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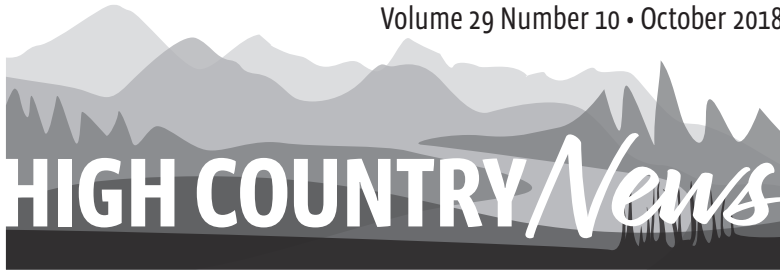
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**NEXT DEADLINE IS**  
**Monday, Oct 15!**

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**Artist PROFILE**

An avid mountain biker and camper, the contours and wide expanses of Canada's western landscape have been David Zimmerman's space to explore and discover. This sense of discovery through adventure is always with David, whether he is holding a brush, reading a book, or engaged in conversation. David currently lives in Bragg Creek with his wife, Tara, and their four kids.

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## From The EDITOR

A month of school is under our belts, snow is back, and routines are falling into place. We all benefit, use, or take part in some form of extra activity that is run by a volunteer. In speaking with numerous community groups in our area I have heard a sound (or more of a desperate pleading) for more volunteers to participate in the work load. If you haven't already done so, maybe consider how you could lend a hand at one of the wonderful organizations in your community.

The benefits of volunteering are many, but here are a few:

New relationships, growth in your hobbies and professional skills, an ability to affect positive change, contribute to the welfare of your community, and provide an opportunity for friends and family to have an enhanced recreational enjoyment.

For me, having sat on a number of

boards, I think that it has been a major contributor to both my professional and personal growth. I have also been deeply enriched by the relationships formed in these groups. It is often said "birds of a feather flock together". When we live in community, there are a lot of different varieties of birds, and unfortunately, a lot of squawking to go with it. The more we can learn to receive and learn from one another, respectfully seeing other points of view, the more we will be able to work together and create a better community to live in.

As the fall is a season for many non profit organizations to have their AGM's I thought I would mention a couple of things that I think are appropriate for meetings such as these:

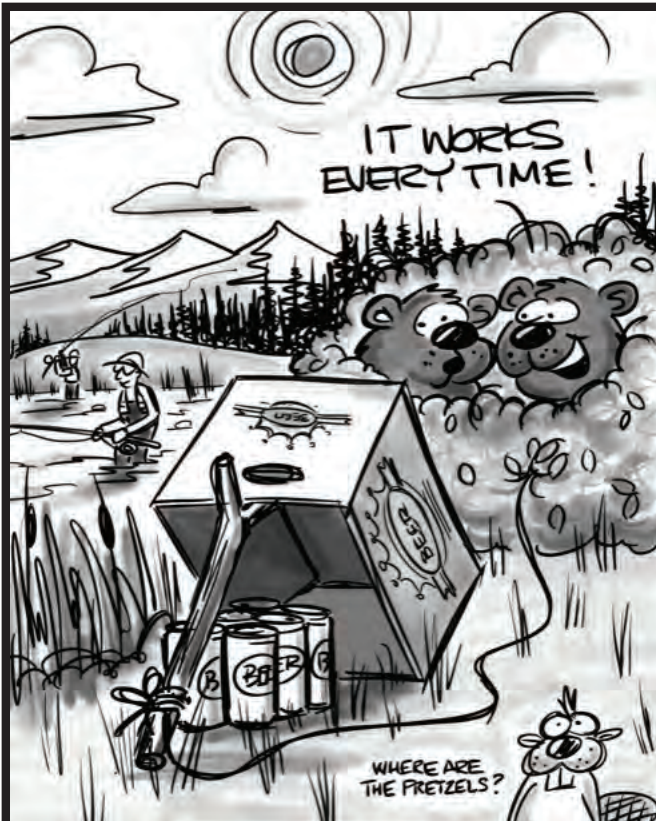
1. Large issues and concerns should be brought up with board members and decision makers prior to the meeting. If they are deal breakers, agree to disagree, and part ways privately, not in public display.

2. Is this argument worth breaking relationship over?
3. Find solutions
4. Come looking to hear & understand an amicable solution, not a fight.
5. Remember these organizations are run by volunteers with jobs, families, other commitments. Respect their time and efforts, as you don't know what else is on their plate
6. Your idea may not be acted on, don't take it personally
7. Put your time where your mouth is.

A community is what you make it. Remember to talk nice and get along in the sand box. Our children are watching and listening.

*From our family to yours, Lowell Harder*

For more from the Editor, visit [highcountrynews.ca](http://highcountrynews.ca)



**HIGH COUNTRY LIFE** by *MARK LEE*

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# DON'T JUST STAND THERE, SCARECROW, SIGN UP AND SCURRY



**OCTOBER 13, 2018**

CHECK IN STARTS AT 9AM  
1K BEGINS AT 10AM | 5K BEGINS AT 11AM

The Bragg Creek & Area Chamber of Commerce is proud to sponsor the Scarecrow Scurry Fun Run/Walk to raise money for Camp Horizon. The fun run is open to everyone, including solo participants, families, dogs and teams - no matter your athletic ability. There will be prizes for best adult, child, dog and group scarecrow costumes.

#### PLACE

Bragg Creek Community Centre  
23 White Avenue, Bragg Creek, Alberta

#### ENTRY

Go to [Eventbrite.ca](http://Eventbrite.ca) & search for Scarecrow Scurry to submit your donation and gain entry to the run

#### INFO

Participants are encouraged to dress up like scarecrows (scarecrows only please, no scary costumes) Face painters will be on site to help out. Check our Scarecrow Scurry Facebook event for details.

#### QUESTIONS?

[info@visitbraggcreek.com](mailto:info@visitbraggcreek.com)



## Bragg Creek's Spirit of Christmas

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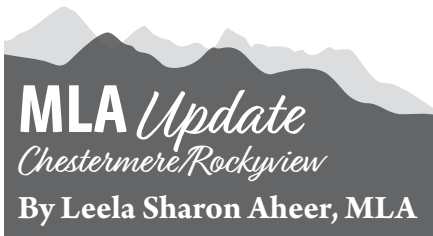


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**H**ello High Country News readers! It has been quite a month with our typical Alberta weather ranging anywhere from highs in the 30's to lows of 2 and some very interesting white stuff... snow. The days are getting shorter, and the smell of fall is in the air. We will soon be preparing Thanksgiving dinner and celebrating all sorts of wonderful fall festivals, from Diwali in India which is the festival of lights and the festival of fresh starts, to the Gathering of Israel or Feast of the Ingathering that occurs somewhere from late September to late October that marks the end of the harvest. Rajasthan's biggest festival is the Pushkar Camel Fair where there are camel games, sales and competitions, to the Mooncake Festival in China or, as it is sometimes called, the Mid-Autumn Festival which celebrates reunions, family and best of all... love.

Representing a constituency is a privilege. There are many issues for many folks, and each of the 87 represented constituencies will have things that are provincial issues that are agreed upon, and those where we will be at odds with our fellow constituencies. The Springbank Dam/McLean Creek option is one of those areas where municipalities will have different opinions and solutions for what should happen when it comes to flood mitigation. I am sure many of you have read the Deltares report on the choice between these 2 massive pieces of infrastructure, but I will attach the information to this article because I believe that reading the report is important in helping to decide the solution to the concerns

of flooding, and even more prevalent, drought. The report is available at: [www.transportation.alberta.ca/documents/ReviewSpringbankMcLeanStorage-Oct2015.pdf](http://www.transportation.alberta.ca/documents/ReviewSpringbankMcLeanStorage-Oct2015.pdf)

What you will see in the report is that yes, the report comes to the conclusion that SR1 "seems" to be the better choice, but the truth is—and the report states this—it was based on assumptions that still have yet to this day to be resolved such as sediment transport (which is the movement of all particles by water whether that is mud, trees, or parts of houses, and it includes particles that sink and those that float). This information actually makes it difficult for any expert to decide which project would be better. The "design flood" model for sediment trapped in the Springbank reservoir according to the Environmental Impact Assessment is over 2,300,000 tonnes. What is the effect of that when it dries out and the winds start to blow? This evidence and research has yet to be released. Both facilities can store the same amount of water, and offer the same protection. Both projects have similar ability to manage water, and so far we have yet to see the a detailed comparison of the hydrographs (the variation of how much water flows past a location that is most often measured in cubic metres per second) that "suppose" that SR1 is better, though it has been assumed with no evidence. The fact is that the original stated reasons to prefer SR1 – it will cost less, take a year less to build, and that environmental mitigation would be less have proven to be false. This is important in deciding what piece of infrastructure is needed, and why shovels are not in the ground right now. The Deltares report points out that there is no right answer, and that "the multiple layers approach" must be used. This means adopting the ideas of "room-for-the-river" principles (page 4 of the Deltares report) which means that

temporary storage of water in detention areas is not solid solution for the issues of mitigation. Needless to say, there are no detailed engineering designs to this point as pointed out in the report. Here are some other things to think about:

Bragg Creek, Redwood Meadows, and the Tsuut'ina Nation would have been protected by MC1(McLean Creek) without any further mitigation such as berms. The cost of these berms in Bragg Creek alone has escalated to over \$30 million dollars. So far we have not seen any estimates of the cost to protect the Tsuut'ina Nation. There are no estimates of the cost to relocate major NEB regulated pipelines in the SR1 cost estimate. SR1 also has the "unquantifiable risk" of the total cost of compensation to landowners for taking their land while McLean Creek is located on Crown Land. Alberta Transportation has stated the environmental sensitivity surrounding McLean Creek can be mitigated. This is worth looking into.

We are still looking for the geotechnical study of the McLean Creek project. Recreational opportunities with Mclean Creek could be a huge economic upside for Bragg Creek and Calgary.

*As always, we love to hear from you.*



**LEELA SHARON AHEER, MLA  
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**MLA Update**  
Banff-Cochrane  
By Cam Westhead, MLA

In light of the Federal Court of Appeal's ruling respecting the Trans Mountain Pipeline Expansion Project, I'd like to share with you how Premier Notley and our government are working to defend you, your resources, your jobs and the future of our province and country.

Premier Notley's televised address:

*"For generations, Alberta has been forced to sell our resources to one customer – the United States – and to sell those resources at a major discount. When we are forced to sell those resources for less than they are worth, the whole country pays a price. Fewer jobs. Overstressed hospitals. Crowded classrooms. And for almost as long, successive governments in Ottawa and Edmonton failed to change this.*

*Today, Canadians in every part of the country support our efforts to build the Trans Mountain Pipeline. The Federal Court of Appeal ruling against the Trans Mountain Pipeline is bad for working families. And it is bad for the economic security of our country.*

*Albertans are angry. I'm angry. Alberta has done everything right and we have been let down. The combined result of the actions taken by the Harper government, the current federal government, the National Energy Board and the Federal Court of Appeal means that the current state of affairs in Canada is such that building a pipeline to tidewater is practically impossible.*

*As a result, our ability to transport our most profitable commodity is subject to the whims of the White House and the U.S. government. Let's not kid ourselves. This is a threat to Canadian sovereignty and Canadian economic security. It is a crisis. Today, Alberta needs action.*

*Protecting our environment and growing our economy can and must go hand in hand. That's why we established a made-in-Alberta climate plan that creates jobs, lowers emissions and sets our economy on a stronger, more diversified foundation.*

*But Alberta, and indeed Canada, can't transition to a lower carbon economy, we can't build a more just, equal and prosperous society – we can't do these things if we can't provide the jobs and prosperity that comes from getting fair value for our resources.*

*Successive federal governments created the mess we find ourselves in. It was broken in Ottawa and now Ottawa needs to fix it. When Alberta's economy is held hostage, Canada is not working.*

*The time for Canadian niceties is over. I've spoken to the Prime Minister and told him that Ottawa must take the following actions. First, the federal government must immediately launch an appeal to the Supreme Court of Canada.*

*Even more importantly, Ottawa must immediately recall an emergency session of Parliament to assert its authority and fix the NEB process as it relates to this project to make it clear that marine matters have been and will be dealt in a different forum.*

*Then Ottawa needs to roll up its sleeves and continue its work to protect our coast and improve consultation and accommodation relating to Indigenous peoples in the way they deserve. Our sovereignty and our economic security depend on it.*

*If the federal government acts boldly and gives this crisis the attention it deserves, construction can restart early in the new year.*

*We cannot accept – no one in Canada should accept – that the only way to sell Canada's resources is through the U.S. No other country on earth would accept this and Canada shouldn't either, especially when we are doing it to ourselves. It is ridiculous.*

*That's why I have pulled out of the national climate plan and called on the federal government to take this to the Supreme Court, call an emergency session of Parliament, fix this mess and get construction restarted.*

*Alberta is the economic engine of this country. We have built one of the greatest societies on earth, through hard work, ingenuity, and*

**CAM WESTHEAD**  
Banff-Cochrane MLA

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MLA for Banff-Cochrane



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## De-Dollarization and You: Part 1

There are many different types of global economic risks that financial advisors consider when preparing a financial action plan for their clients. This is where advice, experience, and judgment come into play when working with you as a client. One area that is gaining increasing prominence is the role of the United States and its dollar in international affairs.

For example, the recent tit-for-tat tariff moves raise the spectre of a global trade war that could destabilize global economic trade and reverse decades of progress and globalization. The movement towards trade harmonization and globalization, since the fall of the Berlin Wall and communism in the early 1990's, has ushered in an era of increased wealth and prosperity for many of the poorest people in emerging economies and as well as contributing to growth in Canada and the United States over the same time frame.

The following is a quick high-level march through history and then we will look at how any change in the global reserve currency regime will impact Canadian and US investors and their financial well-being in the coming years.

Globalization and trade are underpinned by trust and the ability to quickly and efficiently, with low administrative costs, complete transactions. The global symbol of that trust has been the U.S. Dollar (USD), since the Bretton Woods Agreement of 1944, when the USD was partially backed by gold bullion. In 1971 President Nixon took the US off the gold standard but maintained the USD as the global reserve currency for trade settlement by aligning U.S. geo-political interests during the Cold War with OPEC and launching the era of the US Petro-Dollar.

The deal was that Saudi Arabia specifically and OPEC generally would only accept USD as the preferred payment option for the settlement of all sales of barrels of oil globally. This allowed the US to continue to receive the benefits of

having the global reserve currency, which continues to this day. The previous global reserve currency was the British Pound Sterling but its use began to decline when the sun set on the British Empire starting around 1915 during WW1 and was ultimately replaced by the international Bretton Woods Agreement.

Practically speaking, this means that if Bulgaria buys goods from Russia, or Peru, or Canada, it agrees to pay for those goods in USD even though it has its own local currency and the transaction in question has nothing to do directly with the U.S. economy. You can use anything as a unit of trade settlement as long as all major global bodies and trade blocs agree that the chosen vehicle is safe, secure, reliable and will hold its value. The result is that there are more USD in circulation globally than there are within the U.S. economy and the vast majority of global trade has been, until recently, completed in USD.

The U.S. has actively defended the use of the USD as a global reserve currency but has watched its market share for global transactions steadily decline since the early 2000's. Today, the USD is actively being replaced as a trade settlement vehicle due to a number of initiatives led by several emerging economic powers, not the least of which is China, but also India, Russia and other countries globally.

The next article will look at indicators of a possible move away from the USD as the global reserve currency, the impact of an official replacement of the USD as the reserve currency on North America and the likely process for replacing the USD as the global anchor for trade settlement should this event ever occur.

Contact my office today to begin the process of getting comfortable with and in control of your financial situation and to review your investments to ensure they meet your needs in our ever-changing world.

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

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## Newly Appointed Shadow Minister for Employment, Workforce Development and Labour

I am honoured to have been appointed by the Leader of the Official Opposition, the Honourable Andrew Scheer, to serve as Shadow Minister for Employment, Workforce Development and Labour. The appointment of this role comes at a crucial time when so many Canadian jobs are facing an uncertain future. It is imperative government support economic growth by implementing policies and investments empowering the private sector to create and maintain jobs, especially here in Alberta.

I spent this summer touring extensively throughout our Foothills riding speaking to constituents and business owners and two of the most prominent issues you spoke to me are about are the state of our economy, attacks on business and personal job security.

Unfortunately, with the current climate of bungled trade agreements, failure on energy infrastructure and regulatory uncertainty, hundreds of thousands of Canadian jobs and the overall health of our economy are at stake.

While our biggest competitor, the United States, is cutting red tape and taxes and making its energy sector more attractive to investors - to job creators - the Liberals are jacking up taxes and punishing our Canadian natural resource sector. When combined with disastrous

policies like the Liberals' national carbon tax and Bill C-69 that targets our energy sector, it is our Canadian businesses and communities who are suffering, with investments, businesses and jobs migrating elsewhere.

For Canada to remain globally competitive we need lower taxes and streamlined regulation. Time and again business leaders in southern Alberta have said the most important drivers of investment are regulatory certainty and competitive tax structure. Under Justin Trudeau's watch energy companies are fleeing Canada taking well paying jobs with them.

This is particularly apparent in my riding as so many jobs and local businesses are reliant on a strong resource sector. I have spoken to hundreds of folks who have been unemployed for months and others who are having to move south to remain employed.

Prior to Trudeau taking office three major energy companies were planning to build pipelines in Canada with private sector dollars including Kinder Morgan, TransCanada and Enbridge. Now, none of these pipelines are being built and all three are divesting themselves of their Canadian assets.

Albertans are also concerned the Liberals have not taken the NAFTA negotiations seriously. Instead of focusing on vital economic issues the Liberals pushed a "progressive agenda" and during intense, fragile negotiations Trudeau and his ministers have antagonized the United States administration at every opportunity. This has put Canada in an

incredibly weak negotiating position and has put major sectors of our economy and millions of jobs at risk. The Liberals have not focused on the fundamental economic needs of this agreement, the importance for Canadian auto, steel and agriculture. As a result, Canada has been shut out. The longer we go without a deal the more Canadian jobs are at risk and Canadian businesses will suffer.

Whether its NAFTA, TransMountain, or a carbon tax the Liberal's mismanagement has put our farmers, our energy workers and our businesses at a competitive disadvantage, threatening Canada's export potential and ability to attract investments. Whether in Asia, the Middle East or in North America, the Prime Minister's failed approach has irritated our trade partners and left our economy vulnerable. Coupled with overspending and higher taxes, Canada is poorly equipped to respond to global uncertainty and a turbulent investment climate.

Canadians cannot afford a government who puts its own political interests ahead of Canadian jobs.

As Shadow Minister for Employment, Workforce Development and Labour I will continue to be a champion for our economy and to provide Canadian businesses the best opportunities to succeed here at home and around the world.

*Submitted by John Barlow,  
Member of Parliament Foothills  
www.johnbarlowmp.ca*



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# Upstream & Downstream Flood Protection on the Elbow River

**Mark Your Calendar for Friday, October 26, 2018**

**Come find out about Upstream & Downstream Flood Protection on the Elbow River AND the importance of sending letters to politicians**

Rockyview Residents and Calgaryans are invited to hear presentations on topics about problems with the proposed Springbank Temporary Reservoir (SR1). Two better solutions will be discussed.

*WHERE: Redwood House, 1 Manyhorses Dr, Redwood Meadows AB*

*Time: 7:30pm - 9pm*

New information will be presented to update you regarding flood protection. For example, the National Energy Board (NEB) was the 1,120 requestors for information from the Alberta Provincial Government. The NEB is now concerned about the validity of the Alberta Government's hydrogeological models and their results, and now recommends that the government prepare new groundwater models. For more information about requestors for information go to [www.ceaa-acce.gc.ca/050/evaluations/document/exploration/80123?type=3&culture=en-CA](http://www.ceaa-acce.gc.ca/050/evaluations/document/exploration/80123?type=3&culture=en-CA).

After each speaker there is a Q & A opportunity for you. Speakers include: Leela Aheer, MLA for Chestermere-Rockyview; Karin Hunter, President, Springbank Community Association; Dr. Emile Gabriel, founder of the Flood & Water Management Council and the designer of the

Tri-River Joint Reservoir Concept; Mary Robinson, her family has owned the current ranch land along the Elbow river since 1888--130 years; and representatives from the Springbank Action Committee. Event organized by Dr. Karen Massey, Resident, Redwood Meadows

## **Bragg Creek and Redwood Meadows need Upstream Protection from Elbow River Flooding**

There is still time to oppose the Springbank Temporary Reservoir. The Canadian Environmental Assessment Agency has asked the Provincial Government to answer hundreds more information requests, to conduct more tests of the Springbank land, and to provide more information

about the worst-case scenario of the earthen dam breaking since it is then only about 15 minutes before the flooding waters would reach Calgary. Also, a geotechnical study has just been completed on Mclean Creek for a possible dam site, but we don't have access to the results yet.

It is important to note that it is not just 4 or 7 ranchers in Springbank who will be impacted if SR1 goes ahead. It is ALL of us upstream of Springbank who are also still at risk when there is the next Elbow River flood. We are thousands more Albertans who are still be at risk upstream. There are about 2,500 of us residents in Bragg Creek and Redwood Meadows, other ranchers and landowners, and hundreds of

Summary of Options			
	SR1	MacLean Creek	Tri-River Joint Reservoir
	Off-stream Reservoir	Conventional Dam	Tunnel and Flow-Through Reservoir (Natural)
<b>Description</b>	Private Land	Crown Land	Crown Land
Land Designation	Private Land	Crown Land	Crown Land
Estimated Price <sup>1</sup>	\$371 Million	\$406 Million	TBD
Capacity	70 million m <sup>3</sup>	56 million m <sup>3</sup>	10x SR1
Timing	4 Year construction	4 year construction	Staged
Impacted Infrastructure	Oil, LNG, Natural Gas, Transmission?	None	None
Current Status	Approvals delayed	Not seriously considered	Requires feasibility study
<b>Flood Protection</b>			
Calgary	✓	✓	✓
Bragg Creek / Redwood Meadows	✗	✓	✓
High River	✗	✗	✓
Okotoks	✗	✗	✓
<b>Benefits to Local Community</b>			
Health (Air & Water Quality) <sup>2</sup>	✗	N/A	N/A
Social (Tourism, Community) <sup>3</sup>	✗	✓	✓
Economic (Taxes, Development Opportunity) <sup>4</sup>	✗	✓	✓
<b>Other Benefits</b>			
Hydroelectricity	✗	✓	✓
Water Storage	✗	✓	✓
Fire Protection	✗	✓	✓
Drought Management	✗	✓	✓
Parks & Recreation	✗	✓	✓
<b>Notes</b>			
1: SR1 cost model missing material cost items: Bragg Creek berms, remediation following flood events, true infrastructure costs of moving pipelines & elevating Hwy 22, lost economic value of the SR1 land and fair compensation to private landowners; MacLean Creek cost model ignoring positive economic outcomes from conventional dam and tourism-related economic benefits			
2: SR1 planners have not adequately addressed water and air quality concerns within the Springbank area			
3: SR1 project analysis have omitted tourism and social consequences on local community (i.e. road closures) while at the same time ignoring the lasting social and recreational benefits of other upstream conventional dam projects			
4: SR1 cost model has so far disregarded the material financial harm to RVC that result from use of private land			

annual participants at Kamp Kiwanis, who would benefit by having a proper dam built such as at McLean Creek or TriRivers, or both since TriRivers could be partially built for just the Elbow River initially. We know that McLean Creek Dam would be too small, as shown in the chart, because it only has a flood capacity of 56 million m3. There would still need to be a second option to contain the additional amount of flood waters. SR1 is a short-term solution for longer term problems of flood, drought, fire, and recreation.

The chart below, prepared by Karin Hunter, President of the Springbank Community Association, shows that in addition to not having upstream protection, there are no benefits from SR1 to our upstream communities, yet there are significant benefits if a dam was built. Of note, based on the out of control fire west of McLean Creek this summer where all of us residents were put on emergency evacuation notice, there is clearly a new need for access to water in cases of fire in the area. Water bombers need a large water source in our vicinity.

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## HVAC Cleaning: 4 Reasons It's a Must in Calgary

There's no question that good air quality is vital to health, especially for older adults, children and anyone with conditions such as heart or lung disease. In a city as big as Calgary, with a population over a million people and growing, air quality is an ongoing challenge.

Environment Canada states that indoor air contains 2 to 5 times more toxins than outdoor air. To make matters worse, the average person spends 90 percent of his or her time indoors, making us even more susceptible to health effects from poor indoor air.

While there is only so much you can do about outdoor air pollution, you can significantly improve indoor air quality with regular HVAC cleaning.

Here are four reasons why you should take advantage of HVAC cleaning services.

### 1. Air pollution is not just outdoors.

Although the city and the province have worked hard to lower emissions and reduce pollution, there are times when "fine particulate matter" in the air is still a big problem. And those fine particles have a big impact on indoor air quality, too.

The dust and particles from vehicle exhaust, boilers, construction and other activities can find their way into your HVAC system. This can clog air ducts and filters, causing allergies and worsening asthma and other respiratory problems.

Scheduling regular HVAC cleaning, along with air duct cleaning when needed, helps to remove these unhealthy pollutants from indoor air.

### 2. There is other "stuff" in the air, too.

Besides the particles that can creep in from outdoors, there are other contaminants that can get trapped in your air ducts and affect indoor air quality:

Mold, pet hair and dander and dust mites can all build up over time, causing allergies and contributing to poor air quality that can make it hard to breathe.

Without proper ventilation, pollutants from cigarette smoke, cleaning solvents, paints and building materials such as pressed wood products and carpeting can cause unhealthy odors to build up.

HVAC cleaning services not only remove mold, hair, dander and dust mites from air ducts, but also help to ensure that the HVAC system is operating effectively — keeping the air safe, breathable and pleasant by filtering out harmful and smelly pollutants.

### 3. HVAC cleaning helps to remove pests.

It's a pesky fact of city life: we have pests such as beetles, spiders and ants — and all of them can make their way into your HVAC ducts.

Using insecticides in air ducts to remove the pests is tricky, because it can be difficult or impossible to control where and how far the chemicals will spread. Duct cleaning offers an alternative — helping to remove pests and prevent them from spreading to other areas of the building.

### 4. It should be part of routine system maintenance.

Your HVAC system works hard for you and is a major part of your building investment. So, it makes sense to keep that system running well with routine maintenance. As part of preventative maintenance, HVAC cleaning companies generally:

- Change the system filters
- Make sure drain lines and pans are not clogged
- Clean the evaporator and condenser coils

Performed regularly, this maintenance routine effectively removes the contaminants that negatively impact air

quality and the operation of your HVAC system. That means HVAC cleaning not only helps to prevent the buildup of dust, mold and other allergens, but also helps your system run more reliably and efficiently, to:

- Prevent breakdowns and avoid the cost and inconvenience of unexpected repairs
- Reduce energy use, which not only results in cost savings but also reduces emissions
- Maintain proper humidity levels to prevent the growth of mold growth
- Maintain a more comfortable indoor environment

Compared with the price of repairing or replacing the system, the HVAC cleaning cost is small. And besides helping your system run cleaner and more efficiently, regular HVAC cleaning can also extend system life. So, you just might get more years out of your heating and AC equipment.

### Why choose Alberta Indoor Clean Air for HVAC cleaning services?

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**3. We've got the HVAC know-how.** Our techs are highly experienced and highly trained in HVAC cleaning, duct cleaning and preventative maintenance.

**4. We've got the brand know-how.** We have the experience and skills to service any brand, not just one or two.

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

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

Everyone is invited to join us for our annual Deck the Halls Christmas Market on Monday, December 3rd from 9am to 12pm at the Eden Brook Reception Centre. Local vendors will be showcasing their artisanal items and delicious foodie treats. Come enjoy coffee, tea and holiday treats and have the chance to win great door prizes, visit with friends and share the holiday spirit.

Registration for the Winter session will be held on January 14, 2019. Please visit our website [www.springbanklto.com](http://www.springbanklto.com) or Facebook/SpringbankLTO for more information or stop in for a cup of coffee and a chat. Email inquiries can be sent to [springbanklto@gmail.com](mailto:springbanklto@gmail.com). We look forward to seeing you at the Market!

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At our annual Christmas Market

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

All are welcome, free admission.

Monday, December 3rd | 9 am - Noon

Eden Brook Reception Centre  
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Visit our Facebook page for a list of vendors:  
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# Springbank Creative Arts Club Update

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

The club had a table at the Springbank Fall Fair Sept 8/18. It was so nice to see the "neighbours" and enjoy a very well organized busy fair! There really was something for everyone.

Fall is here! The beautiful colours on the trees and grasses, making hills and

fields more easily defined than when everything is lush and green. The hay bales, piles of grain, and flocking crows are also a sign of the coming cooler temperatures.

Preparations are as complete as they can be until sale time. A reminder that the Springbank Christmas Market is Nov 3 and 4th and will be held at the Springbank High School Gym. Get some awesome products and support local artists, artisans and crafters at the same time! For more information visit the facebook page or email yjo999@gmail.com. Only handcrafted products – art, sewing, wood working, fused glass, ornaments, cards, chocolate,

stone carvings, quilting, knitting and so much more.

New to Springbank? We welcome any crafter, artisan or artist living in Springbank to join us. this is a great opportunity to meet like minded individuals living in this area. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 3 & 4, 2018 or membership email yjo999@gmail.com.

Have a Happy Thanksgiving everyone! Follow us on facebook.com/springbankchristmasmarket

*Submitted by Yvonne Bamlett, Springbank Creative Arts Club*



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## Do You Have Jaw Pain?

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

If you are a chronic teeth grinder, I have had extensive dental work done or had a facial injury – you likely know what the TMJ is. The TMJ is the temporomandibular joint, commonly known as your jaw. This joint is made up of your mandible, the lower jaw bone, and the temporal bone of the skull. There are two joints, one on each side your head, that articulate together. The TMJ opens, closes, deviates side to side and forward and back. There is an intra-articular disc within each joint, a capsule, surrounding ligaments, muscles, and a rich nerve supply.

The TMJ can be affected by dental work, dental appliances, whiplash injuries, chronic teeth grinding, excessive chewing, or postural dysfunctions. Some symptoms of TMJ dysfunctions are clicking in the jaw, grinding sounds, pain with chewing or talking, and pain with yawning or swallowing. In some cases, symptoms may include locking of the jaw, either open or closed, headaches, vertigo, ringing in the ears, facial pain, numbness along the jaw or temples, and neck pain. TMJ symptoms are often associated with ear and throat symptoms. This is likely due

to the fact that these structures evolved together and still retain some common motor and sensory relationships.

The joint surface of the TMJ may also be affected by developmental anomalies, trauma, osteo-arthritis and rheumatoid arthritis. These changes may cause either laxity in the joint (too much movement), excessive pressure in the joint (muscle tension / clenching), adhesions of the disc to the joint, a damaged disc, or damaged ligaments.

Physiotherapists are specialized in examining the joint biomechanics of the TMJ. We evaluate the muscle movements, the ligament integrity and manually palpate the surrounding structures. We obtain a subjective history of past injuries, symptoms of pain, and dental history. We assess general posture, the mobility of the neck, mobility of the TMJ and may perform an internal exam to feel the joint movement, ligaments and muscles of the jaw.

Treatment of this area may include postural education, manual therapy to mobilize the joint, trigger point release of surrounding muscles, muscle re-education of jaw mechanics and tongue position. Education may include sleeping positions, resting jaw position, eating and yawning modifications. We may teach you range of motion exercises, isometric jaw strengthening exercises, and neck strengthening exercises. Modalities such as ultrasound, TENS, and acupuncture may be helpful to control pain and promote circulation to the area. In extreme cases, one may require splinting and a referral to the dentist for further evaluation.

If you experience any of these issues, we would love to help you. Please call the clinic to book in with one of our physiotherapists and sort out your jaw pain!





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Drahanчук Studio house

## Artist Studio in Bragg Creek: Form and Function

Bragg Creek has long provided an inspiring backdrop for many local artists. Perhaps the most renowned is Ed Drahanчук, whose work with ceramics set a standard for other potters across Canada. He is a recipient of many prestigious art and design awards and his ceramic work is found in more than 90 government and gallery exhibitions worldwide.

Born in Calgary, Ed graduated from the Provincial Institute of Technology and Art (now Alberta College of Art + Design). He studied under his older brother Walter Drohan, who also had a successful, lifelong career as a ceramist and painter. Ed married Ethel Egg, an artist he met at the Institute and whose great-great-grandfather was the celebrated Victorian artist Augustus Egg, who worked in theatrical performances with friend Charles Dickens in England. Ed and Ethel joined Bob Oldrich, an artist skilled with enamel work, to rent a spacious old warehouse in Calgary on 12th Avenue South, working under the name Design Associates. Oldrich's mentorship and network was instrumental in Ed's start.

One of Ed's murals, *Alberta Foothills Morning*, showcasing his early work, can be found at North Mount Pleasant Arts Centre in Calgary. Commissioned by Rocky View County, it was moved there from the government building on 16th Avenue North in preparation for the 2006 road expansion. The University of Calgary hosts a small portion of a large mural of porcelain made for Hudson's Bay Oil and Gas and the Royal Bank on 8th Avenue SE showcased his largest, at 53 feet long and 8 feet high.

In Bragg Creek, the Drahanчуks became known also for the modernist design of their 5600-square-foot



Alberta Foothills Morning

Drahanчук Studio built with famous prairie architect Gordon Atkins. In 1968, they moved into the studio-home, which won an award as one of Canada's best-designed buildings of the decade. "Designed for two young successful potters, the scheme unites a large working area with the house. The studio and living spaces are large open spaces that allow for relatively unstructured movement patterns. The building is carefully designed to integrate with its site and the surrounding trees."\* Built right into the hill that represented most of their 32 acres of land, it incorporated cedar extensively both on the exterior and interior. Ed and Ethel made the kitchen counters, sinks, murals, lights, floors and a sunken bathtub out of clay. Bricks were dismantled and hauled by Ed and Ethel from the original beehive kiln at the Redcliff Plant for the décor, including a large fireplace.

The Drahanчуks moved from Bragg Creek in 1975 to Quadra Island where they ran their successful independent studio practice for another 30 years, before retiring in 2005.

The next HCN edition will relate the introduction of another famous artist, "Cheech," to Drahanчук and the Bragg Creek story.

Michele McDonald,  
for the Bragg Creek Historical Society

Sources: Ethel Drahanчук Interview, August 2018; [hermis.alberta.ca](http://hermis.alberta.ca); [willockandsaxgallery.com](http://willockandsaxgallery.com); [everydaytourist.ca](http://everydaytourist.ca); \*Livesey, Graham, *Gordon Atkins Architecture 1960 - 95*, University of Calgary Press, 2005; [thecanadianencyclopedia.ca](http://thecanadianencyclopedia.ca); [www.tate.org.uk](http://www.tate.org.uk)

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# Redwood Meadows Update

**Council Update:** Over the Summer months, council met twice. Once on July 17th and once on August 18th. Two new members joined Townsite Council for the July meeting. Council would like to formally welcome Scott Winograd and Ed Perkins to Council. We look forward to the insight and knowledge that they will bring to Council. Look for their bios in the next edition of *The Chatter*.

**Infrastructure:** The water treatment plant work was completed in the month of July. The work was on the infiltration system, or the way our drinking water is taken from the river. The Boil Water Advisory was a result of the lower levels of water in the holding tank, resulting from the work being done, the drought we experienced, and the malfunction of a small mechanical part. The maintenance building structure was completed and we are waiting on the remaining electrical work to be completed for it to be fully operational. The Townsite hired a STEP student, the program that the Federal Government provides funding for to hire seasonal summer students. We thank her for all her hard work throughout the community over the summer.

Due to time constraints and Council assessing the best path forward the revitalization of our community skating rink will proceed next year instead of this fall.

**Emergency Services:** Our Emergency Services Department continues to serve our community. Their geographical area includes the surrounding area as well as servicing Kananaskis Country, Rockyview County, Tsuut'ina, and the department secured the contract for providing Emergency Services to the Trans-Canada Highway from the Banff Coach Road to Scott Lake Hill. A big thank you to Chief Evans and the work that the department provides.

**Financial:** Councilor Winograd will be taking over this portfolio from Deputy Mayor Ackerman.

**Communications:** Look for regular updates appearing in the High Country News. We ask that all residents sign up for our weekly emailed news briefings called "*The Updater*". Updates are given through this venue as well as on the Townsite Facebook Page, Twitter account, and on our website in regards to pertinent information.

**Bylaws:** Councilor Perkins will be taking over this portfolio. The main area of concern under this portfolio over the summer has been our waste management. As many residents may be aware, the Townsite experienced an abnormal amount of bear activity over the summer. In consultation with Fish and Wildlife this can be

attributed to our waste management practices. It becomes a safety issue for our community when residents are not abiding by our Townsite Bylaws regarding Waste Management. We do not wish for our community to become a known food source for any animals. The Townsite will continue to proceed with methods of enforcement to residents to ensure compliance. Councilor Perkins is working with other Councilors, including Infrastructure Head, Councilor Allen on developing a more prudent model of waste management within the community.

**Lease Updates:** If you want further updates, please come out to the Lease Information Nights. This is a chance for our LAWG group and Town Council to inform residents in person, and to answer any questions. The next Lease Information Night will be on October 11th.

**Council Meetings:** Council meetings are held on the first and third Tuesday of every month at 7pm at Redwood House. Meeting agendas are available to the community on the Redwood Meadows website prior to the Council meeting. If there is an agenda item that you would like added, please forward this to Julia, our Townsite Manager, on/by the Friday before the scheduled Council meeting.

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# Hello Community!

Oh, and hi October – I wasn't expecting to see you yet... at least that means Thanksgiving and Halloween are right around the corner, and I am always up for stuffing my face with pumpkin pie and tiny candy bars!

As I begin this month's article, I am sad to say that this will be the last one that I write for a while! With the AGM coming up, new board members will be elected, and someone new will be taking on this monthly update. I hope you haven't minded my grammatical errors and excessive exclamation marks, and let's hope the next contributor may be a bit more eloquent! I still look forward to volunteering lots in our lively, unique, and friendly community and am excited to contribute in some new ways!

October will bring a few familiar events to the Bragg Creek Community Centre: The BCCA will host our Annual General Meeting in which we will review last year's successes, challenges, and finances, and we will also elect new board

members for the next year. Some board members terms will be ending, opening spaces for some new perspectives! If you are interested in taking on a volunteer role that will contribute to the vibrancy of our community, consider lending your skills to a one or two year term. Check the website for updated details on the AGM's date and time, and positions that will be open for new board member nominations. Also, remember to update your membership as soon as possible so that you have the opportunity to vote when you attend!

This month, we will also celebrate Halloween! Join us with your kids or teens on Friday October 26th for the annual HAUNTED HOUSE and double feature movie (one for the little ghosts and ghouls at an earlier time, and one for the terrifying teens later on). Thank you to our friendly neighbourhood firefighters at Redwood Meadows Emergency Services for showing their community

spirit yet again and hosting the haunted house! We couldn't pull off such a fun community event without incredible community volunteers pitching in! Check the website for the poster and details on times.

There are also lots of fun community programs happening at the centre! Check out the website, or stop by the centre to learn about all the options for folks of all ages to get involved with!

Here's hoping everyone enjoys the beautiful fall colours, while they last! See you around the Hamlet and at the Centre for the AGM and Halloween Haunted House!

*Cheers,  
Shaye and the BCCA*

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**Sunday Service 10:00am**  
**Youth Gym Night • Oct 12 at 7:00pm**  
both at Bragg Creek Community Centre  
Pastor Dave Zimmerman • braggcreekchurch.ca

**THE Hub**

**Ladies Bible Study**  
Mondays 10:30am (No Study Oct 8)

**Alpha Course**  
Wednesdays 7:00pm  
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**Needle Craft Club**  
First Sat of Every Month 7:00pm

**Monthly Business Lunches to resume in January**  
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# WELL OWNERS

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**Well and Pumping System Maintenance is much easier to complete before Winter arrives.**

### Standard Water System Maintenance Schedule

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

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# Improve your Home's Duct System for Comfort and Savings



**H**igh utility bills? Stuffy rooms? Dusty house? Asthma issues? Cold rooms? It could be your home's duct system. Frequently misstated as duck system, it is a main artery of your breathing home.

In homes with forced-air heating and cooling systems, as typical in Alberta, ducts are used to distribute conditioned air throughout the house. A duct system that is properly sealed and insulated can make your home more **comfortable, energy efficient, and safe**—all while helping to reduce your energy bills. However, in typical homes, typically 30 percent (sometimes as high as 50 percent) of the air that moves through the duct system is lost due to leaks, holes, and poorly installed ducts, never getting to its intended location. A typical home furnace provides 700-1200 CFM (cubic feet per minute) of air to distribute to the house; many duct systems leak as much as 500 CFM – imagine a 9 x 10 inch hole in the duct just above your furnace venting air that was meant for your bedroom, playroom or home office. The result is higher utility bills and difficulty keeping the house comfortable, no matter how the thermostat is set.

## *Benefits of Properly Sealing and Insulating Your Duct System: Your Peace of Mind*

• **Improved Comfort:** Sealing and insulating ducts can help with common

comfort problems, such as rooms that are too hot in the summer or too cold in the winter.

• **\$\$\$ and Energy Saving:** Leaky ducts can reduce heating and cooling system efficiency by as much as 30 percent. Sealing and insulating ducts increases efficiency, lowers your energy bills, and pays for itself in energy savings.

• **Air Quality and Cleaner Home:** Sealing ducts can also help improve the indoor air quality by reducing the risks of pollutants entering ducts from dusty attics, walls or musty crawlspaces and re-circulating through your home. Dust from insulation particles or smells from damp spaces could aggravate asthma and allergy problems.

• **Improved Safety:** During normal operation, gas appliances such as water heaters, clothes dryers, and furnaces release combustion gases (like carbon monoxide) through their ventilation systems. Leaky ductwork in your heating and cooling system may cause “backdrafting,” where these gasses are

drawn back into the living space, rather than expelled to the outdoors. Sealing leaks can minimize this risk.

• **Greener Future:** The less energy you use in your home, the less air pollution is produced. By sealing your ducts and reducing the amount of energy necessary to comfortably heat or cool your home, you can have the peace of mind that you've done the right thing for your family, home, and for the planet.

## **Improving Duct Performance**

Ducts are typically concealed in walls, ceiling, attics, basements and crawl spaces thus are tricky and costly to repair, not to mention disruptive to your home as require opening walls. Using conventional construction systems still leak 10-15%.

An innovative product now allows Duct Sealing From the Inside. Endorsed by This Old House and Mike Holmes, AeroSeal is a safe, aerosol-based technology that easily seals your home's ducts, reducing system leaks typically by 95%.

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## Updates from Division One

### Nooooo.... it can't be October.

It seems I'm always leading off with the same headline but I can't believe summer is once again behind us. As of this reading, I will be approaching my first year anniversary as your Division 1 Councillor. First let me thank you all for your patience and understanding as I stumble and bumble my way through this role whilst running a business and being a dad and husband.

Becoming a civil servant who once had many daggers aimed at RVC, I have certainly gained much knowledge and appreciation as to how and municipal government works from both the administrative side and the councillor side. It all comes down to the health and welfare of our ratepayers. And I still have much to learn. Okay. Now on to what's been happening:

### Egress road update

On September 11th, Rocky View Council voted unanimously to approve a budget adjustment from the Tax Stabilization Reserve in order to submit an application for a National Disaster Mitigation Program grant. RVC had to show that its share of the cost (10%) was available should we be approved for the grant. The monies are structured toward detailed engineering designs for the emergency access road from Wintergreen Road through Tsuut'ina Nation land, Jumping Pound and connecting to Highway 22. The negotiations are still ongoing.

### Cannabis is a hot topic

Recreational cannabis becomes legal on October 17th. RVC is responsible,

along with other government levels, to develop policy with respect to how cannabis will be cultivated, processed and distributed. Stay tuned for news and updates on land use and zoning, retail rules and regulations, consumption regulations, setbacks, etc as it all gets rolled out.

### FireSmart is here

Division 1 had its first Chipper Day(s) on the weekend of September 22/23 where residents from Bragg Creek, Jumping Pound and Redwood Meadows could bring trees/branches from their FireSmarting efforts to the Water plant at the end of Burnside Drive and have them chipped for free. Please keep your eyes and ears open for your next opportunity. And thanks to the FireSmart committee and many other volunteers who made this event possible.

I want to point out as Division 1 moves forward, I will do my best to inform you of upcoming events or news that affects us. It's hard to keep up with everything exciting that is happening in RVC. Please visit our county website ([www.rockyview.ca](http://www.rockyview.ca)) and sign up on the Safe & Sound page ([www.rockyview.ca/CountyServices/SafeSound.aspx](http://www.rockyview.ca/CountyServices/SafeSound.aspx)) to receive local community news/event updates direct to your email. In addition, you can read the RV Weekly that comes out every Tuesday at [rockyviewweekly.com](http://rockyviewweekly.com) (hard copies are also available outside the Bragg Creek Post Office). And, I'm always available to chat. Until next month.

- Cheers, Mark

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# The *Little Schoolhouse* News



Frosty mornings and brilliant sunny afternoons mean it must be fall in Bragg Creek. At The Little Schoolhouse, we are learning and growing together in this beautiful setting. Outdoor play, creative projects and material exploration have been the highlights of these beginning weeks at school. We have connected with old friends and built new relationships as we learn through play.

In kindergarten, we are focusing on literacy in our world. The children are immersed in a print-rich environment that provides a foundation for learning to read and write. We are working on letter sounds, conveying meaning through printing and drawing, and interpreting literature. At free play time, we are building amazing structures, engaged in imaginative play and creating unique works of art.

The preschool classes are buzzing with the excitement of new adventures! Our young students are learning about collaborative play, following routines and defining their roles as valued members of our classroom family. It is such fun to be involved in early learning, to experience the wonder of the world through their eyes.

Registration for the 2018-19 school year is ongoing. Please visit our website at [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca) for information and forms. We run our kindergarten program on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs on Monday, Wednesday and Friday mornings from 8:45-11:45am and afternoons from 12:15-3:15pm. For information on programming please contact me at [mscar@thelittleschoolhouse.ca](mailto:mscar@thelittleschoolhouse.ca), our administrator Catherine Watson at [admin@thelittleschoolhouse.ca](mailto:admin@thelittleschoolhouse.ca) or call the school at 403-949-3939.

*Cara Haar, M.Ed., teacher*

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The chamber's role is to act as a resource that supports and advocates for the business community in Bragg Creek and surrounding area. We

are working to see a diversified economy that contributes to a thriving community.

This summer our community lost a major contributor to our community. One that worked tirelessly on many boards and organizations, volunteering her time to benefit the lives and businesses of her community. We will miss Gail's cheerful, giving life.

Over the summer the Chamber kept busy working on a number of initiatives. Some of these were:

**Youth Entrepreneur Sponsorship** (two local students from the Foothills area)

**Mobile Visitor Information:**

This program supported student employment/ experience, and helped spread the word of the many services our community has to offer. Some stats for your information: 473.75 hours worked over 84 days with 873 visitors interacted with. We will continue the program through Thanksgiving, and then start again next summer. As a business you can leverage this program to provide special offers to our visitors in the community.

**Marketing Strategy:** The marketing team has enhanced the festivals and events we currently have, while adding a few more. Stay tuned for more information.

A new "Lure brochure" of which RVC paid for the distribution, was delivered to over 160 locations in the Calgary and surrounding area.

One of the key drivers of the Bragg Creek economy is tourism. Hundreds of thousands of people come into the Bragg Creek area from the surrounding area every year. They are drawn to the world-class trails, our festivals & local events, diverse restaurants, unique shopping, and a thriving arts and entertainment culture.

I strongly encourage you to find a way that you can partner with these organizations and events. There is a significant amount of business and marketing experience represented in our chamber members if you would like some help.

Our next meeting on October 17th is our AGM. Please come and see how you can get involved and potentially sit on our board. We are a small group of volunteers with families and businesses endeavoring to get a lot done, so we welcome your business experience, energy and ideas.

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## Councillor's UPDATE

*M.D. of Foothills*

Suzanne Oel, Councillor, Division 4

**Crime prevention pilot project to take place in Foothills:** Our Foothills Council is conducting an RCMP Pilot Project in response to rural property crime and other hot issues. The Pilot Project will consist of hiring additional RCMP shifts to target areas of concern noted by Council and RCMP and to create more police presence throughout Foothills. We made a motion to go ahead with this on Sept. 5, 2018, for the months of October to December 2018, and then to evaluate the program at that

point. We hope this will help fight crime!

**Rural property crime stats increase from last year in our area:** While the Alberta RCMP Administration just announced that the overall Alberta rural property crime stats have gone down somewhat from last year at this mid-year assessment point ([www.rcmp-grc.gc.ca/en/news/2018/alberta-rcmp-releases-mid-year-report-card-crime-reduction](http://www.rcmp-grc.gc.ca/en/news/2018/alberta-rcmp-releases-mid-year-report-card-crime-reduction)), the rural property crime in our Turner Valley RCMP Detachment response area has GONE UP! Check out the Stats Chart, which I posted on my Facebook page on Sept. 7, to see the rural property crime stats for 2018 in comparison to the last few years. Regarding property crime, break & enters are on par with last year and the number of thefts of under-\$5,000 have increased. Of course, not everything is reported, but this shows the general state of things. In other words, KEEP VIGILANT and report suspicious activity to RCMP. Call 911 if in progress. Call the complaints line if it's not urgent: 403.933.4262.

**New 911 Standards in Alberta recently announced:** Over the last two years, the Alberta Emergency Management Agency worked with 911 call centres to establish standards, which are to be in place by June 2019, for all 21 call centres in the province. This will create consistency across the province and better prepare for the roll-out of Next-Gen 911 technology. The standards include time benchmarks,

backup plans, emergency response plans, quality assurance plans, and dealing with frivolous calls. Our Foothills Regional 911 dispatch centre will have minimal work to meet these standards, since they already achieve time benchmarks for call-answer and call-transfer and have always had an internal quality assurance plan. For our centre, there are only two action items on the list – adjusting the reporting style and completing work on the back-up site to ensure it is fully-functional. We moved to our new centre in Okotoks about a year ago and we've used our former centre in Black Diamond as a back-up. So, we just have to ensure that it can function as a full back-up centre. Overall, we're very pleased that Foothills Regional 911 is in the best position to serve our residents with highly-skilled operators and state-of-the-art technology. More info re 911 and standards: [www.aema.alberta.ca/911](http://www.aema.alberta.ca/911)

**Potable Water Report now done:** Fish Creek Ranch - North Distribution Potable Water Study - Phases 2 & 3 has been completed and recently accepted by Council for information purposes. Two reports are now available, which look at three potential service areas in the NW of Foothills, including "Task 1 with Phase 1" and "Task 2 with Phases 2 and 3". We'll advise you of any next steps, such as future discussion meetings or grant investigations. You can find these two PDF Reports on my website homepage (listed below).

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**Calgary Metropolitan Region Board (CMRB) update:** The “Interim Growth Plan” and “Regional Evaluation Framework” will be presented to the Board of 10 municipalities on October 4, 2018. These plans will soon be in play regarding development. You can see more about CMRB here: [www.calgarymetroregion.ca](http://www.calgarymetroregion.ca)

**News about Secondary Suites:** At our September 12 Council Meeting, we reviewed “What We Heard – June 2018”. Our planning staff prepared an excellent summary report of the second round of public meetings. Some of you attended the meetings while some of you replied to our online survey. So, check out this report, now up on our Foothills website: [www.mdfoothills.com/services/planning-and-development/secondary-suites.html](http://www.mdfoothills.com/services/planning-and-development/secondary-suites.html). Next up is some further discussion on direction and a final draft policy for Phase 1, considering suites on parcels over 2 acres in size, which will then come to council in a Public Hearing likely Nov./Dec.

**Be BEAR aware:** Just a reminder that there’s lots of wildlife activity this time of the year – BEAR, cougar, moose, elk, deer and humans out hunting. A number of residents have posted animal-sighting photos from their wildlife cams. Be safe everyone. Good info about being BearSmart on our properties can be found at: [aep.alberta.ca/recreation-public-use/alberta-bear-smart/bears-residents.aspx](http://aep.alberta.ca/recreation-public-use/alberta-bear-smart/bears-residents.aspx)

**Fish/Priddis Creeks Stewardship Group:** will be meeting again soon. Please let me know if you are interested to join in with our science-based community group to learn more about our watershed.

*For Other News & Updates:  
Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
[www.facebook.com/CouncillorSuzanneOel](http://www.facebook.com/CouncillorSuzanneOel)  
With Best Regards, Suzanne*

## UPCOMING EVENTS

BCPA Concert - Sweet Alibi & Jenie Thai  
October 13th

Intro to Sign Language (with wine)  
October 18th

**HALLOWEEN HAUNTED HOUSE & Spooky Double Feature Movie Night**  
October 26th (with bar service)

Bragg Creek Community Association AGM  
October 30th

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# HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. Some good news: If you Google "Alberta RCMP Crime", you will see a report that crime in the whole of Alberta is currently down by 10% compared to last year. Now some bad news: In the High Country area, R.C.M.P. statistics show that property crimes have increased by 10% in the same period. The reason for the difference in the above two figures is that the 10% reduction refers to all of our province, urban and rural, but in Alberta rural areas have 38% more crime than cities. The High Country is obviously a rural area, and so we should expect to see more crime, probably tied to unemployment and drug problems.

In other words, we have a problem. To see a fascinating TV report on crime in Alberta, Google "CTV Trespass Alberta". This twenty-two minute presentation begins with a description of how, nine kilometres north of Dunmore, three thieves stole \$50,000 worth of goods from an Alberta farm while the owners, sick with the flu, were sleeping inside their house next to where the items were stored.

However large that figure is, it is small compared to a break-in into a home in our own area earlier this year. Thieves invaded a combined house and shop on a family ranch now in its third generation. The victims catalogued 140 items stolen: cash, jewelry, gas, art, an antique gun collection, high-end clothing, tools, generators, all amounting to a \$148,000 insurance claim.

The thieves failed to take two trucks there, but in their attempt to find keys for those vehicles they did extensive damage to the house. An R.C.M.P. officer investigating the incident said that she had never seen anything that bad. The police seized forensic evidence from the scene, but with limited leads no suspects have been identified to date. In Calgary, they found a hunting knife from the theft that the owners will get that back after a court appearance. In addition to the \$148,000 loss, the owners then paid \$13,000 to install a high security gate, fencing, locks, safes, and two different surveillance camera systems.

It is cold comfort to the victims of those thefts, but there is some hope seen in the history of Rural Crime Watches here. As the CTV "Trespass" report described above notes, during the 1980s central Alberta had a crime problem: thieves were stealing everything: cattle, hay, tools. In the rural tradition where neighbours help their neighbours, residents created a "Range Patrol" to watch over the community. Farmers would take turns to patrol the area constantly, and soon the crime wave stopped. The Range Patrol was the forerunner of our present Crime Watches. Eventually, with the reduction



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**Jeff Ryan | 587.583.5363 | jryan@fbc.ca | www.fbc.ca/our-testimonials**

of crime, our High Country Rural Crime Watch Association became inactive.

The tradition of neighbours helping neighbours weakened after the start of this century, as many former city dwellers moved out to enjoy our peaceful rural life, but they often had a different ethos. Their tradition was one of respect for the privacy of their neighbours. They felt that they should not know everything about their neighbours, sometimes not even their name.

Things changed. Around 2010, we saw a resurgence of crime in this area, and neighbours revived the H.C.R.C.W.A. From an initial membership of 125, we now have almost 800 members. Using the same techniques as the Range Patrol (**O**bserve the unusual, **R**ecord it, and then **R**eport it to the police) the crime wave stopped. We encouraged all members to get to know their neighbours. The R.C.M.P. told us that they wished everyone in the High Country were members of this organization, because it works. Our many eyes help the police do their job. When we work together with "ORR," crime goes down.

So, if you are not already a member a Rural Crime Watch Association, you should join one. Thanks to the work of a few volunteers and a grant from Legacy Oil, **membership in the H.C.R.C.W.A. is free. Your obligations are nil, and you will get mail or phone call fan-out messages describing recent and current criminal activity in our area.** New members also get a free High Country Rural Crime Watch Association sign. The information we publish regularly in this column is but a small fraction of the news circulated more frequently to our membership about crime in this area. To join, phone me at 403.931.2407 or visit our website for tips, resources, and emergency phone numbers: [www.hcrcwa.ca](http://www.hcrcwa.ca). Our Facebook page has more information: [www.facebook.com/HighCountryRuralCrimeWatch](http://www.facebook.com/HighCountryRuralCrimeWatch).

So that's the news from the High Country where all the grown-ups are young at heart, and each child is smarter than all the other children.

*John Robin ('J.R.') Allen  
Membership Coordinator,  
H.C.R.C.W.A.*



**Sylvia A Carruthers, LL.B.**, has found her home here in the High Country. Having been born and raised on a mixed beef and cash crop farm in Southwestern Ontario, and having spent most of her life in a rural setting, Sylvia is a "country gal".

For over 30 years, as an adult, Sylvia lived on a small farm, in an area of rolling countryside and fields of crops. Her favourite pastime was leaning on the fences of their small farm and watching the foals romp in the paddocks. Sylvia was as comfortable tossing small hay squares as she was managing her law business in the local hamlet.

Following her undergraduate degree and working as an Occupational Therapist, Sylvia obtained her law degree at the University of Western Ontario. Having graduated with high academic standing and honours, she started her law practice as a sole practitioner in a small rural municipality. Her practice was primarily assisting the local residents with their legal needs, advising the small commercial business and the agribusiness of that rural community.

Later, she focused on business law (including farm business) and corporate matters, both business and not-for-profit corporate matters, as well as estate planning and administration.

At the same time, Sylvia managed an equine business, breeding, marketing and showing Arabian horses across Canada and the USA. As part of that, Sylvia travelled to farms, meetings and conventions in various places across North America. With that background, Sylvia also provided clients with legal services for their equine industry needs.

In 2012, after her call to the Alberta bar, Sylvia moved to Alberta and worked as general counsel for the agency known as "Canada Beef". Later she worked for several years for a Calgary law firm, advising clients about their wills and other appropriate documents for estate planning, as well as real estate and business law.

Having found "city life" to be contrary to who she was, Sylvia and her husband recently moved out of the city to Priddis Greens, where the rolling country, beautiful natural setting and community life at Priddis Greens mean "home" to her. While Sylvia is not an avid golfer, she plans to upgrade her golf skills and mix that pastime with her passion for her horses, along with involvement with the executive of the Western Canadian section of the international club for Arabian horses. She is also an active member of the Red Deer Lake United Church and the Alberta Branch of the Canadian Bar Association, being on the executive of the Small, and Solo Law Firm section of the South Alberta Division.

Sylvia and her husband have four children and two grandchildren, all of whom live in Ontario so know the skies between Calgary and southwestern Ontario well. When time permits, they love to travel to Europe or can be found on our nearby ski hills.

Sylvia is looking forward to meeting and working with her new neighbours.

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or call 403.554.8535**





With the kids back at school, make sure to slow down in the school zones and playground areas. Watch for bikers along the highway and secondary roads. Let's keep everyone safe!

**Annual General Meeting:** The AGM is Thursday, November 15th, 7:30 at the Hall. All members are invited to attend. Some PCA Board appointments are up for renewal. Come out and be an active part of your community. The Board meets once a month to carry out the Board mandate and business. Contact any of the current Board members on the website: [www.priddisalberta.com](http://www.priddisalberta.com) Refreshments will be served.

**Parent & Tot Coffee Morning:** We are looking for someone to take over the local Priddis Parent and Tot Coffee mornings. They usually meet once a month. It is a very easy volunteer position for someone looking to get involved in the community:

- Work with Jane's Cafe to find a mutually agreeable day and time;
- Advertise the event through Facebook; and
- Attend the meet ups and bring along the activity bucket for the kids

If you, or someone you know may be interested, please email [pcayoungfamilies@gmail.com](mailto:pcayoungfamilies@gmail.com)

**Priddis Family Bingo Night:** We are looking for a coordinator for the Priddis Family Bingo Night event this fall. If you are interested, please contact [priddispresident@gmail.com](mailto:priddispresident@gmail.com)

**Priddis Early Learning Program (PELP):** The kids started back in September. The Mabel's Labels fundraiser for PELP is on again. Great labels for kids' things, e.g. jackets, t-shirts, pants, hats and shoes. We appreciate all your orders as 20% of sales through the link come back to our community preschool. [mabelslabels.com/c/?type=fundraiser&b=7321&cur\\_website=base](http://mabelslabels.com/c/?type=fundraiser&b=7321&cur_website=base)

The 3 year old program is now full, with a waitlist for 2018/2019. There are still a few spaces available in the 4 year old program. Registration for the program at the Priddis Hall is ongoing. The 3-year-old program runs on Tuesday and Thursday mornings

from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. If you are interested in enrolling your child in the Priddis Early Learning Program for 2018/2019 please email [PELPpreschool@gmail.com](mailto:PELPpreschool@gmail.com)

**Priddis Panthers Pond Hockey:** Registration was in September. This is a fun, non-competitive pond hockey for boys and girls ages 5 - 17, with all levels of experience. If your child is interested in playing, contact [priddishockey@gmail.com](mailto:priddishockey@gmail.com) or check Facebook for Priddis Panthers Hockey.

**Multi-Purpose Building Fundraising:** This summer our committee was successful in raising funds for the project through a community donation and a successful poker night fundraiser! Guests enjoyed a full night of fun complete with games, dinner, drinks, prizes and great company at the community hall. A huge thank you to Dave Thompson who led the event and all who participated and supported through their registration, prize donations and more.

The Calgary Foundation's Community Grants Program designated \$45,000 to assist with our capital campaign, providing the essential funds to create a facility business plan and assist with our fund development strategy. Thank you to the Calgary Foundation for providing support to host a successful community centre through our capital campaign and beyond!

We are very excited to see the project moving forward and hope to have your support throughout our campaign. We plan to send information out to share updates, opportunities, and news surrounding the project and welcome feedback from engaged community members.

If you have questions concerning the Multi-Purpose Building Project, please email [priddismpbldg@gmail.com](mailto:priddismpbldg@gmail.com) Check [www.priddisalberta.com](http://www.priddisalberta.com) for more details on events and project updates.

**Priddis Library:** Hours at the Priddis Library in the old-school house are on Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's books and a play area. Drop by to borrow a book or donate your used

books. Thanks to Arlene, Geraldine and Carol for volunteering their time to keep the Library operational for the community.

**Recycling Shed at Priddis Hall:** Just a reminder that the Priddis Panthers Hockey Club have a recycling shed located at the north-west end of the Priddis Hall parking lot. Thank you in advance for dropping off your bottles and cans.


**Booking the Hall:** To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at [PCAhallrentals@gmail.com](mailto:PCAhallrentals@gmail.com). Check [www.priddisalberta.com](http://www.priddisalberta.com) for availability, pricing and updates.

**PCA Membership:** It's that time of year again to renew your annual membership with the Priddis Community Association. Membership is only \$25.00 per year for the entire family. You can pay for your membership online, mail in a cheque or drop it off at the Priddis Store. A Business Membership is only \$50.00. To participate in any program at the hall you need to have a membership, form available on our website. Thanks in advance.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- [www.priddisalberta.com](http://www.priddisalberta.com)

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Some opportunities on the PCA Board are still available. Anyone interested in volunteering is requested to make their interest known to any Board Member listed at [www.priddisalberta.com](http://www.priddisalberta.com).



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## Local Companies Donate Services to Expand Alberta Addiction Treatment Facility

On Monday, September 17th at 11:00am there was a groundbreaking ceremony at the Teen Challenge Alberta Men's Centre in Priddis, Alberta to mark the expansion of this addiction treatment facility.

Finning Canada, headquartered in Edmonton, is providing in-kind support of heavy equipment to help construct a new 24-bed facility to replace the existing 12-bed Centre. Believing in supporting the communities where they live and work and the importance of the fight against addiction in Alberta, Finning also invited Professional Excavators to provide their expert services to dig the foundation of the new Teen Challenge Men's Centre building.

"At Professional Excavators we want to be a pro-active leader in Calgary's construction industry that does things right while building the future for our children and grandchildren," says Jan Gryckiewicz, Professional Excavators' CEO. "With this vision in mind, we did not hesitate when approached by Finning Canada to help with the expansion of the Teen Challenge Alberta Men's Centre."

According to the provincial government's Alberta Opioid Response Surveillance Report 2018 Q2, as of August 31st, 355 people have already died from an apparent accidental opioid overdose in 2018. On average, two individuals die every day in Alberta as a result of accidental opioid overdoses. The opioid crisis is just one reason why Teen Challenge Canada is expanding the Alberta Men's Centre to provide more desperately needed addiction treatment in the province.

David Tait, Development Officer at the Alberta Men's Centre knows firsthand the importance of the 12-month addiction treatment program offered by Teen Challenge. Before entering the same program in London, Ontario, his life was a mess. He couldn't even afford the minimal entry fee of \$1000 charged to men and women for a full year of addiction treatment (the rest is covered by donors). Through a proven faith-based approach, one-on-one addiction counselling, and vocational training, David got healthier in all areas of his life—mentally, physically, spiritually and emotionally. After graduating from Teen Challenge, David reconnected with his three children and got his life back on track.

Now David shares his own story, and the stories of dozens of other men who have experienced a positive transformation through Teen Challenge, with businesses, churches and community groups. "I am profoundly grateful to Teen Challenge and am highly motivated to help more addicted men to find real hope and freedom from drugs and alcohol," says David.

Thanks to local businesses and supporters, momentum is growing in the campaign to raise the \$5.5 million needed to complete the Men's Centre expansion. "We are incredibly grateful for the generous in-kind donations from Professional Excavators and Finning Canada that will advance our project as they break ground for the building foundation," says Alberta Men's Centre Director, Greg Cornelsen.

For more information about Teen Challenge Canada, visit [www.teenchallenge.ca](http://www.teenchallenge.ca).

Media Contact: David Tait  
Teen Challenge Alberta Men's Centre  
403.870.8157 or [david.tait@teenchallenge.ca](mailto:david.tait@teenchallenge.ca)





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Applicant should be able to demonstrate basic office skills and be willing to undertake the necessary training (off site) and examinations. Good customer relation, communication and interpersonal skills are essential, as is patience and a sense of humor.

The post will remain open until appointment of a suitable candidate, so please apply, ASAP, to:

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**R**abbits and rodents and beavers oh my!  
 Even some animals  
 in the dark who fly!  
 Some creatures you just can't see in the day  
 Bats and badgers and owls all the way!  
 Here you can learn about  
 them and lots more  
 Before trick-or-treaters come to your door!  
 So come to the Cross  
 founded by Ann & Sandy  
 And you'll be guaranteed  
 to get lots of candy!  
 So if you want to hear the call of an owl  
 Come join us soon for the Halloween Howl!

Poem By: Tristen Mysyk, ASCCA  
 Halloween Howl volunteer

We are pleased to announce that the Ann & Sandy Cross Conservation Area will once again be hosting the fantastic family fun-filled annual Halloween Howl on Saturday October 27, 2018. The Halloween Howl is a way for us to celebrate Halloween within our community and to learn about nocturnal creatures that live on the ASCCA. This year, we will also be joined by special guest Lady Buggy. She will be bringing a few of her favourite pets and friends that will get participants up close to the fascinating world of the creepy crawlies. Who knew that tarantulas could be as soft as kittens?

Drop in anytime from 6:30-8:30pm dressed in your Halloween costume and tackle all of the stages of our scavenger hunt. The reward for your ghoulish adventure will be of the treat variety. Please don't forget to bring a flashlight because there are also outdoor stations at this event. We will supply red foil to ensure your night vision is not compromised. Dressing for the weather is also highly recommended. There will



be hot beverages available to warm your ghouls up throughout the evening.

This event will run in and outside of Belvedere House (the education building) at the top of 160 St. just south of 22 x. Admission per event: \$5/person; \$20/family

All of the money raised from these events goes towards our conservation education programs. These award winning programs help us to continue to fulfil Ann & Sandy Cross' wishes to

promote conservation and help inspire the next generations of stewards in Alberta.

**ASCCA Halloween Howl**  
**October 27, 2018 6:30-8:30 pm**  
**(Doors close at 9 pm)**  
**Admission: \$5/person; \$20/family.**

by Tristen Mysyk  
 Participant and volunteer  
 at Leadership Camps since 2013

# Christmas in the Country Art Sale

**November 3 & 4 and  
 10 & 11, 2018**

Over 1000 pieces  
 of fine craft and unframed  
 artworks by local artists.  
 10 AM - 4 PM | Free Admission

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# We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

## Upcoming Events and Programs:

### Qigong Drop In

*Mondays at 9:30am & Wednesdays at 7pm  
Location: Upper Room*

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness!

### Faith and Coffee

*Wednesdays at 10am  
Location: Multipurpose room*

Each week we gather to drink coffee and explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

### Joyful Voices

*Tuesday, Oct 2 and 10am  
Location: Chapel*

Join us on the first Tuesday of the month for a time of hymn sing, praise, and reflection in the chapel to be followed by refreshments and friendship.

### On the Edge: Concert Series Presents The Red Dirt Skinkers

*Friday, Oct 19 at 7:30pm  
Location: Sanctuary*

Widely regarded as one of the most innovative acts to come out of the UK, the sublime, genre-defying sound of Red Dirt Skinkers is created by husband and wife team, Rob and Sarah Skinner. Having now emigrated to Canada and living in Ontario, if you like songs influenced by Pink Floyd, Simon and Garfunkel, Supertramp, and Crosby, Stills, and Nash, you'll love the Red Dirt Skinkers. Purchase your tickets on our website, after worship, or by phoning our ticket line at (403) 256-3181 ext. 5.

### Craft Day

*Sat, October 20 from 10am - 4pm  
Location: Midlands Link*

Please join us for some fun and fellowship while working on your todo projects. Set up a table, come and go as you like. Coffee and tea provided. Potluck meals. Everyone welcome.

### Playtime

*Thursday, Saturday, Oct 20 at 10:30am  
Location: Lower Hall*

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup of coffee or tea and chat. We have a small bouncy castle and some ride-on toys for the children available. Coffee, beverages, and goodies will be available for you and juice and kid-friendly snacks will be provided for your Little Ones. It is a great way to have a laidback conversation while the kids burn off that extra energy!

### Triple F

*Saturday, Oct 27 at 12pm  
Location: Midlands Link*

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come for - food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new).

For more info about our programs/events please call the church office or visit our website.

*Your Friends at Red Deer Lake United Church  
403.256.3181, office@reddeerlakeuc.com  
Instagram @RedDeerLakeUC  
Sunday Worship: 10:30am  
reddeerlakeuc.com*



# RED DIRT SKINNERS

Concert Series  
PRESENTS:

**FRIDAY  
Oct. 19  
7:30 PM**

Red Deer Lake  
United Church



“unique instrumentation and outstanding harmonies”

Doors Open - 6:00 PM - Light meal for purchase  
Tickets: Adults \$25 \*Youth \$10 \*12 yrs. and under free  
Phone 403.256.3181, ext. 5 for the ticket line, or purchase on line at [rdlunitedchurch.org](http://rdlunitedchurch.org)

On the Edge Concert Series wishes to recognize these valuable groups for their support of live music.






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Rector: Rev. Alan Getty · Associate: Rev. Gordon Pontefex


*October 14th · 9:15am  
HOLY EUCHARIST*

*October 21st · 9:15am  
HOLY COMMUNION*

*October 28th · 9:15am  
HOLY EUCHARIST*

*November 4th · 9:15am  
HOLY COMMUNION*

*November 11th · 9:15am  
REMEMBRANCE DAY WORSHIP*



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and @meotaparish  
on Instagram**

# Millarville Community Library

They say good things come in small packages and Millarville Community Library is a prime example of that. Attached to the Millarville School it runs with the help of one part-time librarian/administrator, an enthusiastic and innovative volunteer board and a bunch of very hard-working volunteer librarians.

Our long-term librarian, Norma Dawson retired in the summer and has moved to High River, although she still is very connected to the community and the library. We are very fortunate to have secured the services of Janine Jones who is our new Librarian/Administrator. Janine and her family moved to the community

fifteen years ago and immediately threw themselves into Foothills life. Janine also works as a Program Facilitator and Builder for Literacy for Life Program as well as facilitating the Dog Tales Program (where students read to volunteer dogs and their owners) Obviously passionate about literacy and an avid reader she is the ideal choice to be our librarian.

She is also an active member of the Sheep Creek Weavers. When her youngest daughter decided to get angora goats some years ago they had to find out what they could do with the fibre, which lead to learning how to spin and weave!

This summer Janine's daughter helped out as she learned the ropes. She announced it was just like "playing at library" as a child - we do have fun!

This year the Millarville Community Library celebrated Science Literacy Week

at the library from September 17-21 with displays set up throughout the week and special demonstrations at school recess (10:30) on Monday, Wednesday and Friday of that week in the library. The art and science of asking questions is the source of all knowledge.

### Library hours are:

Monday, Tuesday, Thursday: 9:00 a.m. - 3:00 p.m. Wednesday: 9:00 a.m. to 7:30 p.m.


Friday: 9:00 a.m. to Noon.

Our first monthly Story Time runs from 9:45-10:15 on September 27 and the second on October 25th - always popular with the little people!

Check us out on Facebook (Millarville Community Library) and see you at the library!



Every second Tuesday of the month (Sept - May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. The next meeting is October 9 at 7:30pm. We will be hearing about cutter bees from Linc Best. Also, please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15/year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.



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# TURNER VALLEY Times

**H**ello, Turner Valley. Well, autumn has spread her coat of many colours across our Foothills. We sure had a hot summer and we'll see what this season will bring, a little bit of everything probably. Time to get ready for winter again!

One of my favourite events in the fall is the Turner Valley Legion's annual Spook House. If you like a good scare, you absolutely will love this haunted house. Every year they have a different theme, and Jessie will be back along with her team of evil haunters to scare the pants off of you. You can ask for different levels of scariness, for the young ones or the not so brave of heart there is a small scare, all the way up to extreme scare which the haunters seem to enjoy the best. The Spook House runs from October 24th -31st, I believe it starts at 6:00 pm, there is a small charge to get in, and is held at the Legion, so get there early if you dare! Donations of candy and volunteers are always welcome, for more details, call 403-933-4600 or visit the Legion on Facebook.

The Legion had also planned a Maritime Lobsterfest for September, unfortunately there weren't enough tickets sold by the time they had to order in the lobsters so it was cancelled. However, it is looking like they will try it again in May. The chef tells me they will be whole lobsters, the really big ones, with all the trimmings, a Midnight Supper, and a Celtic Band from the Maritimes. So keep that in mind for next May.

United Church in the Valley would like to extend an invitation to everyone to attend their annual Fall Turkey Dinner. The Dinner includes all the fixings plus homemade pies. The Dinner will be free for preschoolers, kids 5-11 are \$6, and adults are \$15. The Turkey Dinner will be held at the Church on Monday,

October 22nd from 4:30-6:30, and the address is 125 Royal Avenue. The Church is also the home of the Oilfields Food Bank, bring along a donation at the same time. If you would like to attend, please give the Church a call at 403-933-4114.

The beautiful United Church also would like to announce a Concert, Saskia and Darrel, "The Great Plains". This couple blends Canadian music with Celtic, bluegrass, folk, country, and gospel flavours. The show will be held at the United Church on Friday, October 26th at 7:00 pm. Tickets are only \$15, and you can call the Church at 403-933-4114 for them or more details.

Check out the Sheep River Library for their Dogtooth Mountain Film Group Series. Come and see independent films from around the world that are not usually screened outside of film festivals. You will laugh, cry, and be challenged by what you see. The films are shown on the second Monday of the month at 7:00 pm. The next film will be The Girl in the Café on October 15th, followed by Divines on November 12th.

Sheep Creek Arts Council here in Turner Valley has a great line up of classes and clubs this year. A couple of ideas for Christmas might be the Painted Fabric Angel course, or making Christmas cards using Lino Printing. They also offer Quilting – O Tannenbaum class, to make a lovely quilt to hang on the wall or snuggle up in. For a full list of classes and courses offered, visit [sheepcreekarts.ca](http://sheepcreekarts.ca) or drop by the Council at 133 Sunset Boulevard.

With winter showing up, the leaves come down from the trees. Consider using the leaves for protection for rose bushes and flower beds. Or you could add them to your grass clippings next year and compost. Woody yard waste can be chopped or shredded for mulch or pathmaking. Other compostable materials to be used at this time are weeds before they go to seed and the remains of disease free garden plants. Composting produces a rich soil supplement which improves plant growth. To find out more about backyard composting, visit the Recycle Centre in Turner Valley, beside the Fire Hall, and they have loads of pamphlets and great ideas.

If you have any events or news happening October 29th- November 28th that you would like to see in the High Country News, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is October 15th.

*Happy Thanksgiving October 8th!  
Elaine Wansleben*

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Box 1209  
Suite A, 2019 20 Ave.  
Highway #2 North  
Nanton, Alberta T0L 1R0  
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# Longview Library

**“Is there life beyond our planet, and if so, what form does it take?”** The answers to these compelling questions were explored by Donna Young, an astrophysicist, who works for the Nasa Astrophysics Division of the Universe Learning program, for the residents of Longview in the library on Sept. 5th.

Donna worked on the Chandra x-ray telescope, launched in July 1999. It is currently orbiting our solar system, providing scientists with valuable insights into the structure and evolution of our universe. For further information, you can consult the Chandra website page, Chandra x-ray Observatory-NASA’s flagship x-ray telescope.

Much of this knowledge is unknown to the general public, so her presentation was very special and we all felt lucky to have heard her. She received a hearty applause.

The monies raised at the Arts and Music Festival were most welcome. It is always a good fundraiser for us.

Kudos go to the life long resident of Longview, Jean Herriman, for her winning place in the Polar Expressions Publishing literary competition. Her poem *“There Comes a Time”* will be published in the near future in a new collection of modern Canadian poetry called *“Lean IN”*.

Are you aware of the unique items in the library catalogue that you are able to use? The list is long, but here are a few of the items available with your library card. Walking poles, ski poles, lawn/outdoor games, crampons, pedometers, wine glasses and many more. It will surprise you. Ask Lynda, our librarian, about this.

The movie *Book Club* with Jane Fonda, Nicole Kidman and Reese Witherspoon, has been ordered for the library. *A Measure of Darkness* by Jonathan Kellerman, and *Educated* by Tara Westover are two of the new books in. Also in is *Cattle Kingdom: Early Ranching in Alberta* by Edward Brado.

An entertaining read is *Another Woman’s Husband* by Gill Paul, the author of *The Secret Wife*. It is about the life and times of Wallis Simpson, and is inspired by the biography, *That Woman*, written by the English biographer, journalist and historian, Anne Sebba. *The Heart Has Its Reasons* a memoir by Wallis Simpson, is another source. Wallis’s story is brought to life by Gill Paul as she weaves the death of Diana, the Princess of Wales, with the scandal surrounding the British Crown in the 1940’s.

Happy Reading!  
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# BLACK DIAMOND *Digest*

**H**ello, Black Diamond. Well we jumped into winter with snow on September 13th. Aauugggh!! I got my plants in just in time. What can you do though, Mother Nature has her own mind. Hopefully the wildfires in BC are all out now with the weather we have been getting.

October is Fire Safety Month. Remember to test your smoke detectors monthly, have a fire escape plan for your home, and practice your escape plan. A recent study show that only 57% of Alberta homes that experienced fires had smoke alarms installed, despite being required by law in Alberta. Of those, only 38% of smoke alarms were known to have activated during fires. In many cases, failure of smoke alarms to activate was due to a lack of a power source, dead battery, electricity off or disconnected. And for your forest home, keep low branches trimmed one to two metres above the ground, stack firewood 10 metres or more away from your home, and keep ladders, hoses and 10 pound plus fire extinguishers nearby to wet down roofs. Clean your eaves, check your chimney and clean if necessary, and mow grass, leaves, and weeds in a 10 metre radius around your home. If you do spot a forest fire, call toll free 780-427-FIRE.

The Griffiths Centre in Black Diamond had their Pumpkin Patch Tea and Quilt Show on September 29th and everyone enjoyed the beautiful quilts that members have made and the pumpkin themed goodies. The Griffiths is a not for profit organization that caters to people 50 and over, and membership is only \$10 a year, last I heard. They offer exercise classes, floor curling, choir, cards, quilting, special dinners and special events, and a delicious breakfast several times a week. It is a really nice place that is clean and kept up nicely, and is wheelchair accessible. For more information or to become a member, drop in on Government Road just up from the Esso a few houses, or visit [griffithscentre.ca](http://griffithscentre.ca).

Music is alive and well in our beautiful Foothills, and there is lots of shows and concerts, jams, and general toe tapping entertainment throughout the year. Beneath the Arch Concert Series is pleased to present Guy Davis with Fabrizio Poggi on Saturday, October 20th. Grammy nominated bluesman Guy Davis along

with the masterful Fabrizio Poggi on harmonica channel the likes of Sonny Terry and Brownie McGee. They put on a high energy show and every Arch show I've attended I've loved. The show will be held at the Flare and Derrick in Turner Valley, for tickets or more information, visit [beneaththearch.ca](http://beneaththearch.ca).

On the Edge Concert Series presents Red Dirt Skinners on Friday, October 19th. If you like songs influenced by Pink Floyd, Simon and Garfunkel, Supertramp, and Crosby, Stills, and Nash, you'll love the genre-defying sound of husband and wife team Rob and Sarah Skinner. They hail from the UK and have settled in Ontario, and are on their 6th tour. The show will be held in the acoustically gorgeous Red Deer Lake Church, for tickets or more information, call 403-256-3181 or visit [reddeerlakechurch.ca](http://reddeerlakechurch.ca).

Foothills School Trustees are up for the election of 2018. The nomination date was September 24th, and the voting day is October 22nd. If you are unsure of which ward you are in, or for a list of candidates, you can go to [fsd38.ab.ca/Elections](http://fsd38.ab.ca/Elections). You can vote for your choice at either C. Ian McLaren or Turner Valley School, and also at Longview School.

If you are interested in Black Diamond's Council Meetings, regular meetings take place on the 1st and 3rd Wednesday of the month, except for July and August. They take place in Council Chambers in the Town Office and start at 7:30. The submission deadline for Council Meeting Agenda items is 1:00 pm on the Wednesday of the week prior to the Council meeting date. On the Friday prior to the meeting, the Agenda is posted on the front door of the Town Office. Every regular meeting offers a 15 minute Question and Answer period where any person may ask Council

a question. If a person or group wishes more time or a more formal appointment with Council, called a Delegation, they must make the request I writing to Administration. For more information, drop in to the Town Office or give them a call at 403-933-4348.

The kids are well back in the swing of things at school. We have a wonderful organization here in the Foothills which is the Boys and Girls Club. They offer preschool, kindercare, out of school care, summer programs, youth programs, and much more. I have a friend whose children go to the out of school care, and she says they love it so much they don't want to be picked up early. Some of the programs run from 6:30 in the morning until 6:00 at night. They are located upstairs by the curling rink at 611 3rd Street SW in Black Diamond, and the number for more information is 403-933-4066.

The Boys and Girls Club will be hosting "A Night at the Oscars" on October 27th. There will be a steak and lobster dinner, a silent auction, and a dance. This event is open to the public and is a major fundraiser for the Club. Festivities start at 5:00 and goes until 1:00 am and will be held at the Flare and Derrick. Sounds like an elegant and tasty evening, for tickets or more information, or to donate, please call 403-933-4066.

If you have any events happening October 29th- November 28th that you would like to see in the High Country News, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). If you would like to spread the word about your not for profit organization please drop me a line also. The deadline for the next issue is October 15th.

*Happy Thanksgiving October 8th!*

*Elaine Wansleben*



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## Out Loud 2018: Passions Pursued

*“The dreams and passions stored within hearts are powerful keys which can unlock a wealth of potential.” John C. Maxwell*

This statement by leadership guru John Maxwell has been proven true by all of the presenters we have coming to Out Loud this year. Every one of them has taken the dreams and passions stored within and poured them into their different creative endeavours that can be shared with the world. Being a library, the most common form of artistic expression we deal with is writing. So, it should come as no surprise that we have two outstanding authors as part of our line up this year. On Saturday, October 13, William Thomas. In addition to being an author, William is

a scriptwriter and a nationally syndicated humour columnist. He is also the senior writer for Canada’s *Forever Young*. William has been nominated twice for the prestigious Gemini Award for writing movies for television. He is the author of ten books of humour including the story of his buck-toothed cat named Malcolm titled *Life In The Litterbox*. (You don’t have to read the book. In the end, she got the car and he got the damn cat.) His tribute to the great Canadian sport of curling was titled *Hey! Is That Guy Dead Or Is He The Skip?* William claims 5,000 curlers bought that book ... and later burned it. He wrote the definitive book on male behavior, guys: *Not Real Bright And Damn Proud Of It!* The memoir about his wee Irish mother Margaret was initially titled *All Humour Needs A Victim And Your Mother Should Come First!* (That was changed to *Margaret & Me* because as the author says: “Even at 91, your mother can still get a lawyer!”) I could go on, but you get the picture. Be prepared for a night of hilarity. William will have books available for purchase that he will be happy to sign but if your budget won’t stretch that far, we do have most of them in the library.

Our next author is Kevin Van Tighem who returns to Sheep River on Friday, October 26.

Kevin is a former superintendent at Banff National Park, who has written more than 200 articles, stories and essays on conservation and wildlife which have garnered him many awards. He is the author of *Bears Without Fear*, *The Homeward Wolf*, *Heart Waters: Sources*

*of the Bow River*, and *Our Place: Changing the Nature of Alberta*. To round out our author line up we have Authors Among Us on Saturday, October 27, 1:00-4:00. Join us for this informal symposium of authors who (mostly) live right among us in the Diamond Valley. These writers run the full spectrum of fiction, poetry, memoir, non-fiction and children’s books. You can meet with them one on one, listen to readings from their works and purchase their books. The coffee pot will also be on!

If you’ve had enough of authors and their books, don’t miss our spectacular musical event: Kristyn Harris in concert on Friday, October 19. (These tickets will go fast!). Kristyn hails from Texas and this musical powerhouse is noted for her shimmering vocals, solid swing rhythm guitar style, unique song-writing, award winning yodel and captivating stage presence. At 23, she is the youngest person to be awarded the Western Music Association Entertainer of the Year and the only female to receive it twice. Kristyn was recently a contestant on American Idol.

All Out Loud events begin at 7:00 and are free, thanks to the wonderful work by our Friends Foundation but tickets are required due to limited seating and they may still be available at the library by the time you get this issue.

Unfortunately, we have had to postpone the Vintage Fashion Show. We will advertise the new date when we have it nailed down. In the meantime, if you wish to see the vintage clothing that is available at Banjolen’s Closet, then stop by Bertie’s at the old Blakeman’s store on Government Road in Black Diamond.

This is our seventh year of presenting Out Loud and we hope you come to some or all of our events.

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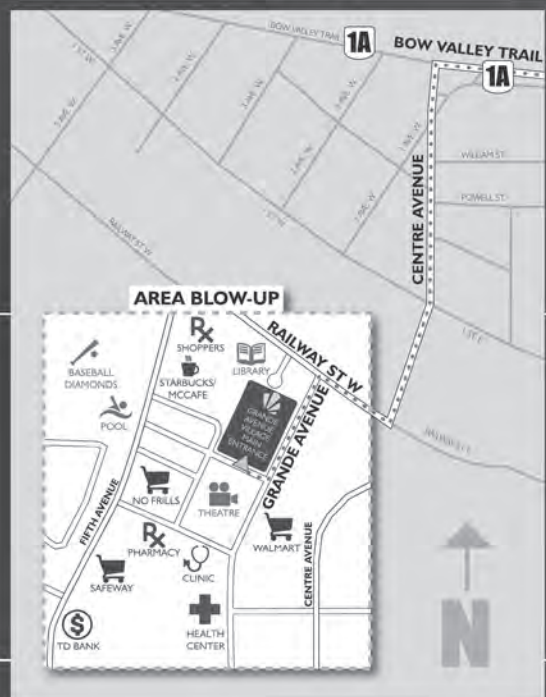
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## Mirror, Mirror, On The Wall

by Duane Harder

Have you ever been to the midway and gone through the house of mirrors? I haven't gone into a house of mirrors, but I do remember an experience that I had as an 18-year-old. I was working for my father in a hardware store and was in Calgary attending a product promotional meeting. The meeting was close to the GSL car dealership and during one of the breaks I walked over to look at the new cars. My eyes were riveted on a sleek Oldsmobile convertible. I sat in the driver's seat, looked over at the mirrored wall, and saw a successful businessman—the proud owner of this lovely car.

Several years later I had my own counseling practise. In the office where I counselled people there was a full-length mirror on the door. When it seemed appropriate, I would have people stand in front of the mirror and describe what they saw. For most of my patients, that was a painful experience. For many, the first response was to look at the floor. When they finally looked at themselves, their words were revealing.

People look into the mirror of value and see the word worthless; the mirror of success and see the word failure; the mirror of intelligence and see the word stupid; the mirror of competence and see the word inadequate; the mirror of acceptance and see the word rejected; the mirror of confidence and see the word insecure; the mirror of comparison and see the word inferior; the mirror of performance and see the words not good enough; the mirror of sufficiency and see the words not enough.

A pastor looked into the mirror of competence and saw himself as a new Corvette that was missing an engine and transmission. He looked like the real thing but inside felt empty and inadequate. His great fear: someday people would discover that the exterior form was not a true representation of the emptiness within.

A very successful man was second only to the owner of the company. He had risen to a very enviable position. Not long after his final advancement he developed a fear of bridges. The only way he could reach his place of employment was by crossing a bridge. His reaction became so intense that he just could not cross the bridge. This man looked into the mirror of success and saw failure. His father had repeatedly told him that he would not amount to anything. Regardless of accumulated success, he was haunted by the fear that he would be proven a failure.

Allow me one more illustration. This man looked into the mirror of value and saw a worthless person. When he was a young boy, his father called him a "little s\*\*t." Deep inside a program played telling him he was nothing more than human waste to be flushed away. After 30 years of very successful work in his chosen career, he was caught in a police sting operation and charged with soliciting the services of a prostitute. His internal program finally convinced him to "flush the toilet."

We have heard the saying, "Sticks and stones may break my bones, but names will never hurt me." That is just not true. The labels people paste on us can be more damaging than a stick or a stone. So how do we break the power of words that have implanted in us? There is not a "one size fits all" answer to that question. However, here are a few suggestions to help.

1. Write out the negative things that were spoken to you, or about you as a child: by parents, siblings, friends, teachers or other significant people.
2. What negative thoughts come to your mind when: something goes wrong; you fail at something; you answer incorrectly; you break something; there is an unforeseen glitch in your plan; you forget something; you disappoint someone; you fail

to live up to an expectation of yourself; or, what you had hoped for fails to come to pass?

3. Compare the negative thoughts of your mind with the negative things that were spoken to/about you. When this is done, people often find there is a direct correlation between what was spoken to/about them and the negative thoughts in their mind.

4. Recognize that you have given people the power to define who you are. Their opinion/evaluation does not establish the truth of who you are. When we accept the label that people paste on us, we give them the right to be "god" over us.

5. Reaffirm that behavior does not define the value of who you are. Your actions may reflect poor, or wrong choices, but they are not indices of your value. Personally, I believe value is defined by the God who created us.

6. Go back to the list of those who spoke negative words over you. Forgive each of them and affirm that the value of who you are cannot be defined or diminished by the words that were spoken.

Now, get the hammer of truth, smash the mirrors, and don't let "all the king's men" try to put them back together again.



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## ADHD and EMOTIONS

by Roché Herbst, M. A. R. Psych.

### THE MISSING PIECE

Problems with emotion are not explicitly included in the DSM-5 diagnostic criteria. However, positive or negative emotions, especially emotional impulsiveness play a critical role.

### WHAT ARE SOME EMOTIONAL EXPERIENCES?

The things one gets drawn to, are the things you are interested in. On the other hand, you may be interested in something simply because if you don't take care of it now, then something very unpleasant may happen. The ability to set aside one thing and get started on another thing in order to get to something else, involve a lot of emotions.

How often have you heard "I'm bored" or "This is so boring" whether it is getting homework done or having to fill out forms? The things you remember usually involves interest, worry, excitement, anger or disappointment. Sometimes people can just tell what triggers you, by the way you react to things, your tone of voice or facial expressions. Emotions determine the kind of decisions you will take, care about and what situations to stay out of.

### ARE PEOPLE WITH ADHD MORE EMOTIONAL?

Those with ADHD have the same emotions as everybody else. ADHD sparks intense emotions. You may find it hard to recognize, respond or to manage your emotions. Challenges with processing emotions start in the brain itself. "Sometimes the working memory impairments of ADHD allow a momentary emotion to become too strong, flooding the brain with one intense emotion" (Brown, 2015).

Emotions enter your thoughts and then the process of remunerating begins. It gobbles up all the space in your mind. It could interfere with

your ability to concentrate and function properly. A typical day at work can be hard to get through if your day had a really bad start i.e. a fight with your partner at breakfast, excessive frustration or being easily upset.

### IS IT MOODINESS OR ADHD?

There is a broad spectrum of mood disorders that can co-exist with ADHD i.e. anxiety, depression, bipolar, etc. During a professional assessment, one has to be mindful of the complexity and degrees of severity here.

### DOES ADHD MEDICATION NUMB YOUR EMOTIONS?

When on the right medication, you do have a chance to think twice before bursting into tears or losing your head. In cases where your anxiety is primary to your ADHD, stimulant medication may exacerbate the anxiety until it is under control.

However, medication should always be taken in consideration with your physician, and tailored to your unique situation.

### WHAT CAN I DO?

- Become aware. Recognize when your emotions are intense.
- Practice self-care. Know your emotional needs. Do you feel better talking to a supportive friend? Go for a walk? Write, draw or paint what you are feeling?
- Put on the brakes.
- Think about the bigger-picture and the longer-term consequences.

Sources:

Brown, Thomas, E., *ADHD Comorbidities*, 2015. Washington DC: American Psychiatric Publishing.

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

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## Is a Mortgage Possible After Bankruptcy?

One of the most common apprehensions a person may have when considering filing for personal bankruptcy or consumer proposal is whether they will be able to get a mortgage in the future. For this reason, many people do not declare bankruptcy, even when it is their best option.

If you've declared bankruptcy in the past, know that you're not alone. Your situation is nothing to be ashamed of. No one *wants* to declare bankruptcy; more often, it is the only solution to challenging circumstances.

**Good news is, you can get a mortgage after bankruptcy. Here's what you need to know:**

**There are three main questions to answer before you seek financing:**

1. How long ago was your bankruptcy discharged, or your consumer proposal completed?
2. How long have you been re-establishing, how perfect have you been, and how extensive is that re-established credit?
3. Was a mortgage lender involved in the bankruptcy?

The mortgage options available to you depend on the answers to these questions, more specifically whether you will qualify prime or will require an alternative lender.

### Prime Lenders

- You need to wait for a minimum of two to three years after date of discharge of your bankruptcy or completion of your consumer proposal.
- You must also be able to show at least two (or three) years of solid, picture-perfect, re-established credit. As soon as your bankruptcy is discharged, you should be focusing on re-establishing your credit. You want a two-year history at least, on each credit account (also known as a "trade line") you have. You need to have at least two trade lines active. You

may need to provide cash deposits for a credit line as security, but do it, you must re-establish a credit score to move forward. Most important, every single credit transaction following your bankruptcy must be absolutely perfect, no late payments or over-usage!

- Down payment must be from your own resources (it cannot be borrowed) – savings account, an RRSP, investment account, etc. If you qualify, it could be as little as 5-10% down. You need to have some "skin in the game" for a lender to accept you as a risk.

- If you can meet the above criteria, you can expect a mortgage approval at the best discounted rates and without extra fees.

### Alternate Lenders

- You needn't wait at all after date of discharge of your bankruptcy, some alternate lenders will consider your file 1 day after discharge.

- If you had a mortgage included in the bankruptcy, an alternate lender may be your only option as prime lenders will not generally approve these applications.

- Re-establishing credit isn't as critical here; however, keep in mind that the stronger your overall financial picture is, the better rates & terms you will qualify for. Lack of credit means higher rates & fees, so it is recommended to re-establish your score somewhat.

- Down payment is more flexible – savings account, gifted, borrowed, an RRSP, investment account, etc. To avoid CMHC, you will need to have a minimum of 20% down payment (some lenders require 25-35%). You need to have more "skin in the game" for a lender to accept you as a risk.

- If you can meet the above criteria, you can expect a mortgage approval but will be higher rates and with a lender fee of 1% or more.

- The goal here is for you to focus on rebuilding your finances and improving your credit, then in one to three years you can move back into prime territory with a refinance out of this mortgage type.

If you have a bankruptcy or consumer proposal in your past, talk to a knowledgeable mortgage professional who is experienced in helping applicants get a mortgage after bankruptcy. They will help you to evaluate your options and figure out which route is best for you.

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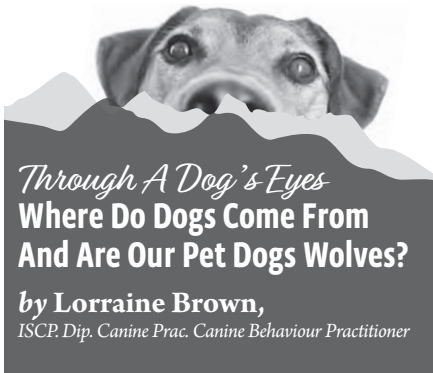
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*Through A Dog's Eyes*  
**Where Do Dogs Come From  
 And Are Our Pet Dogs Wolves?**

by **Lorraine Brown,**  
 ISCP, Dip. Canine Prac. Canine Behaviour Practitioner

The simple answer to that second question is "no".

Many people are stuck on the concept that dogs share 99% of their DNA with wolves, and they believe that this is all the proof they need. Things that have been done to dogs because of this belief are, well, astounding! We also share 99% DNA with Chimps and Bonobos, but we are far from being a great ape, so let's just get over that whole thing.

The following quote is from an article in Science Daily, and it describes research published in PLoS Genetics.

*"Dogs and wolves evolved from a common ancestor between 9,000 and 34,000 years ago, before humans transitioned to agricultural societies, according to an analysis of modern dog and wolf genomes from areas of the world thought to be centres of dog domestication.*

The study, published in PLoS Genetics on January 16, 2014, also shows that dogs are more closely related to each other than wolves, regardless of geographic origin. This suggests that part of the genetic overlap observed between some modern dogs and wolves is the result of interbreeding after dog domestication, not a direct line of descent from one group of wolves.

This reflects a more complicated history than the popular story that early farmers adopted a few docile, friendly wolves that later became our beloved, modern-day companions. Instead, the earliest dogs may have first lived among hunter-gatherer societies and adapted to agricultural life later.

*Dog domestication is more complex than we originally thought," said John Novembre, associate professor in the Department of Human Genetics at the University of Chicago and a senior author on the study. "In this analysis we didn't see clear evidence in favour of a multi-regional model, or a single origin from one of the living wolves that we sampled. It makes the field of dog domestication very intriguing going forward."*

The team generated the highest quality genome sequences to date from three gray wolves: one each from China, Croatia and Israel, representing three regions where dogs are believed to have originated. They also

produced genomes for two dog breeds: a basenji, a breed which originates in central Africa, and a dingo from Australia, both areas that have been historically isolated from modern wolf populations. In addition to the wolves and dogs, they sequenced the genome of a golden jackal to serve as an "outgroup" representing earlier divergence.

Their analysis of the basenji and dingo genomes, plus a previously published boxer genome from Europe, showed that the dog breeds were most closely related to each other. Likewise, the three wolves from each geographic area were more closely related to each other than any of the dogs."

No one is absolutely certain where *Canis familiaris* came from or how they evolved, but I think, with the massive amount of research done in recent years, we can safely say that our pet dogs are not just friendly, dumbed down wolves. We need to view them as an individual species and treat them for who they really are.

*"Canine, (family Canidae), also called canid, any of 36 living species of foxes, wolves, jackals, and other members of the dog family."*

Sources:

[www.janegoodall.be/join-us/youth/resources/chimpanzees-and-great-apes](http://www.janegoodall.be/join-us/youth/resources/chimpanzees-and-great-apes)

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## Unwelcome Guests

by Andrea Kidd

“Oh hi, Ken! Come on in! How’re ya doin’?... Oh, really? That’s not good. Sit down... Would you like a cup of tea? And there’s a slice of apple pie, too. Just make yourself at home!... Umm... Oh, I am sorry to hear that.”

About an hour later...

“Okay, well I do hope it all works out for you, Ken. We’ll be seeing you then. Bye for now!”

A few days later, I fought against heavy traffic in the city, barely making my appointments on time. My tummy muscles tightened with hunger as I watched the licence plate of the white pickup truck crawling ahead of me in the after work traffic jam on my way home. Frazzled, head-aching, eyes not focusing, I took Meals on Wheels dinners out of the freezer, microwaved them, took a long hot shower, put on PJs and stretched out on the couch.

I heard the front door open and shut. Someone walked in. I figured it was one of the family.

“Hello – o –oo!” announced Ken. He strode into the living room, plunked down in an easy chair, and smiled, “You said to make yourself at home, so here I am!”



At that moment, Ken was an unwelcome guest, but, what could I say? I had told him to be at home in my house!

It’s October and that means many more unwelcome guests are coming my way. But this is much more personal. They want to invade my body. If I can slam the door on some of the most prevalent intruders before they enter, so much the better. I’m going for my flu shot!

My house has a door.

Soap and inoculations protect my body.

But what can shield my mind from unwelcome thoughts?

I was talking to Delphy the other day, and do you know what she told me she said to her sister? “Oh, I think it’s great your daughter got a nose-ring. Now you’ll be able to tie her up to a post in the front yard like farmers do to their bulls, and you’ll always know where she is!” How I laughed! But now I’ve caught that bug of sarcasm and it’s killing my love and compassion for that teenager. When I see her, all I can see is that bull in the front yard. She just doesn’t seem to trust me, and I feel yucky inside when I meet her. I wonder what she says about me behind my back?

Then there’s that unwelcome guest, pessimism, who likes to barge into my mind at ten o’clock news time, just before I go to bed, and greet me when I wake up. Working at the Food Bank, though, is a good antidote for pessimism. Volunteers are happy to be useful, enjoy each other’s friendship and clients are encouraged to battle life’s struggles with ten bags of groceries to take home. Many good things are happening in the world, along with the bad. I must watch out for that unwelcome guest, depression, and seek out the good, the wholesome, and have a balanced diet of input for my mind. That’ll be good denefce against pessimism.

Anger is another sneaky bug. Tell me! How do you get immunized against catching anger when someone pushes your buttons? Let’s all write about it and hear how each of us deals with this invasive species.

So I’m off to the drug store for my flu shot this season. That’ll hopefully take care of my body. Next, since wise, old Solomon advises, “Be careful how you think; your life is shaped by your thoughts,” I’ll be vigilant to guard my heart and mind against insidious enemies that belittle me and dehumanize others.

Oh, that must be Ken walking up the stairs.

“Hello, Ken. Nice to see you again! Actually, you know what? Now’s not a good time for a visit. What’re you doin’ Tuesday? Do you wanna go out for coffee? How does ten o’clock at the Bakeshop work for you?”



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Calgary weather is unpredictable, at best. However, we do know that snow in winter is inevitable and now is an excellent time to prepare your home for this.



Starting outside you should consider the walkway from your vehicle to your home. Is it even, without any major bumps, holes or protrusions? Is it clear of branches from trees and bushes? Is

it well lit and are the lights on a motion sensor?

Most exterior physical barriers that cause injuries and falls can easily and quickly be repaired so you can get from your vehicle into your home safely.



Keeping your walkway clear of snow and ice is also very important. The City of Calgary has a 'Snow Angel' program – for more information call 311. There may also be neighbors or family who can help you with snow removal. Granular ice-melters can also be used to melt ice and snow from walkways.

The other main area of concern is the entryway into your home. Is it easy to enter? Is the lighting bright enough? Is there a shelf for you to place your things and free up your hands; do you need a bench or chair for you to sit and safely remove your boots?

You will also want to pay close attention to the flooring – throw mats and carpets can be tripping hazards, yet a wet floor can be very slippery. If you have a carpet, ensure it is low-pile and securely fastened. If you prefer no carpet, ensure you have a non-slip finish to your floors so they are not slippery.

Anything you can do in advance of winter's arrival will reduce stress and provide a safer home for you to live in. Even if the snow has fallen you can make the necessary changes to ensure you are safe in your home – it is never too late.

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## Out of the Rut Chapter 97



Oh, the drumming. Annette's beautiful djembe she so kindly lent us, has been thrumming across the slopes and valleys of the Kootenays, Osoyoos, Vancouver and Salt Spring Island before being the skin of the moment when our good friend and amazing Australian musician Rendra Freestone unexpectedly turned up in Calgary to join us for our last party before Fantuzzi headed south to Bhakti Fest.

The grass and forest fires in BC had everyone worried – so much so that I wasn't even sure we'd be able to drive across the province as planned. The weather gods obviously approved of our little dance so they kindly sent a good downpour or two just before he headed out. The result was a stunningly beautiful drive from Redwood up through Banff with a brief stop in cutesville Field, late 'lunch' in a deliciously lovely Indian-German restaurant in Revelstoke and the surprise ferry across the lake toward Halcyon Hot Springs. We ended up following a young couple with a very attractive dog... down a logging road to Halway Hot Springs. My Saturn is an incredible car, considering its age etc., but it's a little low-slung for such adventures. Our new friends steamed off ahead of us as we'd discussed, having assured us that 8km down the trail we'd find the springs.

Of course, we forgot to clock it from the beginning & you know how loooong everything can take when it's the first time? We drove for hours, so it seemed... averaging about 10km/hr, slowly twisting and carefully edging between serious pot holes and sharp-edged rocks. The only really hairy moment was when we drove through smoke for a couple of minutes and it occurred to me that if there was a forest fire in the area, we were about to become burnt offerings, there was no speedy escape option in our car.

We made it eventually: about 45 minutes of careful driving, then about 350 steps down the side of the hill, we lounged in a beautiful natural hot pool with our guides and were thoroughly entertained by the healing waters and the excited young dog having the best time playing with others

around the pools. All beautifully relaxing, natural, peaceful... with young folk bearing musical instruments and much fun to be had, we left. Another 45 minute drive out to the road and then onward into the night, heading for our friends' house. It meant a very late arrival, but it was a fantastic day.

From Nelson a couple of days later, we drove to Hedley, a metropolis of 300 souls. We stayed with another friend there, enjoying her tiny house packed with music and when not music, thick silence that sweeps down the mountainsides to pulverize



the surroundings with its enveloping magnitude. I love the sound of the mountains. We enjoyed the sight & stories of some of the highest residences in North America – the old mining boarding houses perched

waaaay up on the top of the golden mountain opposite her house. Fascinating stuff.

A brief sojourn in Vancouver, then to Salt Spring Island for the great gathering of old friends, spirit-seekers, philosophers, artists, musicians and inspirational folk. These friends, if you combine all the years of friendship, must add up to about a thousand years by now... such an honour to be included in this circle. We exchanged insights and explorations of each others' lives. We shared talents and humour, songs and stories. We had a variety show one afternoon at which the great Guru

Hagendas appeared and treated me to some chakra shaving (!), a fun communal art birthday-card-making session on another, a magnificent mountain hike on another. I swam across the lake each day, revelling in the feeling of moving without stress. One morning, a floating log across the lake next to a distant jetty looked particularly lumpy. It turned out to be the morning sunbathing spot for 3 ducks and a couple of turtles. As I circled the log, barely pushing ripples across the glassy surface, the ducks and one of the turtles slipped almost silently beneath the sheen, yet one turtle remained motionless, a primal shape picked out with yellow and red veins across the skin of legs and belly, its mate's nose now sticking up out of the water a few feet away. I swam on, leaving them in peace.

Now I'm back in Redwood looking at a disappearing dusting of snow. How strange our world is that it changes so.

I have new inspiration, new goals. The main one is to restock my body... even this brief adventure resulted in another crash - there's no fuel in the system my friends, so rehab is taking many months more than my hurried heart would hope. I'll be around for a while yet, but still keeping things on the lowdown, aiming for small and consistent improvements all around. Looking for a place to live/care for in November and December-January too. Please pass this on & let me know if you need anyone or have space that I might be able to use for a while.

*With gratitude and love, Kat Dancer  
bodymudra@gmail.com  
www.kat-dancer.com, 415.525.2630*

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Della L. Dickie, Sept 1, 2018

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then light up on the street.  
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your very first sup  
could be coffee with mj –  
but will that wake you up?  
In between classes  
you'll go out on the grass  
and enjoy a joint  
with some of your class  
You're really excited!  
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I must burst your bubble,  
you might find it rough  
But there've been delays  
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will annoy many folks  
as they become victims  
of second hand smoke.

We read the reports  
from a legalized State  
about increasing numbers  
in their suicide rate,  
and the lowering grades  
of children at school  
who thought that a joint  
before school would be cool.

Our schools here say No!  
You can't smoke on our lawn  
If you do and we catch you,  
you'll find yourself gone.

After smoking a toke  
you might drive and not cease it  
So they're working on finding out  
how to police it?

Yes, it might take some time,  
maybe next year  
everyone will be happy  
when things are made clear.

The facts still remain,  
like it or not;  
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FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES ..... 403.949.3250  
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FIREWOOD TIM (PINE & BIRCH) ..... 403.333.8462

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MASSAGE - SYLVIE LAPPA ..... 403.828.5408  
MEDISPA - COQUINE FOREVER by Julie, coquineforever.com ..... 403.370.6948

## HOUSE CLEANING

MAID IN THE FOOTHILLS Patricia Holt peppermintpatti@telus.net ..... 403.933.2233

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

DR. MOWER (Cochrane), www.dr mower.ca ..... 403.932.9984  
SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920

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HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

## LEGAL

FAMILY ENTERPRISE ADVISOR, REID SCHMIDT, 2020 LAW GROUP ..... 403.296.1709  
LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248  
MAVERICK LAW ..... 403.949.3339  
MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700  
SAC LAW, The Mobile Law Option, sac.law@shaw.ca ..... 403.554.8535  
ZHIVOV LAW, Personal Injury Law, zhivovlaw.ca ..... 403.770.4939, x103

## MLA CONSTITUENCY OFFICES

Banff-Cochrane: CAM WESTHEAD, banff.cochrane@assembly.ab.ca ..... 403.609.4509

## NEWS & ADVERTISING

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KATHLEEN LAPLANTE RE/MAX West, Cochrane/ Bragg Creek/ Redwood ..... 403.818.8049  
ROYAL LEPAGE FOOTHILLS - KEN ZACHARIAS ..... 403.607.7256  
SHARON BAYER, REAL ESTATE PROFESSIONALS INC. .... 403.554.8978  
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TANYA BAKANOVA, REALTOR® STAGER CSP™ - REAL ESTATE PROFESSIONALS INC. .... 403.837.0220

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BAVARIAN INN, Bragg Creek ..... 403.949.3611  
CREEKERS BISTRO, Bragg Creek ..... 403.949.3361  
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JANE'S CAFE, COFFEE SHOP, Priddis ..... 403.931.0155  
POWDERHORN SALOON, Bragg Creek ..... 403.949.3946  
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WATER'S EDGE PUB, Priddis ..... 403.931.0155

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BRAGG CREEK FAMILY FOODS ..... 403.949.3747  
BRAGG CREEK TRADING POST ..... 403.949.3737  
MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147  
SUNCATCHERS Stained Glass Studio / THE RIVER DRAGONFLY GIFTS ..... 403.949.4332

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GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhrroofing.ca ..... 403.796.ROOF (7663)  
MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

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A-EAGLE SEPTIC, eagle-7@telus.net ..... 403.650.9436  
ACREAGE DEVELOPMENT SOLUTIONS LTD. .... 403.815.0004  
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BIG DRIPPER WATER HAULING INC. .... 403.851.1003  
BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com ..... 403.804.5551

## WATER WELLS

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