dipstick urine tests available to accurately detect the amount of nicotine-cotinine. You can help them escape a bad situation.

- Create a word or phrase that only you know the meaning of and means: “PICK ME UP or HELP!”
- Have a plan for youth to leave an uncomfortable or unsafe situation IMMEDIATELY. No questions asked.
- Teens should always share their location with their parents.
- Talk openly about nicotine addiction and vaping. Consult an addiction counselor if needed.

### WHEN SAYING “NO” IS NOT ENOUGH...THEN SCRIPT

- Not sure if you know, but I got into enough trouble the last time to last me forever.
- Keep a bottled drink or lemonade with you at parties. “I’m covered”. Students are less likely to offer other substances if they see you already have something in your hand.
- Blame your parents for finding out. They would be happy to be the scapegoats.
- Find something to do. Look busy. Get up and dance. Offer to DJ.

### Sources:

- <https://www.fda.gov/tobacco-products/youth-and-tobacco/youth-tobacco-use-results-national-youth-tobacco-survey>
- <https://e-cigarettes.surgeongeneral.gov>
- [www.nbcnews.com/1/24/18](http://www.nbcnews.com/1/24/18)
- <http://ecigone.com/featured/e-cigarette-explosions-comprehensive-list2c>

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## MORTGAGE MATTERS by Candace Perko

### Declined by your bank?

A rejection doesn't necessarily mean the end of your mortgage dreams, it usually means you weren't working with the right lender.

But first, it is always worth a review of your decline to see if/how you can improve your chances and get a approval with your next application.

- **Credit.** If you have derogatory marks on your credit report, this will affect your application. Alternatively, if you don't have much credit history, lenders don't know enough about your ability to manage credit.
- **Debt ratio.** Even with a strong credit score, lenders also look to see how much money you owe for things like credit card bills, car payments and student loans and compare this to how much money you make. Lenders consider this ratio when determining whether you qualify for more debt.

- **Employment status.** Prime lenders want to see stable, consistent employment income. You may be declined if you've recently started a new job, are paid hourly or self-employed, or have a history of jumping between jobs.

- **Down payment.** The minimum amount you need for your down payment depends on the purchase price of the home. If your down payment is less than 20% of the price of your home, you'll need mortgage insurance.

There are mortgages available for most (not all) borrower profiles. Just because your bank said no doesn't mean another lender isn't willing to consider your file. There are many lenders (banks, credit unions, mono-line lenders, subprime lenders, private lenders, the list goes on & on) in the Canadian marketplace.

Most lenders can be categorized into three groups. As you move down the list, the more costly the mortgage becomes.

### "A" lenders

A lenders or traditional/prime lenders, generally refer to banks and approve customers with credit scores in the minimum acceptable ranges, debt servicing within allowable ratios, verifiable income,

and meet all the standard "tick-boxes". To deal with these lenders, you must be considered an "A" client. These lenders are subject to OSFI federal regulation, which means that you'll be stress tested when you apply for a mortgage. These are the lenders that tend to do most of the declining.

### "B" lenders

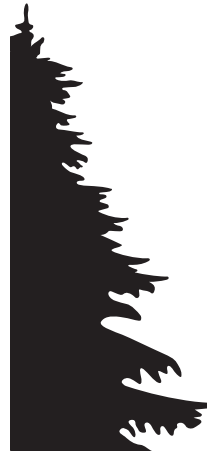
B lenders are lending institutions that provide options for "B" clientele. These institutions offer lower criteria to qualify for their products. They accommodate applicants who may not qualify for an "A" mortgage because they lack an acceptable credit score, debt servicing exceeds allowable ratios,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

### "C" lenders

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

Try not to get too discouraged if a lender denies your mortgage application. Contact your favourite Mortgage Broker, as they are a valuable resource when you've been declined by your bank. If you currently have a low rate mortgage, hang on

*Candace Perko, Mortgage Broker*



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## IN 2 PLACES AT THE SAME TIME by Andrea Kidd

How many times have I called out in frustration? "Wait a minute! I can't be in two places at the same time!" I might be stirring scrambled eggs and the doorbell rings, or, the delivery man arrives while I am on the phone for a doctor's appointment.

However, about a month ago, I found myself in two places at the same time. I went to Echo Lake Bible Camp. I was in a place where the warm sun glinted on the calm blue water of the lake and the golden leaves of the poplars rustled in the breeze. In shorts, tee shirt and sandals I meandered among the tall trees and down to the lakeshore. A couple of cormorants were skimming the surface of the water and occasionally a fish jumped. Fresh air filled my lungs and the scent of autumn leaves filled my nostrils.

God had created a wondrous place! But I was creating a different place in my mind. My feet were planted in a clearing where the campfire would be lit later that day, but inside I was apprehensive and wanted to be at home in my safe, comfy surroundings.

Maybe I would be sleeping in a bunk in a cabin in the woods. Maybe I would find myself to trekking to the wash hut over rocks and roots in the dark of the night. Maybe the camp meals would be hot dogs and grilled cheese sandwiches. I wondered about the advisability of signing up for this conference.

God had created a place of beauty. I had this opportunity to enjoy his creation and friends who shared my interests. Yet I had created an unpleasant place in my mind that spoiled the beauty of what God has made.

However, I had clearly stated our needs on the registration form and to friends on the conference committee. There was no need for my apprehension. These organizers could be trusted.

More people arrived, also with bundles of bedding and luggage. A few I knew and many were new to me. We found our rooms. I had a room in the lodge; the bathrooms were close by and hall lights were on all

night. The bed wasn't bad and we even had roast beef for supper!

It was not five-star accommodation but it was good to be there, very good!

I laughed out loud on the way home. Driving across the Saskatchewan prairies I chuckled, "I am in two places at the same time! I am in the car and I am in Saskatchewan! No! I am in three places at the same time! I am in the car, in Saskatchewan and also in the grateful mind space that I create for myself! And, when I let God into my private space, He transforms it from anxiety and withdrawal into a place of peace and anticipation.

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## OUT OF THE RUT

### Chapter 159

*Disclaimer: All memories subject to massive distortion by time, fantasy, shared conversations and downright daftness.*

From Leadenhall Aircraft Museum (fictitious) to Iran (not fictitious). From dark dales to sand-hot dunes. So many firsts; first burger at Wimpy's in Shiraz. First pizza – mushroom – in Tehran. First ice-skating experience on a rink with a central light-encrusted fir tree, also Tehran. First rides on skinny arabian horses in the southern desert near Ahwaz. First recognitions of humans other than myself really, that hyper-development stage when the world expands beyond Mother and self, zooming in and out of view, infinite possibilities, adventures, thrills and spills. It's not really, it's just such a dramatic change from early 70s Lancashire to pre-revolution Iran.

Pre-Iran memories slide in with vague ease; sitting on bare floorboards in a cold house in Lancashire, climbing whitewashed slats of the school my older brother is about to attend. New house in a developing area, luxuriating in open acres out back. At the end of our cul-de-sac, still under construction, my 'friends' dared me to take a drink of the rainbow-coloured puddle the workmen left behind.

A stomach-pumping hospital visit later I'm sure my parents' blood pressure was being significantly exercised.

In this place, I dreamed of running out to the perpendicular Roman Road framed by soot-blackened stone walls topped by alluring arched capstones and flying away. My dreamstate lifted me up just before the road, swooping weightlessly over the wall and out over the hidden adventureland beyond.

In this place, our house offered a sweet circular racetrack for small children, kitchen-dining-living-hall-kitchen-dining-living-hall, ad infinitum I'm sure. I'm not sure which door it was, but one swung with a slight excess by my bro', neatly snapped thumbtip from digit - all but a tiny thread of tissue held me together.

Mum holding thumb together under blood-soaked wraps in back of car on another hospital journey. She practices calming breathing techniques.

Also in this place, a Victorian school house of red brick and once gold stone with gothic peaks, twists and turns darkened by decades of coal fires. Not yet reaping



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the full benefits of the clean air acts, most buildings are still soot-blackened. I ride my first horse. He is glorious, dark dappled grey. His mane and tail flow dark grey to black, his nostrils flare, his eyes roll. He is draped in brass-studded red leather harness, his saddle fits me perfectly. I canter on as often as I am permitted... in an alcove of the school room in the - to me - huge old building. It is dark and cold, there are gloomy corners, endless draughts, and wicked chilly spaces.

Mum walks me to school and back. Or maybe someone else.

In this place, a little earlier, I touch my first skeleton. It's pre-school, somewhere close by, near the blackened railway bridge. A sweet shop is here somewhere with shelves laden with glass jars, hosts to magical sugary colour; gob-stoppers, humbugs, barleysugar twists, raw licorice-root sticks. There's brass trimmings and burlled wooden railings. The glass is thicker then than now, there's a haze on things... leftover soot-stains in the corners everywhere. The other side of the bridge an old Doctor/Dentist's office (old doc or old office, mebbe both)... with a narrow, gloomy waiting room. The seats are dark wooden benches with high curving backs, something I slither and climb on when forced to wait there for something I know not what now. Yet the skeleton has naught to do with this place of healing and feeling.

Outside, back up the hill, land bulges. Beyond ubiquitous stone walls I recall dying grass scattered with leaf corpses from oak, sycamore, beech that stand in scattered groups as though chatting about the price of fish. I am taken there with other small folk, picking skeleton beings from the clutches of the damp earth and their decaying cousins. We bring them back to a room to paste them into workbooks, make rubbings of leaf skeletons by laying fragile paper across their fragile limbs and sweeping the sides of crayons across their suggestive ridges. It's magical.

OK, so what set me off? Aircraft Museum... a book I'm reading referenced WW II Wellington Bombers known as Wimpeys after the hamburger-eating character in the Popeye cartoons. That triggered the Wimpy memory from Iran and when Iran memories get their foot in the door, I generally have to sit back and let them roll in and party for a while.

They get tired and move on. Then I come back around to the here and now. Not much has changed after all. Still experiencing firsts I had no expectations of.

It's a first for me. Nearly every day. Thanks for being part of the ongoing adventure!

*Blissings,  
Kat Dancer  
[bodymudra@gmail.com](mailto:bodymudra@gmail.com)  
403-931-3866 (h) +1 415 525 2630 (c)*



## GET RIPPED - MENOPAUSE

### by Jari Love

Dealing with menopause can indeed be a challenging journey, filled with hot flashes, mood swings, and weight management struggles. However, it's crucial not to lose hope, because as a proud, menopausal woman, you are incredibly resilient, and weight loss is entirely achievable. It's not vastly different from the weight management strategies you employed during your pre-menopausal days; it just demands a bit more dedication and some adjustments.

Reflect on the strategies you used to shed weight when you were younger. Remember the occasional dessert skipping? Well, it's time to make it a more regular habit now. Those sugary drinks? They've got to go. And don't underestimate the importance of your protein choices. While you may have enjoyed fatty cuts of meat in the past, lean meats should now become your best friends. They might not have the same richness, but you can infuse them with flavor. Swap that marbled T-bone for a leaner eye of round, marinate it for a delightful taste, and tenderize it with a low-cal salad dressing. Choose back bacon instead of the fatty strip kind. Transform lean ground beef with a savory tomato sauce, and it'll rival its plumper counterparts. The key here is to make healthier choices and adapt your palate to appreciate them.

Now, let's talk about exercise. Your metabolism may be slowing down, but you need to rev it up to stay ahead. Whether it's brisk walks, treadmill sessions, swimming,

tennis, or any activity you genuinely enjoy, embrace it. Regular physical activity is your ticket to maintaining a healthy weight, boosting your mood, and enhancing your overall well-being.

While menopause is a shared experience for women, it should never hold you back. Instead of allowing age to be an excuse for unhealthy habits, let's embrace this transition as an opportunity to prioritize our fitness and health. The benefits of eating well and staying active during menopause are numerous. Healthy eating can help manage your weight, reduce the severity of menopausal symptoms, and decrease the risk of chronic diseases. Regular exercise not only supports weight management but also enhances bone density, muscle mass, and cardiovascular health.

It's crucial to remember the impact of alcohol during menopause. Consider limiting or avoiding alcohol during this phase. Alcohol can exacerbate some menopausal symptoms, including hot flashes, night sweats, disrupt sleep, and potentially contribute to weight gain due to its empty calories. Making the choice to reduce alcohol intake can improve your overall well-being and make your menopausal journey more manageable.

Remember, you have the strength and determination to take charge of your health and make the most of your golden years. Menopause is just another chapter in your life, and with the right choices and a positive mindset, you can continue to lead an active, vibrant, and fulfilling life.

*Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at [www.jarilove.com](http://www.jarilove.com). You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.*



## BIG COUNTRY SENIOR SPORTS SOCIETY SENDS 135 ATHLETES TO AB 55PLUS SUMMER GAMES

Big Country Senior Sports Society (BCSSS), the administrator for Zone 2 of Alberta 55 Plus, is pleased to report that some 135 residents of this Zone have qualified for the Provincial 55 Plus Games to be held this week/weekend in Brooks, AB between August 17 and 20.

"Our Zone 2, one of eight zones within Alberta 55Plus, is sending a team as large as – if not larger than – teams from Edmonton and Calgary. We're proud of that", reports BCSSS President Norma Dawson of High River.

"Our competitors range in age from 55 to 92, playing in some 17 events.

**The number of entries in each event is listed below:**

Bocce 8,  
Contract Bridge 4,  
Cribbage 6,  
Cycling 10,  
Floor Shuffleboard 4,  
Golf 17,  
Pool (8-ball) 5,  
Swimming 4,  
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## THE WEE WINTER WARRIOR

by Laura Griffin

Winter is coming, the days are darkening, the temperature drops and the wildlife neighbours that were once in abundance slowly disappear from the landscape. The rules in nature are simple, get out and migrate, find a way to cope with the cold, or die. Despite this ultimatum, on my snow muffled walks there is usually one call that pierces through the frigid air “chicka-dee-dee-dee”, the adorably dapper black-capped chickadee. Many regard the chickadee as a sweet little songbird without ever considering its amazing ability to persevere and survive. When most birds flee to somewhere warmer these tiny neighbours tough it out. In order to survive they make changes to their body, also known as adapting, in some incredible and unusual ways.

The first, and more well-known adaptation the chickadees have is their warm and plentiful feathers. Chickadees can surprisingly squeeze through holes the size of a quarter, most of the size we see when looking at a chickadee is just feathers. These will insulate them from the cold weather, just like the down feathers in your jacket. Unlike our jackets, chickadees can puff up their feathers with their muscles trapping more air in them and increasing their insulation factor. This is why chickadees appear plumper and more round in the winter months.

Speaking of plump, chickadees can remarkably eat enough food to increase their body weight by 10% every day in winter. This is all stored as fat, which the chickadee will burn during the cold winter nights to keep their metabolism up and



Photo Credit: Jackie Sills

warm their little bodies. Imagine gaining between 10-20 lbs every day and then losing it every night while you sleep. Now if you imagine trying to find enough food to eat in the cold barren landscape of winter to gain that much weight you might be feeling a little perplexed.

Most animals can't survive winter due to lack of food. Do chickadees have secret food stashes that the other animals don't know about? They most certainly do. These are called food caches, where chickadees have stored food they have found earlier. Caching food is not unique to chickadees, lots of rodents do this, weasels too. What is unusual is the chickadee's ability to remember the location of over 400 caches. I can't even remember where I left my car keys on some days. Scientists discovered this amazing feat of memorization is due

to the chickadee's brain increasing in size in late summer. It grows more neurons in the part of the brain used for memorization and then come spring, it will lose those neurons again.

If you still aren't impressed with these winter warriors' ability to adapt they have one more trick up their wing. During the cold nights they drop their body temperature and go into a controlled hypothermia called torpor. This allows that fat layer they gained from eating at their food caches to be just enough heat to survive the chilly nights.

The next time you see the cute little ball of fluff known as the black-capped chickadee in winter I hope you tip your own cap at these fierce and underrated champions of winter survival.

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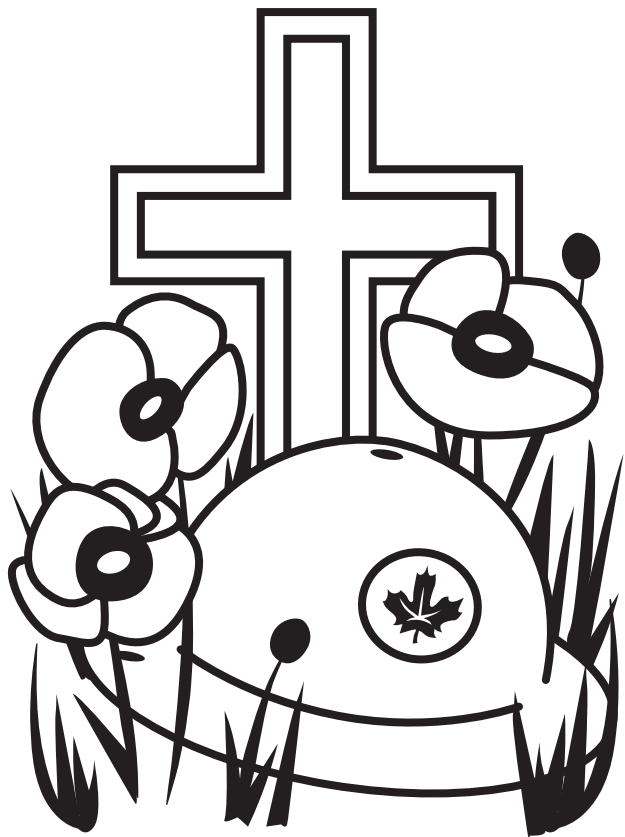
Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

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

## "LEST WE FORGET"

### Spot the Difference

Can you spot the 6 differences between these two images? When you're finished, colour them in with a friend and you each have one to keep!



LEST WE FORGET



REST IN PEACE

DIFFERENCES : 1. Poppy centres are white 2. Maple leaf veins missing 3. Grass and bud missing 4. Rest in Peace inscription 5. Extra layer to cross 6. Extra leaf on poppy

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## LOOKING FOR LANDOWNERS WITH PONDS/WETLANDS

The Miistakis Institute ([www.rockies.ca](http://www.rockies.ca)) is studying amphibians in Foothills County. We are looking for landowners with ponds/wetlands that will allow us access in May/June 2024 to test for frog, toad and salamander DNA. For more information please contact Nicole Kahal at [nicole@rockies.ca](mailto:nicole@rockies.ca) or 403-440-8444.

**ANYONE NEED A HOUSE SITTER OVER THE WINTER** I am currently waiting for my house to be built in Bragg Creek and have been dog/house sitting since June in the area. I need a place to live from October through the winter and will house/dog sit for 1 month or longer. I have many references in the area and know it well. Please text me if you are interested at 5874336626. Rebecca Brickson

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**FOUND item** Bragg Creek Hamlet Sept 16  
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## PUBLIC NOTICE

### NOTICE OF BANKRUPTCY & FIRST MEETING OF CREDITORS

In the matter of the bankruptcy of Uwe Gildemeister. Notice is hereby given that the bankruptcy of Uwe Gildemeister, Owner, occurred on the 20th of October, 2023, and Barry Nykyforuk and Associates Inc. was appointed as the Licensed Insolvency Trustee. The first meeting of creditors will be held on the 9th day of November, 2023, at 9:00AM MST, via teleconference, please call 403-232-6220 to attend.

**XMAS TREES** With deep regrets, due to lack of quality trees, Sue Coy will not be coming to Bragg Creek this season. She hopes to return next season, inventory permitting.

**BCPA** The Bragg Creek Performing Arts concert that was planned for November 11 has been cancelled. We apologize for the inconvenience.

**The Cochrane Pregnancy Care Centre Gala** has been postponed until Nov 24th due to the circumstances surrounding the emergency water situation in Cochrane. For tickets and further information please contact [info@cochranepreg.com](mailto:info@cochranepreg.com) or call 403.932.2900

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