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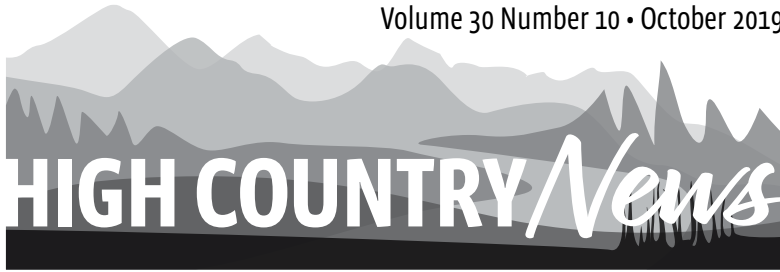


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Tuesday, October 15!

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From The EDITOR

While this weather this past weekend was a bit frustrating, the weather forecasts are predicting some nicer weather and a bit more fall. I always enjoy the festivities surrounding the season, specifically the time of Thanksgiving where we celebrate the harvest. Agriculture has taught me a lot. As a teenager growing up in BC, I worked on a small produce farm. Selling produce at the local farmers market was probably the highlight of my job (that and the owners wife giving us fresh cantaloupe bowls filled with ice cream!) The most valuable lesson I learned was to be thankful for the harvest. Regardless of the size and outcome, the owners were always thankful for what the land produced. We,

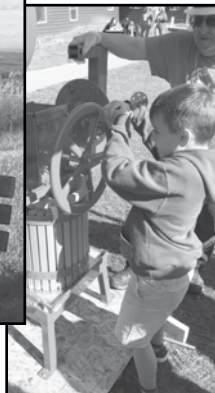


as individuals, try our best to make our lives bountiful. We would like to think that we are masters of our own destiny. Ultimately, we can't fully dictate or predict the prosperity of our lives. Circumstance can change our plans in a heartbeat. What we can do is express thankfulness for what we have received, and look with hope for the seasons yet to come. The pictures are of one of my children making apple juice at the Apple Festival held at Camp Kiwanis Sep 21 and one of my family enjoying a hike at Ann and Sandy Cross Conservation Area.

P.S. Remember to get out and vote on the 21st of October.

From my family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca



Artist PROFILE

Patricia Johansen is a Calgary born artist with over 30 years experience studying and painting in both oil and watercolour. She has travelled extensively with her family, living abroad and using these periods to study, paint, and teach. In each location her passion for the local landscape has been her inspiration - capturing the beautiful yet diverse scenery of these fascinating places. While living in the Congo, she was able to work with local students sharing her knowledge and passion for painting. She lived in Dubai for seven years where she worked primarily in oil and explored portrait techniques. Another stop was Tbilisi Georgia (former Soviet Union) where she worked for three years with local artists and began her journey in watercolour and focused primarily on local Georgian landscapes and historic Georgian architecture.

Pat is currently working on a new portfolio exploring the Rocky Mountains and local fauna. She has recently completed works on Elbow Falls, Kananaskis-Interlakes, Lake Moraine, the Lake Louise area and other mountain settings. Her inspiration now comes from her passion for summer and winter hiking and she enjoys painting the wonderful local flowers of the Bragg Creek area.

Pat has an active website at www.PJ-illustrations.com where her portfolio of work is displayed.

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County CAO Elected President of ARMAA

Rocky View County's Chief Administrative Officer, Al Hoggan, has been elected president of the Alberta Rural Municipal Administrators' Association (ARMAA). For 98 years, ARMAA has been advocating for the interests of municipal government, and providing a forum for sharing information among administrators from across the province.

"Playing a strong role in ARMAA helps benefit both the County and the province's other rural areas," said Al Hoggan. "Rocky View County is one of the most populous and successful rural municipalities in Alberta, and we have many best practices to share. But we also have much to gain by working with others to have a strong voice for rural municipal government and its work serving residents."

Rocky View County Reeve Greg Boehlke said, "We're fortunate to have Mr. Hoggan as our Chief Administrative Officer. His outreach into the community, and the strong relationships he continues to build at the provincial, regional, and municipal levels are serving our municipality well.

I congratulate him on his election to this important leadership position."

ARMAA sponsors regular meetings with deputy ministers and senior bureaucrats from various government departments to discuss issues of concern, offer input on Provincial programs, and receive updates on upcoming or ongoing Provincial initiatives. ARMAA works closely with Rural Municipalities of Alberta, the association of the province's 69 counties and municipal districts. The working relationship ensures a strong, cohesive voice for rural Alberta, at both the political and administrative levels.

For the past four years, Mr. Hoggan had served

with ARMAA as one of five regional directors. The position of president of the association is a volunteer role.

Rocky View County
Marketing & Communications
media@rockyview.ca



Please join
Ladies Time Out in Springbank
as we...

Deck the Halls

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 2nd | 9 am - Noon

Eden Brook Reception Centre
Corner of 17th Avenue SW and Lower Springbank Road

Visit our Facebook page for a list of vendors:
www.facebook.com/SpringbankLadiesTimeOut
www.springbanklto.com



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William Eric Nichol born March 7, 1950 passed away peacefully in his sleep on September 16, 2019. Predeceased by his parents Ena and Eric Nichol. Survived by his best friend and partner Barbara Potter, loving daughters Kari Anne Nichol and Shawna Lee Nichol and granddaughter Shaunte Monique Nichol.

A celebration of life will be held in Bragg Creek, Alberta Spring of 2020.

In lieu of flowers, donations to BC Cancer Society would be appreciated.

Five Things to Ask Yourself When Choosing an Older Adult Community

The best time to research an older adult community, either for yourself or a parent, is when you don't need one. Time is on your side, and the pros and cons can be weighed without the stress of a time constraint. Searching when a crisis occurs not only limits your choices, but decisions can easily be made without thorough consideration for the impact on your lifestyle.

Besides the usual questions about cost, size of the suites, and amenities, there are other questions that should be asked that can have a big impact on your quality of life.

1. I want to continue to enjoy life and learn new things. What programs are offered, and are they offered on my terms or yours?

Living a full life in your later years should be a focus in any community. Programs should be designed around the interests of the residents. At United Active Living, our art studios, for instance, are open 24 hours and residents are free to come and go as they please. Our autumn program guides offer some 60 pages of stimulating and entertaining programs to cater to a wide variety of interests - many programs are held in conjunction with a dozen community partners such as the Calgary Philharmonic, Honens, Mount Royal University and others.

2. What about meals? Is there assigned seating or other restrictions?

United communities have unrestricted meal times and seating arrangements. You can eat what you want, when you want and with whom you want. Our kitchens are open from 7 a.m. to 7 p.m. every day, and we feature an all-day menu so if you want a steak for breakfast, our chefs will handle it. And when you have family or friends over, our kitchen staff will make your family gatherings memorable.

3. I may be healthy now, but what happens when I experience a health crisis? How will the community respond to that? Will I be separated from my spouse?

A community should ensure that a health issue is well managed, and provide residents with the peace of mind that such a crisis won't force a move away from the community. United Active Living strives to keep you in the community, near your friends, and in the comfort of your suite. We encourage independence, no matter your stage of life. Husbands and wives want to stay together, regardless of their health. We find that they often participate in programs together, which supports the general well-being of both.

4. Will I be locked away in a separate wing should I develop dementia?

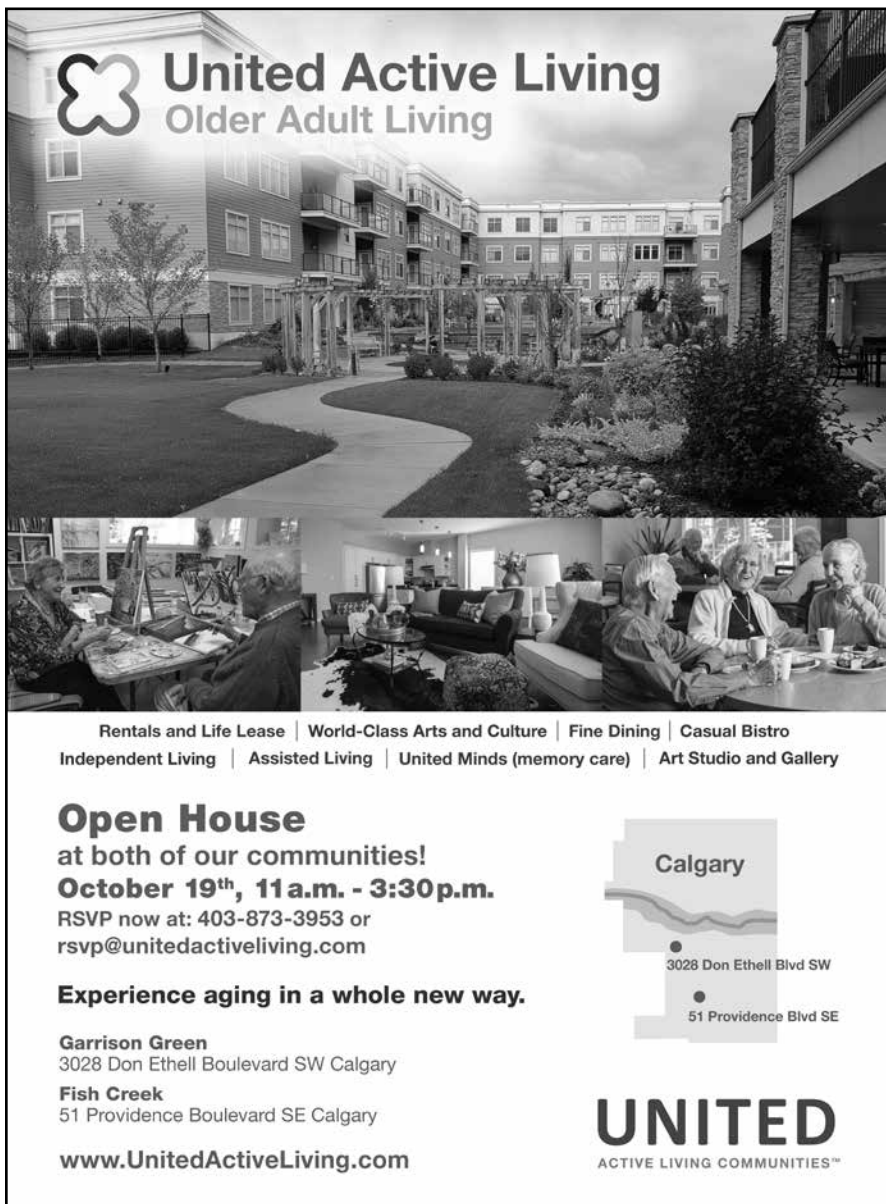
Research has shown that people living with dementia do better when included within the general community population. United Active Living offers a revolutionary dementia program called United Minds that encourages participation in as many programs as they wish. No resident is excluded from any of our programs, and there are no locked or separate wings for those with health issues.

5. What is your gut reaction? Do you feel comfortable and welcome or does the community feel more like an institution?

An older adult community is your new home and it should feel that way. Your former home didn't feel like a medical clinic, so why should your new home? While your medical needs are important, United's staff ensures your needs are provided in the privacy of your suite, with discretion and respect.

There is a lot to do, learn and enjoy in an older adult community. Combine that with the freedom from home maintenance and chores, and you can see why moving to an older adult community can be more exciting than you ever imagined.

By United Active Living



United Active Living
Older Adult Living

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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OFFICE: 403-949-3343 | CELL: 403-861-7806



There isn't a day that goes by where there's some kind of rumor or conspiracy theory making its way through the grapevine in this county. One in particular that I would like to address are the current sanctions Council has placed on fellow councillors Kissell, Hanson, and Wright. As an elected official, it wasn't an easy decision to make but it had to be done.

The official definition of my role as your councillor is to make decisions in consideration of the municipality as a whole, to promote an integrated and strategic approach to inter-municipal land planning and service delivery, and to participate generally in development and evaluating the policies and programs of RVC. And above all, adhere to the Code of Conduct. The sanctions bestowed upon these three councillors was punishment for inappropriate conduct.

As your councillor, I have to make decisions, never easy ones, on how policies will protect, benefit or make safe our community and its residents. Our Code of Conduct, a provincially mandated legal policy for all municipalities in Alberta, which all councillors voted unanimously last summer to abide by was breached by Councillors Kissell, Hanson, and Wright (as determined by a private third party). Sections #28 and #29 of our Council Code of Conduct were violated when information deemed 'Private and Confidential' and for Council's eyes only were released publically without Council authorization.

The restrictions placed on these councillors, as much as they say it impedes their ability to do their job, is baseless. These restrictions do not and should not be used as an excuse to say it prevents them from representing their constituents. They can still attend meetings, communicate with their fellow councillors and most importantly, work with and represent their residents. The fact that they don't have direct access to staff applies to all councillors. In order to speak to staff, we go through the Reeve and in turn, the Chief Administrative Officer (Council's only employee) or his Executive Directors. It's the CAO's right to limit councillor interaction with staff.

To put this whole ordeal into context, ask yourself, how would you feel if your doctor, wealth manager, or teacher shared private information about you to others without your consent?

Minister of Justice and Solicitor General Meet & Greet

It was an honour to meet with Doug Schweitzer last month at the Bragg Creek Community Centre along with councillors from Redwood Meadows and Foothills County. Also in attendance was our MLA, Miranda Rosin and MP, John Barlow. The minister toured the province meeting public officials for short but robust meetings to discuss local issues, namely the topic of rural crime. Following the private meeting, the minister held a well attended town hall at the Springbank Heritage Club.

Looking into the future

Over 70 local residents attended the RVC Municipal Development Plan Open House held in Bragg Creek last month at the Bragg Creek Community Centre. Several other open houses were held throughout the county a few weeks ago. It was the first step to gather public input and seek feedback from residents throughout the county. With the establishment of the Calgary Metropolitan Region Board in 2018, projected regional growth and the state of our provincial economy, council felt that the MDP (previously known as the County Plan) needed to be revisited to help all residents and landowners understand how their land may be used now and in the future, and ensure that growth meets the needs of the community. For more info please visit rockyview.ca and type 'MDP' into the search bar.

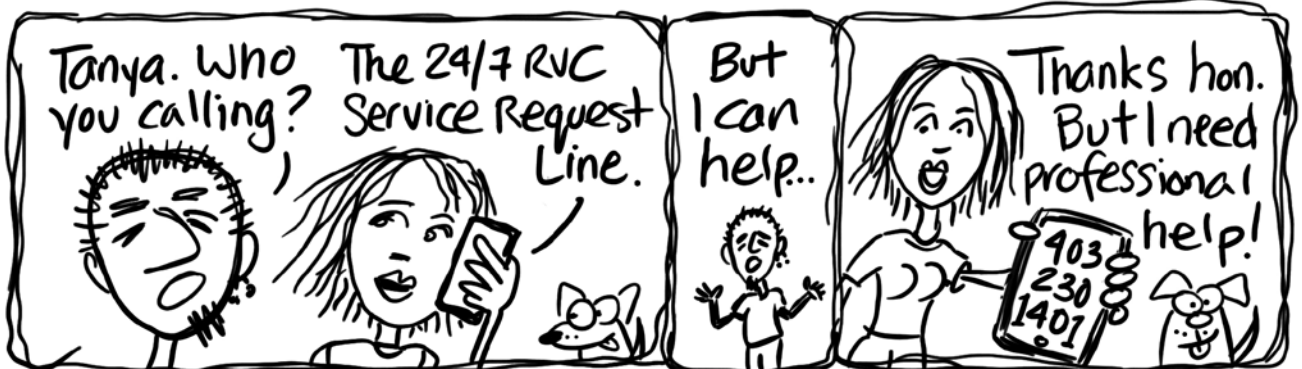
We need you to speak up

If you witness any property or traffic violations, need an answer to a bylaw question, or want to pass on comments (good or bad) to RVC administration, call our 24/7 Service Request Line at 403-230-1401 and start a dialogue. Your comments and suggestions are important to us so we can better serve you.

Thanks for your help

If you have some time on your hands, think about volunteering on a board, committee or lend a hand at an event. Volunteers are the life blood of our community and we can always use more.

— Cheers, Mark





MLA Update

Banff/Kananaskis

By Miranda Rosin, MLA

It seems as though it were just yesterday that Alberta was alive with provincial election frenzy, yet here we find ourselves in October already - gearing up for one of the most contentious federal elections of our lifetimes. There is a lot on the line this election: support for our oil

and gas sector, small business relief, aid for veterans, and - in my opinion - the choice between either being a respected dominion or a continued laughing stock on the global stage. But there is something even more critical on the line this election. It is something you will not find in a party platform, but that you will only hear on the streets and in cyberland: the future of Canada as a nation. They say history repeats itself, and surely here we are again having the quiet discussion of western separation under another Trudeau government. Funny how that works.

That is why, as we gear up for the contentious date of October 21st, I want to say it loud and clear: I am a Canadian Nationalist. I always have been, and I always will be. From the day I wrote a paper self-identifying as a nationalist back in grade school, to my ongoing boycott of both A&W and Heinz Ketchup, I will always be a proud Canadian.

We are a champion of human rights. We have an international reputation for our exorbitant friendliness. We developed paint rollers, garbage bags, peanut butter, and javascript. We conquered Vimy Ridge. We encompass mountains, open prairies, big cities, forests, and frozen tundra. And from coast to coast we share a quiet but unwavering bond with each other. "Canadian" is a badge we should wear with honour.

The word nationalist has seemingly acquired itself some negative connotations as of late, however the official definition of a nationalist according to the Miriam-Webster

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Grade 6 - 8 essay contest:

What does patriotism mean to you? If you were Prime Minister or Premier, how would you unite Canada?

Email responses to Banff.Kananaskis@assembly.ab.ca
 no later than October 20, 2019

1st Prize: Tour of Legislature Building + \$75 gas card for transportation + \$250 BestBuy gift card

*** other prizes also available ***

dictionary is one who exhibits "loyalty and devotion to a nation". We have so much to be thankful for living in Canada, and the least we can do is show loyalty and devotion to the wonderful place that raised us all. This election, and every day for the rest of our lives, I encourage everyone to work a little harder to show that loyalty and devotion to this place we call home. Talk about it with pride. Support the companies, products, and inventions that operate and are produced here. And after all we have already accomplished, always remain optimistic for what is yet to come.

Us Westerners are rightfully frustrated with much of the treatment we receive within the federation, but that doesn't mean we should outrightly give up on our federation. Tough times don't last, but tough countries do. I beg you: do not give up on Canada.

As our Premier Jason Kenney so perfectly stated, "Rather than focusing on Alberta separating from the Canadian federation, [let's] focus on separating Justin Trudeau from the Prime Minister's Office". I don't think we should allow Justin Trudeau to push us out of our own country".

I love my Canada. I hope you all do, too.

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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."

In accordance of our mission – we are delighted to welcome three new junior artists who are participating in the Nov 2 & 3rd Show and Sale.

September has been rainy with a few good days mixed in at the time of this writing, but we had a great day at the Old Tyme Country Fair on Sept 7, 2019. Congratulations to the organizers for a very well managed event.

The Nov 2 & 3rd, 2019 Springbank Christmas Market Sale is completely filled! Lots of new vendors and of course the returning favourites. Please mark your calendars and plan on gathering up unique gifts for the special folks on your list! Support for these vendors benefits everyone

Submitted by Yvonne Bamlett

Springbank LADIES TIME OUT

Ladies Time Out in Springbank 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 2nd 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 snacks and have the chance to win great door prizes, visit with friends and share the festive spirit.

Registration for the Winter session will be held on January 13, 2020. Please visit our website 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. We look forward to seeing you at the Market!

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Kidney March sweeps into Calgary from K-Country celebrating their 10th anniversary surpassing their million-dollar goal

Over 600 kidney marchers and crew wrapped up their 100 kilometre, three-day march from Millarville through K-Country to Calgary arrived Sept. 8 at Canada Olympic Park (COP). Marchers are drawn together because their lives have been impacted by kidney disease. Patients, loved ones, doctors, nurses and scientists all participate together side by side, connecting the community and building bonds that go far beyond the event itself. Kidney March is the only event of its kind on Earth and only held in Calgary. Participants have traveled to march for this cause from across Canada and internationally.

Marchers and Crew descended the hill into the Markin MacPhail Centre Sunday, Sept. 8, accompanied by a parade of all 600+ participants lead by an RCMP and CPS officer and 6 rodeo flag horses completing their epic 100 km journey downhill into a cheering crowd of family and friends.

No other walk in the world goes this far, for this long, for this cause, raising awareness and funds for kidney disease prevention, lifesaving research, patient programs and organ donation initiatives.

This year's goal was \$1,000,000. To date, Kidney March 2019 has exceeded that goal by almost half of last year's total, raising just over \$1.4 Million (and still counting). "We are thrilled to have incredible support from our

community. It is truly inspiring," says Joyce Van Deurzen, Executive Director of the Kidney Foundation of Canada, Southern Alberta. "Kidney March asks Marchers and Crew to do the most they can do for kidney disease and organ donation, and they certainly have.

Visit kidneymarch.ca to be inspired.

On Facebook, Twitter and Instagram: @KidneyMarch.

Media contact: Michelle Hofer
Community Development Coordinator,
KFOC (Southern Alberta)
403.255.6108 X30
403.999.1726 (mobile)
michelle.hofer@kidney.ca



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1 CEU for CBCC-KA
2.5 CEUs for IAABC

Canine REACTIVITY

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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

Summer Review & Upcoming Events:

Welcome back from what I hope was a glorious summer for you. During the summer I participated in many events supporting Rocky View County and our residents. Starting with the Farm Family awards for Southern Alberta, Rocky View County's first pancake breakfast in our new building where I saw many of you, Rocky View County's Agricultural Tour, which was pretty fantastic to experience our diverse agricultural sector and meet so many new people, and speaking on behalf of the County at the Glenbow Indigenous Peoples Day as well as numerous meetings and conversations with many Division 2 residents. It has been a busy summer!

Around the Division: Fall Fair: of course, the biggest event for us in Springbank is our Fall Fair. This year's event is happening on September 7th at the Springbank Park for All Seasons. Rocky View County will have a booth setup, so please stop by to say hi! I'll be there along with members of the Rocky View Administration, Fire Department and our CAO, Al Hoggan will be there for much of the day. We'll have some giveaways for the kids and even some for the big kids (while supplies last). Also, a draw for a power washer, so ensure you enter! The draw will happen at our Council meeting on September 10th. The Fall Fair is also a great time to find out what is happening in our community for the little ones as well as adults!

Enforcement: From the hours of 8am to 4pm the speed limit along RR 33 by the middle school, and again by the High School along RR 33 and Springbank Road is 30/km hr. Outside of these hours the speed limit is 70 km/hr. Our school zones are NOT playground zones, which means they are only in effect on school days. School holidays, general holidays and weekends, when there is no school, 70 km/hr is the speed limit. I know someone gave me some very expressive hand gestures on a holiday Monday when I drove past them and the middle school at 70 km/hr one day – so know the school calendar – you can find it on the Rocky View Schools website. Also, don't think you can bypass the school zone by travelling down Huggard Road – this is 40 km/hr area!

Approved Development Permits (August only):

- Application for single-lot regrading and placement of clean fill for berm construction, 7 Meadowlark Lane
- Application for single family home – 66 Juneberry Heights
- Application for Contractor, tenancy, signage for contractor business with sea containers, #5 135 Commercial County
- Application for single-lot regrading and placement of clean topsoil, 55 County Lane Terrace Application for Automotive, equipment and vehicle service, 250095 Mountain View Trail Application for entry feature signs, Harmony

Check out the Springbank Community Page for community info.

www.springbankcommunity.com

Guest Rural Crime Submission:

RCW Participation: Check out the news and links on our website <https://cfparcw.ca/>. Invite your neighbours to become part of our community movement to send a message to would-be intruders. "Beware. These rural people are informed, prepared and connected to deter crime."

We are Rural Crime Watch, a network of concerned residents, committed to making a safer community through basic crime prevention principles. Our security is greatly enhanced when we work together as good neighbours.

Jim Willson

*Cochrane Foothills Protective Association
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Springbank Residents Make Their Voices Heard On SR1 Debate

On September 23rd, Karin Hunter, president of the Springbank Community Association and member of the Springbank Action Committee,

handed MLA Miranda Rosin over 900 letters from residents and businesses expressing concern over the current SR1 single purpose dry dam flood mitigation proposal. These residents and business owners are in support of the upstream multi-purpose solution at McLean Creek for both flood and drought mitigation, as well as sustaining pure water in the

Elbow River for fish, wildlife and residents that depend upon this precious river.

MLA Rosin will then present the petitions to the

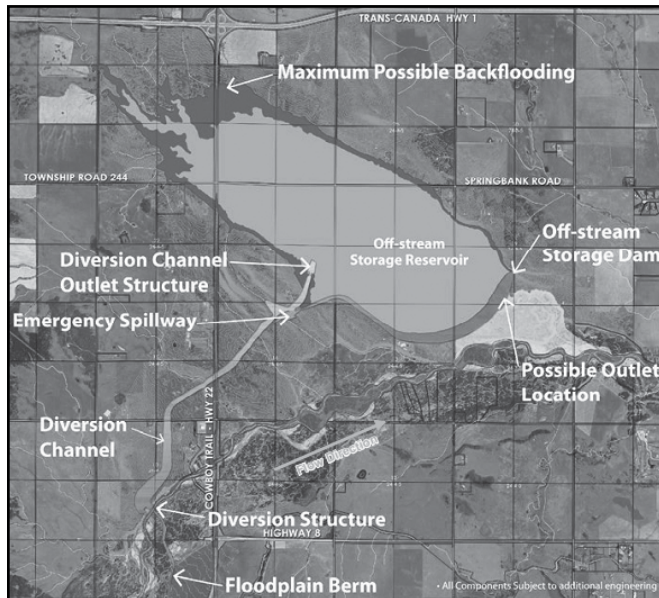
Legislature as legal documents to Premier Kenney when sessions begin in October.

To quote Karin's presentation: "This submission to our Premier sends an important message: We count. Prior governments didn't care to listen to us. Not to the landowners who were threatened in early days with expropriation. Not to the Tsuut'ina, stewards of this land who are directly and negatively impacted. Not to the residents of Bragg Creek and Redwood Meadows who are not protected by SR1. Not to the Springbank community, who have valid concerns about the long-term effects of this project in their community. Not to the people who asked why the government purposefully ignored the benefits of a permanent reservoir at McLean

Creek: drought, fire suppression, water security and recreation. We are not a vocal minority. We count."

You can still express your concerns asking that the Alberta Government reassess their 2014 decision to build SR1 and give equal weight to the upstream solution of Maclean Creek. Forward your letter directly to Miranda.Rosin@assembly.ab.ca.

Lowell Harder, Editor





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Tapping Into Your Tax-Deferred Income

If you are ready to start drawing income from your investments, or are already drawing income, you may be surprised at how much the taxes are.

There is a more tax-effective way to access your money – which can maximize the amount you keep. Different forms of distributions have different levels of taxation, which can have a major impact on the after-tax value of your withdrawals.

There are four (4) general categories of income and they are taxed differently. From highest tax rates to lowest they are Interest Income, Dividend Income, Capital Gains & Return of Capital (R.O.C.). Return of Capital provides the most tax-effective form of distribution since it is not taxable. Capital Gains is the next most tax-effective form of distribution.

How does the R.O.C. process work? You invest your capital as you would with any other investment. You then chose an annual withdrawal amount anywhere from 0% to a maximum of 8% of your investment. The maximum withdrawal percentage is set by the investment firm so as not to deplete the investment portfolio too quickly. This withdrawal percentage can be changed at any time so you are not locked into a specific withdrawal percentage.

Your withdrawal is typically made on a monthly basis and consists of a return of your original invested capital over time. The return of capital withdrawals will lower the amount of the original investment over time. What remains in the account, after you have withdrawn your total original investment, is any growth the investment has achieved over the years on the original investment. Any subsequent withdrawals after the original capital reaches \$0 are taxable as capital gains, which is currently taxed at a lower rate compared to dividend or interest income.

This process allows you to defer the taxation of the portfolio's gains, over many years, until such time as the original capital invested reaches \$0.

A simple way of viewing this process is as follows. Your original investment goes into bucket #1. Bucket #1 is

then invested. Your monthly R.O.C. withdrawals are taken from bucket #1, thus reducing the original amount invested with each withdrawal. These withdrawals from bucket #1 are R.O.C. and therefore Non-Taxable. The growth in the investments in your total portfolio, over time, go into another bucket, let's call it bucket #2 for future withdrawal once bucket #1 is exhausted.

Let's look at an example. Assume you invested \$1,000,000 and decided to withdraw (i.e. R.O.C.) at a 5% rate. That would be a \$50,000 annual withdrawal, totally tax-free as it would be all R.O.C. This process continues for 20-years, during which time you would be receiving \$50,000 tax-free annually. Let's also assume that your investment portfolio was generating a 7% annual return. At the end of 20-years you would have withdrawn \$1,000,000 tax-free and your original capital would have been depleted (i.e. bucket #1 would be \$0). The remaining assets in

bucket #2 would have grown, over the 20-years to approximately \$1,868,000. Any withdrawals from bucket #2 now would be taxable as capital gains.

If your investments grew at a 6% annual rate, after 20-years of tax-free income you would still have approximately \$1,385,000 in bucket #2.

If your investments grew at an 8% annual rate, after 20-years of tax-free income you would still have approximately \$2,473,000 in bucket #2.

With these examples, investments can be up \$1-2MM after 20-years. This allows your financial advisor to run scenarios varying a) the investment initial amount, b) number of years required to fruition and c) withdrawal percentage.

This strategy, is great but you should also be maximizing your TFSA contributions.

Call us today for a review of how you might generate tax-free income from your retirement assets.

Also, visit our business website myfinancialsolutions.ca for additional financial information on insurance, retirement/estate planning, investments and a whole host of other financial topics.

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MLAs Listen To Find Ways To Reduce Government Red Tape

Local business and municipal leaders from the areas of Banff, Canmore, and Bragg Creek gathered to discuss the subject of reducing bureaucratic red tape to the listening ears of local MLA Miranda Rosin, and visiting MLA Jackie Lovely from Camrose (both pictured, right).

The UCP government campaigned on the promise to reduce government red tape by 30%.

Showing their commitment to this promise, local MLA's are engaging community leaders to share what they believe are the major hurdles facing them.

Those participating came ready with a wide breadth of issues where they see government processes hindering forward progress. Both MLA's expressed their appreciation for the willingness of these leaders to take time from their schedules and engage in the conversation. "This is a first step in the government's commitment to this goal", expressed Miranda. If you would like to



participate in this conversation go to www.alberta.ca/cut-red-tape.aspx.

Lowell Harder, Editor

Talking Rural Crime

On September 5th, Justice Minister Doug Schweitzer showed his commitment to the local area by coming to a community open house hosted by the Springbank Heritage Club to hear local concerns on rural crime. Earlier in the day he attended a closed door meeting with municipal leadership, our federal MP John Barlow, and local MLA Miranda Rosin, discussing the local issues at hand (all three pictured at right).

The minister expressed his concern that sometimes the government can become out of touch with what is happening on the ground and re-iterated his commitment to listen and understand the issues at the local level.

When asked what he saw was his biggest "take away" from the sessions: "It was seeing the work that was being done at the local level which has been a big step in the right direction".

The minister reiterated the government's commitment to hire 50 new prosecutors, expand the reach in drug treatment programs and create funding models that can be responsive to the changing dynamics of the local situation. "Creating listening opportunities and open communication is key to re-establishing confidence in the overall provincial justice system, continuing to engage at all levels of government (Municipal, Provincial, and Federal) is critical in seeing markers of success along the way", quoted Minister Doug Schwitzer.

It is a rare occurrence to see this number of elected officials at various levels of government come together to discuss the issues at hand. As a publisher, I found it encouraging that there was open and honest dialogue on the subject. That gives us hope for a safer community in the future.

Lowell Harder, Editor



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Update from the Greater Bragg Creek FireSmart Committee

Learning to Coexist with Wildfire

That's the message of an excellent short article by Dr. Lori Daniels (UBC Department of Forest and Conservation Sciences professor) titled "Wildfires: Causes, Consequences and Coexistence". Dr. Daniel states that "Wildfire has become a wicked problem – complex, challenging, and full of paradoxes". She notes that understanding wildfires is the first step to undertaking measures to effectively adapt to living on fire-prone landscapes. Risk mitigation techniques that include FireSmart programs improve the resiliency of communities to the natural cycle of fire renewal of forests - particularly during climate change and conditions that attenuate the fire hazard.

To view Dr. Daniel's article, go to www.alpineclubofcanada.ca and click on "2019 State of the Mountains Report" to view it – a great primer on the wildfire issues, climate change and the need for FireSmart!

Kudos Bragg Creekers on Successful Chipper Days!!!

Over 90 loads of green waste were chipped and recycled during the August Chipper Days! We received as many loads on the Saturday as we did during last year's entire weekend event. A big thanks to the Rocky View County Fire Services and Redwood Meadows Emergency Services volunteers for stepping up and making our Community safer! Our next activity involves relocating the Chipper Day event to the Wintergreen and Elk Valley neighbourhoods in September to make it easier and more convenient for residents to FireSmart their properties.

How is FireSmart Programs Funded? What's Next for Bragg Creek?

The Provincial Government funds FireSmart activities which are administered by the Forest Resource Improvement Association of Alberta. All municipalities in Alberta are eligible for participation in the FireSmart Alberta program, which totals \$15 million per year. The funding process involves the submission of detailed proposals that fall within the

seven FireSmart principles - typically there are more proposals than funding.

To date, the GBC FireSmart Committee and Rocky View County Fire Services have procured about \$200,000 in funding for FireSmart activities in our area. These funds have been directed to a range of activities including Chipper Days, new fire hazard signs, along with seminars and workshops. This winter a vegetation management program will be undertaken on selected RVC lands in the Hamlet and a study undertaken to plan FireSmart vegetation management in the Bragg Creek Provincial Park.

RVC Fire Services will be working with Banded Peak School to introduce a highly acclaimed FireSmart teaching module to the Grade 4 Class this fall. This module was developed in Slave Lake and covers a range of subjects from forestry, fire basics and safety that all tie into the FireSmart principles.

Follow the Greater Bragg Creek FireSmart Committee on Facebook!

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Notes

The Provincial Park's Bird Tales - Part 2

Our last story introduced the Birds, F.G. and Maizie, who, along with their three sons S. Frederick, Ian, and Phil, developed recreational property on what we know today as the Provincial Park. The Birds negotiated a 25-year lease with the provincial government in the early thirties with full rights to erect cabins and infrastructure for recreational use. With a lot of ingenuity, the 40 acres of land hosted a full spread of amenities and included a cabin, permanent outdoor kitchen, a log bridge, cold cellar, half a mile of fence, and Maizie's own teepee....

What is evident from the Bird account is their affinity for the land and its people. Locals supported their projects; the Bird boys became fast friends with their neighbours. Known for her abounding energy, mother Maizie Bird seemed particularly at peace with the pioneering experience. Because the property was on the southern route to the Stoney Nakoda First Nations, the Birds became well acquainted with families, including the Enoch Baptistes and Jacob Two Young Men, who camped with them on their way through. As her son S. Frederick recalled, Maizie was fascinated with the teepee made by Mrs. Baptiste using skins and rawhide, so asked for instructions.

"She drew an outline of the layout of the skins, how to construct the wind flaps, the door opening and the rain cap. This was all done with a stick in the dirt. Mother copied this onto paper and made copious notes of all the instruction given to her in the Indian dialect. That winter she purchased yards of unbleached sheeting, which was washed and shrunk before the pattern was cut. After the sewing was finished the material was waterproofed using isinglass (paste made from fish guts used for specialized gluing purposes), the recipe for which we still have in Dad's old recipe file. In the spring we cut the poles required, de-barked them, and let them dry. That summer we erected the tripod, placed the other poles in place, raised the teepee on its pole, placed the poles in the wind flaps,

New Provincial Park Set For Bragg Creek

EDMONTON — The province's plan for establishment of a provincial park at Bragg Creek, 20 miles west of Calgary, were announced by Hon. Norman A. Willmore, minister of lands and forests.

The development encompassing 100 acres will feature picnic and camping facilities.

Mr. Willmore stressed his department's major project for the Calgary area will be the Bow Valley Park in the Kananaskis district. It is 45 miles west of Calgary.

This project, announced last year, will feature long-term development of 2,354 acres. A start will be made late this spring.

Mr. Willmore said primary purpose of the Bragg Creek project will be to accommodate residents who are already in the practice of using the area as a public camping ground.

Both these projects are in line with Throne speech announcements "that an accelerated capital works program" in provincial parks will be undertaken this year.

In the meantime, the minister said, it is most unlikely that the province will agree to take over Bowness Park. The park outside the city limits is operated by the Calgary Transit System.

At its capital budget meeting in December, City Council struck out an expenditure item of \$67,000 for further development of Bowness Park. Aldermen decided to ask the province to assume responsibility for the project.

Stating he has not been approached at an official level, Mr. Willmore said his department is not in the business of operating city or metropolitan area parks.

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and gloried in mother's accomplishment. She waited impatiently for the Indians' return. When they arrived, Mrs. Baptiste took a long look, circled the teepee, went inside and then to Dad made her pronouncement 'Your squaw too good!' Mother's day was made, and for years after that she was known by the Stoney and the Sarcee as the white squaw who made teepee."

World War II is blamed for the culmination of the Birds' time in Bragg Creek, and at the end of it, F.G. gave the property rights to friend Ivone St. George Burn. This

family spent over ten years on the lease (Miscellaneous Lease #637) but relinquished it by 1960 to permit the July opening of the Bragg Creek Provincial Park. His son, Ian Burn, remembers: "He (Dad) received \$1000 to offset the improvements to the land that included ... a two-room log cabin, a shelter with a tin roof, a cement cooking fireplace, sanitary facilities as well as fencing along the west, south and east boundaries. We have many, many happy memories of our time in Bragg Creek." And happy memories are made today, where the Park annually hosts thousands of visitors who picnic and play on the banks of the Elbow.

Michele McDonald (BCHS)

Sources: *Our Foothills Manitoba: Freisen, 1975; Bird, Frederick S. Memoirs & Bird Tales, USA. Copyright 2013 by Deirdre Kramer. Adapted with permission; Edmonton, Calgary Herald, February 12, 1960; Burn, Ian: Interview April 2017.*



Frederick, Ian, and Phil Bird, Provincial Park, 1938



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Patellofemoral Pain Syndrome: Move That Knee!

by Jennifer Gordon

BSc.PT, AFCL, BA Kin
Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

Patellofemoral Pain Syndrome, otherwise known as a painful kneecap, affects 25% of the population, according to the Academy of Orthopaedic Physical Therapy. Unfortunately, women tend to be twice as affected as their male counterparts! It is often described as a nagging ache or an occasional sharp twinge in the front of the knee. It is often worse after sitting for extended periods, going up and down stairs, jumping or running, especially on hills.

Some new insight has been developed in a first ever comprehensive clinical practice guideline on patellofemoral pain (PFP). The APTA's Academy of Orthopaedic Physical Therapy conducted an extensive review of scientific articles associated with PFP from 1960-2018. They evaluated the overall strength of the scientific evidence regarding the diagnosis, examination and interventions in the management of PFP. They found strong

evidence supporting exercise therapy with combined hip and knee targeted exercises to reduce pain and improve overall function. They found that the combined hip and knee targeted exercises were far better than knee focused exercises alone. These new guidelines stress that exercise therapy is the best approach to improve functional performance in the short, medium and long-term management of knee pain.

The guidelines also found that the use of dry needling, ultrasound, electrical stimulation, laser treatments and bracing were not greatly supported. They did find that taping techniques were supported by moderate level evidence, especially in the first 4 weeks of pain management and only in combination with exercise therapy. Off the shelf shoe inserts for patients with overpronation were shown to be beneficial during the initial 6 weeks of management. There was insufficient evidence to support the recommendation of custom foot orthoses over prefabricated ones.

A holistic approach that combines education, strength training exercises for the posterior hip and knee musculature, taping, shoe inserts, and kneecap mobilizations are likely to bring the best results. Specific patient education on gait mechanics, knee loading management, body weight management, and biomechanics that may contribute to overloading the

patellofemoral joint, may improve compliance and self-management strategies. To help guide your treatment and tailor a program to fit your needs, our physiotherapists can evaluate your symptoms, movement patterns, and biomechanics to help you return to your desired activities, sports or work. We aim to keep you moving!

Gold Medal Awarded to Local Distillery Vodka at Alberta Beverage Awards

Local Two Pine Ventures president John Hromyk reports that Snowday Spirits recently won 'The Judges' Selection for highest performing product in a category (Vodka) at the Alberta Beverage Awards.

He commented that this is excellent for a product that had been on the market for less than four weeks at the time of the award being given.

As winners, they will be featured in Culinaire Magazine's October issue.

Contact John at 587.997.9396 or cell 403.813.0873, or email john@twopineventures.com for more information.

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Timing Pains

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

Timing is hard, and sometimes we don't get it right. I'm looking at the weather report and realizing the first snow of Fall is coming and could be significant. I'm looking at my vehicles and realizing I probably need a new sets of snow tires on all of them. Hmmmm, well that is definitely a bit unplanned, so much for any not having any upcoming staggering purchases. There are many times in life that "something" pops up unexpectedly and it's not the right time. However, if we were honest, there always seems to be "something."

However, the more time I walk this life set before me, the more I realize that the "something" might actually be the "thing." What I mean is that

there are things in our life expected and unexpected that will always challenge and stretch us. Something extra placed on our desk at work, fighting kids, unexpected bills: these are all "things" that can be difficult and need attention. In these moments, we are called to be present and begin to approach them with both skill and humility. Know what isn't part of these "things"? "Something!" The "something might happen...", the "what ifs...", the "what were they were thinking...", the projecting, the catastrophizing, the mind reading, are all the things that lead to worry. The Bible speaks about troubles and difficulty, (that in this life you will have them). It also talks about worry (that it doesn't need to be the something that is added to the thing.)

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 5:31-34

Corrie ten Boom (whom I think we would give a pass to if worry happened to have crept into her life, given she was put in a concentration camp during WWII) put it this way: "Worrying is carrying tomorrow's load with today's strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength." It does empty today of its strength. Seek first important parts, that extra work on the desk could be the task that develops more skills for the next promotion, those fighting kids... are healthy enough to fight, so enjoy them. That unexpected bill might be the thing that helps you realize new possibilities in rearranging your budget. But worrying about these doesn't allow us to actually fully participate with the "thing."

*'Til next time,
Dave*



Halloween Fun @ the BCCA

Sat, October 26th
Come dressed in your Halloween Costume!!

HAUNTED HOUSE
4:00-5:30pm Ages 6 & under | 6:00-8:00pm Ages 7+

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Bragg Creek Centre

Hello Community,

With the end of summer comes our Fall Program season and a new member to the BCCA team! Welcome to our NEW Event and Program Assistant, **Shea-Lynn Yuzicapi!** Shea is excited to meet the community and apply her recreation education and experience.

Thank you to all that attended our Fall Open House on Sept. 10th, it was great to see some new faces. Also, thank you to those that attended the Film Festival as all bar proceeds went directly back to the BCCA.

Fall Programs have started with a couple of new additions like Springbank Dancers & Swamp Donkey Theatre. Our Youth committee is returning and new participants are always welcome. Information on all programs can be found at www.braggcreekca.com.

The BCCA is always looking at ways to improve your experience at your Community Centre so we have a new Registration Structure for Pickleball and Badminton. It is our hope that these changes will:

- Increase commitment, so there is a consistent number of players coming out each week
- Be mindful, as a not-for-profit, that BCCA programs are contributing to equipment & facility operating expenses

• Offer more quality programming, so people don't have to travel outside the community

• Ensure that these sports won't get bumped for other bookings (unless an election is called – hands are a bit tied there)

Drop-in rates/Pro-rates are available, and we are open to any and all feedback! Our intention is to be inclusive of all community members, so if the new registration structure is a barrier for you to join, please let us know by emailing info@braggcreekca.com.

Save the Date for these important events:

- Federal Election Advanced Polls – October 11-14
- BCCA Concert October 12 – Aaron Pritchett
- Centre Office Closed Oct 14 – Happy Thanksgiving
- Federal Election Polls – Oct 21

The Haunted House and Halloween Event are coming up! Redwood Meadows Emergency services will be back on scene setting up a spooky haunted house. There will be activities for kids and the first Movie night of the season will be the same night!

It's that time of year for the BCCA Annual General Meeting. On Tuesday, October 30, 2019 at 7:30pm EVERYONE IS WELCOME to attend our AGM. Only current members can vote. Purchase or renew your membership today by emailing info@braggcreekca.com!

Proxy votes are available if you can NOT attend. Under the provisions of the By-Laws that state:

- A proxy vote is accepted in writing only.
- It must be exercised by a fellow current Bragg Creek Community Association member, eighteen years of age or older.
- All members who have received a fellow member's written proxy for the AGM, **MUST REGISTER PRIOR** to the meeting.
- No Proxy votes will be accepted once the AGM has started.

We encourage you to come out to learn about the Community Centre's past year and future plans! We value your feedback and would love to see you there!

WE ARE ACTIVELY RECRUITING skilled Community Members to join our Board

Desired skills are:

- Board Governance
- Grant Writing
- Financial/Accounting
- Human Resources

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Location:	Snowbirds Chalet 19 Balsam Ave, Bragg Creek
Hours:	9.00am -4.00pm
Clinician:	Jill Read-Johnson, Certified Podologist
Cost:	\$30.00/session
Appointment:	Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



Greater Bragg Creek Trails Association

West Bragg Creek Trail Projects Focus on The Great Trail

Two of the trail projects at West Bragg this summer have focused on improving The Great Trail. Previously known as the Trans-Canada Trail, The Great Trail enters Kananaskis Country at Range Road 54 and connects through the West Bragg Creek parking lot, before continuing north to Highway #68 and west to Canmore.

The new Moose Loop single-track trail links the bottom of Merlin View Loop to northbound Tom Snow trail. This is an all-season trail designed for hikers, mountain bikers and equestrians all year long and for snowshoeing and fat-biking, whenever there is snow on the ground. It is intended to be one of the easiest trails in the West Bragg Creek network, suitable for all levels of trail users. It weaves its way between open meadows and sheltered forest segments, crossing three new bridges along the way. Besides being part of the Great Trail across Canada, it is also part of a number of loops for West Bragg Creek visitors.

The Iron Creek trail connects the Bragg Creek portion of The Great Trail to the main West Bragg Creek network. It was upgraded in 2016, but the surface of some of the trail had a layer of clay that would become very mucky and sticky when wet. Over the past few weeks, a layer of gravel mix was spread on the trail and compacted to create a smooth,

durable surface. It can now be used at any time, even after a big rainfall.

These new trails, the upgrading and all of the trail maintenance at West Bragg Creek is done by volunteers and financed by donations. If you enjoy these trails, please consider volunteering to help with the trails, or make a donation.

info@braggcreektrails.org

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Traumatic Injuries

from Redwood Meadows
Emergency Services

The second most common call Redwood Meadows Emergency Services receives is for traumatic injuries.

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

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

Preventing sports-related head injuries

- Buy and use helmets or protective head gear approved for specific sports. In addition to other safety

apparel or gear, helmets or head gear should be worn at all times for: Softball, Cycling, Football, Hockey, Horseback riding, Skateboards/ Scooters, Skiing and Wrestling.

General prevention tips

- Supervise younger children at all times, and don't let them use sporting equipment or play sports unsuitable for their age.
- Follow rules and warning signs at water parks and swimming pools.
- Don't dive in water less than 12 feet deep or in above-ground pools. Check the depth and check for debris in the water before diving.
- Wear appropriate clothing for the sport.
- Don't wear clothing that can interfere with your vision.
- Don't participate in sports when you're ill or tired.
- Obey all traffic signals and be aware of drivers when cycling or skateboarding.

- Avoid uneven or unpaved surfaces when cycling, skateboarding, or in-line skating.

- Replace sporting equipment or protective gear that is damaged.

Preventing other head injuries

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

Until next month, stay safe!

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Greetings from Dave Schroeder, a Board Member of the HCRCWA. I am now starting to split duties with JR Allen with regard to the writing of this column as JR is gradually decreasing his involvement with the HCRCWA after nine years of tremendous and significant contributions to our rural crime watch association. I have also taken over the HCRCWA 403-931-2407 telephone line and the telephone fan out duties. Elizabeth Davis has generously agreed to assume the tedious task of membership coordination and the sending out of email notifications of criminal activity and HCRCWA updates.

JR would like me to state that, “No, he hasn’t died” despite queries to the contrary, and he will continue to be involved with the association and remains the “Grand Old Patriarch of HCRCWA”. Suzanne Oel continues as President.

Before I get into a short review of what the High Country Rural Crime Watch Association is, you need to be alerted to a Local Email Tax Scam. There was a FRAUD ATTEMPT on September 10 using a Foothills County Tax notice email demand! BEWARE not to follow the link and pay this way. It has come to the attention of Foothills County that a scam email impersonating Foothills County is demanding immediate tax payment via e-transfer. Foothills County does not request or accept e-transfers as a form of payment for taxes and will never demand payment. As taxes are due September 30, the fraudsters are getting through to people who unfortunately think it may be a legitimate request. This has been reported to the RCMP.

Crime Map reported that in the 2 weeks to September 16, there have been 2 thefts of over \$5,000, one in Turner Valley and one in Eden Valley. A few mischief incidents have occurred in Black Diamond and Turner Valley, but nothing else had been reported to Turner Valley RCMP. You can review what incidents have occurred within a rolling 14 day period yourself, by accessing the RCMP’s MD of Foothills Crime Map located at MD of Foothills Crime Map / Carte du Crime . You’ll have to agree to some terms and conditions, but it is an excellent way to keep up to date on the latest criminal activity in Foothills County.

The High Country Rural Crime Watch Association was re-established, after a hiatus, in 2010. Its mission is: “To safeguard people and property in all our rural communities through awareness, communications and education.”

Through the efforts of people like JR and Suzanne and a host of other volunteers, HCRCWA has been sending out crime incident notifications and other information such as guest speakers, workshops, and ways to protect you

In addition to the email scam above, the RCMP

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and your foothills property. I know everyone is busy, but the guest speakers and workshops are top notch and you will learn a lot of valuable and applicable information to make your life in the foothills easier and safer. You can even do cool things like practice deploying bear spray as an imitation bear comes charging toward you. These events take place at iconic foothills locations such as the Millarville racetrack (in operation for well over 100 years), Priddis Community Hall (apparently the oldest active Hall in

Alberta), and the Ann & Sandy Cross Conservation Area to name but a few. Other helpful notices that we have fanned out included daily updates on the McLean Creek Wildfire a year ago, very informative sessions for your water well and septic system put on by the provincial government, Bear Awareness & Bear Proofing your farm/ acreage sessions put on by the best bear specialists in the world, and a presentation by special guest, Kerry Sauvé, who gave a Saturday morning slideshow and talk on “How Not to be

a Victim”. Attendees to this last meeting also received an e-book “StreetSafe 360”, a personal safety planning guide”. HCRCWA now has roughly 800 member ID’s which, as a guess, include 2 to 3 individuals each. So that means there are roughly 2000 pairs of eyes in our area watching out for suspicious behavior. As Mr. Sauvé advises, “Don’t look for stereotypes; look for suspicious behaviour.” And when you see suspicious behaviour: Observe, Record and Report.

Dave Schroeder



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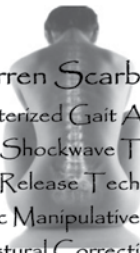
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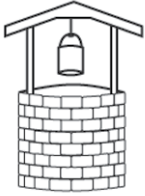


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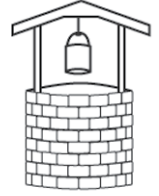


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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually <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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55+ Sports League Wants YOU! Join Our Growing Numbers and Stay Active With Us!

We had 92 participants for our Big Country Senior Sports Society-sponsored Cochrane Seniors Sports Day, which occurred Sat, Sept 28, here in Cochrane. The purpose of these events is to introduce older adults to the basics of 4 different games. Instruction is provided as required. FUN is the objective! (BCSSS offers qualifying tournaments in these sports, and some 30 authorized sports in total, at various times and at various locations throughout Zone 2 of Alberta 55Plus. See alberta55plus.ca for more info).

We'd like to thank the following for their involvement in this event:

Organizing Committee: Jennifer MacKenzie, Nancy & Karl Gibbie, Roswitha Schmitt-Blouin, Joanne McGrath, James Darby.

Game Instructors: Debra Nielsen, Nikki & Les Franke (pickle ball); Monique MacKenzie, Jim Paramchuk & James Kimball (bocce); Brian Scott,

Stan Prime & Ken Wardley, Dan Stuehrenberg & Cliff Hoffman, Walter & Lorna Chadwick (floor shuffleboard); & Leroy Durand, Nancy Gibbie, & Joanne McGrath (euchre).

Sponsor: Big Country Seniors Sports Society

Supporters: Seniors on the Bow; Spray Lakes Sawmill Family Sports Centre; Town of Cochrane.

While the bulk of players at the event in Cochrane were from Cochrane & western Rocky View County, we also had participants from Canmore, Sundre, Didsbury, Drumheller, Gleichen, Airdrie, High River and Okotoks.

40 playing Bocce,
36 playing Pickleball,
44 playing Floor Shuffleboard,
And 16 playing Euchre.

(and a robust 30 playing in two of these four events).

Following AB 55Plus methodology, we've split participants into two age groups, 55+ (44 players), and 70+ (48 players). We supply expert instructors, and

are hoping folks will come out to future events and learn a new sport.

Our territory stretches from Field, BC & Lake Louise, moving eastward, with Sundre, Olds, Three Hills, Hanna, Oyen on the northern boundary, SK border on the east, and stretching SW through Bragg Creek, Turner Valley to High River – Okotoks and eastward to Strathmore. We have no finances beyond what we bring in from our Casino event fundraiser every 2.5 years, so we rely heavily upon word-of-mouth to promote Seniors in Sports.

For more information on the league and for future events, contact Douglas. Come join us and stay young at heart!

Douglas E. Campbell
Director, Area 7

(Rocky View County: Bears paw,
Cochrane, Bragg Creek, Springbank)
Board of Directors,
Big Country Seniors Sports Society
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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4

Priddis Post Office: The Priddis Post Office closed as of September 13, 2019. If you are interested to set up a Canada Post Office in the Priddis area, please let me know and I will get you in touch with Canada Post representatives to give you all the details. You'll need a secured room for the packages, WiFi for use of the CP tablet and the location must be accessible. This type of post office provides prepaid envelopes and parcel pick-up for packages that do not fit in our community mailbox parcel compartments. In the meantime,

the location of large parcel pickup has changed to the Bragg Creek Post Office. The Silverado Post Office may be considered in the future, but due to external and internal reasons, Canada Post cannot locate it there yet. Remember that you can use FLEX DELIVERY to send your parcels to a location of your own choosing. Learn how to use Flex Delivery: youtube.com/watch?v=xoFpfo0B-tc#t=25

Meetings with our Justice Minister: The 3,600 sq. kms of Foothills County is part of a few provincial constituencies. That has given me the opportunity to participate in the rural crime meetings for Banff-Kananaskis with MLA Rosin in September and then for Highwood with MLA Sigurdson in October, as Councillor and as the local rural crime watch volunteer president. I am pleased to see that the MLAs and Justice Minister Schweitzer are listening to our ideas and are checking in with us to see if their proposed plans will work or effect change at the grass-roots level. Also, they are asking where and how they can support initiatives to help fight crime and change the system, in need of an overhaul. The High Country RCW Board looks forward to adding

their perspective to the October 1 event being held in Okotoks at the Foothills Centennial Centre from 6-8pm. Residents are also invited to attend the meeting and participate in the info-gathering by filling in the Justice Department's questionnaire. Find it here: hrcrcwa.ca/downloads/Talking-Rural-Crime-Questionnaire-2019.pdf

Backyard Hens: Due to Priddis-area residents' interest, our request to allow Backyard Hens on parcels under 3 acres was brought forward to Foothills County Council on April 17, 2019, while the County's Land-Use Bylaw was being reviewed. (Various Animal Units are already allowed on parcels of 3+ acres.) On August 28, 2019, Council reviewed a report prepared by our staff outlining Backyard Chicken Bylaws from other municipalities, and we directed our administration to undertake public engagement via online survey regarding the proposed new regulations to allow for Backyard Hens (no roosters) on residential parcels under 3 acres in size. On Country Residential acreages from 2 to 3 acres, we propose that 12 hens be allowed, with no licence required. On acreages of 1 to 2 acres, not in a Hamlet,



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we propose allowing 6 hens, with no licence required. In Hamlets, the Hamlet residents (HOAs if relevant) will be consulted as to whether they want to allow the keeping of Backyard Hens, and we propose allowing up to 3 hens, with a licence required. To get the complete draft details, look for our online survey in the next few weeks on the Foothills County website. By the way, all chicken owners are supposed to obtain a Premises Identification under the Regulation set out in the Alberta Animal Health Act and should also review the "Guide for Small Flock Owners" published by the Alberta Government. Search: 2015-raising-chickens-alberta-06-15r.pdf

Fire Department Grant Applications: Foothills Officers have applied for grants, which they hope to obtain to finish the County's Wildfire Mitigation Strategy and to continue FireSmart education. Once this plan is complete, they will identify mitigation work projects and could then apply for further funding the following year to do the work with our community associations, etc. In the spring of 2020, we hope to provide further demos and information to residents.

Dark Sky Country Signs stolen: If you know the whereabouts of the DSC signs stolen from 160 ST W, south of Highway 22X, please let me know. A lot of community efforts have gone

into our initiative and we would like to expand our sign locations, not keep replacing them. For now, we won't put another one up there, as the sign was stolen twice from the same location this summer. Just want to put it out there, that if you like our signs, we will sell you one. If you don't like the initiative, let us know, but please leave the signs be. If you recognize our sign in someone's house, perhaps you could encourage them to return. Thanks for hearing me out!

*For Other News & Updates:
Please visit my website: suzanneoel.com
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Best Regards, Councillor Suzanne Oel*

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2019 - 2020 MEMBERSHIP FORM**
Effective November 1st, 2019 – October 31st, 2020

***Business = \$50.00 Family Membership = \$25.00 Single Adult = \$15.00 Single Senior = \$10.00**
***Business Membership includes the business listed on PCA website**

If you & your family are new residents to the community, your 1st year membership is free. Check here

First name: _____ Last name: _____
(please print) (please print)

Spouse's First name: _____ Last name: _____

Mailing address: _____

City: _____ Postal Code: _____

Phone #: _____ E-mail: _____

Please mail cheque and this form to: PCA, 178131 Priddis Valley Rd W Priddis, AB T0L 1W1 or drop it off at the Priddis General Store. Do you wish to volunteer for PCA functions? Yes No
I would like to receive PCA emails of news & events in our community. Yes No



It's time to renew your Priddis Community Association Membership. Due at the end of October, renew your membership online or fill out the form on the previous page and submit it by mail or drop it off at the Priddis Store.

Business Memberships are also due. The Business Membership form is also online and can be paid online using PayPal. Go to www.priddisalberta.com How easy is that?

There's again been some talk in the community of where to find before and after school care. This continues to be an issue that no one seems to have a solution to. If you do, or know someone who does, please contact pcayoungfamilies@gmail.com.

Parent & Tot Playgroup: The drop-in playgroup meets the first Friday of

each month at the Hall. The September 6th date had a good turnout out of 10 parents and a dozen kids. They played indoors with tunnels, slides, an obstacle course, basketball, etc. The next date is October 4th from 10:30 to 11:30. No fee is charged to attend. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddisalberta.com.

Flu Shot Clinic: The Priddis Community Association, in partnership with Sandstone Pharmacies, is hosting a Flu Shot Clinic at the Priddis Hall on Tuesday, October 22nd, from 5pm to 7pm. There is no charge for this service. You must be 5 years or older. Please remember to bring your Alberta Health Card. If you have any questions please contact pcayoungfamilies@gmail.com

Priddis Polling Station: The next federal election is Monday, October 21st. Voting can be done at the Priddis Hall. The polls will be open from 7:30am - 7:30pm on October 21st.

Exercising at the Hall: Check out the Hall calendar for scheduled classes for jazzercise and yoga. Drop-ins welcome.

Fall Supper – November 8th: Join us at the Priddis Hall for our Fall Supper on Friday, November 8th. Doors open at 4:00. Buffet dinner will be from 5:00-8:00 pm. The cost is \$20.00 for adults and children 12 and older, children ages 7-11 are \$10.00 and under 6 years are free. Wine will be available for purchase by the glass. Paid memberships for the 2019-2020 season will receive one free drink ticket. Buffet tickets can be purchased online. Check out our website – priddisalberta.com for the link; also on Facebook. Looking for lots of volunteers so please contact pcayoungfamilies@gmail.com.

Annual General Meeting: The AGM is Thursday, November 14th, 7:30 at the Hall. All members are invited to attend. 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. Refreshments will be served.

Priddis Early Learning Program (PELP): A Halloween Party is planned for Thursday October 31st (morning).

PELP's fundraiser, Mabel's Labels, is ongoing. 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.

The 3 and 4-year old programs are full, with a waitlist for 2019-2020. Contact pelpreschool@gmail.com for more information on this local program.

Red Deer Lake School is in the beginning stages of an Inclusive Playground Project. They are interested in any input or help the community can offer. Please contact pcayoungfamilies@gmail.com for more information.


Priddis Hockey: Registration for hockey was September 10th. For more information on joining this pond hockey league, contact Dave Thompson at 403.921.3640 or email priddishockey@gmail.com

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


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

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

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



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BUSINESS PROFILE:

Countryside Picture Framing

I appreciate the opportunity to profile our custom picture framing business that was founded in 1978. My name is Bob Wahlund and my wife's name is Anne, and we are the proprietors of Countryside Picture Framing, Okotoks. Before I outline the services we provide as custom picture framers, the following is a bit of our background. 40 years ago on July 1st we began our custom framing business in the Calgary area. Having been exposed to working in the oil industry and banking business, we felt the desire to seek out a business that we would enjoy as well as offer an opportunity of service to the community. We enjoyed the arts and I had a personal interest in oil painting which drew me to opening a custom picture framing shop and small gallery. In the late 1970's and early 1980's just before a major recession hit the oil industry in Calgary we had jumped into our business full throttle and began to grow in the residential and business community. We had established a solid base with our framing business.

We began our business in North east Calgary, as the years passed we expanded to a second location in Airdrie offering the same picture framing services and a line of artwork. The Airdrie location was maintained as an excellent location for a few years then another opportunity to locate in Kensington became available so we moved from Airdrie to Kensington securing a larger area for selling art work and setting up a full size gallery. Through the years other growth opportunities took place and since 2004 we have been settled in Okotoks where we currently operate our framing as a "home based" business serving Bragg Creek, Priddis, Millarville, Black Diamond, Turner Valley as well as Calgary.

One might ask "what exactly is custom picture framing.?" To answer that, custom picture framing is choosing the best way to frame an art item to

enhance its beauty, most importantly, to preserve it; as well, you are customizing your artwork to suit your specific needs. When considering framing your artwork, there are two ways you can approach it: one is by going to a local department store and picking out a standard size frame and forcing the artwork into it. The second way is to have it professionally custom framed and having a precise fitting plus you choose the materials which will enhance the work. Custom framing is necessary in many cases because there are no standard frames that will fit your artwork. Custom framing will enhance the work and clients chose to go this route because it has a great sentimental value. A lot of work goes into producing a beautiful piece of framed artwork. We offer quality products and workmanship in serving our clients. In

our 40 years of service we have earned a reputation in framing having receiving many awards in picture framing competitions and other top awards for customer service excellence through the annual Chamber of Commerce Excellence Awards.

Our motto is "Frame it right, frame it for a lifetime." Serving the framing needs of the people of the Foothills has been very rewarding as we have made many great relationships. We have excellent products to choose from in frames of choice to preserve and beautify your artwork which will last many years. We are always happy to answer any questions you may have concerning your artwork or picture framing so please call any time; we look forward to hearing from you.

Bob & Anne Wahlund

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Upcoming Events and Programs:

On the Edge Concert Series 2019-2020

Fri, Oct 18 at 7:30pm, doors open: 6pm

Season 8 of the On the Edge Concert Series opens with the soul, R&B and gospel sounds of Shannon Gaye & The Kristian Alexandrov Trio. Shannon Gaye hails from BC where her early musical inspirations included Aretha Franklin and Stevie Wonder. Shannon has a big soulful voice and says she is possessed by the rhythmic pulses of the 70s, when music had a funky and soulful punch to it. Kristian Alexandrov

was born and raised in Bulgaria, and is a classically-trained pianist. In 1995 he immigrated to Vancouver, where he is firmly entrenched in the Canadian music scene as a composer, performer and musical director. Tickets are available at reddeerlakeuc.com/tickets. (Hint: Buy season tickets and save 20%.).

Dinner Church

Sat, Nov 16 at 5pm

Do you find it challenging to make it to church on Sunday morning? That's where Dinner Church comes in. Each month we gather for a meal and an evening of exploring our faith and building relationships. This year is a mix of talking about faith and cooking meals for our friends at Hillhurst United Church's Drop In program. All ages are welcome!

Movie Night

Sat, Nov 30 at 6:30pm

Catch a recently-released movie with the whole family. At Movie Night, we transform our spacious sanctuary

into one big living room. Bring your favourite snacks, blankets and pillows and wear your PJs! There will be a loonie and toonie concession and donations are gladly accepted. We'll announce which movies we're watching on our website and social media, so check them for more information.

Turkey Supper

Sat, Nov 9 at 6pm

This year is the 10th annual RDLUC Turkey Supper! If you've been to this community event in the past, you'll know how mouth-watering this made-from-scratch feast is! Tickets go on sale in mid-October and they tend to go fast. Watch our website for more information and in the meantime, mark your calendar. Hope you can join us!

For more information, please contact us at 403.256.3181 or office@reddeerlakeuc.com

Reddeerlakeuc.com

Sun services start: 10:30am

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HOLY EUCHARIST

October 13th • 9:15am
HOLY COMMUNION

Thanksgiving Sunday

October 20th • 9:15am
HOLY EUCHARIST

October 27th • 9:15am
HOLY COMMUNION

November 3rd • 9:15am
HOLY EUCHARIST

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[@meotaparish](https://www.instagram.com/meotaparish) on Instagram



WOW! Two of Our Annual Events Successfully Completed

Hope you were one of the 150 people that made it to our amazing Community Breakfast! Thank you to all the volunteers and especially to Mary Ann Watson for organizing this marvellous feast!! We had a lot of fun volunteering. Wonderful to visit with new and resident members of our community. Thank you Quirk Creek Caledonian for the sponsorship for this event.

September 15th - The much anticipated Square Butte Community Ladies Group sponsored Family Games and Pot Luck Event occurred. Approximately 25 families and an additional 11 individuals gathered on the lawns of our beautiful hall to play games, run races, enter hammer throws and pitch fork tosses (we kept everyone safe). The Pot Luck following was really remarkable in the variety and amount of food that was present. This annual event was also the opportunity to make a draw for a beautiful quilt the ladies group had been collectively working on this past year. Last minute tickets were being purchased right up to draw time.

As the evening ended, Kids gathered in front of the stage for the 'cake walk'. Similar to musical chairs, everyone pays a quarter to enter each round and when the music stops, whoever is on or closest to the 'spot' wins one of the stunning cakes that was donated. Families have been saving their quarters just for this game. This year the cake donation table was full to overflowing with donated delicacies so there were many opportunities for the kids present to take a wonderful cake home to their family.

The membership is a-buzz with excitement for the 4H Beef BBQ with Silent and Live Auction. We are looking forward to reporting on this September 21st. event in next month's newsletter.

Oktoberfest

Break out the lederhosen, hunter's caps and dirndl dresses as Square Butte Community Celebrates OKTOBERFEST.

Saturday, October 5th, start time is 6:00 PM for Dinner.

Enjoy authentic Bavarian Cuisine and dance to the Live Music of 'The Mule Skinners'. Explore exquisite samples from our local producers: Chinook Arch Meadery, Eau Claire Distillery,

Field Stone Fruit Wines and High River Brewing Co.

Sampling tickets will be available at the door. All are 'willkommen'.

Tickets are \$30 per person for dinner and dance. Reserve or purchase by e-transfer at squ.butte.comm.assoc@gmail.com. Square Butte Community Hall on Hwy. 762

Save the Date

December 1st is our Annual Family Christmas Concert. Watch the High Country News for more information as December draws closer.

We love, appreciate and need volunteers in our community - say 'yes' to the request.

Check out our website: squarebuttehall.com



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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well it wasn't too bad a September. We had some heavy rains along with some really nice days. Many of us mowed our lawns one last time, and prepared the gardens for winter. I put burlap over my rose bushes this year, hopefully they'll be protected. I also started growing sunflowers this year, and they were about two feet tall and doing nicely. Then I came out one morning and the deer had eaten the tops of every single one. Oh well, when you live this close to their natural habitat, you're bound to lose a sunflower or two. With winter showing up, the leaves come down from the trees. Consider using the leaves for protection for

rose bushes and flower and vegetable 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 which improves plant growth. To find out more about composting, visit the Recycle Centre in Turner Valley, they have loads of pamphlets and great ideas.

October is Fire Safety Month. Remember to change your clocks, and change your batteries in smoke detectors. Daylight savings time ends November 3rd. The Fire Departments recommend that we check smoke detectors monthly, have a fire escape plan for your home, and practice it! Studies indicate that only 57% of Alberta homes that experienced fires had smoke alarms installed, and of those, only 38% were known to activate during a fire. In many cases, the failure of smoke alarms to activate was due to lack of a

power source, no battery, dead battery, electricity off or disconnected. Take the time to check your detector.

We had a beautiful Harvest Moon Friday, September 13th. **AG Foods in Black Diamond** also have their **Harvest Super Saver Booklet** coming out in October. Every year a not-for-profit organization sells these coupon books and it is a great fundraiser for them. Buy a coupon book with over \$50 in coupons inside, and support local programs and organizations. Keep an eye out for the Harvest Super Saver at AG. And the store is also a proud sponsor of **Family Library Cards**, drop in the store before the end of October to pick up a voucher for a Free one year Family Library Card for K-6 Turner Valley/C. Ian McLaren students.

October is **celebrate your Library month**. Our Sheep River Library has their **Out Loud Series** in October. Storytellers, poets, and songwriters may want to take note of this popular series this year. October 5 they will have Cowboy Poet Andy Nelson, Oct. 25 brings author and music therapist Jennifer Buchanan to the Library, and on Oct. 26 The Wardens bring original music and stories from the Canadian Rockies. Due to the anticipated popularity of these events, admission will be by ticket only. You can pick up your FREE ticket for these events at the Library.

The Sheep River Library also offers three two-hour workshops on writing on October 19. Songwriting workshop is at 9:30, Poetry at noon, and Storytelling at 2:30. October is also **Tale Blazers and Wordfest** for K-6 students at the Library. The kids will be brought over to the Library for a fun and informative time with a variety of authors. Home school families are welcome to attend. For more information on these events, visit sheepriverlibrary.ca or drop by our beautiful Library on Main Street in Turner Valley.

Our very own **Boys and Girls Club of Diamond Valley** will be holding a **50's Gala** on October 26. Put on your dancing shoes, as this promises to be a great night of fun for a very good cause. The evening includes a Prime Rib Dinner, silent auction, and dance, and tickets are \$60. This is a major fundraising event for the Boys and Girls Club, which helps them with programs and trips for the children. The Gala will be held at the Millarville Race Track. For tickets and more information, please call 403-831-6321.

EMPLOYMENT OPPORTUNITY

Food Service Supervisor • Black Diamond

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The employer has indicated an interest in hiring employees from these groups. If you are a member of these groups you are encouraged to indicate it in your application.

Terms of employment: Permanent, Full time, Part-Time, Day, Evening, Night, Weekend, Shift, Morning, Early Morning

Benefits (full time only): Medical, Dental, Group Insurance, Life Insurance, Vision care

Start date: As soon as possible

Languages: English

Education: No degree, certificate or diploma

Experience: 1 year to less than 2 years

Ability to Supervise: 5-10 people

Work Conditions and Physical Capabilities: Fast-paced environment; Work under pressure; Tight Deadlines; Combination of sitting, standing, walking; Standing for extended periods; Bending, crouching, kneeling; Walking

Personal Suitability: Effective interpersonal skills; Team player; Excellent oral communication; Flexibility; Client focus

Additional Skills: Establish methods to meet work schedules; Train staff in job duties, sanitation and safety procedures; Prepare budget and cost estimates; Address customers' complaints or concerns

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All interested applicants who can legally work in Canada are encouraged to apply. If you are not currently authorized to work in Canada, the employer will not consider your job application.

We are blessed to have access to fabulous concerts here in the Foothills. Admission is WAY less expensive than big city venues and travel time is less, and no parking fees. **Beneath the Arch Concert Series** is pleased to present Barney Bentall and the Cariboo Express on Nov. 2 at the Flare and Derrick in Turner Valley. Barney is a Juno nominee, and the show will feature about a dozen of his favourite fellow musicians. It's Canada's version of the Grand Ole Opry, but better! For tickets or info, visit beneaththearch.ca.

On the Edge Concert Series will feature Shannon Gaye and the Kristian Alexandrov Trio on October 18. Shannon is from BC with a big soulful voice and her influences include Aretha Franklin and Stevie Wonder. Kristian has worked alongside greats such as KD Lang and Tommy Banks. The show will be held in the awe-inspiring Red Deer Lake Church. For tickets or more info, reddeerlakeuc.com.

The **Gift of Music Series** presents VC2 Cello Duo on October 25 at the beautiful High River United Church. This duo has an innovative approach to cello music with influences of classical, jazz, and a hint of rock. They will also present a special Children's concert on Oct. 26 at Sheppard Family Barn. For tickets and info, visit highrivergiftofmusic.com.

Interested in performing instead of listening? **Consider joining the Diamond Valley Singers.** They were formed in 2015 and held their first concert in December 2016, which was attended by over 60 people. Their members range in age from mid-20s to mid-70s! This choir meets at the Griffiths Centre in Black Diamond on Wednesdays at 1:00. For more information, please call the Choir Director Ernestine at 403-933-2888 or visit griffithscentre.ca.

Halloween is coming up, and with it is the **Turner Valley Legion's Infamous Spook House.** This truly is one of the best and scariest Spook Houses I've ever been to. Their volunteers work hard and long to put this Spooktakular event on, which runs every night from Oct 26-31. Ask for a small, medium, or EXTREME scare depending on your age and/or bravery level. For more info, drop by the Legion or give them a call at 403-933-4564, or visit them on Facebook.

The **Foothills Skating Club is hosting their Open House** on September 30. They offer different levels of skating programs for youth in our community. Their season runs from October to March and they are located at the Oilfields Regional Arena in Black Diamond, at 611 3rd Street, up behind the High School. For more information, visit foothillsskatingclub.ca.

Sheep Creek Arts Council in Turner Valley has the following classes starting in October: a Painted Fabric Santa with Evelyn Richmond; a Quilting Colour and Design course by Joyce Brown; an Intro to Mosaics by Christine Drake; and a Mosaic Knitting course by Laurie Bullock. In November there will be: a Needle Felted Christmas Bits and Bobs with MariJane Rose, an Intro to Making Hats with Marjolaine LeBlanc, and a Quilt Applique course by Joyce Brown. For more info, or to register, visit sheepcreekarts.ca or call Cathie at 403-933-7132. SCAC is located at 133 Sunset Boulevard.

Last issue I mentioned we have a **Commissioner of Oaths in Black Diamond.** There is one in Priddis as well for those who live closer to that area, located at their Post Office, for info, call Jane at 403-931-7191 or email at connect@priddisbci.com. There is also a Notary Public, who will officiate at her home or on a mobile basis, near to Millarville. For info call Mary at 403-931-2453 or email at mary@stapleton.ca.

Thanksgiving is coming up on October 14th. I for one am thankful for the community we live in. We have our amazing Kananaskis with the Rocky Mountains looming in the background, the Sheep River to play in, clean water to drink, and clean air to breathe. We have a hospital and great schools. We don't have the traffic of the big city and we are safe because of our Fire, Police, and Ambulance Services. We have awesome artists and musicians, and farm fresh products at our fingertips. We can vote democratically and have a community that pulls together in tough times. So this Thanksgiving I encourage you to make your own list of what makes you happy!

If you have any events happening in November and would like to see it in the High Country News, please email me at elaine.w@telus.net. The **deadline for this issue is October 15. Please vote on October 21 for our Federal Election!**

*Have a great October,
by Elaine Wansleben*



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Longview *Library*

The Writers Group has started up again on the first Wednesday of each month. Crib will be starting soon on Thursday's at 2 p.m.

Doris and Harry Lesick are on a bicycle trip through Italy. We are hoping they will share their experiences and photos in the library when they get back.

An exciting course is being offered in the library sometime in October, an 8 week seminar called *Aging with Wisdom and Joy*. This program is created and distributed by the Institute of Noetic Sciences: noetic.org. Colleen Lemire from Okotoks will be giving the course. A minimum of six people are needed for this to go forward, so sign up at the library soon.

Everyone Brave is Forgiven is by Chris Cleave, author of the award-winning novel, *Incendiary*. It is a heart wrenching story of war torn London in the early 1940's and of the island of Malta. It is beautifully written, with wit and wisdom, and shows how courage and cowardice can exist together.

Every Note Played by Lisa Genoa, a neuroscientist with a PhD, who is also a successful novelist, is the story of a young man with ALS disease. The novel is an exploration of the disease and its impact, not only on the patient, but on his family and caregivers. The story is told in the framework of a love story. Genoa's most famous novel, *Still Alice*, was about Alzheimer's disease and was made into a movie starring Julianne Moore. Her next novel will be about bi-polar disease. Her aim is to expand the world's awareness of these crippling diseases and to build compassion for them throughout the world.

Another very special book is *The Art of Racing in the Rain*, by Garth Stein. It has been made into a movie, now showing in Calgary. It is a heart warming story, told by an enormously loveable dog named Enzo. Enzo's owner is a racing car driver and he also has a family. It's a story of this family: their hopes, dreams and sorrows.

Happy Reading!
Sylvia Binkley, sliv@telus.net

STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the TOP 3 THINGS that make your plumbing repair more expensive than it needs to be.

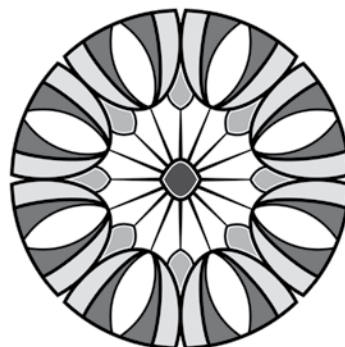
- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
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Out Loud Begins!

When this issue of the High Country News hits the stands, we will be only days away from the start of our eighth Out Loud Series 2019: Stronger. Brighter. Deeper. Hopefully, there may even be some free tickets left but they have been flying out the door very quickly! Last month I detailed the line up with Andy Nelson (October 5), Jennifer Buchanan (October 25), The Wardens (October 26) and “I wanna write a song/poem/story” (October 19). Since putting the program together, we have been very fortunate to secure a long time favourite of the Out Loud series: Terry Fallis, who will be making an appearance on Thursday, October 17 at 7pm. For those who may not be familiar with him, Terry is a Canadian author who has twice won the Stephen Leacock Medal for Humour. His debut novel, *The Best Laid Plans*, which was the recipient of one of these awards also won CBC’s Canada Reads in 2008. His second novel, *The High Road*, picks up where the first novel ends, featuring the same lovable characters and a hilarious look at Canadian politics. These novels were followed by *Up and Down*, which deals with the outcome of running a Citizen Astronaut contest at NASA. *No Relation* looks at the lives of a group of people who happen to have the same last name as someone famous. In *Poles Apart*, the main male character ends up writing a feminist blog anonymously while living above a gentlemen’s club complete with pole dancers. *One Brother Shy* deals with a young man’s journey to find his twin brother that he only recently discovered existed. Of course, most of the staff and many of our volunteers have read them all and we have been eagerly awaiting the arrival of *Albatross* which Terry was in the process of writing the last time he was here. Both Gita and I can confirm that it is another hit and will take you on the full ride of emotions from laughter to shock to tears as we find

out what it is like for the protagonist to be very good at something in which he has no interest. We will have copies of all of Terry’s book for sale at the October 17 event.

If you missed the launch of *Vistas of the West* on September 8, never fear. Several of the poets and artists will be on hand at the Blue Rock Gallery in Black Diamond on Sunday, November 10 for another gathering. Even though we have a copy of the book in our collection, we encourage you to purchase copies for Christmas gifts from Blue Rock.

Our first Astronomy Night with Les will be on Sunday, October 13. Please meet Les in Millennium Park half an hour before moonrise. Call the library for details.

Don’t forget to check out website or pick up a brochure at the library for a full list of our fall programs. We have many groups that meet either on a weekly or monthly basis covering interests such as homeschooling, poetry, genealogy, songwriting, drumming, French and book clubs. Call the library to register for any programs.

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Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting is on Tues, Oct 8, 2019 at 7:30pm. We are lucky to have Stacey Laursen from Garden Retreat to speak about greenhouses and self-watering planters. We need all the help we can get in this challenging growing area! See you there! 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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Star Night and Halloween
are coming up soon
So don't miss these chances
to look up at the moon!

We invite you to the Ann & Sandy Cross Conservation Area (ASCCA) for our annual Star Night this October 4th and for our Halloween Howl this October 26th for a chance to learn all about our dark sky initiative and take a closer look into nocturnal preservation!

Star Night at the Cross Conservation is a star studded event where we are joined by the out of this world RASC volunteers who delight crowds year after year with their illustrious facts. The evening will run in and outside of Belvedere House (the education building) at the top of 160 St. just south of 22x. Refreshments will be provided. Telescopes will be set up for star viewing weather permitted.

Time: Friday, October 4 from 7pm-10:30pm. Admission: FREE!

We will be accepting donations at the door. Any money raised at this event 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.

RSVP (as space is limited!) by October 2 to info@crossconservation.org or call 403.931.1042.

Halloween Howl at the Ann & Sandy Cross Conservation Area!

Bring your family out for a wild scavenger hunt in the dark and see what goes on in nature at night with all of our guest speakers. Be sure to bring a flashlight.

Drop in between 6:30-8:30pm on Saturday, October 26th dressed in your Halloween costumes to start the scavenger hunt. Enjoy Halloween Tricks and Treats after till 9 pm if you

dare. \$5/person and \$20/family. We hope to see you there!

RSVP is required by Oct 23. Contact 403.931.1042 or, info@crossconservation.org

Please visit www.crossconservation.org for more information on both of these events or follow us on Facebook and Twitter!

Tristen Mysyk



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Kelly's face contorted with another wave of pain; every muscle tensed then remained rigid in resignation and endurance. I could not help her. I had no entrance through that barrier. I prayed.

Later she spoke. She had no relieving tears, just anger, indiscriminately aimed at anyone nearby. She turned to me. I saw the panic, the dread, the pleading in her eyes.

I was not in pain and yet I was overwhelmed by pain as I witnessed her unbearable pain. My pain was in seeing her pain. I needed relief from this stress.

Where could I go? I could leave, go home, and watch a movie; forget. But I stayed.

I took a few deep breaths; blocked for a moment this transfer of pain. I breathed again, more deeply, relaxed my clenched hands, released my clenched teeth, sat back and stretched out my legs. I looked away from her face, up and out through the window to the hills; only momentarily, not for long.

She was still so absorbed by her pain she did not notice my mind had left her. Where did I go in those moments?

"Oh, my God! None of us have sufficient resources to help with this pain. Please help!"

I breathed out my supplication in a sigh, and, at the same time, breathed out my compulsion to fix this. I let it go. I drank in the relief, the peace of not being responsible to solve this problem of pain. And I stayed.

I breathed in the peace of God that is beyond me and my understanding. I recognized the excruciating pain that Jesus endured as he was killed, slowly, abandoned by humanity and even His Father. I realized that my pain, Kelly's pain, was not as severe as His was. I knew that our Father, God, was present at this pain. He never leaves us.

"I'm so tired of this," she whispered, spent with the torment and emotion.

"Would you like me to pray?" I asked.

"Oh yes!" she murmured, and her gaze turned away from me; tension began to ease out of her body.

There is a deep place within each one of us where no one can come. A friend may be willing to come. A friend may understand. A friend may care. A friend may, with all their heart, want to reach into that place and be there, a companion to help and make the pain go away, or at least make it bearable; but a friend is on the outside and cannot come into that deep, dark place.



We reach out in longing to Whoever, Whatever is beyond this human experience. We realize there is a Being beyond

who holds our fate in His metaphorical hands.

We call out to Him. We let Him take all we are; we let Him carry us through the darkness, the tangled confusion, the stabbing daggers of pain, till the dawning of a new day.

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How Is Your Mind Health? Do You Have A Personal Vision?

Do You Know Where You Are Going?

VISION: definition: the act or power of sight.

When you do anything, it is always better to have an idea or general understanding/direction of where you are going. This is from the small things: directions to drive to the grocery store, to the big things: what you want to accomplish in your life, and everything in between.

The success of a business can usually be determined by the overriding vision of the organization and the translation of this into bite-sized steps and procedures for the people working there. It isn't enough just to communicate the direction of the company to the employees but to live and breathe it. To OVER communicate the dream.

If every single day you go into work and you see the vision posted proudly and beautifully in the front entry of reception and it reads, "To inspire humanity – both in the air and on the ground," it would be easy to misinterpret where this company wanted to go. This is the vision statement for jetBlue. This is an airline company that is heavily invested in community partnerships such as reading, environmental programs, and so many others. This is in addition to their core business of flying people where they want to go. But what do they want to accomplish? What is their ultimate goal?

Every single one of us has this exact same issue in our own personal lives. We have some idea of what we want to accomplish in our lives and what that roadmap looks like. For some it is to go to university, get a job, maybe get married and raise a family, retire and spend time traveling and enjoying hobbies or helping out with grandkids.

This is a very common life path that people I work with see themselves on. Then, usually between 35 and 45

years of age people take a breather and figure out that they understand the basic direction, but they feel stuck. Like something is missing.

People usually find that over time they lose their general direction. This is either because they have just gotten lost in the details of the day to day and need to take a step back and re-determine where they want to go, or, they don't actually want to go where they originally thought they did.

I say "re-determine" as you will do this over and over throughout your lifetime.

When it comes to direction, one of the biggest differences there is between companies and people is that well-run companies re-determine their course/direction on a regular basis. Most often, people do not. Or they will, but not in all areas of their lives. They will focus only on finances. Or only on a relationship.

Another difference is that companies will say it over and over again to remind everyone and re-focus efforts, constantly.

I believe taking time to evaluate where you are personally and what you have compared to where you want to be is important. As an individual and for your own life you should make a point of doing this at a minimum annually. Just like you file your taxes.

Where are you with your career? Money goals? Family and relationships? Health? Education? What did you accomplish and what didn't you? Why or why not?

As Yogi Berra says, "You've got to be careful if you don't know where you are going, because you might not get there."

This is the reminder that I use for myself all of the time. You need to know what you are working so hard to create in your life and understand how that links together with where you ultimately want to be. Technically you want to know who is steering the ship and where it is going. Waking up every morning and "winging it" may not be the best approach.

We make plans. We follow them, or we change them as our vision for ourselves changes.

So, where are you going? Are you building your life the way you want? Are the actions you are taking going to get you there? Have you reviewed that vision to make sure that it is still in line with what you really want to accomplish? Do you repeat this to yourself every day?

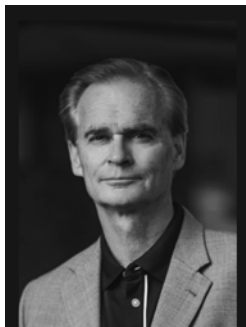
If you are struggling with determining what direction you want to go in, start with one step. Determine what your "Top 5 Lifetime Outcomes" are. This is your personal vision. At the end of your life, what do you want to have accomplished? Write those down. Post them on your fridge or on your bathroom mirror. Look at them every day. Get your partner to do it, too. Are they inline? How have they changed over the years?

Love your vision. Take action from it. Remind yourself regularly.

Be in control of where you are going.

*Angela Wigand, CPA
CEO & Life Coach*

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ADHD Treatments
by Roché Herbst, M. A. R. Psych.



What Are My Options?

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

Medications

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

Behavioral Strategies

Many people respond well to a reward system with clear consequences for behaviors. Behavior management or modification simply means being rewarded for positive behavior with the goal to increase them and vice versa. An environmental setting that is structured, quiet, predictable and less distracting may help for some. On the

flip side, others may be motivated by more flexibility, movement and lots of stimulation.

Education, Training And Mindfulness

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

Counseling Or Psychotherapy

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

Coaching

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

Support Groups

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

Alternative Treatment Approaches

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

How Do I Know Treatment Works?

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

Sources: Agency for Health Care Research and Quality (2011). ADHD Effectiveness of Treatment: a Systematic Review; Diagnostic and Statistical Manual of Mental Disorders, 5th Ed., 2013. Arlington: American Psychiatric Association; www.wehcs.com OR <https://adhdassessment.ca>

You Have Been Diagnosed With ADHD - Now What?

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


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Mortgage Matters

By Candace Perko, Mortgage Broker

10 Mortgage Facts That Might Surprise You

These trivia facts of mortgage knowledge are not only interesting, but they may save you thousands of dollars, too!

#1 It's your Death Pledge: The word mortgage is derived from a Law French term used in Britain in the Middle Ages meaning "death pledge" and refers to the pledge ending (dying) when either the obligation is fulfilled or the property is taken through foreclosure.

#2 We've got nothing to complain about! The highest mortgage interest rate was really high; in the second half of 1981, the rate peaked at 21.46%. 5 year fixed mortgages were more than 15% for about two years, from the fall of 1980 to the fall of 1982. 5 year fixed mortgage rates never fell below 10% for a full 18 years – from 1973 to 1991.

#3 Mortgage rates can be quite volatile: Mortgage rates are hot news right now with them hovering near all-time lows yet again. But do not assume that rates only change slowly. We may be used to the low rates that have been around for sometime, but they can change quickly and without notice as they did in 2018.

#4 Different rates for different applicants: You might assume that the current average interest rate is what you'll be offered, but that's not true. Different lenders will offer different rates. Specific application circumstances, such as your credit score or property location, will offer different rates.

#5 Mortgages are not the same. Watch out for "no frills": A no frills mortgage is the most basic, entry level, type of mortgage a borrower can obtain. It has very little or no flexibility, but it also offers lower interest rates than most other home loans. The terms and pre-payment options available with a no frills mortgage are minimal or nonexistent, which can be a huge disadvantage for borrowers over time.


#6 Prepay your mortgage: You can automatically pay down your mortgage (assuming you do not have a "no frills" mortgage as per above). Paying just \$100 more per month can shave many years off your amortization & reduce your interest cost by thousands. You can set up automatic money transfers, over and above your scheduled payment, from your bank account to go directly to your mortgage.

#7 Your mortgage was probably sold off: You have an approval from ABC bank. It's now very common for you to take out a mortgage with one lender only to have it sold-to an investor or administered by another company.

#8 A great credit score is important: A poor credit score will stop you from being offered the lowest interest rates. Higher credit scores have exception allowances, lower interest rates, and programs for those well-qualified. Look into how you might raise your credit score and take the necessary steps.

#9 Your assets do not really matter: If you have little income but have many cars/trucks/houses, don't assume that it will be smooth sailing getting approved for a mortgage. Lenders care much more about your verifiable monthly income than your assets; they need to be confident you can afford your monthly payments.

#10 Lenders may overestimate how much home you can buy: I always ask clients: what is your "sleep at night factor?" Don't let a lender or mortgage broker tell you how much house can you afford to buy. Take the data, but crunch your own numbers; be sure to leave a big margin of error for other costs (kids sports, groceries, travelling, etc), as well as unanticipated issues such as job losses, health issues, or income reductions.



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What's On Your Mind?

by Duane Harder



"The mind of the people is made up for it by . . . those persons who understand the manipulation of public opinion and know how to skillfully supply the public with 'inherited prejudices' and 'verbal formulas.' " - Ty & Charlene Bollinger

"Man is what suits a particular type of society in a particular historical stage. Society is not created to suit man and his humanness, but man is socialized and educated to conform to society. In fact, it is not that man is educated to conform but that education itself is culture forming" - Paul Goodman - Growing Up Absurd

"Every culture educates its young into the meaning of their heritage." - R.J. Rushdoony - Intellectual Schizophrenia

"It is my belief that the man made, or anthropogenic, global warming (AGW) concept is a flawed theory based upon misleading, incomplete and heavily politicized science whose time has come and gone and will only be referred to in the context of pointing out its obvious myths." - John Casey - Dark Winter.

Casey goes on to state that: **"The theory of man-made global warming and climate-change based on human greenhouse gas emissions is the greatest international scientific fraud ever perpetrated on the world's citizens."**

I sat beside a leading climatologist on a flight from Vancouver to Toronto. He was the top governmental man in this department. I asked him if he believed in the Ice Age. To which he replied, "Of course!" I then asked, "What precipitated the dramatic change that caused the Ice Age and then resulted in its thaw, considering that man's 'carbon footprint' was not a factor?" He did acknowledge that my question cast a shadow over current global warming theories but quickly emphasised that we need to reduce our dependence on fossil fuels.

So, what is my point? Our minds are shaped by those who control the media and education. The fact is that those seeking total power, whether a Roman Caesar, a Nazi Fuhrer, a Communist regime, or a democratically elected party, will endeavor to suppress, intimidate or remove any power that will hinder the implementation of their goals. An old saying states: **"Power corrupts and absolute power corrupts absolutely."**

Will you give me the right to hold an opposing point of view without being stereotyped, marginalized, vilified, criminalized or outright persecuted? If the protection of one group muzzles the voice of another, do we really have freedom of speech? If I say that the behavior of a kleptomaniac is wrong, am I attacking his character or promoting hate? If I use words that diminish the value of the person, then I have crossed a line. Behavior must be viewed as a choice of the will not a definition of value.

Our culture has developed a strong antagonism to anyone who stands up and says, "I'm right and you're wrong." When a person, from a transcendent set of values, challenges the lifestyle choices of the culture in which he/she lives, there is often a backlash. Our danger is that we begin to stereotype the person. The Dictionary of Modern Sociology defines a stereotype as **"A preconceived (not based on experience), standardized, group shared idea about the alleged essential nature of those making up a whole category of persons, the most significant of such group shared ideals being without regard to individual differences among those making up the category and being an emotional charged negative evaluation."**

From my point of view, the media (including movies and music) has used its power to shape the view of the masses relative to global warming, a b o r t i o n , e u t h a n a s i a , gender identity, homosexuality and free enterprise. Remember, truth out of context is non-truth.

For example, a New York prosecutor referred to two Christians who were on trial for praying in front of an abortion clinic, as "rabid Christians." The dictionary defines rabid as **"fanatical, fierce, furious, insane, raging, rampant, virulent, violent."** No evidence was given to support the accusation.

The fact is, we all operate from an established worldview. A worldview is like a cabinet, with a drawer for every bit of information that we gather in our life. It provides a place from which we establish the nature of man, the meaning of life, the existence of God, the role of government, the meaning of family, the place of education and the existence of the universe. Our worldview is not always articulated in succinct statements of fact but it is there governing our choices, determining our values, motivating our goals, and coloring our judgments.

What is the worldview that establishes the priority of jobs over the criminal actions of a company? What is the worldview that presents legislation that bans wearing, or having, personal religious symbols at your place of employment? What is the worldview that crafts legislation that gives the teacher the right to keep the primary child's questions of gender identity from the parent?

Our culture is shaped and our worldview altered by "those persons who understand the manipulation of public opinion" and know how to skillfully supply the public with "inherited prejudices." As we prepare for an election may I encourage you to persistently ask the question: "What is the worldview that is shaping the policy?" Is it consistent with the foundational values of our nation? Does it stereotype, marginalize, vilify or criminalize a targeted group? Be an informed voter!

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Out of the Rut *Chapter 109*



I'm still finding myself caught out by fantastical nature and the turning of the seasons. After so many years, you'd think I would be up to speed, but still...

Last week on a beautiful sunny afternoon, I marvelled at the sudden emergence of golden leaves. These first visible heralds of Autumnal changes swift on the heels of a few cold nights we had interspersed between 30+ degree evenings are Winter's scouts, sent out far, far ahead of the vanguard to dip a toe in the waters of summer. We are warned of the imminent arrival of the main forces of Winter... the slow, steady march across the distant metaphysical prairies of the summer months, they will be circling our wagons, preparing another siege to wear away our defences. But no! We shall not crumble under the persistent presence of a pernicious parkiness that produces such endlessly varied joys as crystal-crumbled mornings and brilliant sun-dogs dancing parallel to a blinding winter sun.

Meanwhile, as I write, Summer waltzes gently between the branches, drifting lazily south across the rolling foothills, she drags her skirts across the surface of the land, rolling giant hay bales and random stacks of wood into erratics that dot the landscape. Her lingering

touch still echoes across the playing fields, the woodlands, the walkways. Berries are taking the place of petals, but one brilliantly golden arnica rises majestically across the pond from me. I watch this indomitable flower each evening as the light begins to change. Her golden face becomes a deeper, richer hue as the sun descends and her newly bloomed cohorts at either shoulder balance her brilliance beautifully.

A few weeks ago, while caring for a house and animals just on the western edge of Calgary, I took myself for a walk beyond the walls of the subdivision. Walking around the wall I was suddenly spat out into glorious nature. An orange plastic barrier with a warning sign greeted me, but beyond that... just more nature. I ignored the warning & walked onward... descending between banks pulsating with the whirr and hum of a summer's day, picking my way among thistles, wild roses, plantain, waist-high grasses and the beating thrum of the sun's mid-afternoon pulse across my shoulders. Thirst made itself known and just as this recognition entered my head I stopped in my tracks, immobilized by the sudden sweetness of nectar in the air. I turned to my left and reached out to take the handful of Saskatoon berries so conveniently positioned for me. There were two small trees, just hanging out waiting for someone with a thirst to walk by.

Beyond the Saskatoons I followed the curve of the land deep down into a narrow valley where cool water ran. I nearly fell over a moose as I stopped to adjust my footwear, balancing on one foot in soft mud, athletically attempting to avoid

collapse. My wobbly waving back and forth finally caught the eye of the moose, however, we had sufficient undergrowth between us so neither of us needed be too alarmed. Interesting to come across this great creature when the exit from the subdivision had been so marked.... almost as though the 1.4 million people just to my right had erected this wall expressly to prevent the incursion of such animals into the pristine concrete labyrinth that is the city.

There are plans afoot to build yet more and more houses for families that do not exist. There are subdivisions and properties on the market all around the city of Calgary, through Rocky View and Foothills that in some cases have been for sale for the past twenty five years.

It is imperative that we take advantage of our position as residents and intelligent folk to give some sensible opinions to those in power – we are not all about money and there is no such thing as a permanently growing economy.

What we do need, without any doubt whatsoever, is the preservation of our wilderness areas and farmland. The preservation of a Green Belt around Calgary is absolutely vital. The last thing needed here – and exactly what we are heading toward right now – is a mad sprawl of tarmac and concrete like the Los Angeles valley.

Rocky View Municipal Development Plan needs your input: www.surveymonkey.com/r/RVC_MDP_Stage1

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2000 Sq Ft, located in the Old West Mall, Bragg Creek. Call for more info 403.540.4242

FOR SALE

FIREWOOD, Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403.333.8462

WANTED

CHEST FREEZER, 15-20 cu. ft., in good working condition, 403.931.2201

Looking for a good quality food processor that can place the processed product into a separate bowl. Call/text 306.641.4447. Turner Valley. awionzek6@sasktel.net

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Also wanted: John Deere LA from the 40s or any parts for one. Call, text or email. Contact Al, awionzek6@sasktel.net, 306.641.4447

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

CHURCHES

Foothills Bible Fellowship, 403.775.9690, Diamond Valley. Meeting at Valley Neighbors Club Sunday mornings at 11AM for worship, Bible investigation, and fellowship meal. Check out fbfellowship.ca for other gatherings and Bible studies. john@fbfellowship.ca

FOR SALE

36" TV toshiba and custom stand. Two Michelin tires For Sale 205 65R 15. Insulation: 3/4 Bundle of R12 for sale NEW \$67. Will Consider Offers. Contact Ross Best, rossbest@telus.net, 403.933.3637/403.851.0562

Antique Farm Equipment 403.931.2201

Whole Lamb. Foothills County, Pasture Raised, Naturally Good. 403.558.2202 or marandy@telusplanet.net

2015 DODGE RAM 3500 Laramie Longhorn, Diesel, one owner, like new, 61,000kms. Asking \$54,900. 403.330.6161, Lethbridge, jkgotit@shaw.ca

2003 Audi Quattro A6 for sale. 193K. Daily driver. AWD, 3.0L V6 engine, Tiptronic 5-speed automatic transmission. CarFax, no accidents, no claims, no other damages. Automatic climate control, heated front and rear leather seats, power moonroof, Bose sound system, all power accessories. Well-maintained and reliable commuter and winter vehicle. Maintenance records available. \$4800. Contact Michael at 403-606-2722 or mmace54gemini@gmail.com

Kubota BX25D Tractor, \$19,000. Only 184 operating hours, like new, Kubota BX25D Tractor: 2WD/4WD/PTO, 3 cylinder 0.9L diesel engine, 23 HP A3200 RPM. Rear PTO 17.7 HP @540RPM, Mid PTO-13.2 HP @2500RPM, rarely used in new condition, Standard equipment front end loader and rear mounted backhoe with outriggers, includes rear 3-point hitch. If you need a heavy duty trailer to transport the tractor, we have one for sale as well. Contact Vera at 403.949.3770

BABY/PET/HOUSE SITTING

Mature Responsible Babysitter: I am fun, truly love kids and have successfully completed my Canada Safety Council Babysitters Certificate Program. I also have lots of references and can drive to/from you for cost of fuel. Please contact Aimee: Text 403-618-7744 or call 403-949-7741

House/Pet/Plant sitter available. References available. Please contact Aimee at 403-949-7741 or text 403-618-7744 for rates and availability.

Looking for fun, safe, active childcare for your little ones? Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure out time together is fun and active! I can provide references and have completed the Red Cross Babysitter's Course. Mackaela Archambault, 403.949.8422.

FOR RENT

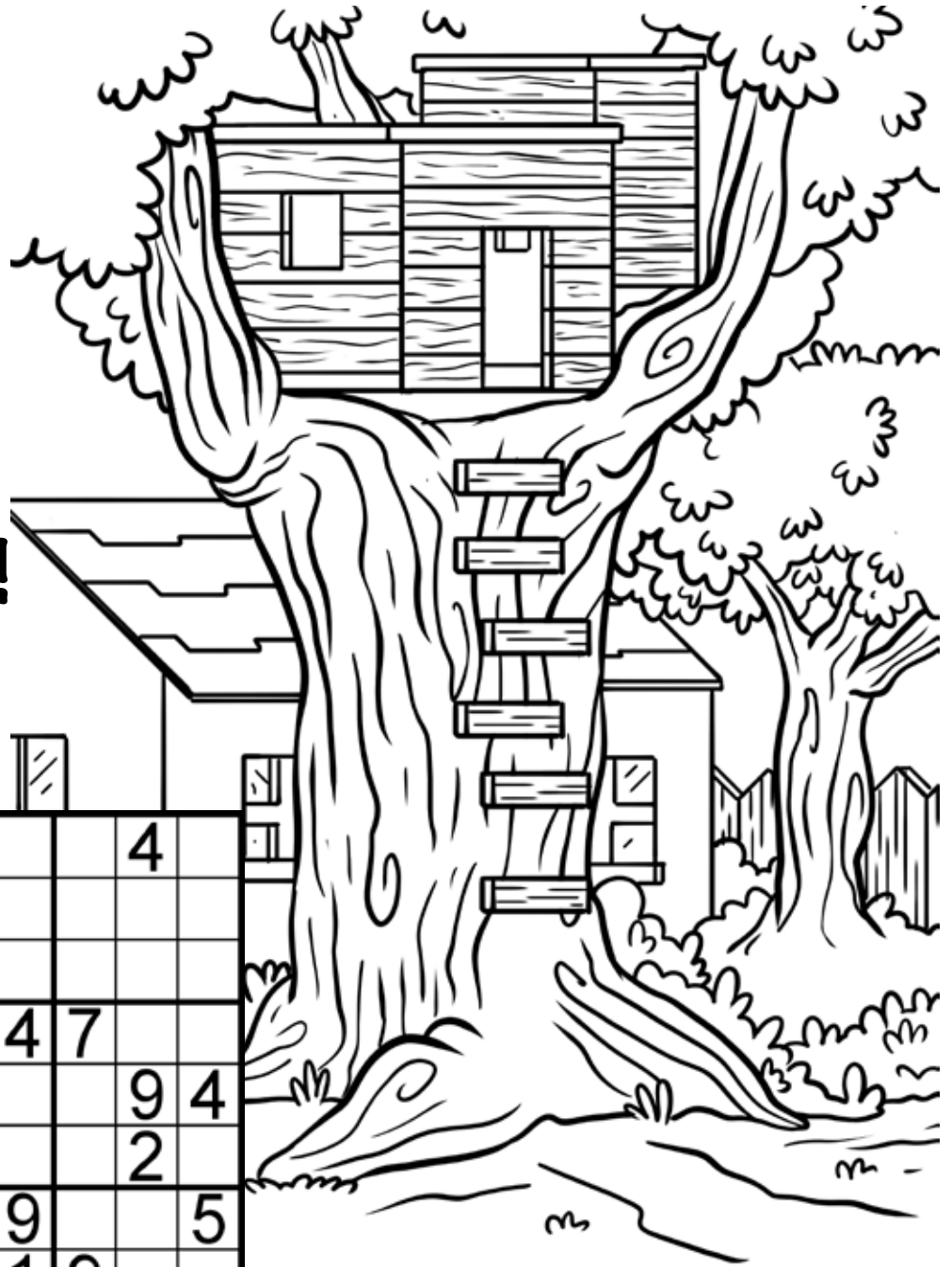
Bragg Creek: Log cabin in a breathtaking space surrounded by trees. Workshop space/laundry on ground level and studio apartment above with half wall space separation for sleeping area, full kitchen, eating area, sitting/tv area and bath w/shower. Ideal for a single person or couple. Can be rented fully furnished or bring your own furniture. One dog acceptable. Avail. Oct. 1. Included in the \$1400/mth rent is: all utilities, tv and wifi access. You will love living here. Contact Vera at 403.949.3770.

Bragg Creek: Short or long term, whatever you need, in a beautiful log home. Just bring your suitcase. 2nd floor of house, shared entrance. Large bedrm w/king size bed, balcony, 50" TV, and second room with kitchenette (microwave, small fridge, toaster oven, countertop cooker, coffee maker and all dishes included. Full bath w/tub & shower. Total privacy upstairs. Fully furnished. Weekly rate/\$600 and monthly/\$1,200 including all utilities, internet and TV. No pets. Contact Vera at 403.949.3770.

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