

# HIGH COUNTRY *News*

*Serving the  
Communities of*

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*Happy  
Thanksgiving*

from all of us at the  
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The logo for Hot Pepper features the word "HOT" in a stylized, glowing font with a pepper icon, followed by "PEPPER" in a bold, blocky font. To the right is a cartoon character wearing a hard hat and holding a tool. There is also a small "A+" logo.

## Now that your child is back in school....

Parents may have anxiety about their children being back in school. As much as we are able, we would like to allay your concerns. Your family doctors and primary care network have been at the front line of this pandemic since the beginning. It was unknown territory months ago, but we are confident in our ability to manage outbreaks in our community.

**Make 811 your first call** if your child has any COVID-related symptoms.

**Include your doctor.** He or she knows your history, and can help alleviate apprehension. Doctors utilize a pathway that is invaluable in determining a patient's likely COVID status.

Your doctor works closely with the PCN, which provides additional resources for you, including:

- Nurses who provide COVID education and follow-up, isolation precautions and education, and complex care, to name a few.
- Counsellors for you or your child, if either of you have anxiety, stress or depression.
- Social workers and nurses who access support for social determinants of health, and the navigation to resources; for example, do you need to deal with increased conflict in the home?
- Exercise specialists. Exercise relieves stress, promotes an upbeat mood, and keeps COVID pounds from creeping on!

**Between your family doctor, and the primary care network, you get coordinated services, enhanced care, and access to additional community resources.**

That's a bit of an overview of what your family doctor and your PCN can do.

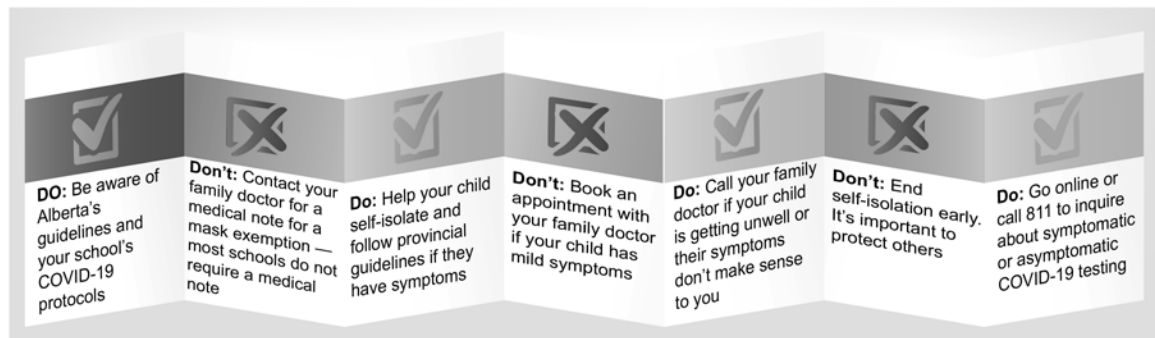
### Here's what we encourage you to do!

- Keep a child with symptoms at home.
- Do a daily symptom check for cough, fever, runny nose, etc.
- If resources allow, send your child to school with the mask they're wearing as well as a spare to change into for the afternoon.
- Tell your child to use - often! - the hand sanitizer available in school, and to wash hands at every opportunity.
- Let your child know how important it is to maintain physical distance as much as possible, and to follow the teacher's and school's lead.
- Get flu shots for everyone in the family. It will help prevent the types of symptoms that will necessitate a test for COVID-19.

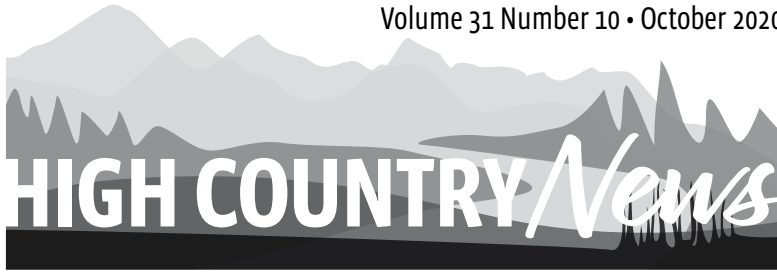
Evidence has shown that viral load is low in young children, so they transmit the virus less than adults. While we are hoping not to see large numbers of new coronavirus cases, these guidelines can help keep numbers at a minimum.

**Stay diligent, so we can all stay healthy!**

Don't have a doctor? Try [www.albertaafindadoctor.ca](http://www.albertaafindadoctor.ca) or call your PCN.



<p><b>DO:</b> Be aware of Alberta's guidelines and your school's COVID-19 protocols</p>	<p><b>Don't:</b> Contact your family doctor for a medical note for a mask exemption — most schools do not require a medical note</p>	<p><b>Do:</b> Help your child self-isolate and follow provincial guidelines if they have symptoms</p>	<p><b>Don't:</b> Book an appointment with your family doctor if your child has mild symptoms</p>	<p><b>Do:</b> Call your family doctor if your child is getting unwell or their symptoms don't make sense to you</p>	<p><b>Don't:</b> End self-isolation early. It's important to protect others</p>	<p><b>Do:</b> Go online or call 811 to inquire about symptomatic or asymptomatic COVID-19 testing</p>
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**Thursday, Oct 15!**

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## From The EDITOR

It is a beautiful fall in the foothills. We live in such beautiful surroundings, and are blessed to have such vibrant colour brought into our lives. Fall is the time of harvest, and our expression of thanks for all that is in our life.

Although not all of us are in the agricultural business, we know that without the harvest, we all go hungry. Farming is such an amazing business. In an act of faith, the farmer plants a seed in the ground, anticipating germination and ultimately a harvest. What if in the spring, the farmer was gripped with the fear of uncertainty and didn't plant these seeds? Holding on for fear of loss; disease, pestilence, drought or storm devastation, and ultimately crop failure. The outcome would obviously be food shortage and hunger.

Our lives are much like that of the farmer. We have a choice that regardless of what is seen around us, we must still plant the seed in faith of a harvest. That seed may be in the investment of your business or new business opportunity. More importantly, it may be in the relationships within your community and family.

In these uncertain days, I trust that you will continue to step out in a sense of faith. To believe that regardless of the storms and uncertainty of life, you will see the possibility of what can be. You won't shrink away from opportunity, but will continue to invest into the lives of those around you. I hope you don't lose sight of your vision for that which you are to be doing in your family, community, and work.

On a side note, we welcome the DeWinton Community Association as a new regular contributor. We trust that the High Country News will be a useful tool as they endeavour to connect their community to their organization.

### In the Artist Blur

There are many artists and photographers in this area. We are looking for pictures that represent the natural surroundings, people, or history of our area. We also welcome new seasonal themes. You can send your picture to [info@highcountrynews.ca](mailto:info@highcountrynews.ca).

Please note that not all art may be selected for print.

*From my family to yours,  
Lowell Harder*

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



## Artist PROFILE

Nancy Stefani lives in Bragg Creek. Her love and respect for nature has deepened and expanded during 35 years of adventures in rock and ice climbing, ski and alpine mountaineering. More recently, in her perennial garden, she has expressed her passion for nature through watercolours. These are attempts at capturing the floral and perennial intricacies of her surroundings, which happen to occasionally also include a passing fox.



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## SR1 Information Session

On Sept. 24th, residents from the surrounding area met at the Edge School to hear updates on the complex and controversial SR1 project and express their frustration that their voices haven't been heard.

One engineer did give some good explanations to the concerns and challenges of the "MC1" alternative that I personally hadn't heard before: Issues of water licensing, river hydrology, fish habitat, and down stream river basin impact were named. These are understandable and legitimate concerns. Unfortunately, the previously raised concerns raised by residents of lost heritage, homes, livelihoods, and unique environmental issues weren't well answered, if at all.

The current SR1 solution has been presented to residents as a "baked cake". This project, to the tune of over half a billion dollars of tax payer money, is being pushed forward as part of the overall drought, flood, and fire mitigation strategy. A significant portion of residents within Springbank aren't buying it.

We understand that there are winners and losers on all development and major infrastructure projects. For instance, the ring road around Calgary has many controversial issues and impacts. However Alberta as a whole benefits from this project with increased ease and flow of traffic. Unfortunately as it stands, SR1 has clear losers, and an unproven impact for the "winners downstream in Calgary". At the end of the day, we are trying to control something that could prove uncontrollable. As one forester once told me, "Nature has a way of always one upping man".

Local residents are asking for another look at MC1, but that project has its own set of challenges as identified last night. The question remains, what is the best solution for flood mitigation along the Elbow and has every option been explored?

There is a saying, "He who makes haste with his feet errs." I can't help but feel that in the haste and reaction

to the flood in Calgary, we have pulled a solution that seemed easy and quick, but created a larger issue in return. Significant tax payer money is being spent on the capital cost of this project. Even more will be spent on maintenance. I just hope it pays for itself and they get it right.

There is another session on October 8 at the Bragg Creek Community Centre from 7-8:30pm. Please register in advance at the following link: [sr1.eventbrite.ca](http://sr1.eventbrite.ca)

For more information about the Springbank Reservoir, visit:

[www.alberta.ca/springbank-off-stream-reservoir.aspx](http://www.alberta.ca/springbank-off-stream-reservoir.aspx)

*Lowell Harder, Editor*

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**MLA Update**  
*Banff/Kananaskis*  
By Miranda Rosin, MLA



When you went to the polls in 2019 and elected our Government, it was upon a very heavy mandate of change and an abandonment of the status quo. We did not take this honour lightly, and committed on the day of our swearing in that we would put in as many hours necessary to fulfill our promises to you and change our province for the better.

This year has brought with it the unpredictable challenge of COVID 19, but despite the situation presented we felt that we owed it to Albertans to continue governing as usual rather than put the election mandate you voted for on hold for an indefinite period of time while we focused all our time and resources solely on combatting the global pandemic and economic collapse, as many other governments chose to do. We knew that it would be naïve to put blinders on

and govern as though all other issues Albertans were facing suddenly ceased to exist, despite the fact this seemed common across the country, so we did what we could to continue legislating while also keeping people safe during our province's first ever declared state of Public Health Emergency and insulating our economy during the worst global recession in modern history.

As a result, our Legislature sat for nearly seven months straight in Edmonton – over twice as much as other governments across the country – to pass a total of 34 Bills, 27 of which were non-COVID 19 related. These 27 non-COVID 19 related Bills included measures to support victims of crime, protect children against harmful forces, strengthen our democracy, reduce cumbersome overregulation, and attract both jobs and private investment back into our province.

During all that happened this past year, much of the work our Government did quite understandably got lost amidst the hourly news updates of virus infections and hospital bed occupancies, but that does not make the legislation passed any less important. I want to take this opportunity to update you on my favourite Bills passed.

Bills 8, 16, 18, and 28 focused on keeping Albertans safe from harm and supporting victims of crime. *The Protecting Survivors of Human Trafficking Act* created a standardized enforceable definition of human trafficking while also introducing a tort law allowing victims to sue their perpetrators without proof of damages, and a warrant allowing police officers the latitude to remove victims from their place of captivity. *The Strengthening Public Safety Act* expanded the funding and scope of the Victims of Crime Fund through increased financial penalties on criminals, allowing for proactive enforcement to ensure less people fall victim to crime in the future. *The Corrections Act* established a new flexible Alberta Parole Board to end the revolving door in our court system, and *The Protecting Albertans from Convicted Sex Offenders Act* made it illegal for perpetrators of sexual crimes to legally change their names, which would enable them to hide from their heinous past and continue preying on innocent people.

Bills 15 and 19 strived to build safer, more supportive communities for children of all backgrounds and abilities. *The Choice in Education Act* reaffirmed

our Government's commitment to allowing children access to an education best suited to them and their family by recognizing public schools, separate schools, Francophone schools, private schools, charter schools, early childhood services programs and home education programs all as valued and integral components of our education system, while reducing barriers to entry for the certification of new schools. *The Tobacco and Smoking Reduction Act* banned the sale and use of vape products to minors while imposing the same strict advertising guidelines on these products as are required of tobacco companies.

Bills 26 and 32 put the power back in the hands of the people and strengthened democracy at various levels of local governance. *The Constitutional Referendum Amendment Act* amended existing legislation to allow for provincial referenda on any issue facing our people, whereas previously referenda could only be triggered in our province on constitutional matters. In an effort to also give voice to unionized employees, *The Restoring Balance in Alberta's Workplace Act* barred unions from spending the mandatory dues of their employees on political campaigns and causes without their explicit consent. Gone will be the days of UNIFOR spending the dues of their oilsands workers on anti-pipeline campaigns and lawsuits!

Finally, Bills 7 and 33 were devoted to restoring investor confidence in our province and attracting jobs back to Alberta. *The Responsible Energy Development Amendment Act* addressed concerns from industry relating to unpredictable project approval processes and imposed maximum timelines on the Alberta Energy Regulator to come to their decisions. *The Alberta Investment Attraction Act* established investment attraction agencies in other countries with a dedicated focus on promoting Alberta as a business destination with low taxes, a streamlined regulatory system, and a highly educated workforce that is ripe for investment.

2020 has seemingly zipped by, but a lot has been accomplished. To date we have already passed 63 Government bills, more than half of what previous Governments passed in their full four year mandate. While the Bills I've highlighted for you are by no means exhaustive of the work we've done this past year, I do hope it helps to instill confidence in you that we are working hard to leave this province better than we found it.



  
**MLA Miranda Rosin's**  
Constituency Offices

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Monday, Tuesday, Thursday, Friday  
1200 pm - 430 pm

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

**Canmore:**  
206-1080 Railway Ave



# ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



**COUNCILLOR MARK KAMACHI**  
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MKAMACHI@ROCKYVIEW.CA

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



Greetings and welcome to another episode of Division 1: Life in Rocky View County. It's hard to believe that we're staring winter in the face. But I guess that realization happened early last month so we can thank Mother Nature for the initial warning. No excuses for not having the hot toddies and shovels ready.

I want to thank everyone for all the emails regarding everything from flood mitigation questions, traffic circle inquiries, internet service or lack there of queries, development permit applications, traffic circle designs, too many squirrels in my trees, etc. Okay. The last one was mine but I have had some very interesting communications over the years as your councillor and as I'm in my final year, I expect nothing less.

I would like to send out a huge thank you to Staff and Administration for their diligent efforts to respond to the various resident requests in a timely matter given we are working through a pandemic. From bylaw questions to planning advice, I wouldn't be able to serve without you. I'm no expert when it comes to these matters so I applaud and thank you. And the same to the residents of this division for their understanding and patience.

### **Electoral boundary review**

I wanted to get straight to the burning issue that's going to be affecting us next election should approval be given to the recommendations of ISL Engineering and Land Services, who conducted a study to determine new electoral boundaries for Rocky View County (RVC). It has been over 20 years since council passed the last review policy. Back then RVC had a

population of approximately 28,000 folks. Since then RVC has grown to over 42,000 residents. That amounts to an increase of roughly 43%. Population densities were the main criteria for the boundaries and a decrease in divisions, but future growth was also a key consideration among others.

The review policy started last July and consideration was given to a seven versus nine division model. Also included for consideration was using the nomenclature, Mayor and Deputy Mayor instead of Reeve and Deputy Reeve titles. This was to bring more understandable and current titles for the roles, but will still be selected amongst elected councillors appointed on an annual basis. Overwhelming support for this direction to change electoral boundaries and renaming titles came from public input and consultation. With fewer divisions and therefore fewer councillors, some present councillors may be going head to head to seek re-election. This should make for an interesting October 2021 election.

### **4-way Intersection update**

I wanted to make a correction from my last report with regards to the set up of the temporary traffic lights that were supposed to be installed prior to 2021. RVC was informed just recently by Alberta Transportation that the traffic control measures will be put in place by May, just before the start of the tourist season. Stay tuned for more details.

### **Flood Mitigation**

Work to complete the berms will continue on for the foreseeable future as long as we have access to the river and weather doesn't hamper

construction. Many questions and concerns by residents were reported to not only myself but to RVC and the contractors. Thanks to both RVC and Wood/Wilco for trying to meet everyone's expectations and concerns in amicable ways. And thanks to all those who have sent their support in putting these measures in place for not only our residents and business community but for all Albertans and visitors alike. Although there will be ups and downs, in the end, this will help build and establish our community long term.

### **Thanks**

As we continue to navigate the trials and tribulations of this pandemic, I want to say how proud I am of this community for continually rising above the task for their continued support of local businesses, making visitors feel welcomed and looking after one another. We still have a tough battle ahead of us but now's not the time to be complacent. We need to stay strong as a community. And as a community, we'll get past this. Until next month, stay safe, hug your loved ones and have a happy Thanksgiving.

*– Gobble gobble, Mark*





**The Springbank Creative Arts Club's mission is to encourage the development of arts and crafts within the Springbank community.**

There is something very comforting about seeing the round bales in the fields, with the birds perched on top gazing about and the crops turning to gold. It looks like everything is "normal" again (at least in the fields!). Club members met (practicing all precautions) on Sept 8th. Thanks to Leona & Paul Wood for opening their home to provide the meeting space and the goodies. We enjoyed a very informal evening with great food and a wonderful show and tell. Our members have been very busy. Our guest, Lynne Baker from Bragg Creek, joined the meeting and showed off her lovely motorhome throw quilt!

The Club is looking for new members to join and share in the creativity! If you are an organizer or decorator, or if you have some skills which can be utilized, and would like to serve on the Board, please let us know. Do you have a craft that you would like to share with the group? Send your email, including related details, to yjo999@gmail.com and then we will see if there is interest in presenting your item to the Club's members at a future meeting. Please contact Janice at janice3lambert@gmail.com if you would like to ask to have new business items introduced at future Club meetings.

Although the annual Christmas Market Sale has been cancelled for this year, we continue to meet to share ideas, creations and friendship. We are a small but enthusiastic

group and offer support, creativity and inspiration to all as we plan for the days ahead. This is a great opportunity to meet artists, artisans and other crafters who live in Springbank. To obtain more information about a Club membership, send your email to yjo999@gmail.com. Members are welcome to bring along their latest creations (for Show and Tell) to share with the group during the Club's meetings. Follow us on facebook.com/springbankchristmasmarket. Stay safe everyone!

*Contributed by Yvonne Bamlett,  
Springbank Creative Arts Club*

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## SR1 Update

Alberta Transportation is checking boxes with SR1 community information sessions in Bragg Creek and Springbank this fall. Having a meeting or two with our communities is too little, too late. There is almost nothing they can do to the SR1 project to make it acceptable. It now costs more than the alternative and a raft of recent changes no doubt escalates costs further.

In the most recent submission in July 2020, Alberta Transportation also fundamentally changed the outlet works of the embankment. Why? Because they picked the project and the site before they did their homework. Here is a sampling of the changes to SR1 over the last few years:

- Doubling of the diversion channel (2016) and, accordingly, storage volumes.
- Changing of diversion gate configurations and operations (2018) based on the scale model.
- Addition of massive in-river debris deflector -- Foundation 160m long, 1.5m high and 6m wide supporting a 6m high tube supporting 6m high structural tubing (2018) added to address the large amount of debris expected during a flood event.
- Shifting of dam toe by 100m (2019) due to slope stability.
- Moving of the Low Level Outlet (LLOW) 190m to the south west (2020) resulting from apparent concerns of foundation material.
- Addition of a second back-up gate (2020).
- Creation of new 500m channel within reservoir from the unnamed creek to the new LLOW (2020).
- Creation of a new 700m channel on the exterior of the reservoir back to the unnamed creek (2020).

• Erosion protection along the complete length of the unnamed creek back to the Elbow River (2020).

There are 140 days or so for the Federal Regulator left to decide on SR1. After six years and tens of millions of dollars, they are still moving things around on a large scale? This isn't changing a driveway; these are fundamental changes to the design of the project. I am sure they will tell us this is the best project but forgive us our skepticism.

Sign up to join us in the provincial regulator process. It takes 30 seconds at SpringbankCommunity.com. The more people that join, the stronger our voice at the regulatory hearings to raise our concerns. Follow along on FB under Springbank Community Association.

*Karin Hunter*

*President, Springbank Community Association, on behalf of the Elbow River Sustainability Alliance*

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## It Doesn't Pay To Procrastinate

When it comes to retirement planning many people have no idea. Some people have a vague idea. A few people, a very few, have it all worked out. When it comes to retirement planning, many people don't take action until forced to by a mid-life event (career change, death of loved one) or by hearing about seniors running out of money. It's strange that people find it so difficult to plan for their retirement. As all the basic financial books say you start by recording your expenses, see where you can cut back, and then determine how much you need to save to achieve your retirement income goals. Yet, far too few Canadians take these presumably simple steps for their own financial success.

It is a weakness of human nature to put off that which is not demanding our immediate attention. We easily respond to a ringing telephone or stop to answer texts or e-mails, but something out in the future, however important, has a much less significant pull on our awareness. After all, there's always the nagging fear that we are not saving enough, and to get on the right path might require making hard choices or sacrifices.

A recent Fidelity Investments survey of couples yielded some surprising results. Less than 40% of couples agreed on the date they should retire. There was less agreement on whether they would continue working in retirement.

Amazingly, one in three of already retired couples could not even agree how comfortable their current lifestyle was. Even for those who work with a financial advisor, more than half the couples surveyed couldn't agree on how long they had been using them. It seems that in dealing with financial matters, the most preferred method is employing the 'ostrich principle,' that is, sticking our heads in the sand! If something doesn't have an immediate effect on us, it can be, and often is, too easy to put off.

It appears that many Canadians are only partially prepared for retirement and don't really know what to expect.

For those without the financial acumen to analyze the situation themselves, the best way forward may be working with a qualified financial advisor.

The basic problem is that most people wait until they suspect they are in trouble before they seek professional advice. Keep in mind that if you do wait too long to begin planning, then the options available to you and your family can become quite limited.

The primary role of the financial advisor is often to clarify facts and help people see the reality of their situation. Even those with large incomes and/or savings sometimes worry about the future, but a skilled financial advisor can help explain the impact of key financial factors (inflation, taxes, investment returns, etc.) that affect an individual's overall financial health.

As with many Canadians, if you are not coasting along towards a comfortable retirement, and you think some

changes may be required, a financial advisor can provide an objective view of how you are really doing financially. It is always far easier for a detached professional to evaluate your saving strategies and spending patterns. If you are having difficulty getting a grip on your finances, speaking with your financial advisor may well be your best financial action plan.

One of the worries today is outliving your assets. A few decades ago a person would work to age 65, retire, begin receiving their company pension and live only 3 to 5 years. Today, even retiring at age 65 you might still be living off your retirement assets in 30 years! To make your retirement assets last into your 90s, you must plan ahead.

Stop procrastinating and call to arrange an appointment for a financial reality check. We will review RRSPs, TFSAs, retirement accounts, pensions, etc.

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

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## Fascia - The Missing Body Maintenance Link

Did you know that scientists are considering fascia to be the largest system in our body instead of skin? What is *fascia*? Wikipedia defines it as "a band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs". It allows free movement of the muscles, carries nerves, blood vessels, lymphatic vessels, and fills spaces between muscles.

Think about fascia and why it needs to be maintained this way: When you are preparing chicken for supper and you go to remove the skin it is the white membrane that holds the skin down. Now these chickens that we eat are only a few months old. Over time our fascia can become stuck and it may be stuck in a bad position that can cause pain. Fascia can become shortened, adhered, or restricted due to surgery, trauma, sickness, inflammation, or postural imbalances created by tension patterns of the muscles. Myofascial release is the technique that maintains your fascia. It separates the fascia from skin to muscle, muscle to muscle, and muscle to organ fascia.

Here's my experience with myofascial release technique: I'm not sure why exactly I have issues with my fascia but since releasing it I have been able to maintain the gains I've received from massage. I notice when I have a spot missed by myofascial release that within hours my massage gains seem to disappear. I have hyperkyphosis which is the excessive curvature of the thoracic spine and after a massage it was feeling great! Unfortunately, as soon as I started driving home the pain was back. I realized that releasing the fascia over my spine was missed. On my next appointment we corrected it and the gains were maintained for weeks instead of hours and I was once again able to maintain my new posture.

Pain is the body's way of telling you something is not right. By the time you feel pain it means your body is already pulled out of proper alignment. Bones keep the body upright, ligaments hold the bones

together, muscles create movement, and holding it all together is your fascia attaching, stabilizing, enclosing and separating.

Have you been dealing with a problem that has not been remedied no matter what you do or which professional you see? Myofascial restrictions can be remedied with a combination of massage therapy, heat, and by stretching and strengthening the muscles to obtain your optimal physical health.

I look forward to seeing you,

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**Landowners, Hikers and Hunters**

With hunting season having started, there will be many unfamiliar vehicles and people in our area making the identification of suspicious ones more complicated. Vehicles will be pulled off onto roadsides, into approaches or cruising our roadways.

Where most of you reading this article live, Wildlife Management Units 212, 310 & 312, hunting season is in full swing. Bow season (hunting with a bow only) commenced on or around September 1st and will continue until about October 31st. Rifle season commences generally on November 1st and goes for a month but there are variances for different types of big game. For the most part, hunting is allowed seven days a week. Game bird

and migratory fowl have their own seasons.

Hunting regulations in Alberta have become quite involved over the years and if hunting is prevalent in your area it doesn't hurt for landowners to review them to be familiar with what rights hunters and landowners have and don't have. You can find the regulations online at [www.albertaregulations.ca/huntingregs](http://www.albertaregulations.ca/huntingregs)

Permission from a landowner is required for a hunter to hunt and/or to enter private land. A trespassing hunter can be charged and can lose the animal they've harvested. More than 200 hunters are prosecuted in Alberta each year for not having landowner permission. It is generally NOT required that your land be posted with "No Hunting" signs. However it is a good idea to place signs at places that are as visible as possible on the perimeter of your land.

If a hunter wounds an animal *"there is a moral obligation to pursue wounded game and a legal requirement to ensure game is retrieved and not wasted or abandoned, these obligations do not override the legal requirement to get permission to enter private land."*

The public is not allowed to harass legal hunters. My son has a friend who had permission to hunt ducks near Surrey, BC who was harassed by individuals from an environmental group. He called the authorities and the police arrested and charged the harassers. I'm also aware of an individual in our area who waved a gun at some hunters who were hunting without permission on his land. He was also charged and now has a criminal record.

If you have illegal hunters/trespassers it is best to leave the handling of the situation to either the police or to call the Report-a-Poacher line at 1-800-642-3800. The trespasser's vehicle should be somewhere nearby so obtain the license plate number. If it's possible to safely use your phone to record a video of the incident it can be used as evidence. I had a conversation with a fisheries biologist a few years ago who urged me to report illegal fishing, informing me a reward can be forthcoming if a charge is laid – a conviction is not necessary.

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It is unlawful to "discharge a weapon within 183m (200 yards) or cause a projectile from a weapon to pass within 183m (200 yards) of any occupied building. Owners, occupants, or persons authorized by the owner or occupant are excepted."

It is unlawful to "discharge a firearm from or cause a projectile from a firearm to pass along or across a) a provincial highway, b) a road that is paved, oiled, graded or regularly maintained". Particularly galling are the lazy, unscrupulous "Rubber Hunters" who cruise the roads looking for game from the road. They are most likely violating one or more regulations including having a loaded firearm in the vehicle, discharging a firearm from a vehicle, shooting across a road, trespassing to retrieve the animal, etc.

Hunting is only allowed from a half hour prior to sunrise to a half hour after sunset. The hunting regulations have a table which denotes the official sunrise/sunset times.

It is illegal to use drones for hunting purposes.

It should be noted that hunting is allowed on the public lands adjacent to us where a lot of us go hiking or biking. I was hiking with my dogs in the West Bragg Creek Trail System and did pass a bow hunter on the trail the other day. Provincial and Federal Parks as well as designated Provincial Recreation Areas (eg the McLean Creek campground area) are excepted from hunting.

If you do call the Report-a-Poacher line which is available 24 hours/day, 7 days a week, "You can remain anonymous. However, investigations are often more successful if you provide your contact information so that an officer can follow up with you for more details. Any personal information you provide is kept confidential".

As usual, if something/somebody strikes you as being suspicious, record the particulars and call it in. Wildlife Conservation Officers and the RCMP cannot be everywhere, and if you don't call it in, they won't know.

Dave Schroeder  
HCRCWA Board Member

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**Pelvic Girdle Pain**  
 by **Jennifere Gordon**  
*BSc. PT, GunnIMS, AFCI*  
*Physiotherapist, Bragg Creek Physiotherapy*  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

**W**hat does this mean? Where does it come from? How can I get better?

Pelvic Girdle Pain (PGP) includes pain in the pelvic region – the pubis symphysis (PS) joint at the front of the pelvis, the sacroiliac joint (SIJ) at the lower back region, the coccyx (tailbone) and the sacrum. Pain in this region can also be related to groin pain, hip pain and lower back pain. Often PGP arises from trauma, sports injuries, pregnancy, arthritis, and even postural dysfunctions.

Some activities that are commonly painful with PGP are static postures (sitting, standing, lying), changes in positions (rolling, sit to stand), walking, driving, dressing, and household chores such as dishwashing, vacuuming, and cooking. The pain may be continuous or intermittent in nature, sharp, burning, inconsistent and may seem to switch sides of the body. With PGP the pain is typically located in the lower back and tailbone region, but can also manifest in the hips, groin, back of thighs or sides of legs. There may be a strain on lumbo-pelvic musculature or a rotational imbalance in the pelvic joints that subsequently leads to muscle spasm,

poor motor control patterns (how and when your muscles contract), pain and fear of movement.

There may be a history of back pain that predisposes you to acquire a pelvic dysfunction later in life, or you may have had direct trauma to your pelvis, such as with a fall or sporting injury. There are many causes of pain in the pelvic region and more serious conditions such as a lumbar disc injury, spondylolithesis (a slippage of one vertebrae on another in the lower back), an inguinal hernia, or endometriosis must be ruled out.

It is very common to experience pelvic pain during or after pregnancy. Hormones are changing, your center of gravity is changing, there is weight gain and supportive core musculature is stretching out! There is an old school mentality however, that this laxity, or looseness, in the pelvis region due to hormones and a growing fetus may be the CAUSE of pelvic pain. Women are often taught to be cautious, avoid stretching, use walking aids, wear supportive belts to secure the pelvis region. Furthermore, women are often advised to adopt bed rest during the latter stages of pregnancy and post partum for 48 hours or until the pain subsides. While in certain cases, this is medically necessary – for a healthy, normal pregnancy this may not be great advice. There is no evidence to support the idea that the laxity is the root cause of pain. It is a necessary situation for our body to create during pregnancy to allow for a growing baby and prepare for delivery. Problems arise when there is ASYMMETRY in the pelvis. If a habitual position, postural dysfunction, or trauma cause joints to become mal-

aligned, this is when our body reacts with pain, muscle spasm, and potential nerve tension. It can be much more beneficial to learn how to move properly, where and how to strengthen during pregnancy and what positions are most effective for pelvis stability.

An assessment by a physiotherapist could help determine what is causing PGP and address joint dysfunctions, muscle imbalances, and postural contributing factors. It is important to learn how to recruit the stabilizing muscles, such as the pelvic floor, transverse abdominus, diaphragm, and the gluteals.

Learning to “de-train” the tight muscles will help the deeper stabilizers to do their job more effectively. These tight muscles are typically the piriformis (deep gluteal muscle), the inner thigh adductors, the oblique abdominals, and the lumbar paraspinals. The coordination and timing of how muscles act together is also important. When there is pain somewhere in the body, certain muscles get inhibited and lose their ability to contract when necessary. There are myofascial systems in our body that require certain muscles to work in coordination with each other for optimal mobility and stability. It is possible to retrain our body how to use these “systems” and get back our optimal movement patterns.

Whether you are experiencing pelvic pain from a recent injury, a pregnancy, or certain activities give you grief – it is worth getting checked out. Don’t suffer in silence! We would love to help get you back to your sport, the activities you enjoy, or simply participate in activities of daily living pain free.

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# Important Home Maintenance Items

As the weather cools down, you should think about getting your home ready for the long, cold winter ahead. You have probably seen many long checklists of things that homeowners should do to get their home ready, however if you are short on time, let me recommend a few important items that need to be taken care of to give you peace of mind through the winter.

**Your furnace is the heart of your home heating system and getting an annual heating tune-up by a qualified professional early in the fall is very important.** Some homeowners wonder why a furnace tune-up is recommended. Not only can a tune-up prevent dangerous conditions, it can also save you money on utilities and extend the life of your heating system because it will be running so smoothly and efficiently. There is really nothing worse than waking up freezing cold, in the middle of the night because the furnace has broken down.

**It is generally known that when we change our clocks, we should also check our smoke and CO detectors. That means check the date on the detector, as these typically expire after 10 years**

**of usage.** If your detector does not have a date, you may want to install new ones so that you have the peace of mind that it will work when you need it to. Also, change the battery in the detectors because if the power goes off in your home, the detector is then powered by the battery.

**Another important home maintenance issue is preparing your indoor air for your impending hibernation!**



Environment Canada reports that indoor air contains 2 to 5 times more toxins than outdoor air. To make matters worse, the average person spends 90 percent of his or

her time indoors, making us even more susceptible to health effects from poor indoor air.

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

maintenance and disinfecting helps to remove these unhealthy pollutants from indoor air.

There are also better solutions than just your typical fibreglass furnace filter. **Electronic air filters** remove particulates as small as .001 micros from your air, letting you breathe much cleaner air. Another device that really helps improve the air you breathe in your home is a **UV light system**. This system installs into your ductwork just above your furnace and as the air from your furnace blows past this light, it kills airborne pollutants such as mold, viruses, bacteria and microbials. The filter and the UV light are typically installed together to give the homeowner clean and healthy indoor air all year long.

These important home maintenance suggestions will prepare your home for the winter, giving you peace of mind that you and your family will be warm and healthy while staying indoors this winter.

*By Carla Berezowski,  
Alberta Indoor Comfort*

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# Bragg Creek Centre

## Hello Creekers!

Ahhh, fall. Thoughts are turning to spiced lattes, pumpkin patches and cozy sweaters. With the shorter days and cooler temps I hope you are all finding your groove and are settling into (new) old routines. For those of you that are adapting to school and work a bit differently we are pleased to offer some exciting options.

**Nature School - A program to support Homeschool:** The Bragg Creek Centre is once again partnering with Rediscover Play to offer nature programs that support homeschool. Our nature programs offer an optional homeschool extension that will document curriculum connections and learning outcomes to support homeschool planning.

Morning and/or afternoon sessions on Monday and Wednesday - with the homeschool extension if desired. Fridays will be morning nature programs only.

For families who are not comfortable with the return to conventional schooling but are unable to be at home we have a full-time nature homeschool service available. Our staff will implement curriculum, mostly outdoors, that meet Alberta Education and Homeschool outcomes.

**Internet Co-Workspace:** Need to work from home but struggling with unreliable internet? Wondering how you will make that important Zoom meeting? We've got you covered!

Our Co-Workspace offers individual workstations with access to a robust internet connection in a clean, safe shared space. Contact us to book by the day, week or month.

### Upcoming:

**Parenting during a Pandemic and Talking to your Child about Fears**

Oct. 15, 6:30 – 8pm. In-person Event

Parenting can be challenging especially during these uncertain times. Join the

Family Resource Network to learn parenting tips and how to help your child navigate their fears.

Suitable for parents with children ages 5 – 12. This workshop requires registration in advance. Email: [info@braggcreekca.com](mailto:info@braggcreekca.com) or call 403-949-4277 to register

### BCCA AGM

Oct. 28, 7:30pm. In-person Event

Want to help support Bragg Creek and Area residents and build community for current and future generations? Do you share in our vision of a connected and engaged community with a welcoming and vibrant Community Centre? Bring your knowledge, energy, and expertise and join us!

We specifically require Board members who possess marketing, financial and business acumen to help strengthen our governance and strategic decision making. We have both 1 year and 2 year term positions open. Nomination packages are available on our website.

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Our Members are important – we are accountable to you and need your input. We would love for you to attend, get involved and have your say. Remember only current members can vote! Call us now to purchase or renew your membership today!

**Halloween Prowl**

Oct. 31, 6:30 – 9pm. Outdoor Event

Join us Halloween night for a spooky evening of safe trick-or-treating and ghoulish fun here at the Centre. Visit the resident witches, ghosts and goblins at each of their lairs (exterior doors around the building) to get your fill of treats. Show off your best Superhero, Monster or ironic getup in the Costume Parade. Bring your epic carving skills and enter the Jack-o-Lantern Judging Contest. Concession will be open.

Watch our website and social channels for more upcoming programs and events!

*Take good care Creekers!  
Christine Pollard  
Program and Event Manager*

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

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## Pick up or patio?

Fall is the time of year where we start feeling the chill of winter and the activities that lie ahead. But we still have to eat. So while the sun's still out, take advantage of our patio. And if it gets chilly, then enjoy our Rocky Mountain cuisine in the comfort of your home with takeout. Either way, there's no excuse not to enjoy Bav Tav hospitality.

Visit [bavtav.com](http://bavtav.com).



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**Join Bragg Creek Area Community Support**

*on Facebook if you are in NEED or able to HELP in various ways during this time of crisis.*

*Or contact Pastor Dave to donate to the Bragg Creek Food Bank and Crisis Fund or if you are in need of assistance*

*This time has put a lot of pressure on our relationships and mental health, if you would like to talk with someone please reach out at 403.671.3819 for support*

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## The Little Known History of Western Watering Holes

*“Bughouse,” “Shebang,” “Cantina,” “Grogshop,” “Gin Mill,” “Watering Holes”* - Those are a few of the colourful monikers of drinking establishments in the old far West. Although we are familiar with the American style saloon, (thanks to western movies), ours up in Canada were not that dissimilar. That is because both Americans and Canadians settled the great West using somewhat similar approaches; first came the fur traders, followed by the land and mineral surveyors. Ranchers and the settlers came next, and finally, full-on settlement occurred with the expansion of the railways.

The saloon (from the French word *‘salon,’* meaning a large room for entertainment) was one of the first structures in a settlement. Men welcomed a drink after a long day on the farm or after a trek in the bush. Stopping for a pint or a shot of whisky was a way to reconnect with other fellows, catch on local news, and relax a bit. However, the saloon also served a much broader purpose.

In the beginning, the first saloons were usually the first structure to go up in a new settlement. With little to no resources, the tavern owner would improvise a rustic establishment out of a surveyor’s tent or built one with sod (mud) or log. A wood stove, a long counter (bar) and a few stools would complete the decor. Over time, and as the towns developed, the saloons would evolve into more refined structures. Those refinements

followed three main trends. Settlers from Irish ancestry would prefer the stand-up bars where spirits would be offered (perhaps today’s sports bar equivalent?). The German immigrants would prefer a more open and bright concept designed to serve food to the whole family (today’s family restaurants?). Finally, those of British heritage would go for the brewery style houses (our tavern perhaps?). Incidentally, the famous batten doors on double hinges had many benefits. They allowed fresh air to come in while keeping the dust and prying eyes out.

Since saloons were typically the first indoor public spaces in a community, they played other roles. By day they would serve as a town hall or a courthouse. By night some served as a hotel for travelers but, they mostly were a drinking establishment. Various entertainments would be improvised, including card games, gambling, pool tables, theatre, music, and perhaps dancing girls. At the same time, other ladies would engage in more intimate affairs with the patrons (Would this have been the precursor of today’s strip bars?... but, I digress). Over time, many of these establishments became very successful. They grew to become quite distinguished with elegant architecture, decor, and artwork coming directly from the old countries.

1822 to 1893 was the golden age of saloons in the Far West. No public policy worth speaking of regulated them. They could serve whatever alcohol they produced or bought to whomever, irrespective of the quality. They conducted their business with impunity. For example, the drinks served were often made in a back room

and had more in common with the caustic used to clean the wooden floors than a liquid you would want to ingest. The nicknames associated with those spirits are quite eloquent; *“Rotgut,” “Family disturbance,” “Bug juice,”* and many more. These spirits often had either extremely high levels of bad alcohol or included such toxic ingredients as turpentine, ammonia, gun powder, cayenne pepper or chewing tobacco. The ingredients were meant to improve flavours or increase the punch (this explains the scenes in movies when a cowboy drinks a shot of whisky and steam comes out of his ears). Instead, they would literally poison the consumers. Not only that, but the spirits would still taste bad. Beer would only be marginally better.

Things got so bad and out of hand that a significant percentage of the male population (they were the only ones allowed to drink) developed high levels of alcoholism. Domestic violence became rampant, and poverty ensued. Women had had it. In 1893 they became the driving force behind the temperance movement. The movement was eventually successful in condemning alcohol consumption. The prohibition lasted between 1916 to 1923 in Alberta. Remnants of that period still exist today through policies such as minimum drinking age, provincial liquor controls, and regulations on alcohol content.

Today’s bars, taverns, breweries, restaurants and saloons are the domesticated versions of their ancestors. Still, they remain an intrinsic part of our communities, especially in small-town Alberta. They are places where you go after work to meet friends or neighbours. You can watch hockey on the big screen or hear a local band, dance, or simply grab a pint and a bite to eat. Local musicians are in luck as many bars and saloons make space for open mics. Once in a while, intended or not, you will find yourself there taking part in a community event, a fundraiser for a kids’ minor soccer league, a food bank, or even a family or individual down on their luck.

## Our Terroir, Off The Beaten Path

**Rose hips:** Unless we are under a foot of snow, the rose hips are ready for picking. After our initial frost, the hips will have reached full ripeness. Make jelly

or tea with them or add to soups and gravies. They are full of nutrients and, as a bonus, apparently they soothe those suffering from osteoarthritis. Here is an excellent source of information for your next culinary adventure: [recipesfromthewild.wordpress.com/rose-hips](http://recipesfromthewild.wordpress.com/rose-hips)

Each establishment has its own character and purpose. Some focus on good food, others focus on their in-house craft beer, while others bet on live music. Many have quirky decor that reflects the local culture, and all welcome you with open arms.

I never was big on taverns as a young adult; however, my experience with the local bar scene changed this. High Country breweries, taverns, bars, and saloons often have more in common with going to a friend's house or attending a community event. Where else can you experience a bingo night or join a group of ladies busy doing some craft in the corner of the room, pint in hand, or attend a family reunion?

Next time you go to the local pub, look around and enjoy the moment. With a bit of imagination, recreate in your mind's eye the saloon of yesteryears.

*Have fun!*

**Our High Country Bars and Saloons**

*Longview:* Twin Cities Saloon, Honky Tonk Tavern, Brauerei Fahr (brewery)

*Turner Valley:* Cougar's Sports Bar and Grill, Woodstock Hotel, Kickers (bar)

*Black Diamond:* Hard Knox Brewery, Black Diamond Hotel (bar)

*Priddis:* Water's Edge Pub

*Bragg Creek:* Rockies Tavern and Grill, The Powderhorn Saloon, The Bav Tav



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# Try the Taste At Home



## Thanksgiving Wine Pairing

A typical turkey dinner comes with many side dishes resulting in a multitude of flavours and textures: meaty turkey served alongside sweet acidic cranberry sauce, creamy mash potatoes, bread stuffing, rich gravy and lots of veggies. If you want to serve only one wine, you need to go “middle of the road.” You do not want to serve a powerful (full body) or a light body wine. The first will mask the flavours of the food, and the other will get lost in them.

You want a wine that will play a supporting role. It should have sufficient acidity to cleanse your palate after each bite, and just enough

tannin and flavours to match the fat and the savoury ingredients on the menu.

In short, you want a food-friendly wine such as pinot noir or a slightly oaky chardonnay. Other wines equally compatible and which might become a conversation piece at the dinner table are:

- **Gamay** - Canada or a Beaujolais village crus (i.e. Moulin à vent, Morgon, etc.)
- **Valpolicella** - Classico or Superiore from Italy
- **Mead** - Local - Dry to Off-dry melomel (fruit infused mead such as saskatoon)

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## Greater Bragg Creek Trails Association

### West Bragg Creek TransCanada Trail Paving Update

The West Bragg Creek Trail (WBCT), which is part of the TransCanada Trail (TCT) in Rocky View County (RVC), links the Hamlet of Bragg Creek with the West Bragg Creek trails in Kananaskis Country. The TCT is now officially known as “The Great Trail (TGT)”.

The Greater Bragg Creek Trails Association (GBCTA) Board of Directors has approved the paving of a portion of the TGT/WBCT for 2.5km from Bracken Road in the Hamlet of Bragg Creek going west to Range Road 52 (RR52).

The GBCTA has raised the necessary capital funding (\$322,000) for this paving project from the TransCanada Trail Foundation (\$122,000), Rocky View County (\$100,000) and the Alberta Government Community Facilities Enhancement Program (\$100,000). We wish to thank all our donors for their generous contributions.

The GBCTA requested public feedback in August 2020 on the proposed paving of a portion of the WBCT. Thank you to everyone who participated. We received strong support for the paving however a small number of

respondents stated a preference to keep the current trail as a gravel surface. We also received a few questions, which we have addressed in this article.

The anticipated benefits of paving the WBCT include improving public access and safety which minimizes the potential risk of traffic/pedestrian accidents on the adjacent West Bragg Creek roadway. There are several potential trail users (walkers, runners, and cyclists) who choose to use the narrow adjacent paved road shoulder instead of the WBCT. The paving will provide a smooth tread surface for all trail users to improve the overall trail experience and increase trail use. This will be particularly beneficial for families, youth, children, disabled and seniors. Paving the WBCT will also reduce trail maintenance costs in areas related to weed/vegetation control and gravel tread repairs.

This popular section of the WBCT is used by approximately 12,000 trail users per year based on 2020 trail counter data and the trend is rising.

The paving work will be completed in accordance with RVC Servicing Standards by a reputable paving company under the direction of a qualified engineering firm.

The GBCTA also plans to increase and improve snow removal operations on the WBCT this coming winter. We have secured additional operations/maintenance funding from RVC to help fund this work but would also welcome trail user donations to enhance our operations abilities on this trail.

The GBCTA currently has no plans to pave the remaining WBCT west of RR52 to Kananaskis Country. The GBCTA will monitor public use and response to the current paving as to whether the anticipated benefits are realized. We also need to complete some upgrades to the remaining WBCT to address drainage/water issues that have arisen since the 2017 construction, before paving would even be feasible.

We sincerely hope trail users enjoy this major upgrade to the trail that helps connect our community while improving public safety and providing numerous other benefits.

The GBCTA will provide an update on the TGT/WBCT pedestrian bridge project in our next article.

### XC Bragg Creek

Do you want to make the most of what winter has to offer in a naturally physically distanced sport?

XC Bragg Creek Ski and Bike Society is continuing to offer cross country ski and optical biathlon lessons this winter. Ski programs are for ages 5 and up. Competitive and non competitive as well as home school lessons and adult lessons will be offered. Check out [www.xcbraggcreek.ca/](http://www.xcbraggcreek.ca/) for more info.

**To donate and support the Association, please go to [www.braggcreektrails.org/](http://www.braggcreektrails.org/) and click the “Donate Now” button**

*Submitted by Eric Lloyd, Director & Special Projects Coordinator (volunteer)*

*On Behalf of the GBCTA Board of Directors*



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hazardous materials are being dropped off more secretly. Redwood Meadows Emergency Services is not set up to accept hazardous materials – please do not leave them at the fire hall. The Bragg Creek Waste Transfer Station is equipped to handle these

materials, and welcomes you to bring your waste, recycling and hazardous material drop offs to them during regular hours.

*Until next month, stay safe.*

**L**ike it or not, winter is coming. It's time to get prepared for whatever it will bring! Follow these tips for staying safe:

**1. Have fun outdoors**

- Before heading out, complete a trip plan and leave it with friends or family. Start your adventures early in the day in case you encounter problems so we can find you in daylight.
- Get trained for your adventure and stay within your limits.
- Take survival essentials with you and also equipment specific to your activity.
- Wear a helmet when skiing, skating, snowboarding and snowmobiling.
- Dress in layers to avoid hypothermia and keep your head, ears and hands covered to prevent frostbite.

• Be careful when completing fall cleaning activities. Use equipment such as ladders and chainsaws safely.

**2. Be safe indoors:** Make sure your smoke and carbon monoxide alarms work, get your furnace serviced and don't leave burning candles unattended.

**3. Check your family emergency kit:** Gather basic emergency kit items, such as a flashlight, battery-operated radio, food, water, extra medication, pet food and blankets.

**4. Get your vehicle ready:** Get your vehicle serviced. Prepare an emergency kit and keep it in your vehicle.

**A final note:** hazardous material drop offs at the fire hall are becoming a problem. Some of these drop offs are occurring during weekend duty shifts when members are there and can redirect them. Other times,

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**Special Events Bylaw revised:** “Mixed reviews” are coming in on whether participants are following our requirements. We are making adjustments to our evolving “Special Events Bylaw” to address the side-effects of road events, which affect both safety and the experience of other road-users encountering the event traffic interference. County Council is now requesting fees to ensure that some form of additional enforcement will be present at all road events. The appropriateness of the road to be used will be evaluated, considering: the event size, traffic counts, road width and surface type. Applications must be submitted 90 days prior to the scheduled event. We’ve had issues with some last-minute applications, as well as the increase in numbers and sizes of events causing conflicts. Adjusting the bylaw will provide consistency for the approval criteria on the road events and should lead to better outcomes with events following our recommended guidelines.

**Smoke and Fire:** As we witness the extent of the coastal fires and hardship across the Pacific NW area, we are reminded about the care we need to exercise in our own backyard. We are currently in a state of Fire Restriction

here, so we are downgraded from the ban, as of my last writing. However, please keep a check on the County’s website for the most current status. With the air quality issues that have blanketed this part of the world, you can check on the Calgary Region Airshed Zone website for information about air quality and about protecting yourself from exposure: craz.ca

**Trailer Billboards legal decision:** After a couple of years in the making, a decision has been made which respects freedom of speech but respects the ability of our County to have jurisdiction over protecting the viewshed along our roads. The courts ruled on an application which challenged us about having a bylaw enforcing removal of these trailer billboards from our landscape. Next, we will work with the associated landowners to help them find another means of expressing themselves through signage, as we have never had a problem with free speech. Also, enforcement can now proceed on the removal of trailer signs with commercial messages. We do have legal means for people to apply for signage other than trailers... This court decision could yet be subject to appeal.

**Road closures discussion:** The County has reviewed Alberta Transportation studies and debated the options for partial or full closure of the 306, 338 and 370 Avenue intersections on Highway 2. With numerous accidents and a recent fatality increasing concerns at these locations, we are working with Alberta Transportation and the Town of Okotoks to come up with a game plan that will see something staged over time. Nothing in a rush here, as we need

to consider the consequences of any closures and look at the feasibility of the ultimate solution, which would be an overpass at 338 Avenue. Lots more on this yet to be studied and discussed.

**Foothills-Okotoks Raw Waterline:** Foothills County is pleased to be working with the Town of Okotoks to create a win-win for our water-challenged area. We see this collaboration as an opportunity amongst our municipal neighbours to obtain improved water-security for each of our communities by diversifying our water sources to include the Bow River. This project could provide a long-term solution for Okotoks, Foothills County and potentially for other municipalities in the Foothills. We are signing a Memorandum of Understanding, which gets us to the table to work out the details for our Sub-regional Water Servicing Options and Governance Review Process to secure this long-term, sub-regional water supply.

**Investigations into West Foothills Waterline continue:** After a declined grant application in 2019, Council has directed that a portion of the 2018 study area be engineered to be tender ready in case stimulus grant funding becomes available. We are also preparing to apply for other grants and looking at securing water license to enable the extension of service from the Fish Creek Ranch off-stream raw water reservoir and treatment operations. Results of this latest engineering will soon go to Council for review and discussion on next steps.

**Calling for Volunteers:** Champion Park is looking for more volunteers to assist with the “Friends-Of”. If there are any “train-enthusiasts”, this is your opportunity to join this team to keep the spirit of rail history in Alberta alive. Please contact our CAO, Ryan Payne, if you are interested in more information: 403.603.6214

**Getting our office ready:** With safety measures in place, our office is open to the public. Please contact our Main office if you’d rather work with us remotely by phone or email: 403.652.2341

*Best Regards, Councillor Suzanne Oel  
For Other News & Updates:  
Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
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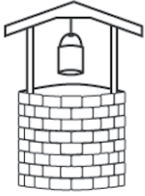
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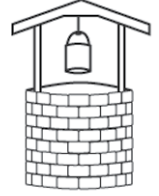
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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed 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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# Foothills Tourism Association Partners With Area Hotels To Deliver A Unique Foothills Experience

Association works to encourage Calgarians to discover their own backyard through curated tours

The summer after the COVID lockdown has presented unique challenges to Foothills businesses. The loss of international and out-of-province travellers seemed like an insurmountable problem for local business.

Enter the Foothills Tourism Association. In partnership with the Hotel Courtyard by Marriott Calgary South and the Hotel Best Western Plus Okotoks Inn & Suites, area businesses were shifted into the spotlight in a campaign designed to drive those who would otherwise be spending their summers elsewhere to seek adventure in their own backyard.

*"The COVID-19 pandemic has certainly affected our businesses and livelihoods, but we also see an incredible opportunity to welcome Albertans who are looking to explore a little closer to home,"* says Hugo Bonjean, President of Foothills Tourism.

It was revealed from a recent consumer study that visitors come to the Foothills region to experience activities such as hiking, taking in the nature/scenery, walking, dining and western cultural and community activities. Armed with this data from the study, the organization approached local businesses who fit these criteria when developing packages for visitors.

Also highlighted in the study was the desire of Calgarians to know where their food comes from. Foothills Tourism created two agri-tourism offers highlighting blacksmithing and wild, edible food foraging.

The complete list of hotel offers can be viewed on Foothills Tourism's website:

[foothillstourism.com/offers](http://foothillstourism.com/offers)

According to the study, nearly a quarter of Calgarians have not visited the Foothills region. Most of those

surveyed had heard of the gems of the region: the Millarville Farmers' Market, the Bar U Ranch National Historical Site of Canada, the Museum of the Highwood & Visitor Information Centre and the Bomber Command Museum. Foothills Tourism hopes working in partnership with area hotels will entice more visitors to come see all that is on offer.

*"With a vast array of natural scenery, farms, restaurants and specialty shops, we want Calgarians to think of the Foothills as a local and authentic out of town experience, whether it be as a day trip or as a staycation destination,"* explains Bonjean.

Partnering businesses include: Granary Road, Eau Claire Distillery, Black Diamond Gallery, Hard Knox Brewery, Spirit Hills Flower Winery, Bluerock Gallery, Chinook Honey Company & Chinook Arch Meadery, D'Arcy Ranch Golf Club, Lineham House Galleries, Heartland Café, Anchor D Outfitting, Full Circle Adventures, and Stone, Wood & Steel.

For media inquiries please contact  
Veronica Kloiber at [info@foothillstourism.com](mailto:info@foothillstourism.com)



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The Priddis Community Hall is open with restrictions for COVID-19. The Hall parking lot has limited space so please respect social distancing. Do not leave your garbage on the ground; please use the containers provided. Check our website for updates and current information – [www.priddisalberta.com](http://www.priddisalberta.com)

**Part-Time Position:** The PCA is looking for a part-time custodian-contractor to start immediately at the Hall. This hourly paid position involves cleaning and light maintenance work. Interested parties can contact Lindsey at 403.606.5849 for more information.

**Priddis Library:** The library reopened in September. Hours at the library in the old school house are on Tuesday and Friday from 3 to 5pm. There is a great selection of children's books. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine, and Carol for volunteering their time to keep the library operational for the community.

**Fall Community Events:** A Fall Supper and Halloween party are in the planning stages. Check the PCA website and Facebook pages for updates and further details.

**AGM – Nov 19th:** The Annual General Meeting is on Thursday, November 19th at 7:30pm. The meeting will take place in person, with a maximum of 50 people in attendance. This number will include attending Board members. Nominations are welcome as some Board and Directors-At-Large positions will be open. No food or refreshments will be served in accordance with AHS guidelines. Further details can be found on the PCA website or Facebook.

**Priddis Early Learning Program - PELP:** The preschool opened the 2nd week of September. Due to COVID-19 protocols and a decrease in enrolment, we have combined the 3 year and 4 year classes this year, and are only teaching on Mondays, Wednesdays, and Fridays. There are 14 students in the combined class. Due to COVID-19, we have foregone our parent volunteer

program for the year and have hired a dedicated classroom assistant. To facilitate this, tuition fees were increased. Our new assistant is Kelly Leece. All changes made to the program for the year have been encouraged and approved by our provincial licensing body. This year's programming is different in terms of having two age groups present, as well as being limited in 'extra' activities such as holiday parties and field trips. Check out the website or email for more information, [pelppreschool@gmail.com](mailto:pelppreschool@gmail.com) or [pelppreschool.wixsite.com/pelp/registration](http://pelppreschool.wixsite.com/pelp/registration).

**Priddis Panthers Hockey:** If you are looking for a winter activity for your child that teaches them the importance of teamwork and having fun, please consider joining the Priddis Panthers. There are available spots for children aged 4-6. No prior hockey experience is required as the coaches will take the kids through the basics of skating with a stick, turning, stopping, and the fun of the game. Under the guidance of Hockey Alberta, we have taken measures to protect the players and coaches by limiting the number of participants and the number of other teams that we interact with. Most games and practices take place in the great outdoors which further reduces the risk of contracting COVID-19. This is a low cost, non-competitive league that does not require a large time commitment or travel. Please email [priddishockey@gmail.com](mailto:priddishockey@gmail.com) for further information.

**Priddis Rink Rebuild – Phase I:** The Priddis Rink Phase I rebuild has been going on since spring of 2019 and has shown some amazing results. Here is what has been done to date. The rink has been completely stripped to the steel frame supporting the boards. The players bench has been torn down. Following the tear down the steel frame was prepped and repainted. The new, thicker puck boards were installed, a slab was poured for both the players bench and penalty box areas and a retaining wall was started to protect the new location of the player's bench. This was followed by the framing for both players benches and penalty boxes. The structures were roofed and the fencing at each end of the rink was replaced with more substantial mesh fencing. The old rink lights have been replaced with LED lighting, following the Dark

Sky program. This allows for great night-time fun.

2020 work is under way and is focusing on finishing the inside of the players benches, replacing broken screws holding the puck board, placing siding on the outside of the benches, landscaping and getting power and wiring in place for lights and plug ins.

As we are nearing the completion of phase I, the volunteer effort has climbed north of 2000 hours. Thanks to all for your donations in time, materials, and money. We are getting close!

**Local Beekeepers:** Anyone interested in hosting beehives next year can contact [sebkirstine@gmail.com](mailto:sebkirstine@gmail.com) at the Calgary Beekeepers Association. He needs a description of your property and how many hives people want to host and he will post it to the CBA Google Group. FYI ... Apparently, the massive amount of uncut clover this year has resulted in some keepers extracting 150 lb. of honey per hive!

**Booking the Hall:** We are taking bookings for the Hall into this fall and next year. If we are unable to honour your contract due to COVID-19, your deposit will be returned.

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

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

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

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](http://www.priddisalberta.com)

# Prepare to Hibernate!!

There's nothing we can do about the weather, as Albertans we know that all too well, but we can make the hibernation months safer and stress-free by being proactive every year.

The time change this year is on November 1st, 2020. One trick

I've found that helps me remember to have my home checked for gas leaks is to schedule my annual inspections and maintenance every year on or around the same time as the clocks are changing.

Most of us are home more in the winter months, meaning our air quality is even more important than ever. It is a rare day in the winter months where the windows are open and the fresh air is coming in, so the quality of air in our homes is directly related to the health and cleanliness of our air flow systems.

Carbon Monoxide (CO) can make you very sick and is also a killer. People have asked us "we have a detector in our home, why would we need an expert to test for it?" Well, typical household CO detectors will only set off an alarm at lethal levels. Prolonged exposure to



low, non-lethal levels of CO can make otherwise healthy people very sick with headaches, nausea, fatigue, and dizziness. And with a standard CO

detector, you may not realize why you are feeling 'off'. Why would you take that risk?

We take this threat so seriously, we test for gas leaks whenever we come in to do a

furnace inspection and maintenance in a home or small office.

There are other things of a more fun nature you can do to alleviate the isolation of winter, because just like the air you breathe, your mind and body are just as important.

### 1. Watch what you eat!

I know, for me, when it gets cold out I start thinking of baking and breads. I lean towards higher fat content and carbohydrates and these foods, although they

feel comforting when it's cold out, can be directly related to "feeling blue" in the winter. It's all about balance. Yes, eat the cookie or have that pasta, but make sure you're feeding yourself healthy greens and vegetables to make sure you're giving your body what it needs.

### 2. Make sure you're doing things that feed your soul.

This means different things to different people. It can be reading a book you've been putting off during the summer, meditation relaxation practices, catching up with a good friend, or just taking some regular quiet time for yourself.

### 3. Get enough sleep!

When it's dark in the morning and dark at night, it can become all-too-easy to stay on that screen until the wee hours. Your sleep time is restorative, it's when you heal and refresh. Not sleeping enough or well can lead to the blues and problems with your thought processes.

By Carla Berezowski,  
Alberta Indoor Comfort

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## 2020 Halloween Howl Hikes at the Ann & Sandy Cross Conservation Area

*Phantoms flying across the park,  
No, an owl swooping in the dark.  
Fairies twisting through the air,  
No, a bat hunting with flare.  
Aspens quiver as you draw near,  
Perhaps a ghost will soon appear.  
A crack in the woods turns your head,  
It's just a deer, nothing to dread.  
Follow your brave guide through the wood,  
To hear our tales both bad and good.*

BOO! Halloween Howl returns to the ASCCA! Our 7th Annual Halloween Howl will be putting on

its own disguise in 2020 to adapt to COVID-19 protocols. This event is quickly becoming a favourite family tradition for ghouls both young and old at the ASCCA. However, this year we will be adjusting our format to make sure you still get some nighttime nature adventures without having to worry about COVID-19 transmissions.

October 23-30 we will be taking limited numbers of guided night hikes along the ASCCA trails. Learn about nocturnal animals, our ghost stories, and experience the world after dark in these unique family adventures. It is also an opportunity to see some of the local wildlife when they are more active with our phantomtastic guides.

- Hikes will be run starting at 6:30pm into the evening
- Hikes will be spaced so you have a unique adventure.
- Hikes will be done for cohorts of up to 12 people. Cohorts must register together.
- \$50/cohort. All profits go directly into our Conservation Education programs.
- Hikes will vary in length from 2.5km to 3.5km based on your preference

(We can also make it shorter if requested)

- Masks are to be worn in the outhouses
- Costumes are always encouraged but keep the weather and hiking in mind.
- Treats provided upon successful completion of your nocturnal adventure

To register for this unique Halloween experience please contact [info@crossconservation.org](mailto:info@crossconservation.org) or call 403.931.2042. We will be taking registration until Oct 16 or until our spots are full. We can only offer a limited number of hikes per evening so please register early to avoid disappointment. Payment must be made in order for your registration to be complete we will accept credit card and cheques.

Mobility issues? Ann & Sandy Cross Conservation Area has 2 different types of all-terrain wheelchairs that are free to rent. We are more than happy to let you use them at this event so that no one gets excluded from the fun. Please request this when you register so that we can make arrangements. Or ask to try them out on your next family hike.

Help us keep the spirit of Halloween alive at the ASCCA and give your family and friends a unique opportunity to see the night in a new light.

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## Indigenous Tourism Alberta Helps Grow Indigenous Tourism Business With Roadshow Summits

*Summits in Edmonton, Calgary and a special virtual summit will help enhance economic viability of member businesses*

In an effort to help grow Indigenous Tourism in Alberta, Indigenous Tourism Alberta (ITA) is offering three summits (two already occurred in September) focusing on professional development for the tourism industry and tourism entrepreneurs.

The Roadshow Summits support ITA's goal of enhancing economic viability, further engaging and supporting Indigenous peoples, and nurturing partnerships throughout Alberta.

### Virtual Summit

*The networking event starts November 3 at 7:00pm. Registrants will have access to all presentations for 7 days.*

In response to COVID-19, Indigenous Tourism Alberta has worked closely with Alberta Health Services to rigorously follow all health and safety guidelines and to ensure a safe and fun learning and sharing environment.

*"We are pleased to be able to present the ITA Summits for 2020, in an adapted environment due to our current situation with COVID-19. All three summits strive to support our Indigenous tourism business in Alberta, and ensure we continue to make an impact for our Indigenous communities well into the future,"* said Shae Bird, Executive Director of Indigenous Tourism Alberta.

Participants at the Summits will hear keynote sessions about the social impacts of tourism, panel discussions on how to adapt your business through a pandemic, and join breakout sessions on marketing and building relationships. Delegates will discover pathways to success in Indigenous tourism in Alberta, as a community or business owner.

The Special Virtual Summit will be starting on Tuesday, November 3 at 7 pm with an online networking event and will use an interactive display with opportunities for participants to ask questions.

The registration cost of the Virtual Summit is \$75, where they will have access to all presentations for 7 days.

*For more information or to register visit [www.indigenoustourismaberta.ca](http://www.indigenoustourismaberta.ca)*

Indigenous Tourism Alberta is proudly supported in partnership with Indigenous Tourism Association of Canada, Western Economic Diversification, Indigenous Services Canada, the Government of Alberta, and Travel Alberta.

### About Indigenous Tourism Alberta

Driven by the Indigenous Tourism Alberta Strategy 2019-2024, Indigenous Tourism Alberta (ITA) encourages and promotes authentic Indigenous tourism that showcases the unique and immersive experiences offered by its members throughout Alberta. This strategy is industry driven, industry lead and directed by Indigenous People. Through a unified industry voice, Indigenous Tourism Alberta focuses on creating and nurturing partnerships between associations, organizations, governments and industry leaders from across Alberta to support the growth of Indigenous tourism. Further to this, ITA's goal is to enhance economic viability and further engage and support Indigenous people throughout the province by sharing stories, culture and experiences with a global audience. To learn more, visit [www.indigenoustourismaberta.ca](http://www.indigenoustourismaberta.ca).

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While most local libraries are now able to open and operate almost normally, we at Millarville cannot do that as our library operates with one part-time librarian and a bunch of enthusiastic volunteers. Current COVID-19 protocol will not allow volunteer operated organizations to open with their volunteers until stage 5. Fortunately, we are still able to open the following days:

Tuesday 9 - Noon

Wednesday 1 - 7:30pm

Thursday 1 - 4pm

**Our summer COVID-19 protocol is still in place:**

- No more than three people or one family in the library at one time.
- Keep six feet back from the desk and other patrons.
- Please return any books you have looked through but are not taking to the librarian.
- Use the hand sanitizer provided.

In the last six weeks our library has purchased over 200 new books so now is a good time to browse. Of course you can order books or other library material online from any of our Marigold co-libraries and you will be notified by email when they are available for you to pick up.

We will continue with our art displays. Currently we have the Oilfields students' photography exhibit and will be featuring artists from the Leighton Centre. Watch our Facebook for more information.

The cooler days of fall always bring an increased desire to hole up with a good book and while we hope that COVID-19 won't force us to keep too far apart from friends and family we readers know that there is always entertainment, solace and advice in books. *Coming Up For Air* by Sarah Leipziger is a riveting read. Born and raised in Calgary, Sarah Leipziger now lives in London where she writes and teaches writing in prisons. This lyrical, powerful and richly textured novel is about three lives that intertwine across oceans and time. Meticulously researched it reveals a world that is both fascinating and shocking. Certainly a dark, sad novel in many ways, but one that is hard to put down.

### Community Emergency Response Team (CERT) Train-the-Trainer Program Offered in High River

CERT is seeking individuals with emergency skills and knowledge! CERT T-T-T introduces CERT basic training to produce competent instructors for the CERT program. Includes overview for CERT module & teaching tools: Disaster Preparedness, CERT Organization, Disaster Medical Operations 1 & 2, Psychology of Trauma,

Fire Safety & Utility Controls, Light Search & Rescue, CERT & Terrorism. To be held Oct 5 & 6, 2020 at the Bridges of Love's High River Office, #5, 609 Centre St. SW. Cost is \$49 and includes 2 day/2 evening class instruction, CERT mask, beverages/snacks, certificate (lunch/dinner not provided). Instructors are Judy McMillan-Evans & Marg Pollon. To register email margpollon@bridgesoflove.net or call 403.649.0087 for Course Agenda and Registration Form.

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## Turner Valley Resident Named to CBC's Longlist for Nonfiction Prize

CBC BOOKS, CBC's online home for literary content, together with its partners the Canada Council for the Arts and Banff Centre for Arts and Creativity, has announced the Longlist for the 2020 CBC Nonfiction Prize.

Laurie McCulloch of Turner Valley has been named to the Longlist for her story, *Strata*.

Laurie has a journalism degree from Carleton University, a graduate certificate from the Humber School for Writers, and is a member of the Alexandra Writers' Centre Society in Calgary. Her work appears, or is forthcoming, in *Woman's World*, *After the Pause...*, and *Lily Poetry Review*.

### A sample of Laurie McCulloch's story:

*muskeg (n. swamp or bog)*

"Get out quick or you'll get sucked in."—Don O.

"If you want to spend time with me this summer you're gonna have to learn to ride."

*This from a man I'd met two weeks earlier, the guy bent over my coffee table circling ads in the classifieds.*

"Um," I said.

*Not: Who the hell do you think you are? Or: You know it's only February, right? Responses I thought of later when his ultimatum waved like a red flag the size of a four-bedroom house with two-point-two kids living inside.*

*I couldn't help myself, though. I peered over his shoulder at the ads for Kawasaki*

*Somethings and Yamaha Or-Others, and said the only thing that came to mind:*

*"Ride what?"*

*Which is how I found myself, three months later, helping Don unload a couple dirt bikes from the back of his truck.*

*We were parked in a field at the base of the Rockies, surrounded by acres of thick forest, wolf willow and barberry in full leaf, the Spring sun high and warm. On their kickstands the motorcycles rose out of the knee-high switchgrass: Don's the lime-green Kawasaki, a giant praying mantis; mine the sedate blue rental beside it, an ironing board on wheels.*

The finalists, announced Sept. 24, are:

- Joseph Kakwinokanasum of White Rock, B.C. for *Ray Says*
- Amy MacRae of Vancouver for *Take a Photo Before I Leave You*
- Jonathan Poh of Burnaby, B.C. for *Value Village*
- Rachael Preston of Nanaimo, B.C. for *The Story Teller*
- Leona Theis of Saskatoon for *Sturnella Neglecta (Overlooked Little Starling)*

The stories were selected from more than 1700 entries received from across Canada. The public can read the shortlisted stories on CBCBooks.ca. The winner of this year's prize will be announced on Oct 1.

The jurors for this year's CBC Nonfiction Prize are Yasuko Thanh, Bill Gaston and Robyn Doolittle.

In addition to a cash prize of \$6000 from the Canada Council for the Arts, the Grand Prize winner will receive a two-week writing residency at Banff Centre for Arts and Creativity and will be published

on the CBC Books website. The four Runners-up will each receive \$1000 from the Canada Council for the Arts and will be published on CBC Books.

For more information on the CBC Literary Prizes, please visit CBCBooks.ca.

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## TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Can you believe it's October already? Fall is definitely upon us, as the leaves cloak the ground, the squirrels scurry about securing their stashes, and bears fatten up for their long slumber, all in preparation for the winter ahead. But don't fear; the forecast for the next month or so is for slightly higher than average temperatures, some precipitation (ie: snow), but generally sunny and mild. As they say, if you don't like the weather, just wait 15 minutes!

Our farmers and ranchers have been happy with the weather this summer, and reports of bumper crops abound. As I write this in mid-September, there is still a lot of hay all rolled up on the farms between Black Diamond and Okotoks. We did have some hailstorms, but they didn't appear to do too much damage this year, and it seems Foothills had a good harvest this year. The Boys and Girls Club put on a Harvest Festival on September 25 and 26, with support from both towns. They had drummers, dancers, storytellers, a market, carnival, and more, all with COVID-19 precautions. The Saskatoon Berry Farm has frozen their berries and they are available for purchase, check out their Market Garden as well.

A while back I heard of a local Black Diamond man initiating **a project in which residents could offer their fruit trees/bushes products for picking.** The fruit and berries picked would be by volunteers, and the spoils would be split between the home owner, volunteers, farmer's markets, and the Food Bank. It's good to get all the fruit off your trees so that bears aren't tempted to snack in your backyard, and of course it's great to not waste such fresh fruit. Anyone still with a pick (no pesticides please) can contact Rob McWilliam on Facebook, and leave him a message there. He said this year wasn't the best year for picking fruit trees, and I noticed my neighbor's crabapple wasn't as full as usual. But

such a great idea, and by next year I hope to see Rob's initiative take off.

**The Oilfields Food Bank is providing a small specialty hamper this Thanksgiving season, to those who may not be able to afford the holiday.** There is a choice of turkey or ham. Pre-registration is required, submit your request online at [unitedchurchinthevalley.com](http://unitedchurchinthevalley.com) or at 403.612.1291. Hampers will be ready to pick up in the parking lot at the United Church in Turner Valley October 6 from 9-12. Items especially needed for the Food Bank are: flour, tinned tuna and salmon, pancake mix and syrup, cooking oil, toilet paper, and pet food. Cash donations are always welcome and needed for 2020. Food bank donations are gratefully accepted on Tuesdays from 11-2 at the Food Bank, which is located at the United Church. There is usually a Firefighter's Food Drive in November, I will find out when for you in the next issue.

**The United Church is also the home to Jacket Racket!** If anyone in the area is in need of warm winter clothing, you can pick up, exchange, or donate on Tuesdays from 1-3 at the Church. If you are donating, clean, gently used winter wear such as jackets, boots, hats, mitts, scarves, and snow pants from babies to adults are needed, no other clothing please. There are also various drop boxes around our towns if you can't make it on Tuesdays. Jacket Racket runs from October 1 – December 31, for more information, the Church's number is 403-933-4114. They are located in Turner Valley at 125 Royal Avenue.

**Turner Valley Legion has a fundraiser coming up on October 2.** They are pleased to present Waygu Steak Night and Silent Auction with live music from the Billionaire Philanthropists. COVID-19 precautions in place of course. Waygu is any one of the four Japanese breeds of beef cattle. They are only raised in Alberta, Ontario, Quebec, and PEI, and run about \$60 a pound. Known for its deep marbling, the Waygu steak is one you'll never forget for the mouth-watering taste. Doors open at 5 with the dinner starting at 6, for tickets, call 403-933-4564. The chef at the Legion is amazing. Amazing! If you cannot make this dinner or it is sold out, please drop by another day and enjoy a meal. You will not be disappointed, and the prices are very reasonable. You do not have to be a member to enjoy our Legion!

We had a busy summer once things started opening up again. I feel Calgarians made good use of our towns after the long lock down and business was hopping on the nice hot days. Tons of campers too, and motorbikers. Traffic!! Trying to turn left on Main Street in Black Diamond after checking the mail became a bit of a tortuous experience. I started sneaking up the back road to take advantage of the lights instead of waiting for 30-40 vehicles to pass by before I could scoot left. **New to our community is a recently purchased Town Minibus which will be offering rides in a variety of platforms.** This 8-seat bus is fully wheelchair accessible will be available for group charter or on demand for medical appointments, even in Calgary. A regularly scheduled trip into Okotoks will take place twice a week, and the bus will have very reasonable prices. Check out [town.blackdiamond.ab.ca](http://town.blackdiamond.ab.ca) for more details!

**Sheep Creek Arts Council in Turner Valley is currently offering classes in painting, mosaics, and quilting.** There is a new Beginner class on Portraits in Oil or Acrylic being taught by Judy Moore and starting October 4. Joyce Brown is teaching a Noel Quilt wall hanging class on Nov. 14 and 15, and David Kilter has an in person and/or online Open Art Studio in both October and November. To register or to find out more, visit [sheepcreekarts.ca](http://sheepcreekarts.ca). They are located at 133 Sunset Boulevard in Turner Valley.

**Sheep Creek Weavers is a fibre arts guild that was founded in 1974 on private homes, ranches, and farms on the edge of Sheep Creek.** The Millarville Racetrack has been their gathering place for over four decades. They meet on the 1st Thursday of the month at 10 am in the Millarville Racetrack Hall, and are doing Zoom meetings also. They educate in the fibre arts such as quilting, crocheting, knitting, dying wool, and sewers. Their annual sale was cancelled this year but please look them up if you are interested in this art form! Guild membership offers the use of their extensive fibre arts library and equipment rentals. More information can be found at [sheepcreekweavers.ca](http://sheepcreekweavers.ca).

**October is Celebrate your Library month.** We are glad the Library is up and running again after the long absence due to COVID-19, and they are doing everything right to remain open. Some of the programs being offered



are: children's programs, book clubs, drumming circle, genealogy group, fly fishing, Bible study, guitar, writing, Qi gong, and more. For more information or to register, visit [sheepriverlibrary.ca](http://sheepriverlibrary.ca) or give them a call at 403-933-3278, and please support our beautiful library and all they have to offer.

**October is also Fire Safety Month.** Change your clocks, change your batteries in your smoke detectors. Your detectors should be tested once a month. Have a fire escape plan for your home, and practice it. How will you get the kids, dogs, hamsters, and whoever else out of your home safely in the event of a fire? It doesn't take much time to check your detectors and practice your escape plan. Schedule it into your week's activities now and you can rest easy knowing you are prepared. It is one of those things where you think, oh gee, I should do that just in case. A fire escape plan involves drawing a floor plan of your home, and labelling doors and windows. Identify two escape routes from each room. If there is anyone with a disability, what are their escape routes? And identify a place for everyone to meet afterwards. There is lots online to help you make your escape route easy to plan, so take those few minutes while you're surfing online today and get that done. Check those detectors today!

So, one of the things I have missed the most with the craziness of COVID-19 is live music. I am starting to hear that it is slowly coming back and musicians and venues are using their creativity in finding safe solutions. **Just some of**

**the venues to keep an ear out for are:** Concert Series: Beneath the Arch, Turner Valley, On the Edge (Red Deer Lake Church), Gift of Music (High River), and; Griffiths Center Choir (Black Diamond), Black Diamond Hotel, Woodstock Hotel (Turner Valley), Foothills Bluegrass Music Society, Big Rock Singers, RPAC (Okotoks), Oilfields Curling Rink Jam, Hard Knox Brewery, Empress Theatre (Fort Mac), Nanton Hotel, Bragg Creek Performing Arts, and I like to follow the Travelling Mabels, who hosted a backyard concert in September. Please support these endeavors, and many of the Concert Series offer bursaries and scholarships for youth and their music. Music is food for the soul!

Another thing I noticed during these long months was that people were adopting animals from our local shelters, because they had time and wanted company. I was worried that once people started going back to work and school that many of these animals would be returned. So, I did a wee bit of research in September and noticed there were less animals available, not too many dogs and less cats than usual. Let's keep this up people! **Please have your pet spayed or neutered!** And for those of you that feel your pet should have a litter, perhaps to teach your kids about the miracle of life, well there are many videos online to show your kids about that. I found a good website from the Charlotte, NC which had some good information in general. The Humane Society of the U.S. estimates that 6-8 million pets

end up in shelters nationwide. Of that number, 3-4 million will be euthanized, simply because they do not have a home. Instead, use spaying/neutering as a way to teach your children about responsible pet ownership. Also fixed pets have less chance of certain cancers and infections. Cats that are allowed to roam free outside without being spayed or neutered will produce more cats. And those cats will produce more, and so on. These animals may live horrible lives, living under buildings, freezing, starving, along with their babies. Both vets in our two towns offer spay and neuter clinics for those who may not be able to afford spay/neuter, so please please reach out and get help if you need it, and please don't add to any animals' suffering. **And if you are thinking about adopting a rescue pet, remember it is for that animal's lifetime, a true commitment, so the right fit for you and your family is very important in researching which pet to adopt. And next time you shop, pick up a bit extra pet food for the Food Bank.** Thanks for listening.

If you have any events happening in November that you would like to see in the High Country News, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). We love to hear from any not for profit organizations or just any kind of good news in our beautiful Foothills. The deadline for this issue is October 15.

*Happy Thanksgiving October 12!  
Elaine Wansleben*



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## Longview Library

The library would like to welcome Nicki Majchrowski to our team. Nicki will be working a few days a month and filling in for Lynda, our librarian. We would like to thank Lisa Penner for her time with us, and wish her luck in her future endeavours.

The library is up and running. Many libraries are currently operating with reduced hours and staff, so the system is running a little slower than usual. Books are being quarantined at Marigold and in Longview, which also contribute to delays. Because of this, your library is extending the period of fines for 4 days. Marigold is experiencing a backlog of holds, many of which were placed before the shut down. Your holds will not be cancelled, but will just take longer.

Free Masks for Albertans, a collaboration between the Albertan Government, Public Library Services Branch and your library is providing our library patrons with masks. These masks are for every one, not just library

users. Please don't forget to use hand sanitizer at the door. The drop in box is for library books only. Do not put donations in this box.

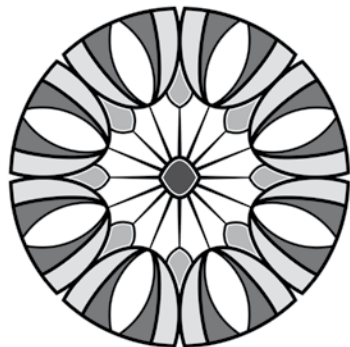
If you haven't already discovered the Story Walks on the pathway just west of Longview, take a walk with your family and friends, read the story and get some exercise at the same time!

New book in: *Too Much and Never Enough* by Mary L. Trump (donated by Susan Raby-Dunne). There are 200 holds on this. But if you are a member of our library, you won't have to wait that long.

Now that school is back in, remember to cultivate the love of reading in your children. Reading enhances the students performance in school, and, enhances self confidence, as does all acquired skills. But most of all, it provides them with hours of quiet pleasure in a stress filled world all of their lives. A suggested read is *New School For Charlie* by Courtney Dicmas. Charlie, a dog finds himself in a new school filled with cats. He finds that he must learn to communicate with his new classmates and in doing so, he makes new friends and learns how to do new things. The book teaches children how to navigate new places and meet new friends.

A light summer read is *The Tumbling Turner Sisters* by Juliette Fay. It is a novel reminiscent of *Water For Elephants*. It is an historical fiction about the vaudeville days in early America. It is about four sisters who are entertainers, who travel back and forth across America. Each chapter is prefaced with a quote from popular entertainers of the day: Bob Hope, Will Rogers, George Burns and many more. If you like this book, Fay has written seven others.

Happy Reading!  
Sylvia Binkley, sliv@telus.net



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Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged. Our next meeting is on Tues, Oct 13, 2020 at 7:30pm. Mike Dorian from Living Soil Solutions will be speaking on *Keeping Your Soil Healthy*. We will be practicing social distancing, no food or drink, sanitize on the way in and out. Please bring a mask. 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.



Usually in this issue, we would be proudly waving our Out Loud Series banner and touting all the wonderfully talented performers, artists and authors that would be coming to the library during the month of October, in celebration of Canadian Library Month. Alas, not so for 2020. Out Loud is just another victim of the COVID-19 pandemic. However, the library is still alive and kicking, with plenty to offer the community at large. We are back to our regular hours and all library services are offered. Curbside delivery is still possible for those who prefer to receive their items this way. Some programs are still running, and if you missed the program list in last month's edition, they are on our website or in the brochures at the library. Room rentals are available on a case by case basis. Please make note of the safety protocols put in place by the various facilitators and the library staff.

Country Food Mart in Black Diamond is continuing to sponsor free family memberships again for children in Kindergarten to Grade 6. If your child attends either Turner Valley or C. Ian McLaren schools, a voucher will be made available through the school. Normally these vouchers are distributed at the end of the school year but because of the COVID-19 pandemic that did not happen in 2020. If you have already renewed your cards, we can extend your membership another year when you bring the voucher to the library. We send a very big THANK YOU to Mark and Rachele at Country Food Mart for continuing to support the library and for their passion for family literacy. Unfortunately, Mark was not able to come and read to the kindergarten classes this year, but we hope to be able to do this again in 2021.

In September, families were faced with making decisions about schooling for their children. If you have decided to take the homeschooling route, you are welcome to bring your children to the library during "school hours". Our staff can help with finding material for topical studies or research projects. The TRAC system we are part of links

us to nearly 200 other libraries, which makes it possible to find most of the items you are looking for. Teagan, our children's area specialist, can assist with finding great reading material for pre-school and elementary children. For the next few weeks, we have a display of books by local author Rob McWilliam in our Juvenile section. In the last two years Rob has written and published sixteen books. Many of these books have the common theme of "What if...", which is sometimes all it takes to spark an idea. *The Squirrel Who Saved a Tree* is available through the TRAC catalogue; Rob's other books will be in the library's collection and available for you to borrow very soon.

Our space is also available for University students faced with doing course work online. Our internet is superior and reliable. We can arrange a separate space for Zoom calls for students as well. The library is an accredited testing site for many educational institutions, so if exam proctoring is required, please talk to us. We offer this service free of charge.

*Stay safe, enjoy the beautiful fall colors, Thanksgiving and great books!*

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# Red Deer Lake United Church

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

Along with other faith communities, we are cautiously planning a return to in-person services at our church. At this time, we are planning to hold services on October 4 and November 15 at 10:30am. These services will be limited to 40 people. Everyone attending the services will need to pre-register on our website – [reddeerlakeuc.com](http://reddeerlakeuc.com) – or by calling our office at (403) 256-3181.

We are still posting Virtual Church services on Facebook, YouTube and our website for you to enjoy. Watch all of our virtual services here: [reddeerlakeuc.com/sundayvideos](http://reddeerlakeuc.com/sundayvideos).

We also have pub nights, Bible studies, meditations, hymn sing-alongs, and family activities online. You can see everything we have to offer on our website: [reddeerlakeuc.com](http://reddeerlakeuc.com).

If you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at [office@reddeerlakeuc.com](mailto:office@reddeerlakeuc.com).

*Thank you for bearing with us as we figure all this out! We hope you are having a safe and enjoyable fall.*

## Henson Trusts Available in Alberta!

For a number of years, estate planning lawyers in Alberta were frustrated by the inability to adequately protect the members of a client's family through the client's will or trust, when a family member was receiving or might receive benefits through the Assured Income for Severely Handicapped programme of the Alberta Government ("AISH").

AISH provides benefits for eligible persons who through disability are unable to provide for their own needs. These benefits can provide a living allowance, childcare benefits and personal and health benefits including things such as prescription drugs, dental and optical care, diabetes supplies, emergency ambulance, or adaptive equipment and other "aids to daily living".

In other provinces, you could create a trust fund for your child to assist them to enjoy additional comforts and supplement their living allowance even if receiving

many, the loss of the disability income was not critical, but the loss of government funded extended health care benefits and prescription costs left the family member in dire circumstances.

As of January 1, 2020, that changed in Alberta. New legislation was enacted which changed that policy.

A lawyer can now set up a fund or "trust" in the will of a client or create a trust during the client's lifetime so the family member can be paid an amount from the trust at the total discretion of the fund manager. The fund manager must have full discretion about the amount of income and/or capital from the fund they pay to the family member. The family member cannot be entitled to the whole income or capital, or to demand payments. Following the death of the family member who was receiving AISH, the fund must be distributed to another person or entity.

Since it is important that this trust is set up in a particular way you should retain a lawyer if you want to include a Henson Trust your will or wish to create one during your lifetime. A lawyer can also advise you about what you should consider so that you name an appropriate fund manager or "trustee".

There are some other options available to provide for a child with special needs, and a lawyer with knowledge in this area can provide advice on how to best do this.

For those who may have a family member who is receiving or may receive government disability benefits and other entitlements, 2020 may be an opportune time to update your will to include a Henson Trust.

*Submitted by Sylvia A. Carruthers, SAC Law*

government benefits like AISH, by creating a fund for them called the "Henson Trust". Until 2020, you could not do that in Alberta.

Previously in Alberta, if a trust fund was set up for the benefit of a family member who was receiving or who might receive AISH, the full value of the fund was considered an asset of the family member. If the fund resulted in certain assets held by the family member being more than \$100,000.00, AISH benefits were no longer available. For



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### Square Butte Community Hall

The board has been meeting regularly to keep abreast of the COVID-19 rules for community halls.

The only activities have been small meetings, but no functions that have food and larger numbers of participants. The board would like to recognize three community members who have gone above and beyond the norm to make our community hall a special place.

Firstly, Edie Durieux has been working tirelessly over the last 45 years volunteering (along with her husband Duane, recently deceased). Edie organized many functions at the hall which included dances, New Years Eve Partys, socials, and special entertainers. She not only organized these functions but would phone people to encourage them to attend so as there was always a good turnout and a successful party. The last seven years she has mowed and trimmed the hall grounds every time she attended to her own yard. Now that is dedication!

We would like to recognize Susan Graham for her 30 plus years of service to the community. She is very skilled at organizing and has worked tirelessly on the rental committee to formulate procedures for proper rental agreements, along with the many trips to the hall, meeting with clients and cleaning the facility. She has been a steady hand over the years and for that we are very appreciative.

Diane McKay has been a familiar face at the hall for the last many years. She worked on the rental committee, showing the hall, inspecting and cleaning and answering the countless questions. She ruled with a firm hand, treating everyone equally. She was always there when needed.

Shanna Dunne's efforts in helping our community have been really appreciated. We have greatly benefited from her extensive network in the Millarville area and her connections with various members of the County of Foothills administration. Shanna maintained our relationship with the Caledonia Midstream Corporation with whom we have an excellent working relationship. She often planned successful events at the Hall and assisted other organizers with their events. Shanna's wise and practical contributions along with her sense of humor will be greatly missed on the board and we are grateful that

volunteering and helping others in our community. Often over the years many people do great things for others but are not recognized for their efforts. We salute you all and so appreciate your contributions. You are our beacon of hope for the next generation so as to make this a better world.

### Square Butte Ladies Group

The annual quilt raffle was drawn for on September 20th, but due to COVID-19 there were only a few people present. Already the plans are in the works for next year's quilt.

We are closing our pie and butter tart shop for a few months so stay turned to what we will be offering for Christmas. To date the group made 86 pies and 54 dozen butter tarts. Call 403.931.2098 or cell 817.219.3972 for baking information. The group has also been making face masks for children, call 403.931.3420 for further information. Visit our Facebook page at Square Butte Ladies Group.

### Local History featuring John Ware

A prominent early settler in our area was John Ware who homesteaded on the confluence of Three Point Creek and Ware Creek. He was a famous Black cowboy who was born into slavery in South Carolina but moved to Texas after the Civil War. He joined a cattle drive in 1882 from Fort Worth, Texas that brought him to Alberta in 1882.

He was renowned as a big, powerful, skillful, and generous cowboy. He established his homestead and a 200 head cattle ranch in 1887 with a registered brand 999. There is a cairn and John Ware Ridge named after him.

In 2012 there was a stamp issued in his honour but with little fan fare. The stamp features him as a rodeo contestant and one of the earliest Black settlers but ignores his importance to the history of ranching in this area.

Shanna wishes to continue to support our community association by planning future events.

To these four ladies, we would like to give applause, and recognize their commitment to

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# De Winton Digest

“Fall is sneaking into De Winton”: in spite of COVID-19 changing many things that are going on or NOT going on in our community. But, ‘seize the moment’ and enjoy the beauty that we are surrounded with.

As in all of life, I have chosen to dwell on what we do have choices and control over, rather than thinking about the ‘old normal’ or what the ‘new normal’ is or will be.

One year ago, we were able to celebrate and focus on what De Winton was like 100 years ago with all the decades of activities from 1918 to now! We did reflect on the Spanish Flu of 1918; little did we know then how much more we would hear about that in 2020! What will the next

100 years have to report from 2020? Many ‘buzzwords’ are already floating around.

“Flatten the curve”: Although that has been made in regards to trying to keep the numbers of COVID-19 statistics lowered, will we try to work towards “Flattening the curve” for: Bankruptcy! Unemployment! Suicide! Are we remembering to do our own small part by:

- Striving to support all the local (especially small) businesses by making sure we ‘buy local’ wherever possible; support local tradespeople, craftspeople, artisans as well as small local markets that are attempting to showcase their talented creative products?
- Traveling and learning about our own ‘backyard’ and the beauty that surrounds us in our own province, when we can not go on planned trips to other countries? It is refreshing to hear about all the hiking that is being done this year nearby. Photography from there is also amazing.
- Considering our way to help and support the many charities, who still provide so much support for such important causes,

but are more limited now in some of their usual fundraising activities?

- Looking after our own mental health by creating new routines and interests? Gardening, which has been a wonderful long-time activity for many people, has now acquired new clientele. The extra time forced on people to be at home has lead them to realizing joy and satisfaction (not to mention convenience) of growing much of their own food. Families are enjoying the outdoors in a more meaningful way without having to drive anywhere.

- Great improvement in the technological skills of especially the more ‘senior’ citizens. Well, we can’t go visit our grandchildren... hmmm best we learn to Facetime or Skype to see how fast those little darlings grow! There may have been a happy pause in some of our volunteer positions! However, soon we learned that Zoom meetings could keep us involved in meetings as well as yoga classes or just connecting with friends and family.

### De Winton Hall Activities

- Stretching Exercise: Mondays 7:30 - 9pm. and Thursdays: 9:30 - 11am. Drop in, no cost to DCA Members. Non DCA members: \$80 for 10 sessions
- Bridge: Resumes on Tuesday evenings at 7:30pm. They always welcome new members of all levels of bridge playing ability. I believe you will enjoy the company and laughter that goes with it. Contact Trudy Vangilst at 403-938-3436.
- Quilting: Our Dedicated Q Bee Quilting group is also a wonderful group of ladies who would also welcome anyone joining them with whatever project you have on hand; valuable suggestions and help would also be available. They assemble every Wednesday at 9:30am. Contact: Lynda Daniluk, 403-690-0219 or lmdaniluk@gmail.com.
- De Winton Book Club: New members are always most welcome to join this group of interested readers, just contact Greg at the Hall for further information. The club meets in Okotoks at the Take the Cake Café at 94 Elma Street the third Thursday of each month. *Trails of Passion* by William Deverell is the book for Oct.17th.

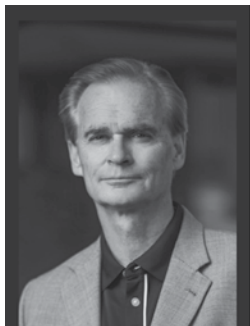
Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. We are now booking the November and December time period for seasonal parties, so if you or your company would like to host a party at the De Winton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.

### DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. We are now booking the November and December time period for seasonal parties, so if you or your company would like to host a party at the De Winton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.

Visit [www.dewintonca.com](http://www.dewintonca.com)

We provide updates on hall functions, programs, news, and more on the De Winton website. Leave comments, get involved and stay in touch with the community.



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# Utility Bills Too High?? Read This...

That time of year is here, and with it comes the dread. We all know about them, all hate them, and have all – at one point - complained about them. High utility bills are one of the primary reasons many families struggle in the winter and others must choose between paying their utility bills and buying what they want for their families.

There are ways to reduce the pain of paying higher utility bills. Who doesn't want to keep their money in their own pockets or spend it on things they actually enjoy?

Here are some simple things to ask yourself, preferably before the furnace has to run full-time:

✓ **Have I had my heating system inspected and maintained by an expert gas fitter?**

A heating system inspection should include the lubrication of furnace parts, cleaning of your blower, inspection for efficiency and toxic gas leaks, as well as the inspection of your air flow system and other important aspects of the heart of your home's warm air control center. Why does this matter? Because a furnace or heating system that is not

operating cleanly and at maximum efficiency is a money-drainer. Imagine what you could buy with the money you save with a well maintained, efficiently running system!

✓ **Have you had your hot water tank inspected and maintained by an expert this year?**

Did you know that you can extend the life of your hot water tank by getting it cleaned and tuned-up? Also, proactively scheduling preventative maintenance

- ✓ Have leaks repaired immediately.
- ✓ If your hot water tank is making strange noises, call an expert immediately.

Calling a Service Expert to inspection and maintain your tank will give you peace of mind and ensure your water system is operating properly and safely.

✓ **Have you had your dryer vent cleaned this year?**

Yes, your dryer vent. A dirty dryer vent potentially doubles the amount of time

it takes for your clothes to dry, thus hiking up your electricity bill drastically. An annual cleaning of your dryer vent is not only economical, it is imperative for the safety of your family and home.

Dirty dryer vents are the leading cause of house fires. It is so preventable, why would you risk the safety of your family and your home by not having this simple procedure done annually by an expert? Along with a

regular heating system tune-up and water heater maintenance, you should see a reduction in your utility bills and more of your hard-earned paycheque available for whatever you wish!

By Carla Berezowski,  
Alberta Indoor Comfort



reduces the risk of a leak or flood, which no one wants to deal with. there, proactive is always the smart way to go and your hot water tank should be cleaned and inspected annually.

**Here are some other tips to reduce your utility bills:**

- ✓ Install a programmable thermostat.
- ✓ Turn down the heat a degree or two.
- ✓ Insulate exposed pipes.

# Seniors' #1 Fear: Loss of Independence



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## The Fire

by Andrea Kidd



The fire was breaking into pieces as it was falling into the washbasin. The first flames were disappointed to feel cold, wet porcelain and they died. So, the flames that followed began snatching desperately for anything they could grab on their way down from the light fixture. Thankfully, some caught on the cabinet handle. One licked up the delicious paint, sizzling and curling the pale blue until it was nice and black and charred. Another piece of fire snagged on the toothbrush holder. The red flame played with the four toothbrushes, twisted their straight backs and shriveled their bristles.

Running out of fuel and desperate to live, one flame searched up and reached out from its landing place in the sink. The only food it could find was the corner of a towel, spread out on the adjoining counter, ready for changing the baby's diapers. It was sufficient! Dry cotton was a tasty meal. Billows of smoke signaled

the fire's enjoyment as it consumed the towel and then found the baby's "A First Book of Colors". Slowly, it crept along the Formica counter top, melting, blackening and bubbling as it spread.

Suddenly, the bathroom door swung open and a young boy dashed in to use the toilet. The lad backed out quickly, however. Stunned, he called out down the stairs, "Mum, it's foggy in the bathroom!"

Mother, wondering what tricks her son was up to now, investigated. Quickly, she assessed the situation and took charge. She herded the three children onto the outside porch with instructions to stay there and look after the baby. She called 911 and joined the children on the porch.

The fire relished the fresh oxygen supplied through the open door and proceeded to eat away at the wooden cupboard. A few minutes later delight turned to dismay as men with boots, slickers, hats and a hose took over its

domain. Water quenched its own thirst on the fire's flames. Reduced to embers and fizzles, water put an end to the frolicking flames.

"Just a little fire, Ma'am. We'll be back for the fans in a few hours. The windows are all open upstairs to clear the smoke. Looks like the cause was some fabric igniting on the naked light bulb above the sink."

Over supper that evening the two older children explained their bathroom routine: wash hands, grab the towel, walk around the rim of the bathtub while drying hands and toss the towel as you leave.

"It got stuck up there and I couldn't reach," said the younger one.

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## What Happens If Your Mortgage Deferral Period Is About To End?

The three to six month mortgage deferral, used by 760,000 Canadians and \$170 billion worth of outstanding mortgage vacations taken from their mortgage payments, will come to an end soon. OSFI, Canada's banking regulator, announced it will start phasing out special regulatory capital treatment of deferrals given improving economic conditions.

But what happens if your mortgage deferral period is about to end, what are your options?

### If you can resume your payments now

When your deferral lapses and/or when you're ready, resume your regular payment as per your mortgage schedule. Getting back on track reduces the overall interest you'll pay. Also, you'll come out of "deferred status" on your credit report

which is important as you may not be able access any new credit while in this condition. Be sure to check your personal credit report the next month to make sure this updated correctly. Congrats, you're back on track!

### If you'll be able to make payments ... not quite yet but soon

If there is a small gap between when your payments are set to start and when you'll have the money for the payment, here are some ideas:

- Contact your lender and ask if they will extend the deferral period for the small time needed.
- If you have a line of credit, borrow from it to make your mortgage payment. Only consider this if you can repay it promptly.
- Can a friend/family member help cover your costs in the interim?

### If you deferred payments not because you had to, but to build an emergency fund

A significant share of mortgage deferrals were done by homeowners who, while able to pay, chose to defer to save the mortgage payment to build up an emergency fund. When your deferral lapses and/or when you're ready, resume your regular payment schedule but leave your emergency account untouched. The

current economy has many unknowns and your situation could change rapidly, having an established emergency account may be a blessing in the coming months.

### If you cannot resume your payment

If you cannot resume your payment any time soon, unfortunately, it is very unlikely your lender will allow a further deferral. While this is a difficult situation, start exploring options now:

- Do not wait until you've missed a payment without speaking to your lender. Make sure you are in contact having an honest conversation about your situation. They may work with you to extend amortization, reduce payment frequency, change mortgage product, etc - they will do what they can to help. When you miss even one payment, you allow a lender to potentially start the foreclosure process.
- File a consumer proposal. With a consumer proposal, homeowners can reduce/amend their non-mortgage debt and very likely keep the home, assuming you can and will keep up with regular mortgage payments.
- List the property for sale. A timely sale will repay the mortgage in advance of the lender proceeding with foreclosure.

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## Dream to The Max

by Duane Harder

The ad goes something like this: “This week’s lotto ticket is worth 40 million and as your dream coach I’m here to help you dream to the max.” The dream coach helps you maximize the focus on ‘me and my pleasure.’

“There’s a joke in financial planning circles, if you have an enemy, give them a lottery ticket,” says Ric Edelman, chairman and CEO of Edelman Financial Services. “One of the worst things that can happen to you is to win the lottery.”

Some studies have shown that 70 percent of lottery winners who win less than \$10 million are bankrupt within a few years. They fritter away the money. “They think it’s a bottomless pit,” Estate planning companies indicate that most lottery winners lose it all within three years. For many, lotto winnings turn into a curse. The list of those who have squandered their prize money while suffering tremendous heartache is long; some regret ever winning.

One financial adviser reminds us: “When you win the lottery, you win money, you don’t win happiness,” Edelman, a financial planner who has considerable experience helping people with ‘windfall’ earnings, makes the following observation: “When you compare lottery winners to the overall population, there is a dramatic increase in the likelihood of divorce, depression, drug and alcohol abuse and suicide.”

So, what does it mean to be wealthy? What does it mean to you to be wealthy? The Merriam-Webster dictionary defines wealth as “the abundance of valuable

material possessions or resources.” In western language that is the combined value of my fixed assets.

Somewhere I read that the word “wealth” actually comes from two Old English words; “weal” (meaning well-being) and “th” (meaning condition of) which when combined means “the condition of well-being”. That is significantly different when compared with the common usage of the word wealth in our culture.

The condition of well-being: That reminds me of the words of Jesus when He said, “What is the profit of possessing every conceivable worldly treasure and losing one’s soul?” In other words, there is a value that transcends material possessions.

My wife and I have three children, twenty-eight grandchildren and eight great grandchildren. From my perspective that is a valuable asset that goes beyond the net-worth of Bill Gates. Who can measure the value that these people will deposit in their spheres of responsibility?

Do you know the name George Washington Carver? This man was a slave boy, born on a farm in Diamond Missouri. The owner of the farm was Moses Carver, a white farmer who was against slavery but needed help on his 240-acre farm. Through a series of providential events, George Washington Carver was able to graduate with a master’s degree in agriculture. He introduced the idea of rotating the cotton crops with nitrogen rich legumes like peanuts. He then developed some 300 uses for peanuts to utilize the surplus that came from the crop rotation program.

President Franklin D. Roosevelt signed legislation for Carver to receive his own monument, an honor previously only granted to presidents George Washington and Abraham Lincoln. The George Washington Carver National Monument now stands in Diamond, Missouri.

Was the wealth of Moses Carver simply the value of the land that he owned? Was it the productivity of that land? Or can we see that there

was enormous wealth in the ‘slave boy’ that lived on that land?

As I write this, there are many life situations that come to mind. My wife’s father was the pastor of the Baptist Church we attended in Crossfield, just north of Calgary. His life ended in a tragic car accident in 1956, Dad MacDonald was the epitome of servanthood. He brought his helping hand to anyone regardless of religion, race or social status. On the afternoon of his funeral, every business in Crossfield was closed. Dad MacDonald enriched our community.

Then there was my own Dad who hauled the groceries and supplies for Crossfield and Airdrie. He was accosted by a man who got off one of the freight trains in Airdrie. Dad offered him food and lodging for a few days in exchange for his help. He was able to get him a job on one of the farms in our community. This man went on to get a college education and then go work in Peru where hundreds benefited from his work.

How would you measure the wealth of Dad MacDonald and my Dad? Is it the sum total of the assets they possessed or the ripple effect of the good they deposited?

There is an intangible, non-measurable component to wealth. How do you measure the value a teacher deposits in helping a student shape their dream and prepare to invest their lives in enriching the world of their responsibility? What is the net worth of the Doctor who spent approximately 10 hours performing a rare chest surgery that saved the boy’s life? When the parents thanked him his response was, “No, I thank you for giving me the opportunity to use my God-given skills to save a life.” The boy grew into manhood and has brought positive benefit to hundreds.

I close with a question: “How do you dream to the max?” Does your dream enrich the lives of others or pamper the temporal desires that end with time?

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## Out of the Rut Chapter 120



It's a lot to live up to: life-long happy parents. I have yet to this day to hear either of them raise their voices, swear or have a serious argument. Most of the time they are an incredible inspiring presence in my life, sometime when my ego whittles away at me, they are insufferably fabulous and I feel so tiny. Other occasions, when I consider the days to come when their presence in this world will rely on our hearts and minds alone, the world suddenly grinds to a halt.

Friends who have travelled my trail with me, have all over the years wandered off on their own preferred routes, while parents – mine at least – remain a steadfast foundation for all that is to come. There are those, many, who will burst into bloom again in my life from time to time, popping up like random daisies and dandelions to shine a little

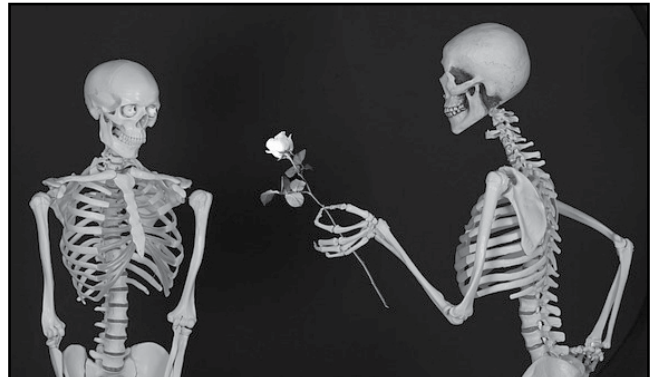
gold here and there. It's a wonderful thing to rediscover a friend whose life has taken them on a different adventure, there are always stories to share. Sometimes I dredge up old connections and stun them with a sudden call from out of nowhere. These days it's a delight to talk with folk and to find others reaching out who may not have done so in a long time.

As our world continues to evolve and change, the great mystery continues to unfurl and recurl around us. What shape will our relationships meld to over the coming months? I dream of launching forth to see my essential peeps, but I see no mileposts ahead on which to hang that dream. I see a winding, undulating path that twists and turns just as much as those that have gone before... and I can see as little of that as ever...barely to the next bend!

At night I lie gazing through the shadows to the ceiling's knots and swirls. This cover echoes the stars beyond and I

find my infinitesimal self slide down the fathomless tubes of light to the stars' origins.

Meanwhile, all we can do is take care of ourselves and each other. Be kind. Be compassionate. Every one of us contains a universe of untold histories, challenges and emotions, they bubble



over from time to time in the most bizarre and unanticipated fashion.

If there is a way in which I may be of service, please don't hesitate to reach out.

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

## Open Letter: Call for Retraction of University of Alberta Report by Friends of Science Society

In an open letter to University of Alberta President Bill Flanagan, Friends of Science Society is calling for the retraction of a U of A report entitled "Assessing Barriers to Renewable Energy Development in Alberta: Evidence from a Survey on Wind Energy with Rural Landowners". Friends of Science Society states that the report, written by students and professors in the Department of Resource Economics and Environmental Sociology and funded by taxpayers through SSHRC, makes false and disparaging remarks about the society whose membership includes many U of A alumni in earth sciences, engineering,

and management. Furthermore, the report inaccurately frames Alberta as a laggard in wind energy, when in fact the province was the first jurisdiction in Canada to have a wind farm, dating back to 1993.

The letter also points out several technical and scientific inaccuracies in the U of A report with regard to climate change and electrical power generation. Friends of Science letter says that "it is curious that these University of Alberta professors and grad students state that "Concerns about anti-climate action interest groups [referring to Friends of Science and Grassroots Alberta] spreading misinformation are pressing in Alberta...." when it is obvious that the more pressing concern is the foreign funded, taxpayer subsidized, ENGOs, spreading false and misleading information about the Alberta oil sands...".

It is disturbing that the U of A report "Assessing Barriers..." attempts to identify angles to convince rural communities and residents to buy into wind farms, when wind turbines kill hundreds of rare raptors and bats every year, which are crucial to agricultural pest control.

Contrary to the derogatory statements in the U of Alberta report, Friends of Science Society is 'pro-climate science information' and opposed to poor climate or energy policies based on myths that humans can control the climate of earth by taxing people.

*Submitted by Friends of Science  
Friends of Science Society advocates for open, civil debate on climate science and related energy policies, and full cost-benefit analysis of proposed mitigation.*

## ADHD & Anxiety

by Roché Herbst, M. A. R. Psych.



### What Is The Connection?

ADHD and anxiety can look similar, but are very different conditions. For many, it is a package deal. Living with ADHD can be anxiety producing. It may make some of your ADHD symptoms worse i.e. feeling restless or having trouble concentrating. On the other hand, an anxiety disorder is more than just having anxious feelings from time to time.

### What Is The Difference?

"ADHD is in my brain. Anxiety is in my thoughts" (June Silkway, 2018). Anxiety comes and goes. ADHD is always present. Some people feel they can have more control over their anxiety than their ADHD, because no matter how hard they try to reframe it and think it away, their ADHD does not go away.

### Do People With ADHD Get Easily Anxious?

It really depends on what type of anxiety you have. Sometimes people experience severe anxiety that is so overwhelming that it is the anxiety itself that interferes with your ability to focus. Those who only have ADHD may look for anxiety-provoking situations as a way of getting the focus they need. Just because you have ADHD does not

guarantee that you will develop anxiety. However, it can trigger very powerful emotions as you live life with a few quirks. This could be socially, in school, at work or in relationships.

### What Type Of Anxiety?

You may be dealing with generalised anxiety disorder, social anxiety, panic attacks, post traumatic stress disorder (PTSD) or even obsessive compulsive disorder (OCD). Some adults with ADHD can look somewhat obsessive or compulsive about what they do i.e. checking to make that they've actually turned the stove off. The difference between that and true OCD, is that the latter makes them less functional. The person with OCD doesn't check the stove once or twice. They check it ten times. For the person with ADHD, the checking is based on good self-knowledge that they might have forgotten to turn the stove off, because their experience has taught them that this is the sort of thing that they sometimes do. In this case, these behaviors are helpful in contrast to true OCD behaviors that really lock a

person down. Therefore it is important to determine when and why you become anxious.

### What To Treat First?

The symptoms are not the problem. The condition that is driving the symptoms is. If the anxiety is caused by your ADHD, then that needs to be dealt with first and vice versa.

### What Can I Do?

Well-known researcher and psychiatrist Dr. Amen suggests "...using the least toxic, most effective treatments for our patients...from natural supplements, medications, dietary interventions, sleep, exercise and targeted psychotherapy".

- Get professional help through your physician and/or psychologist.
- Get your ADHD treated. It may have fueled your anxiety. Potentially it could really turn things around in more ways than one.

#### Sources:

Silkway, J. (2018). *The ADHD Coach*. The Guilford Press, New York, NY.

Amen, D. (2015). *Magnificent Mind at Any Age*. Three Rivers Press, New York, NY.

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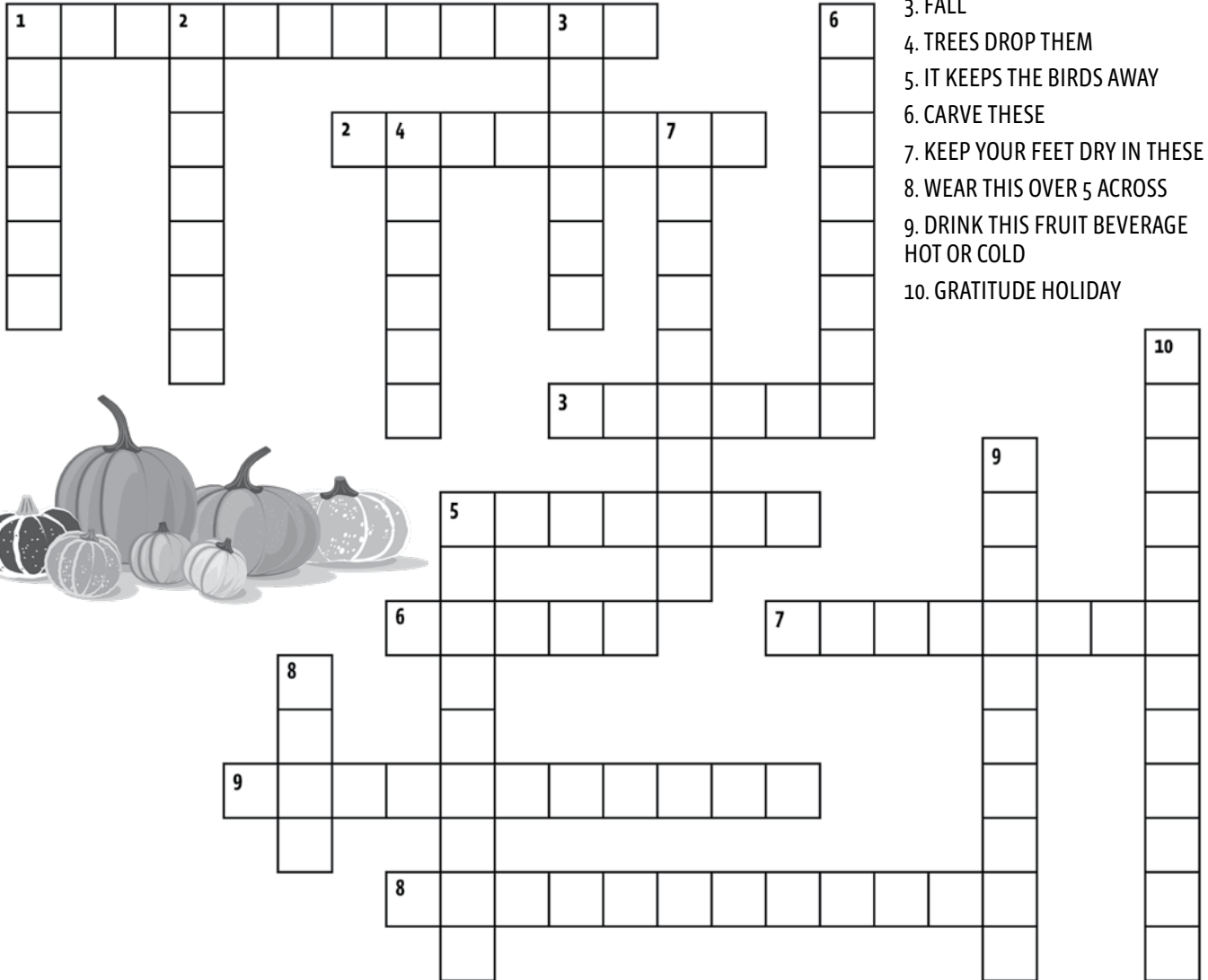
- \_\_\_\_\_ SMELL MY FEET
- JACK \_ ' \_\_\_\_\_
- THEY BRING THUNDER AND LIGHTNING
- TRADE A T-SHIRT IN FOR THIS ON COLD DAYS
- COLLECT THIS ON HALLOWEEN
- THESE GATHER TOGETHER AT

## HOLIDAYS

- SWEET, WARM, RICH DRINK
- DRIVE AROUND TO SEE THESE CHANGE

## DOWN

- BIRD EATEN AT THANKSGIVING
- WHAT YOU WEAR ON HALLOWEEN
- FALL
- TREES DROP THEM
- IT KEEPS THE BIRDS AWAY
- CARVE THESE
- KEEP YOUR FEET DRY IN THESE
- WEAR THIS OVER 5 ACROSS
- DRINK THIS FRUIT BEVERAGE HOT OR COLD
- GRATITUDE HOLIDAY



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MASSAGE - SYLVIE LAPPA ..... 403.828.5408

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LOCAL PROFESSIONAL CLEANING, cleaning@fastmail.fm ..... 403.619.9441

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TKMS GROUP, tkmsgroup.ca ..... 877.651.0398

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MAVERICK LAW ..... 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca ..... 403.554.8535

## MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca ..... 403.256.4925

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## RETAIL

BRAGG CREEK TRADING POST ..... 403.949.3737

ENLIGHTENED HERB CANNABIS, Black Diamond, enlightenedherb.ca ..... 403.933.5323

MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147

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MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

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