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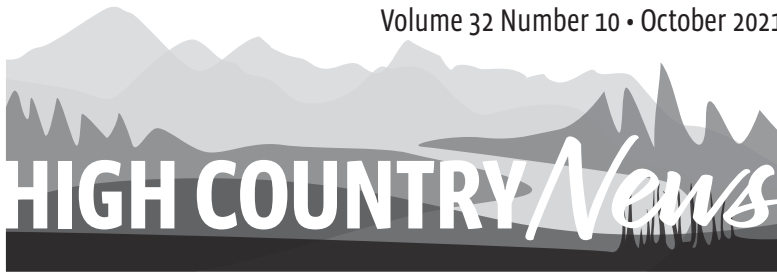
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LETTER FROM THE EDITOR

As we welcome October, we see the full beauty and colour of autumn unfold with all its splendor. With the celebration of Thanksgiving approaching it would be good to remind ourselves of the significance of that celebration. Thanksgiving was the coming together of two very different cultures, where First Nations people worked with the early settlers, enabling them to have a plentiful harvest and survive the coming winter. (Albeit, it wasn't exactly as the story books portray) As my words must be few, we would do well to study this chapter in our North American history, as now more than ever, we need to "bridge the gaping chasm" between not just two cultures, but many distinct cultures and people groups that make up our nation.

The recent federal election highlighted this issue. We are a country that is fractured both geographically and ideologically. Unfortunately, I have seen very few leaders emerge that are willing to bridge and heal

this divide. Perhaps this past election will bring this to the forefront.

With legislations like bill C-10, if one raises a concern against the popular opinion of the day, we are not only silenced and de-platformed, we are vilified, publicly shamed, and could potentially have our licence to practice our profession removed. It is easy to entrench ourselves into our ideology; it is more difficult to admit that maybe we could learn from another point of view, broaden our perspective, and become more effective citizens, bringing positive change and unity into our communities and nation.

I trust you will be able to enjoy the beauty of fall, the connection with family and friends and reflect and express thankfulness for the past year – the big and small things that made us smile even in the craziness of this past year and the things which opened our shaded eyes to see in a new light. Perhaps we are just a little more awake to the real needs and fears of others and can begin to move ourselves from antipathy to empathy.

From my family to yours, Lowell Harder



ARTIST PROFILE

"Pure Unadulterated Love"

Bison and birds have a symbiotic relationship. The birds help take bugs off the bison hides and the bison stir up the ground which help the birds find food. They need each other!

Mady lives in Turner Valley and sells her paintings both from her studio and from local galleries. She can be reached through her website www.Mady.ca. She welcomes visitors with pre-arranged appointments.

Her work has been sold to art lovers across Canada and internationally for many years.

Mady hopes that by painting our natural world around us, she is helping to remind us how precious it all is.

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MASHA SCHEELLE, HCN STAFF

Q&A with John Barlow; the Foothills Member of Parliament

Conservative incumbent, John Barlow, was declared the winner in the Foothills riding in the federal election on Sept. 20 with 69% of the vote. Barlow had 44,356 votes; NDP's Michelle Traxel, 7,116 votes; People's Party of Canada's Dan Hunter, 5,111; Liberal Paula Shimp, 4,441; Maverick Party's Josh Wylie, 2,289; and Green Party's Brett Rogers, 802.

Despite the win for Barlow, the conservatives are once again the Opposition, similar to the previous government. The Liberals now have 158 seats with 32.5% of the vote, while conservatives have 119 seats with 33.8% of the vote. In 2019, the Liberals won a minority government with 157 seats while the Conservatives took 121.

Barlow responded to some questions from High Country News following his victory:

HCN: What does it feel like to be elected as a member of parliament for the fourth time?

Barlow: It is an honour to have the support, confidence and trust of the constituents of Foothills. We work hard every day to earn their votes. I love this job and I am privileged to represent the hardworking families and business owners in southwest Alberta.

HCN: What are your thoughts on the election results?

Barlow: The overall results are disappointing obviously. I believe we had a chance to win this election. Canadians were not pleased Justin Trudeau called an unnecessary election that cost the taxpayers \$600 million and they would not give him a majority. However, as Conservatives, our leadership needs to assess what went wrong in the campaign, we need to unite our movement and we need to show Canadians what we stand for on policy, on principle and on critical issues.

HCN: What are your priorities going forward?

Barlow: Moving forward I will focus on rural connectivity. Although we were able to get Bragg Creek access to broadband,

much of my riding still does not have access to high speed internet. Also, fiscal responsibility is key because we need to go from a credit card economy to a paycheque economy. To start we need to get Canadians back to work and our small businesses back up on firm footing. Agriculture and Energy will also play important roles in the post-pandemic economic recovery.

HCN: How have your priorities changed from your previous term?

Barlow: There are always new issues which arise - I certainly did not see COVID coming and roles in Ottawa change but my focus is always ensuring I speak for the constituents of Foothills first.

HCN: How do the election results impact the potential progress of those priorities?

Barlow: In Opposition it can be more difficult to get issues addressed, but I believe I have shown I can work across party lines to get things done. For example I was able to get unanimous support for my Private Members Bill C-205, funding for key projects in Foothills and raising important issues at committee and in the House of Commons.

*Masha Scheele, HCN Staff
media@highcountrynews.ca*

ROCKY VIEW NEEDS CHANGE

We need to get County debt under control

Why Should You Care?

Because until that happens, we, the ratepayers, are on the hook

Rocky View's long-term debt is \$1,197 per person – up from \$347 per person 15 years ago.

Future development in East Balzac must generate \$91 million in off-site levies for Rocky View to recoup the investment made in the early 2000s (plus the interest that has accumulated while past development hasn't paid its share).

This Council made things worse by borrowing another \$20 million and taking \$12 million from the ratepayers' rainy-day fund (the Tax Stabilization Reserve) all for "investments" in water / wastewater infrastructure with no coherent payback plans.

We deserve better.

Get Informed - Vote! Rocky View's election is October 18th

Together we can make a difference

www.rockyviewforward.com



MLA UPDATE - Banff/Kananaskis

Miranda Rosin

Effective as of 12:01 am on September 20th, public health restrictions have come back into effect in Alberta.

I want to recognize that this is not the outcome any of us hoped for, and that for many of you who own small businesses, the mere thought of more restrictions may feel absolutely devastating. I understand why many of you feel frustrated and exhausted, and I want you to know that every email you have sent me these past few months, whether about a family member struck with COVID-19 or a family business pushed to the brink of bankruptcy, has been read with heartfelt compassion for your situation.

Despite the new announcement, absolutely no business will be required to close their doors. Absolutely no business will be required to demand proof of vaccination prior to entry. And absolutely no Albertan will be required to choose between receiving a vaccine or being denied essential services. For these things, I am grateful to be Albertan. Restaurants, retail stores, fitness facilities, and entertainment venues will be given two options. They may opt to require either proof of vaccination or a negative COVID-19 test result prior to entry to their premises, and if so, will have no restrictions or capacity limits imposed on their operations. Alternatively, they may opt to not require proof of vaccination or negative test results prior to entry. If they choose this latter option, they will still be permitted to remain open and serve their patrons – but with operational restrictions and capacity reductions.

I strive to be a politician of integrity and honesty. That is why I have spoken out several times over the past year to express my true feelings on pandemic-related matters, and why I have always been frank and candid with those of you whom I've had the pleasure of conversing with. As human beings, you deserve that. When I spent my entire summer joyfully speaking at community events and promising you

through phone and email communications that our province was not only open for summer, but that we were open for good and never going backwards, I meant those words. Every time I spoke them, I believed them. I never had intentions of misleading you. I chose to believe in hope; in optimism; in better days ahead.

Yet we are now 19 months into this pandemic, and while Alberta is fortunate to have a 99.5% COVID-19 survival rate, our healthcare system is overloaded and hundreds of people are still suffering. At maximum capacity, our hospitals have 173 ICU beds. We currently have over 200 individuals in our ICUs with COVID-19, over 90% of which are unvaccinated. Our government has done all we can to make vaccines available to those wishing to receive them, including efforts to open mass AHS vaccination clinics in our major urban centers, deploy roving vaccination buses to smaller communities, making vaccinations available at rural pharmacies, giving vaccination priority to towns such as Banff where there existed high risk of viral transmission, and even going so far as to offer vaccine lotteries and monetary incentives. Still, we always remained firm that vaccines would be encouraged but never mandated in our province, contrary to what other provinces and countries have done.

The painful decision to reintroduce public health restrictions in Alberta did not come easily. It came after seven hours of caucus debate, followed by eleven more hours of cabinet debate. That is 18 total hours of deliberations to reach the difficult decision that was made today. For some of you, the announcement will not go nearly far enough to make you feel safe within our province. For others, this announcement will go too far and vastly inhibit your ability to live your life and run your business. There was no solution that would have pleased everyone.


While the solution isn't perfect, when compared to other jurisdictions such as BC that have made vaccinations mandatory for all non-essential activities without even allowing for medical exemptions, I remain grateful that our government allowed for significant debate prior to this decision, and that we settled on middle ground with a plan that offers choice to Albertans and

gives businesses the ability to continue fully operating.

Our 61 MLA caucus represents views from urban and rural, young and old. Some represent people who would prefer a complete circuit breaker lockdown coupled with mandatory vaccines until COVID-19 is eradicated, and others represent those for whom there is no limit to how far removed they want the government from their lives. Opposing views and intellectual debate are what make democracy beautiful, and this outcome – allowing all businesses to stay open while finding creative ways to keep people safe without heavy handed mandates - is the result of that. As you talk to strangers in coffee shops and have dinner table conversations with your family tonight, try to be patient and compassionate with those who carry a different viewpoint than you. COVID-19 has been one of the most divisive issues of our lifetime, but with understanding and respect for mutual compromise, we can and will come out of this as a society.

For the full list of restrictions and rules announced today, visit: www.Alberta.ca.

Miranda Rosin, MLA



MLA Miranda Rosin
Banff-Kananaskis


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REDWOOD MEADOWS EMERGENCY SERVICES

Redwood Meadows Emergency Services responded to calls for help 72 times this spring/summer when cyclists, ATVers, motorbikers, cyclists and hikers found themselves in trouble.

Here are some tips to stay safe when you're enjoying K-Country:

Pack gear suitable for the conditions: Be sure to pack extra gear, food and a headlamp in case you have to be on the trails for longer than expected.

Don't get lost: Bring a trail map, a navigation tool and a communications device.

Stay where you are: If you get lost, it's easier for first responders to find you if you stay on the trail.

Bring more than enough water...and more than enough food: Not drinking enough water is the biggest mistake many backcountry enthusiasts make.

Be prepared for accidents: Compact first aid kits are readily available. And you have taken that first aid course, haven't you?

Go early! It's easier for first responders to find you in daylight.

Make a plan and share it: Let someone know where you're going and when you'll be home.

Know where you are on the trail: If an emergency strikes, knowing you are one third of the way up Moose Mountain or the name of the jump you're near will help first responders get to you quicker.

Stay where you are: If you get lost, it's easier for first responders to find you if you stay on the trail.

Until next month, stay safe...and if you see the big red trucks coming up behind you with the lights and sirens, pull over and STOP, so we can get to a neighbour's emergency quickly and safely.

Alison Archambault



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SPRINGBANK CREATIVE ARTS CLUB

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

Fall is in the air. The cooler mornings and the changing colours are always a harbinger of what is to come. We will reap the fruits of the harvest and enjoy the stunning scenery that surrounds us. We are so blessed to live in this great and bountiful county.

The club was delighted to participate in the vendor market at the Springbank Old Tyme Fall Fair Sept 11, 2021. Thank you to Jody and Mike from the Park for All Seasons for making it all happen. Many customers got their handmade craft fix at the fair. It is always so nice to see old friends and neighbours, and the support for

the local artists artisans and crafters is appreciated.

It was regrettably been decided to postpone the annual Springbank Christmas Market again for this year. Due to the fact that there is no suitable space to accommodate the event. The decision came after much discussion, and once a space is located, we plan to continue in 2022. Please stay tuned for new developments.

Next meeting date and the location is TBD. On the agenda is Show and Tell, and future plans.

There is always room for new members! If you are an organizer or decorator or have some skills that can be utilized, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice – email janice3lambert@gmail.com for any new business to be introduced at meetings.

Although the Annual Fall Sale in November, has been cancelled, we will still meet and share ideas, creations and

friendship. We are an enthusiastic group and welcome new members to come out and join us. Consider this as a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about membership email yjo999@gmail.com. Happy Thanksgiving everyone! Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett, Springbank Creative Arts Club



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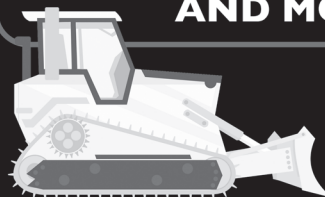
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Calgary Wants Control of Rocky View and Some Want to Give it to Them

There's a battle underway for control of development in Rocky View, Foothills, and Wheatland County. Calgary wants to control the land surrounding their city to sterilize it and preserve it as a land bank so when their urban sprawl spreads out, they can annex the barren land and continue to stack-n-pack to their high-density urban delight. It's a recipe for disaster as it would completely erode the Rocky View advantage and the uniqueness that makes Rocky View the thriving municipality that it is.

Rural councils understand this and stand united in their opposition to the snide control of the Calgary Metropolitan Region Board (CMRB). Well, maybe not all of them. While all three rural councils voted against the CMRB's proposed growth plan, there are three Councillors in Rocky View who seem to believe in the central planning control by the CMRB. Not surprisingly, it is the formerly sanctioned three: Councillors Samantha Wright, Crystal Kissel, and Kevin Hanson. They, and their supporters, seem to prefer handing over the keys of Rocky View and indeed all rural municipalities to the big brother next door, instead of defending us. They're playing for the other side.

Consider that CrossIron Mills mall and its 4000 plus full-time equivalent employees would not be here if it came forward today. It would have been voted down by Calgary and a few of the other urbans would have been only too happy to fall in line to support Calgary, undercutting their own municipality along the way. Harmony Beef and its 500 employees in the agriculture sector would not be here either. It too would be a victim of the controlling, anti-free enterprise Board which, led by Naheed Nenshi, has been bullying Rocky View and the other rural communities around the table.

You may wonder why anybody in Rocky View would support such a Board.

How can anybody support letting Calgary bureaucrats and left-leaning politicians decide what happens in their municipality? How can anybody support such a clear violation of democratic freedoms and property rights? Does a landowner have no say over what happens on their property? Does a resident of one municipality have to be governed by the council of another municipality? These are all valid questions, and even asking them reveals a troubling reality unfolding.

The fact is, there are some that see the CMRB as a way to stop development and growth. They naively believe that the CMRB means no growth will occur in Rocky View and therefore, being anti-development, they support the Board. The reality is, they are cutting off their nose in spite of their face. By sterilizing Rocky View lands and preserving them for Calgary to develop when they see fit, they are literally setting the stage for the urban style densities, and stack-n-pack housing they moved to Rocky View to get away from. If you need a visual, just look to the Calgary developments adjacent to Bearspaw and Springbank. That's what is coming if Calgary gets its way, and that will forever change the character and unique quality we've all come to appreciate in Rocky View.

Handing the keys of Rocky View, Foothills, and Wheatland County over to Calgary is an ultimately futile and bad idea. We need to make sure that politicians in these rural municipalities learn about the implications of their positions and continue to stand up for rural Albertans and preserve the lifestyles that others have spent years, and even generations, sculpting. Any politician who would support another jurisdiction's growth plan over their own municipality is never a voice worth electing.

Bruce McAllister is the former MLA of Chestermere – Rocky View, and a well known advocate for property rights and democratic freedoms.



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The Power of Compound Interest

"Money makes money. And the money that money makes, makes more money." This quote by Benjamin Franklin is referencing the power of compound interest. Albert Einstein extolled the wealth-building virtues of compound interest as well. He is reputed as saying he considered it to be man's greatest invention and the eighth wonder of the world. A much simpler way to describe compound interest is that it is an excellent way to watch your investments grow exponentially over time.

Compound interest means that you begin to earn interest on the interest you receive, which multiplies your investments at an accelerating rate. For example, if you have \$10,000 and it grows by 10%, you have \$11,000. Then, if you earn 10% on that, you end up with \$12,100. And so on, until eventually, your original \$10,000 is far surpassed by the growth you've gained over time. If you didn't add to your initial investment of \$10,000 and let it compound annually, in 10 years you would have gained \$15,734. Your \$10,000 became \$25,734, and you didn't have to do a thing. The more you invest and the longer you let it compound, the more your initial investment will grow.

Key Factors of Compound Interest

1. Time

Time is a critical factor in compound growth. Therefore, thinking in terms of years rather than days is foundational to your investment plan. The longer you leave your money invested to compound, the more you'll have in the future.

2. Regular Contributions

Every dollar you add to your investment plan increases your overall balance. As your investments grow, your balance increases, your investments increase and so on.

3. Patience

Compound growth rewards patience. With calmness and fortitude and a willingness to let your investment grow with few or no withdrawals you could begin to see significant growth in your long-term returns.

4. Growth Rate

The compound growth rate is the key factor for how well an investment portfolio grows over time. Some investments grow as little as 1% per year whereas a diversified portfolio of high-quality mutual funds have tended to earn 10%, 15% and more, annually, over the long term.

Many people try and time their investments by moving in and out of the stock market in an attempt to side-step a potential stock market pullback. Stock Markets move so quickly today that trying to time the Market is very difficult. History has shown that it is Time in the Market that counts, not Market timing.

Contact my office for more details about long term investment performance numbers. You will be astounded as to what time and compound interest can do for even modest sums of money.

Compound interest is a bit like rolling a snowball through the snow. The longer you roll it, the larger it gets. And as it grows, it becomes larger at a faster rate. It takes time and patience, but the good news is that whether you begin with \$100, \$100,000 or \$1,000,000, compound growth can help you make money with your money. The key is to start as soon as you can, and the best place to begin is with a trusted financial advisor.

Remember the old Japanese Proverb, "the best time to have planted a tree was 20-years ago. The next best time is TODAY."

Stop procrastinating and call to arrange an appointment for a financial reality check. Together we work at turning your dreams into reality!!

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Landowner & Hunter Rights

This is an updated article of one I wrote last year at this time. With hunting season 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. If you are a landowner and/or hunter, it is important know the laws and rights with respect to hunting and private land. It is quite likely that we will see increased presence of hunters this year given the rising cost of food and the fact hunting is a pleasurable, social distancing activity.

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/

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."

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.

It is unlawful to "discharge a weapon within 183 m (200 yards) or cause a projectile from a weapon to pass within 183 m (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".

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 needs to be noted that harassing hunters is against the law, and you can be charged for such.

It is illegal to use drones for hunting purposes.

I am aware of a situation where a couple of middle-aged males were parked in the ditch on a hilly gravel road resulting in blind spots. An HCRCWA member stopped and had a conversation with them but things didn't seem quite right so he took the license plate number and called it in to the RCMP. (He later determined they were target practicing with a bow along the road allowance.) A constable called him back for more information and said he would call the registered owner of the vehicle and advise him of the inappropriateness and dangerousness of that activity along a public road. These calls do get followed up.

If you call the Report a Poacher line which is available 24 hours/day, 7 days/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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TRAIL TALK!

Fall – A Busy Time of Year

Trail crews have been hard at work on the West Bragg Creek trails!

Geoff, Kim, and David re-decked and re-railed the bridge on East Crystal Line.

And a huge thank you to Justin and Mackenzie at Walsh Equipment for donating an excavator (and a qualified operator) to complete trenching work along Mountain Road and Moose Connector. The trenching will divert water run off along these trails, alleviating wet and/or icy tread. The excavator, operated by volunteer Seth Ryder, saved many hours of manual labour. Thanks Walsh Equipment for the donation!

And there's also a new Beaver Interpretive sign along Mountain Road for you to check out!

Honouring a Founder

Recently we were delighted to catch up with a founder of our organization, Robert Sadée and his wife, Jennifer. Robert and Jennifer were instrumental in the creation of the Trails association back in 2004, and we felt it fitting that they should have BCT hats to wear proudly and around Victoria, BC where they now live. Read more about the history of BCT at braggcreektrails.org/honoring-our-founder/

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WHAT DOES REGIONAL PLANNING REALLY MEAN FOR ROCKY VIEW?

The County is promoting the Council majority's view to try and convince residents that the Calgary Metropolitan Region Board (CMRB) is the worst thing that has ever happened to Rocky View. Here's another perspective.

Does the CMRB limit residents' say in their municipal government?

No – unless they want high density urban development randomly scattered throughout Rocky View. The CMRB rejected Rocky View's revised Municipal Development Plan and Springbank Area Structure Plans – all were pushed through by the current majority against almost unanimous opposition from residents. It's hard not to conclude that the CMRB listens to residents better than our council.

Does the CMRB restrict business development?

No – unless you want more than 20 acres of new business development outside of already-approved Area Structure Plans – even then, with solid planning rationale and buy-in from our neighbours, it can continue. Working with our regional neighbours will permit Rocky View to develop the business areas in Balzac and Conrich more intensively – there is still decades worth of available land for business development in those areas.

Is the CMRB biased towards urban high-density development?

No – it is biased towards locating high density development where it can be serviced effectively and economically. From Rocky View's perspective, encouraging higher density in urban communities is far better than continuing suburban sprawl. It reduces pressure to annex our land.

Do the urban municipalities control our future growth?

No – development within existing Area Structure Plans can continue under those Plans. Elsewhere, first parcels out, subdivisions with less than 50 new houses, and/or new businesses on no more than 20 acres can go ahead without CMRB involvement, this is the vast majority of development in Rocky View.

Does the CMRB limit housing and lifestyle options in Rocky View?

No – unless you want to live in a new high-density urban-style development without the services of a true urban setting. Langdon, Harmony, and Bragg Creek can continue as planned, with their variety of housing options.

Is the CMRB biased against its rural municipalities?

No – Foothills and Wheatland Counties brought three Area Structure Plans for CMRB review all were approved. Rocky View's amendments to the County Plan, its revised Municipal Development Plan, and its Springbank Area Structure Plans were refused. Maybe Rocky View is the problem. Maybe council should stop pushing through development that relies on services paid for by our urban neighbours. Maybe council should stop gaming the system by ramming through developments under looser interim rules before the CMRB's formal growth plan is approved.

Rocky View's election is October 18th Get informed! Vote!
Visit www.rockyviewforward.com

RE-ELECT COUNCILLOR MCKYLOR

DIVISION 2
Rocky View County



Please support me for re-election in Division 2

I will continue to be a proven leader on council with a balanced approach and ability to plan for Rocky View's future.

If you fail to plan, you are planning to fail.

As the saying goes, Rocky View County needs to plan to take us into the future. We cannot rely on plans that are two decades old. It is important that you have a council that plans for our future because if we don't, Calgary will continue to grow at our expense. The graphic on the right shows Calgary's growth through annexation from 1884 to 2007, and specifically highlights the west. To see a more detailed version of Calgary's growth over the years visit: KimMcKylor.com/map

There are those in the community that will tell you that the Calgary Metropolitan Regional Board (CMRB) is good for Rocky View county. It is not. It only allows Calgary to stop development and make annexation an easier and cheaper process for them.

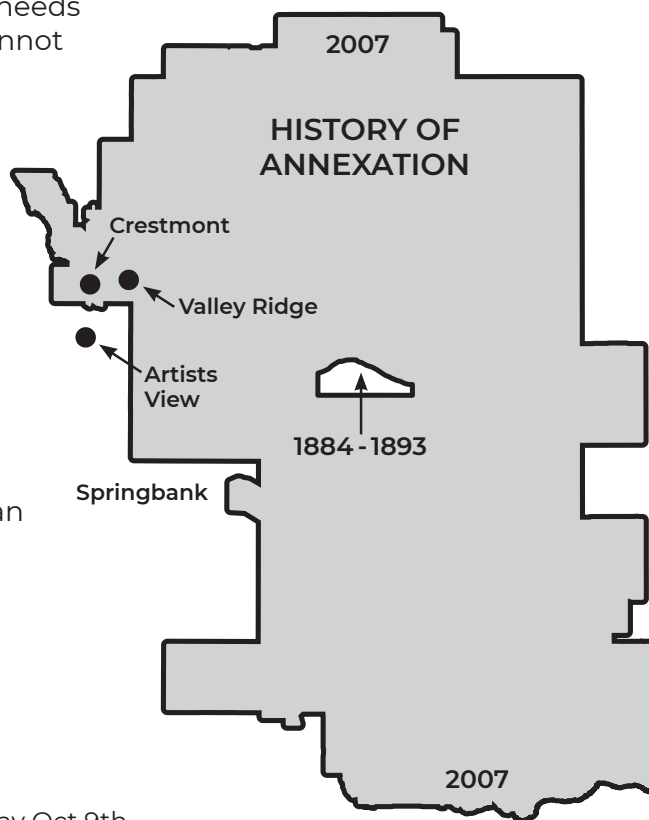
ADVANCED VOTING

Rocky View County Hall, 10am - 7pm

Thursday Oct 7th | Friday Oct 8th | Saturday Oct 9th

ELECTION DAY - OCTOBER 18th, 10am - 8pm

Edge School 33055 Township Rd 250 | **Springbank Heritage Club** 244168, RR33



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MOMENTUM**

For complete campaign updates and information:

KimMcKylor.com | [@McKylorDiv2](https://www.facebook.com/McKylorDiv2) | McKylorDiv2@gmail.com



OCTOBER 2021 TRUSTEE REPORT Judi Hunter

October Report

This will be my final report as new municipal elections will be held October 18. It has been my honour to represent the families and students in this ward. Throughout my term in office, I have endeavored to represent you with integrity and service. To that end, I have participated in both school and community events understanding of the importance of community participation in understanding the governance issues. I would like to thank all of you for the opportunity to serve.

I will be hosting four zoom meetings talking about school Board issues. Each will have a question-and-answer component:



October 5

The 4-year plan and Curriculum Changes
7 pm

Join Zoom Meeting

<https://us04web.zoom.us/j/4824218413?pwd=RDgyV2ZVOUJrNfN6VkFid1lLSi9JUT09>

Meeting ID: 482 421 8413

Passcode: Duke

October 13

Inclusion 7 pm

Join Zoom Meeting

<https://us04web.zoom.us/j/4824218413?pwd=RDgyV2ZVOUJrNfN6VkFid1lLSi9JUT09>

Meeting ID: 482 421 8413

Passcode: Duke

Other News

September 30 will be a non-instructional day in honor of the National Day of Truth and Reconciliation. This change will not affect the remainder of the school calendar.

There has been a lot of angst around the closure of Highway 8 and RR 101. Transportation is working to address the route changes that result from this closure and the increased travel time. Buses from Elbow Valley will be using Highway 22. They will use the highway for the return trip as it is not safe to make a left turn onto Highway 22.

Rocky View Schools chose not to pilot the new curriculum but will bring teachers together to review and provide feedback. Minister LaGrange welcome feedback in this form. We look forward to seeing the revision suggestions

The province two years ago changed the funding formula for schools in order to improve predictability around funding. However, the government has given the Board notice that there will be changes to the funding formulas. Our administration is trying to understand the implications of this notice.

The government has given each School Council \$500.00 to improve parent consultation. This initiative is in support of the government's desire to have parents more directly involved in school decisions.

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
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Hours: 9.00am -4.00pm
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Appointment: Call 403.861.1503 for more
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You will receive a call to confirm
your appt.

*Clients must provide their own foot basin & towel

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 3

Success for Bragg Creek Orchid Group

A number of local residents requested my input on how they might have 11th-hour changes made to the RVC berm project, in order to protect native orchid populations. I provided advice on how to approach administration, and recommendations for a long-term community strategy to protect the orchid's unique micro-ecosystems. I'd like to congratulate the community for successfully working with the County to ensure this unique asset continues to thrive. Chase down braggcreekwild.ca or experiencejourneys.ca for more information.

101 St. SW Closure Impacts

Highway 8 Communities

With Alberta Transportation's (AT) closure of Calgary's 101 St. - Hwy 8 intersection, the impacts on our communities are significant. It is a serious inconvenience for everyone, is affecting peoples' quality of life, and jeopardizing public safety.

At this time, signs at the intersection indicate that AT is maintaining emergency access through the construction, so our EMS

Vehicles can continue moving between the Elbow Valley Fire Station and south Springbank.

Although the closure was covered in AT open houses long ago, the delays in the completion of the SW Ring Road project have exasperated the disconnect between everyone who is affected and the project.

From my point of view, AT probably has three factors behind its decision to close the intersection:

- A purely **Engineering** constraint exists, (no physical room for a safe intersection)
- A project **Scheduling** constraint exists, (no time to keep moving it around)
- A new **Budgetary** constraint exist; (no coins in the Provincial war-chest)

I also fear that Rocky View's past practices may have alienated it from both Calgary and the Province. Rocky View maintains its developments don't impact the City, which makes it more difficult to argue now that closing a Calgary street inconveniences our residents. The Council Majority also asserts that the County has a "Made in Rocky View" solution for everything, again making it harder to now ask for help.

Compounding the matter is the "Intangible" factor that SR-1 strongly polarized Rocky View and Calgary; culminating with a Calgary-sympathetic bullish Provincial push last year - lead by Minister McIver.

Given all this, why would Calgary go to lengths to facilitate transporting school children from south of the Elbow River to RVS Schools on the north side of the River? I will continue to support regional collaboration, which might help matters in the future.

Council Continues to Ignore Voting on Motion to Drop Appeal

Last report, I suggested the motion by Clr. Kissel and Reeve Henn would likely be back in September for a decision. The 3 Councillors named in the County's Appeal (Kissel, Wright, and I) remain recused. With nothing on the agenda for the last scheduled meeting of this Council on September 21st, it appears the Council Majority intends to continue using taxpayers' money to pursue the appeal; leaving it to the next elected Council to clean up the mess.

Moving Forward on Process to Recruit a new CAO

Davies Consulting Group was the successful bidder for the executive recruitment. As part of their preliminary groundwork, they are interviewing the outgoing Councillors for input on what we think is required for the Administrative leader. The process will continue with the newly elected Council after the October 18th Elections.

Please e-mail me if you would like to be added to my contact list for e-mail and on-line communications - Kevin.Hanson@RockyView.ca or call 403.463.1166.

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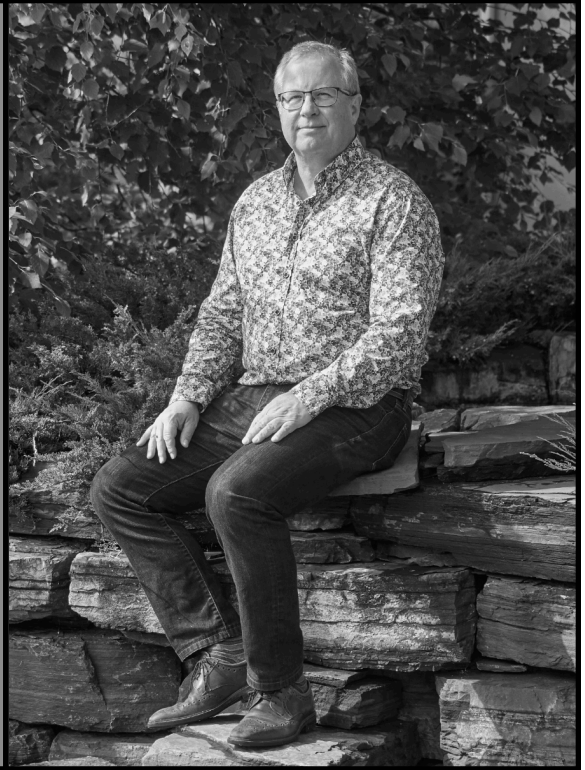
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My Priorities

- ◆ Listening to residents and incorporating their feedback into my decision making
- ◆ Fiscally responsible, sensible and well-planned growth
- ◆ Collaborative approach to regional planning
- ◆ Environmental stewardship
- ◆ Promoting and capitalizing on our unique rural character

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ARE YOU GETTING ENOUGH PROTEIN?

by Jennifer Gordon

Whether you are healthy and staying active, or recovering from an injury, incorporating resistance training into your routine is paramount. In a recent article for High Country News, I wrote about the importance of resistance training over cardio activities for the benefits of injury prevention, building muscle mass, promoting cardiovascular health, bone and joint health, and promoting weight loss. In addition to choosing the best activity to pursue, we also need to consider how we are fueling our body.

Overall nutrition is a much broader conversation that one should seek the expertise of a certified nutritionist for. However, for the purpose of this article, I just want to touch on the importance of protein for muscle recovery whether you are healthy or recovering from an injury and want to regain muscle strength and endurance.

Protein is the basic fuel required to maximize changes within a muscle. They are the building blocks of our body. Proteins are used to make muscles, tendons, organs and skin.

As well, they create enzymes, hormones, neurotransmitters and various molecules that serve many important functions in our body. The International Society of Sports Nutrition, (Jager et al 2017) cites that “an acute exercise stimulus, particularly resistance exercise, and protein ingestion both stimulate muscle protein synthesis and are synergistic when protein consumption occurs before or after resistance exercise”. This means that the combination of protein and strength training results in a greater stimulation of muscle growth. The World Health Organisation’s recommended daily allowance of protein for US adults is 0.83 grams per kg of body weight per day. Recognize though, that this identifies the minimum recommendation. If you are actively strength training for the purpose of gaining muscle, including recovering from an injury, you may require more. The International Society of Sports Nutrition (Jager 2017) states that for building and maintaining muscle mass, an overall daily protein intake in the range of 1.4-2 grams per kg of body weight per day is required. This would represent 98-140g of protein per day for a 70kg individual.

Getting enough protein at each meal is also important. According to Healthline, it is suggested that a 20-25g dose of high quality protein is sufficient to stimulate muscle protein synthesis.

Older adults have been shown to be less sensitive to smaller doses of protein after exercise compared to young adults. Therefore, a slightly higher intake of proteins per meal would be advantageous for older adults, such as 30-35g. It has been shown to be particularly beneficial to consume protein following resistance exercise as “skeletal muscle is sensitized to the effects of protein and amino acids for up to 24 hours after a bout of resistance exercise” (Get Back to Sport, 2020).

In summary, proteins are important for you! Again, to truly understand what is best for your individual needs and training program, please consult a registered nutritionist. This information is intended to touch on the importance of consuming enough protein for the many needs our body requires it for. Whether you are weight training for personal goals or rehabilitating from an injury – your goal is to increase muscle mass. To maximize all your hard work, you need to consume enough protein. Food for thought!

Jennifer Gordon (BSc.PT, GunnIMS, AFCI)

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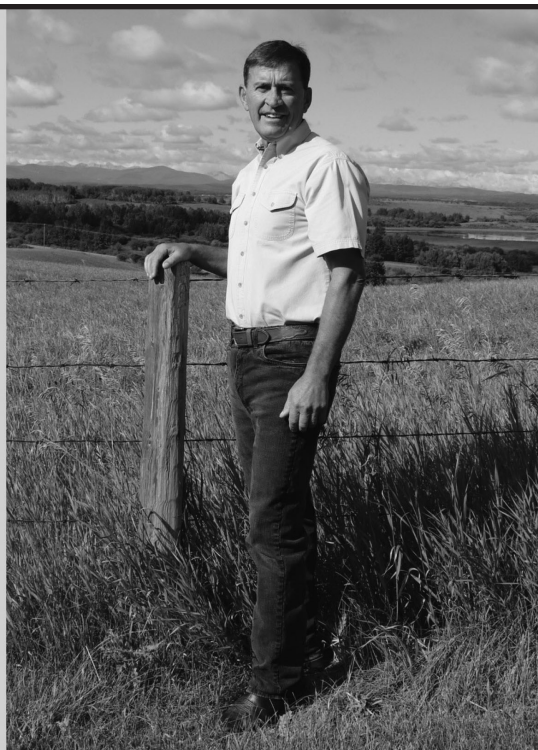
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ELECT DON KOCHAN

ROCKY VIEW COUNCIL

DIVISION 2



Election Day: October 18 @ Edge School & Springbank Heritage Club

Financial Accountability

Council must be held accountable for their decisions that involve the spending of resident money

Sustainable Development

We need to ensure that development in our community is mindful of the residents who live and/or operate a business here

Council Transparency

Residents have the right to know why Council makes the decisions it does

Service Levels

Front-line service delivery should be streamlined so all residents and businesses have predictable and consistent experiences

Don's Priorities

Renewed Hope for Division 2

**To Learn More
& Support Don,
Visit His
Website**

votedonkochan.ca

Email:
votekochandiv2@gmail.com



Bragg Creek Centre

Hello Creekers!

We have been having so much fun at the Bragg Creek Farmers Market, we have decided to extend the season until October 10th! Sundays | 10 am – 3 pm

With locally grown, handmade and home baked goods there is sure to be something for everyone. With new vendors added weekly, we are excited for you to come meet your local growers, makers and artisans.

Upcoming Events

Gord Bamford

Gord Bamford's Kick COVID's A** Tour has been postponed to the spring. Date to be announced.

Bragg Creek Christmas Market

November 19 – 21

Shop for everyone on your Christmas list from local artisans, makers and foodies!

Friday: 5:00 pm – 9:00 pm

Saturday: 10:00 am – 6:00 pm

Sunday: 10:00 am – 5:00 pm

Vendors wanted! Email info@braggcreekca.com for details and registration forms.

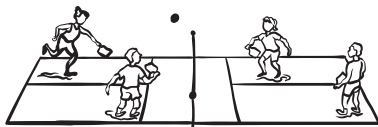
Programming

Is there a program you would like to see offered at the Bragg Creek Community Centre? Do you facilitate programming and need space? Contact Christine at program@braggcreekca.com and let's chat.

Adult Pickleball

NEW – Afternoons 12:00 – 2:00 PM

For the uninitiated, pickleball is something of a mix between tennis, racquetball and ping pong. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the “kitchen” — but they're easy to learn. Looking for a new indoor sport?



Try Pickleball!

Date(s): Tuesdays (Drop-in)

Time(s): 12:00 – 2:00 pm

7:30 – 9:30 pm

Cost: Members \$5 | Non-Members \$8

*Racquets are limited
Please bring your own.

Yoga

All ages and abilities welcome

Date(s): Saturdays

Time: 9:00 – 10:15 am

Cost: \$18/session or \$150 for a 10 pass
email: info@braggcreekca.com to register

*Space is limited – Please register before noon on Fridays.

Rumble & Roar

Ages 0 - 5

This program is a great way to meet other parents while your preschoolers are entertained with tumble equipment, mega Lego, and all the things to stimulate their imagination through free play. Every other week we will offer structured programming such as Storytime, developmental games and fun crafts. Bring your travel mug - coffee is free!

Date(s): Thursdays

Time: 9:30 - 11:30 am

Drop-in Fee: Members - \$2/child | Non-members - \$5/child

Artsy Afternoon

All ages and abilities welcome

Whether you paint, felt, knit or craft, this program allows you to meet other creative locals by providing space to work on your project in a social setting. Bring your travel mug - tea is free!

Date(s): Thursdays 1 - 4 pm

Drop-in Fee: Members - Free | Non-members \$5

Services

Co-Workspace

Working from home? Struggling with unreliable internet? We've got you covered!

Shared workspaces with power and internet available daily, weekly and monthly. Call 403-949-4277 or email info@braggcreekca.com to book a space.

Bragg Creek Satellite Library

Residents in Bragg Creek and area have access to Library Lending Lockers offering resident's convenient self-service holds pick-up, browsing, and returns.

With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers. Instructions on using the lockers are available online at www.braggcreeklibrary.ca.

Don't have a TRAC Library Card?

Just fill out the online registration form at www.braggcreeklibrary.ca...easy!

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support

If you are a family or individual needing emergency food support please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403-949-4277. All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts?

Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission – to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations.

Interested in volunteering? We always have opportunities for the community to help with programs, events, grant writing or with odd jobs around the Centre. Email program@braggcreekca.com to find out how you can get involved!

Be sure to follow us on Facebook and Instagram [@braggcreekcommunityassociation](https://www.facebook.com/braggcreekcommunityassociation) or visit our website at www.braggcreekca.com for news and updates.

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

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GREATER BRAGG CREEK FIRESMART COMMITTEE UPDATE

Bragg Creek Spruce Budworm Issues and FireSmart

At a recent town hall on the Western Spruce Budworm (WSB) infestation, the topics included the extent of the issue and potential actions, the current health of the forests, and the Redwood Meadows aerial spraying program.

Many parts of the Greater Bragg Creek area have a high or extreme FireSmart hazard rating, which is based on factors including the tree species, health and maturity of the forest, fuel loads, historic fire activity, and potential for property damage. The posting of the local wildfire hazard on signs and fire advisories or bans provides the current wildfire risk, which is separate from the underlying FireSmart hazard rating.

All panelists at the town session spoke to the benefits of FireSmart activities by landowners to protect persons and property. Rocky View County Reeve Henn and Councillor Kamachi were in attendance at the meeting and undertook to consult with the Province on potential strategies and activities to address the current WSB outbreak.

Emergency Preparedness

The smoke from the BC wildfires is a reminder that wildfires are part

of the natural life cycle of our forests. The Lytton, BC fire underscores the need to be prepared for a potential short notice evacuation. Check out the GBC FireSmart Committee Facebook page and FireSmart Canada website for hints on preparing a “bug-out” kit and evacuation checklist (including your critters).

RVC Fire & Emergency Services undertook a “table top” evacuation exercise in April to plan and practice various scenarios for the Bragg Creek area. An emergency evacuation drill is planned for early November 2021.

FireSmart Exposure & Pathway Study

Bragg Creek is one of several Alberta communities working with the University of Alberta on an innovative study. The exposure analysis is an in-depth examination of the predicted wildfire hazard to area structures, with the pathway study using computer models to predict the routes of fires under varying weather conditions and ignition points. Recent lightning strikes in Redwood Meadows once more underscore that fires can start anywhere. These studies will assist with prioritizing areas for future FireSmart programs. The information will also assist emergency planning by predicting the durability of evacuation routes or sheltering locations.

Wild Rose Community Clean Up/Chipper Day

Kudos to the Wild Rose Community and Jeff Hughes at TreeWorx (who volunteered his time and equipment) for a recent

community clean-up and Chipper Day, followed by a BBQ. Great work by all!

GBC FireSmart Committee Changes

Andrea Sparkes and Charlie McLean have tendered their resignations from our Committee. Andrea is the spark plug behind the Facebook page and led the Committee’s interactions with the Banded Peak School Change maker program. Charlie was a key to making the Chipper Days an ongoing success. Their valuable counsel and contributions will be missed. RVC will shortly be seeking new members on the Committee.

RVC has appointed District Chiefs Hubbard and Clarke to the Committee, both who have extensive experience with FireSmart activities. We wish to acknowledge the enthusiasm and contributions of DC Marcus Weckesser who was instrumental in the restart of the FireSmart Committee, and in particular the success of the Chipper Day programs.



GOT OLD SIGNS?

The Bragg Creek Historical Society is looking for old landmark or business signs from the Bragg Creek area. We are assembling an outdoor display in the hamlet so more folks can enjoy glimpses of our past.

If you would like to provide a sign, please contact:
Clint Docken at 403 949 3637
or cgd@docken.com

Thank you!



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C O U N T R Y L A N E F A R M S . C O M



DON'T EXPORT CALGARY'S FAILED POLICIES TO THE REGION

The Calgary Metropolitan Region Board (CMRB) was mandated by Rachel Notley's NDP government to give Calgary control of planning and development for the Calgary region.

Since its inception, this unelected body has been working on creating a new Growth Plan for the region that contains some of the most radical changes to development and planning rules ever proposed in Alberta.

With the enactment of this Growth Plan, the Calgary Metropolitan Region Board will effectively become a fourth level of government, yet barely anyone in the Calgary region has even heard of the Board – how is this possible?

Well, in part, that's thanks to a very deliberate effort by the former NDP government, and the Board itself, to keep the powers and potential wide-ranging influence of the Board below the radar as much as possible for as long as possible.

The Board, at least according to its designers, is simply meant to help manage the significant population growth that the Calgary region is expected to experience in the coming decades.

Make no mistake though, the Board and its Growth Plan do much more than this.

Despite claims that the Board is based on cooperation, the ten member municipalities are being forced to participate in the organization, they cannot leave, and the voting system of the board gives a veto to the City of Calgary on every issue.

In effect, this puts Calgary politicians and bureaucrats in charge of planning and development for the entire region,

as without Calgary's approval, no plan or development can go ahead.

This is no accident - the Board was deliberately created to do exactly this, and the entire Growth Plan is based on the philosophy that a small group of people, in this case, bureaucrats and City planners can do a better job planning and managing population and employment growth than the free market can.

Many urban planners and NIMBYs who are opposed to practically any development anywhere are, of course, enthused by this prospect.

But for the average resident of the Calgary region, the Board will bring nothing but higher taxes and fees, more regulation and red tape, increased housing and infrastructure costs, and less efficient delivery of utilities and services.

For years, the City of Calgary has pursued bad public policies that have increased rules, regulations, red tape, and taxes on businesses and residents of Calgary.

The situation has become so dire that many businesses and residents have given up on Calgary and are instead setting up their operations and family lives in one of the many surrounding municipalities, where regulations and taxes are lighter.

Rather than fixing this problem by cutting red tape, getting taxes and spending under control, and working to become competitive again, the City of Calgary simply lobbied the provincial government to give them the power to impose the same bad policies across the entire region - essentially killing off the competition.

Now, all types of development – single family houses, row houses, apartments, shopping malls, retail stores, manufacturing, warehouses, agricultural services, and more – will have to be approved not only by the local municipality but also by an unelected board dominated by the City of Calgary.

Thrown out the window is any concept of the free market, individual choice, property

rights, competition, and frankly, basic sound economics.

The Plan also runs roughshod over local democracy in the member municipalities, leaving many wondering what exactly, is the point of electing a local Council if planning and development rules - until now one of the most important tasks of a local government - will be controlled centrally by an unelected Board.

The Calgary Metropolitan Region Board was an ideological creation of the former provincial government, based on the idea that top-down central planning is the best way to run an economy.

However, central planning doesn't work, and the current government should reverse this mistake as soon as possible by abolishing the Board and its Plan and allowing municipalities to return to cooperating on a voluntary basis, which has worked well for decades.

Peter McCaffrey is the president of the Alberta Institute, an independent, libertarian-minded public policy think tank that aims to advance personal freedom and choice in Alberta.

The Alberta Institute has prepared an academic research paper outlining the history of regional planning in the Calgary Region and looking at the implications of the CMRB on jobs, investment, and democracy for Alberta. To view the full report, go to www.albertainstitute.ca/research



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Here at The Little Schoolhouse we have enjoyed almost two months of back to school routines, making new friends and lots of learning fun! We are grateful to be back in our cozy space at the Schoolhouse and for the opportunity to return to in person learning. Our busy and energetic Morning and Afternoon Preschoolers have been busy learning how to recognize the letters of their names, counting to 10, new rhymes and about the changing colours of Fall. While our students in the Kindergarten program have been officially crowned the Queens and Kings of Kindergarten and learning all the responsibilities this royal position comes with, they are exceling at learning the skill of writing letters and numbers, creating majestic art, the fun of rhyming words and so much more. We feel grateful to be in the presence of such an amazing group of learners as well as their kind and supportive families. We are looking forward to a great year!

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE

2017



f COUNCILLOR MARK KAMACHI



UNTIL NEXT TIME?

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2021



A change is in the air

Four years have passed and it's hard to believe that my term as your elected official, aka councillor, lackey, humble servant, voice of reason or dis-reason (if that's even a word) is only weeks away from its completion (insert sigh of relief here?). That's right. As of October 18th, I will be out of a job. Not that I didn't enjoy the role, but rather, I came to the honest truth that this post requires an individual's undivided, 24/7/365 devotion to what we all want to achieve when we say, "I want to make things better for all residents of Rocky View County". That's the very foundation why folks run for a council seat. Why else would someone run if they felt they couldn't make a difference?

From those who want things to remain status quo to those who want to see change, passionate debates will continue around kitchen tables, in bars and around firepits. Topics such as flood mitigation, commercial/residential development, traffic, internet connectivity, emergency response/management, water/wastewater servicing to budworm infestations (to name but a few) affecting Division 1, will continue well into the future.

And speaking of the future, on October 18th, there will be a new local councillor representing you from a newly defined Division 1. The geography and population density will be vastly different. With Bragg Creek & Area, parts of Springbank and the community of Elbow Valley being combined to form Division 1, more voices and

topics will be added to the mix. At the end of the day, it's your duty as a resident to vote and have your say as to who will represent you and your values in RVC. Change is never constant. Council is your voice.

Some pesky business

It was during last month's council meeting that a Notice of Motion (NOM) Reeve Henn and I had drafted was read into the public record to have Administration research and develop a strategy to deal with the potential deforestation and associated devastation from the recent spruce budworm infestation. I want to thank the Reeve and fellow councillors for passing the motion a few weeks ago so that this can be addressed should the threat of another infestation or the results of the last one be required. Administration will bring forward a report to the new council by the end of November 2021.

Stay in the know

Please note that all council updates/timelines concerning projects, developments, applications, fire bans or to find out what happened at a past council meeting et al can be found on the RVC website (rockyview.ca). Need to speak to someone in the know, make a complaint or look for information, just hit the CONTACT US link on the website and submit your query.

For more immediate information, please make sure you are registered with RVC's Safe & Sound notification service. This provides residents with emergency alerts (SAFE) as well as communication

(SOUND) regarding road closures, fire bans, applications, etc. If you live out here it's vital that you are signed up for updates.

Some final words

In reflecting back, I hope I managed to help initiate some positive change to make a difference. Along with my fellow councillors, Administration & Staff, provincial and federal government colleagues, surrounding RVC neighbours and most of all, constituents, I thank you for your support and trust over the past four years. I am humbled by the experience and honoured to have served every one of you. Although I may no longer carry the moniker of your elected official, I will continue to be an advocate, volunteer and be an active member for issues that affect our community. Please stay connected and should you need a voice of reason, second or third opinion or even a sit-down to shoot the sh*t, I'm here for you. Let's continue to "grow sensibly together".

In the meantime, stay healthy, hug your children (even if they are of the hairy variety) and most of all, stay safe and wear a mask. Oh. And don't forget to vote on the 18th!

– Cheers, Mark





SPRINGBANK COMMUNITY

2021 Fall Update to the Community

Follow us on Facebook, Instagram and at Springbankcommunity.com

Signup online to receive our e-newsletter and become a member for \$10!

Duke of Edinburgh Award (dukeofed.org)

We became an award centre thus creating local opportunities for youth ages 14-24 to excel. We have 11 awesome kids registered thus far!

Community Spirit

- We sold out our first annual Community Raffle! \$20,000 was raised for the Innovation Lab at Springbank Community High School (SCHS) and Community Association programs.
- In partnership with Springbank Soccer, we also sold a record 319 boxes of apples this fall through our fundraiser with Davison Orchards.

- We helped to advocate for the new crosswalk at SCHS.

Planning & Recreation

- We are excited to begin our work with local groups on a community centre for Springbank. The planning kicks off this month! Time for that gymnasium!
- We provided feedback to RVC on the Springbank Area Structure Plans, Elbow View ASP and their engagement with communities. We will continue to work to improve our own community engagement!
- We have engaged with Alberta Environment and Parks on the Bow River dam process using learnings from SR1 to provide feedback on stakeholder engagement and decision criteria.
- We attempt to stay on top of planning activities in our area, including: RR31 4-way stop, 101st street closure, Alberta Transportation's acquisition of 2000 acres along the Bow River and proposed and upcoming developments such as Bingham Crossing, Willow Ranch on RR33 and Coach Road in Artists View.

River Access in Springbank: Underway

- Tell us your thoughts on river access in the Springbank area!
- Use QR code to access survey DEADLINE SEPTEMBER 17

Springbank Off-Stream Reservoir

We participated in the provincial NRCB hearing. Our participation resulted in favorable conditions pertaining to air quality monitoring, historical items and land use. The project is still awaiting final approval through the Alberta Water Act.

If you want to join us on our journey to make Springbank an amazing place to live, please contact president@springbankcommunity.com



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BCSSS Update

BCSSS is back and running after a 20 month long lockdown. Please see the various sporting competitions for Seniors we are organizing from now thru December.

CALENDAR OF 2021-22 ZONE QUALIFIERS: 2022 PROVINCIAL GAMES For ZONE 2 (Big Country Seniors Sports Society) of ALBERTA 55 PLUS

PROVINCIAL WINTER GAMES: EDMONTON, APRIL, 2022. PROVINCIAL SUMMER GAMES: PEACE RIVER, JUN. 2022.

DATE...EVENT...LOCALE...DEADLINE.CONTACT... FORMAT

SEP.10: CYCLING.....Springbank...Sept.03 binnsj@shaw.ca

SEP.15: GOLF..... Strathmore...Sept.05 binnsj@shaw.ca... 55+, 65+, 75+,85+; Individuals, Men, Women; Low Gross & Net, & Callaway.

SEP.25: BOCCE..... Cochrane.....Sept.15 mv Mackenzie@shaw.ca Teams of 4, Open (any male/female combos); 55+ & 70+.

OCT.16: DARTS..... Cochrane..... Oct.06....

OCT.20: Dupl.Bridge.. Strathmore... Oct.10 binnsj@shaw.ca

OCT.23: Carpet Bowl. Sundre..... Oct.13.....

OCT.27: SCRABBLE.. Airdrie..... Oct.17....

NOV.6: EUCHRE..... Cochrane..... Oct.30 njgibbie@cochrane.live

NOV.12: STURLING... Airdrie..... Nov.02 carson

NOV.13: PICKLE(Rec)Strathmore... Nov.06 binnsj@shaw.ca

NOV.20: SNOOKER... Drumheller....

Nov.10: ltraquair@shaw.ca NOV.25 CURLING.... Black Diamond

Nov.15: nedawson@shaw.ca , cblarson@platinum.ca Men, Women, Mixed; 55+, & 70+.

DEC.04: Tbl.SHUFFLEBOARD Olds Nov.27

DEC.11: Flr.CURLING Didsbury..... Dec.01 nettie@neustaeter.com JAN.08 BOWLING Drumheller... Dec.31 ltraquair@shaw.ca

FUTURE QUALIFIERS to be held between Jan. & April, 2022:

- Alpine & Downhill Skiing, Nakiska
- Hockey, Carstairs
- Arts & Creative Writing, (deliver to coordinator)
- Crafts & Photography (deliver to co-ordinator)
- Track & Field, Calgary
- Pickleball, Competitive, Strathmore
- CARDS: Contract Bridge, Strathmore; Cribbage(singles) Drumheller; Military Whist, Airdrie. Horseshoes, Calgary
- 8-ball Pool, Cochrane
- Floor Shuffleboard, Drumheller
- Swimming, Strathmore
- Slo-Pitch, tbd

MEMBERSHIPS: new or renewals, should be paid prior to the event; however, \$30.00 payment to BCSSS may be paid on the day of, but prior to play.

EVENT FEES: \$5/person Participation Fee - when playing low cost activities provided by BCSSS / not-for-profit host clubs. For expensive sports, using commercial facilities, event fees are waived; e.g. golf, curling, hockey, slo-pitch.

LUNCHES PROVIDED: Normally \$5.00-\$10 for Member Participants; \$10.00 for non-Members & non-playing Spectators.

PROVINCIAL GAMES: Zone Winners are all invited to advance to play in Provincials. Winter: Edmonton, April, 2022. Summer: Peace River, Jun 16-19, 2022.

CANADA 55 PLUS GAMES: All AB Provincial Winners are all eligible to play in Canada 55+ Games in Kamloops, August, 2022

AGE BRACKETS: Who plays Who is determined by the age range of member participants and by those sports where aging affects our physical strength & conditioning.

Older players (e.g. > 70) may play on younger (e.g.<70 years) teams, but younger players MAY NOT play on older teams.

- Determination of participants' ages: normally players are placed according to their age as at Dec. 31 of the Year of Play. However, in Qualifiers for Provincials in the following Calendar Year, a 69 year old in 2021 qualifies for 70 PLUS bracket since he/she is 70 when Provincial game occurs.
- Complicating our restart after COVID shutdowns, we are now compressing postponed 2020 & 2021 events into an extremely busy next 12 months, culminating in the Canada 55Plus Games next August in Kamloops, BC.

RULES of the GAMES

See the AB 55 Plus website, look under the tab "Rules of the Game". Our Technical Committees have developed detailed rules, sanctioned by AB (&

most but not all sister bodies). These may be different than the "house-rules" you've been exposed to. [A drastic example of confusion is in floor shuffleboard, played by many snowbirds. There are differing rule conventions in Florida, Texas, Arizona, & California. This often generates heated arguments over which rules should apply in Canada.] Please read the rules in advance.

Authors: Douglas Campbell, Area 9, Norma Dawson, Area 8, Monique Mackenzie, Area 7. Sept.7, 2021



A TASTE OF THE HIGH COUNTRY

Grapes of Smoke

Many people have asked me if the smoke from this summer's wildfires in the Okanagan will impact the quality of the wines. The short answer is that - it depends. It is still too early to know. Grapes may not necessarily develop smoke taint when vinified. Then, again, it may. Many factors are at play. Here are a few.

The intensity of a fire and the type of material it is burning (i.e. type of plants, buildings, etc.) will generate various cocktails of chemicals and debris that are more or less toxic. Sometimes, days of exposure to smoke will not substantially affect the grapes. Other times a couple of hours of exposure is all it will take to damage them. And, when if the fire comes from afar (as in last year with the California fires), the concentration of particles will be diminished and the chemical makeup altered along the way.

The timing of fires matters too. When it occurs early in the growing season it may not be as harmful to immature green grapes with tough skin as it is to mature grapes with delicate skin later in the growing season. But then again, some grape varieties may be more susceptible to smoke contamination. For example, grapes

with thinner skin, such as pinot noir, will absorb harmful compounds more readily than grapes with thicker skins such as, say, Cabernet Sauvignon. Finally lingering smoke may also affect the development of beneficial flavours that would otherwise be present while some grapes may benefit from a bit of smoke taint by virtue of their phenolic profiles (think Syrah).

As you can see, it is complicated. With the rising incidences of wildfires, substantial resources are currently invested in the industry in Australia, California, and Canada to understand the impact fires have on vineyards and during the vinification process. The goal is to find the best ways to cope with the different problems fires and smoke create.

In the meantime, the frustrating part for the winemakers is that they do not know if their grapes are smoke taint unless they vinify them. This is because the sugar in the grapes binds the smoke compounds, essentially hiding the fault. In itself, the grape tastes good, but the fermentation process soon breaks down those bonds and the flawed phenols reveal themselves. It is an expensive and frustrating way to find out if your wine will develop unpleasant "ashtray" and "campfire" aromatics. Increasingly, however, oenologists are doing micro fermentation batches as test cases to avoid unnecessary expenses.

And so when a severe wildfire season hits home, winemakers are faced with limited options. They can make educated bets and vinify their wine, selecting yeast

and using vinification techniques that may help reduce the potential impact of smoke taint in their wine. Others may skip winemaking and distill their grapes into spirits, believing it to be a safer option. As heartbreaking as it may be, others will discard the tainted grapes, although some may find a market

in other industries such as in beauty products and supply them with grape material. And of course, with COVID, winemakers have been known to make excellent hand sanitizer ("Merlot scented hand sanitizer, anyone?").

Obviously, the question for you, as a consumer, is what can you do to ensure the bottle you are buying is free of smoke taint? The easiest way is to purchase wines from regions and countries unaffected by wildfires... But, then again, you can also familiarize yourself with the "bad years" and avoid them when you shop. If you are not sure what those years are, speak to the wine expert in quality wine stores or do a quick internet search. Significant wildfires and smoke events took place in the Okanagan Valley in 2003, 2017, 2018 and 2021. California and the Western states experienced destructive wildfires in 2003, 2012, 2017, 2018 and, 2020, the worst year on record.

Perhaps, the easiest way, though, is to buy from reputable producers. The pride of winemakers are legends. They go to great lengths to provide the market with the best possible wines, even if it means sacrificing a season's crop. Go for names that are synonymous with quality. Yes, you may pay a bit more, but, after all, I believe that drinking less but drinking better is what it is all about. Isn't it?



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SHEEP RIVER LIBRARY

Our Out Loud series, which usually occurs in October takes place in November this year, provided we do not have gathering restrictions. We will announce any changes or cancellations on our website and outside signs. Tickets for the evening events, Sheri-D Wilson (November 5), Notable Exceptions (November 13) and The Best of the Storytelling West Show (November 20), are now available at the library. Tickets are free but are required for seating. To attend Sheri-D Wilson's poetry workshop on November 6, please sign up at the library. Cost for the workshop is \$10.

We are slowly getting back into the swing of things with fall programming. Some facilitators are waiting until the COVID situation has calmed down a bit and others are going ahead. Programs that are still happening are the Moms Coffee/Playgroup Time on Mondays at 10 am, Quilting and Sewing on Thursdays at 1 pm, Poetry by the Fireside on the last Thursday of the month at 10:30 and the Community Drumming Circle on the first Friday of the month at 7 pm. You may be asked to observe physical distancing and masks are required at all times in the building. Times have changed to the Wednesday morning pre-school programs. Songs and rhymes for Babies and Movers will be combined at 10:30 and the Toddlers Rhyme Time will be at 11:30. Children in Nature will meet at the advertised time of 12:45. Please call the library if you wish to register for any of these programs. 403-933-3278.

You will notice when you come to the library that our Non-Fiction and Young Adult shelves are emptier than usual. The Marigold Library Staff weeded these sections in August to make way for new items which we will be receiving over the fall months. Items will be placed on the NEW shelves when they are processed before moving to the stacks, so be sure to check these out when you visit. If you have any recommendations of books you would like to see in the library, please let Jan know and we'll see if we can get them.

If the temperatures are still above zero in October, you may want to spend some time in our Reading Garden. The Friends of the Library recently purchased a heater and some new chairs which are easier to get in and out of than the Adirondacks. So, you can relax and stay warm whilst being outside. If being out of doors is what turns your crank, remember that the Sheep River Ramblers runs all year with walks, hikes, and snowshoeing and cross-country skiing in the winter. Come to the library to sign up. You will be required to fill in a waiver in order to receive e-mails about their activities.

If you are still working from home and would like a change of scenery or you need a better wifi connection, you are welcome to come in and set up in any of our available spaces. We can usually provide you with a private space for Zoom calls if needed. We are not charging for this service at this time. Call the library for more details.

The library has returned to its regular hours: Monday, Friday and Saturday 10-5 and Tuesday, Wednesday and Thursday 10-8.

For more information on either of these opportunities, please call Jan at 403-933-3278.



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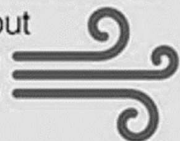
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FOOD



Ever consider who is responsible for the safety and health in your home ?

- Food – Health Canada assures food safety
- Water – your municipality purifies your water, unless you are on a well
- Shelter – your municipality assures compliance to codes; utility providers look after gas & electricity
- Air – You are responsible for the air quality inside of your family's home

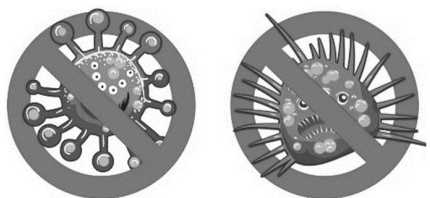
So How Healthy is Your Home's Indoor Air ?

Is it Disinfected ? Sterilized ? Outside, Mother Nature constantly purifies the air we breathe. Rain, wind and lightning purify outdoor air by removing particles and other impurities. Ultraviolet energy from the sun purifies air by removing germs, odours, gases and other contaminants. The result is clean, pure, healthy air. These processes are not present in our homes. In fact, in chasing energy efficiency, we sealed our homes and prevented Mother Nature from coming in.



Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, air which includes dust, germs and viruses that we breath over and over again. The warm and humidified environment inside of your home tends to be an incubator for organisms. On average, a person takes up to 23,000 breaths each day; that's a lot of contaminated air filling your lungs, affecting your body.

On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised ? Also, according to the Centres for Disease Control and Prevention hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.



Back to air, how can you disinfect or sterilize the air that recirculates through your home ? The solution is to treat the cause, not the symptoms, with a complete indoor air cleaning strategy controlling all kinds of airborne contaminants, creating cleaner, fresher and healthier indoor air environment.

Part of the solution relies on the continuous application of a botanical (ie. non smelly, harmless to your family) disinfectant to your heating and cooling system. Another element relies on using high output specialized ultraviolet energy systems that sterilize bugs dead. This is the same technology as cities use to treat water and hospitals use to sterilize. There is more !



With components added to your existing system, a proper air cleaning system will provide clean air inside your home just like Mother Nature does outside: safe, healthy and reliable indoor air to enjoy with your family and friends.

Does your system ? Free Consultation, Call Our Experts Now

403.230.2690 Experts@AlbertaIndoorComfort.com



COUNCILLOR UPDATE

Foothill County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Time flies: I can scarcely believe it is October! Is time going twice as fast? Speaking of time, I am curious to see how you will all vote about keeping Daylight Savings Time (summer hours). Will this change help to simplify life? When you head to the polls for the municipal election on October 18, 2021, you'll also be able to vote for Senate Candidates and referendum questions. Check news sources for details and voting stations as we get closer to the date.

Foothills County Division 4 Candidate for 2021 Municipal Election - Thank you for your support:

I will continue to represent you in Division 4. Earlier this year I submitted my Nomination papers to Foothills County in order to seek re-election as your local municipal councillor. As I was uncontested, I am considered "acclaimed" in Division 4. I would like to sincerely thank you for your support and I look forward to serving you from 2021-2024. Please contact me with any questions or comments you may wish to share and discuss. My candidate statement with my election priorities can be found on the Foothills County website or my own website, as noted below. For more information on the municipal part of the election, please visit: www.foothillscountyab.ca/council/election-2021.html

Spruce Budworm Infestation - Meeting:

Just a quick note on this one to let you know that I will be planning an informational event, hopefully to take

place at the beginning of November 2021, on this topic. I will confirm more details as soon as possible.

Exciting news out of Priddis:

In September, Priddis was the site of filming for a large-scale production called "The Last of Us". It seems that the film industry is touching many of our lives in the County, these days, including a surprise set which used the Priddis Plaza in the filming of a future episode of "The Last of Us".

Building Community: The awesome Priddis Panthers volunteers are getting to work on the garage structure west of the arena on the Priddis Community Association property. This effort will place the final touches on organizing this site to store the treasured Zamboni for the use over the winter ice rink season. Many talented volunteers are making this project come to life. Check out the PCA social media and website to see update photos. Best wishes to all those on task.

www.priddisalberta.com/

Priddis Community Association

(PCA) plans: After some downtime over world-changing months, the community is bursting into action and needs your help to get activities planned and projects done to enhance our beautiful and lively community. Please contact the PCA or me to find out more about how you can be a part of the team to make this happen. The board meets on Monday nights once a month and would love to have your ideas and help. You can see more on the Priddis website to see what is happening here. www.priddisalberta.com/contact

More Community News: West Foothills Community Association has blossomed this past summer. Together, they worked on a new Community Garden and have enjoyed the produce and watching the community grow together. Priddis Greens is working extensively on FireSmart initiatives. Hawks' Landing is re-initiating their Community Association with exciting projects in the wings.

Priddis Creek Estates Community Association is active in creating a beautiful setting and well-functioning community grounds for residents. Congratulations to all these community members and all residents, who continue to collaborate of projects and issues of importance.

Growth in the Calgary Region - New Report:

Published on September 14, 2021, this new report analyzes the situation and notes the significant economic harm which the forced Calgary Metropolitan Region Board and its regional growth plan will effect in the region, especially on the counties. The conclusions in the Alberta Institute report support the concerns of Foothills County and our residents, who are in opposition to handing the keys of our County over to Calgary. You can find the report and more details here:

www.albertainstitute.ca/news

Report on Hwy 2 & 2A Intersections:

Due to increase traffic pressure and safety concerns, Foothills County and Okotoks have supported the closure of medians along Highway 2 at the intersections of 306, 338 and 370 Avenues, while continuing to lobby for an overpass at Hwy 2 and 338 Ave. At a council meeting in September, we accepted the Watt Consulting Group Study which supports the closure of these Highway 2 medians and indicates that lights will be required on Highway 2A and 306 Ave within the timeframe of 15 years. We will stay in touch to relay Alberta Transportation plans regarding details of staging the closures, etc. You can find the new study here: www.foothillscountyab.ca/services/public-works--engineering.html

For Other News & Updates: Please visit my website: suzanneoel.com/ Facebook: www.facebook.com/CouncillorSuzanneOel/

Email:

Suzanne.Oel@FoothillsCountyAB.ca

With Best Regards,

Suzanne

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ELECT

DAN

MACDONALD

for Foothills Division 3
Councillor

Meet and Greet

Thurs. Oct 14th from 6:30 to 8:30

Ranchers Hall in Millarville



MASHA SCHEELLE, HCN STAFF

Meet your local artists: most beautiful art tour in Alberta

Eight art galleries and private studios throughout the south-west foothills participated in The Most Beautiful Art Tour in Alberta in September. The different venues link up twice a year, once in September and again in November, to spread the word about the fantastic art scene in the area. The advantage of the tour is that anyone can visit the participating venues for free without an appointment and they are often demonstrating how they make their art or have special displays. Another tour will kick off on Nov. 27 and 28.

Starting with the private artist studios, visitors to the Firebrand Glass Studio in Black Diamond got to see artists Julia Reimer and Tyler Rock create bowls, pumpkins, and other glass art pieces. Visitors crowded around the glass blowing demonstration and watched in awe as they slowly spun and shaped the molten glass. Their work is collected internationally including the private collection of the Prime Minister in Ottawa as well as the Emperor of Japan. To book a private studio visit, contact Julia@firebrandglass.ca or check out firebrandglass.ca.

Another private studio is located on the hill west of Turner Valley, called Kristoferson Studio, where Susan Kristoferson demonstrated collage-making using advanced paper weaving techniques. She said the tour brought a slow but steady stream of visitors to her small studio.

"They were very interested, they found the collages unique. It was an artform they don't see very often. And some people were just interested in the technique, or how I apply the glue, or what glue I use, or how I make decisions, and why I hand paint and hand dye papers as opposed to buying them," she said.

Kristoferson decorates paper using certain techniques before she uses them to create other pieces of art, like collages, book covers, origami, and much more. She moves pieces of paper around until they fit together to represent what she wants to depict. Her surroundings inspire her work; the prairies to the east, with the foothills and Rockies to the west, and

even the colourful sky above. Find her at kristoferson-studio.ca.

Down the hill from Kristoferson in Turner Valley, Mady Thiel-Kopstein also welcomed visitors into her home studio during the art tour. She hung her work outside in her backyard, but due to the weather she had to move inside later in the weekend. She noted that the sun lit up her colourful artwork beautifully, and she tried to mimic the effect indoors. All the art on display was painted by her, and even as visitors walked in she was busy painting away in the corner.

"I paint what I love, I love ravens, I love nature. I do a lot of hiking, so I'm inspired by what I see and I usually paint what I see," she said.

Thiel-Kopstein is mostly self-taught but has taken many courses over the years. Her art is colourful, natural, and original. To visit her studio, phone ahead at 403-933-5647 or visit her website at www.mady.ca

The last private studio belonged to potter and sculptor, David Barnes, south of Black Diamond. Barnes and one of his students were busy creating ceramic works and demonstrating their techniques during the tour at the Eversfield Studio. Barnes said the tour is not all about the stunning work, but more about educating the general public as to what they do, the process involved, how complex it is, and how much time it takes.

"So that when they go into another gallery and see a piece of work, they're not shocked by the price. We're talking about how many hours go into it and how many different techniques there are available for people," he said.

There's multiple firing techniques, multiple types of clay, multiple decorating techniques and all that comes across when a few interested visitors start asking questions, he added. Barnes teaches classes throughout the week and also works on a cross section of functional ware and sculptural pieces. Interested individuals can go to eversfieldceramics.com to sign up for classes, if available.

Amongst the venues were also four public galleries, including the Leighton Art Centre who was one of the Tour's founders. To celebrate Alberta Culture Days, the Leighton Art Centre hosted a series of events during the tour that featured en plein air art, which means art created outdoors and in the moment. Their new exhibit In The Open Air features Plein Air art, and an event tent on the property sold Plein Air art. They also hosted a Plein Air competition called Paint the Foothills.

Twenty artists braved the elements and painted in different locations on the property before two judges chose a winner on the Sunday.

"It can be a very challenging way to paint because you're time limited and especially for a competition," said Amanda MacKay, director of marketing and communications at the Leighton Centre.

In addition to the pieces being judged and awarded by official judges, the centre also had the first Rose Baxter People's Choice Award, which was created in the honour of an anonymous donor's mother. Two individuals won that award, due to a tie. The Leighton Art Centre is open to the public on Tuesday to Sunday from 10 am to 4 pm, for more information go to leightoncentre.org.

Another one of the tour's founders beside the Leighton Art Centre and Firebrand Glass Studio is the Bluerock Gallery in Black Diamond. Owner, curator, and director of the gallery, Tarek Nemr, noted that the tour this year was one of their busiest. Visitors were able to view the artwork in the gallery from around 200 regional artists and craftspeople.

"We try to stick to local, so most of our artists are from Alberta and the surrounding areas. We have many mediums; paintings, glass arts, ceramics, sculptures, woodwork, books by local authors, cards, a variety of art work," said Nemr.

Visitors could enter to win one of two hand-made rocking chairs from an artist in Calgary, worth \$4400.

Two galleries in Okotoks also participated in the tour. Lineham House Galleries, a destination urban art gallery featuring Southern Alberta artists of all kinds in a beautiful heritage home built by the founding family of Okotoks in 1906. The street was lined with visual artists and a musician stood on the veranda of Lineham House performing songs for people that visited the 4th Annual Elma Street ARTSwalk.

Okotoks Art Gallery featured a display called 'Hope Blooms'. This exhibit featured artwork by local OAG members. During the weekend, art demonstrations were performed on the gallery's front lawn by members of the Phoenix Art Club.

For more information and how to visit each studio or gallery, go to themostbeautifularttourinalberta.com

Masha Scheele, HCN Staff
media@highcountrynews.ca



PRIDDIS NEWS

Halloween Event:

We are looking for volunteers to help plan a kids Halloween event at the Priddis Hall. Email pcayoungfamilies@gmail.com if you are interested in helping.

We are looking for parent and tot event ideas to enable working parents to attend/meet other young families. Feel free to drop any suggestions by emailing pcayoungfamilies@gmail.ca or our Facebook page, Priddis Families www.facebook.com/groups/614135582294212

Parent & Tot Playdate:

We would like to continue the monthly Parent and Tot playdates at the Priddis Hall but need a Co-ordinator to do so. Please contact pcayoungfamilies@gmail.com if you would like to get involved. This is a great way to meet other young families in the community. Check our website and social media for updates.

Anyone interested in donating boxes or bins to help organize our toys and equipment for storage would be appreciated. Please contact pcayoungfamilies@gmail.com if you wish to donate.

Membership Renewal:

It is that time of year again to get your PCA Membership for the 2021 – 2022 season. Please complete the membership form below. It can be mailed in or dropped off at the Priddis Store. Everyone should have a Priddis Community Membership when participating at events at the Hall and using PCA facilities. Thanks in advance.

Open Board Positions:

Help bring excitement back to the community!

The Priddis Community Association is looking for fresh faces to join the Board. A few terms are ending this fall, so we are looking to fill the following positions:

President, Secretary, Communications, Tennis, Memberships, Young Families, and Directors at Large.

Contact vp.priddis@gmail.com to find out more on any of these positions. Keep an eye out on social media and our website for a potential event to meet current Board Members and to find out more. Nominations can be made at the AGM on November 25th.

Our current Board is eager to continue to make Priddis the great community we all know it is. Join us!

Feel free to reach out to us through Facebook www.facebook.com/PriddisCommunityAssociation/

Priddis AGM:

The annual AGM is on Thursday, November 25th, 7:30 – 8:30 at the Priddis Hall. All members are invited to attend. Nominations will be accepted for open board positions. Watch for further details on our website and Facebook page as to whether this meeting will be in-person or virtual.

Priddis Early Learning Program - PELP:

There are still a few spots open for preschool classes for ages 3 and 4 years. For more information, email pelppreschool@gmail.com or check out our website: pelppreschool.wixsite.com/pelppregistration

Our fundraiser is ongoing: Mabel's Labels – order labels to personalize your child's clothing, shoes, etc. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: campaigns.mabelslabels.com

Priddis Panthers:

Priddis Panthers online registration started in September, accepting applications for ages 5 to 17 years old. We anticipate having a team at each category in the Alberta Recreation Hockey League. The format will be one weekday practice and one Saturday game per week per team. The season will run from early October until the weather is too warm in the spring, and we lose our outdoor ice. All players must have a Priddis Community Association membership. For more info, please follow our Facebook page, www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/ or email priddishockey@gmail.com

Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Your donations are appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb, and Jeanie. Thanks Ladies, for volunteering your time to keep the library operational for the community.

Booking the Hall:

Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30pm. Due to COVID-19 restrictions, however, we have held Zoom meetings starting at 7:00pm.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club: \$15/year for singles or \$20/year for a family.

Our annual Plant Sale, held on June 5, was a resounding success. While the rain and hail came down around us, we were lucky to have sunny skies at our location. A huge thank you to those who so generously volunteered; without you and all the hard work you did, we would not have been able to do it. Once again, our members provided a wonderful variety of plants; annuals, perennials, herbs, vegetables, shrubs, trees, and houseplants. Without these, there would not have been a sale.

We invite you to like our Facebook page where there are lots of tips and hints posted.



We are taking bookings for the Hall for the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments online. To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website 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 Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms
- [@priddiscommunityassociation](https://www.instagram.com/priddiscommunityassociation) Instagram photos and videos



MILLARVILLE HORTICULTURAL CLUB

Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30 p.m. Due to COVID-19 restrictions however, we have been holding Zoom meetings starting at 7:00 p.m.

Our October 12 meeting has Edzard Fuzei speaking on "The differences between East/West Horticulture/Gardens from a Japanese Perspective". Please check our website, www.millarvillehortclub.com, or Facebook page to confirm our meeting place and time due to changing COVID restrictions.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family.



MILLARVILLE COMMUNITY LIBRARY

We are officially open again. Our regular hours are Monday, Tuesday and Thursday 9-3, and Wednesdays 9-7.30 pm. Thanks to our loyal volunteers who have come back in force (we were not allowed to use volunteers under previous COVID protocols). As per current COVID protocols, masks are required in the library.

Our summer program this year was a great success. Kids from 3-11 enjoyed lots of fun activities and story times throughout the summer. A very special thank you to Alberta Smallwood and Kelly Nutbrown for their excellent story telling. Congratulations to Jane, Hudson and Kayla for winning the Bingo draws for a Monkey Mountain gift card. And of course, thank you to all the kids who participated this year.

Story Time is back for this Fall. Check out our FB and Instagram pages for details on this and an upcoming Library art exhibit from the Leighton Centre.

There are lots of new books in the library for adults and children (beginning and emerging readers). One really interesting Millarville book that we should all check out is "Secret Path". This a ten song digital download album by the late Gord Downie (the Tragically Hip) with a graphic novel by Illustrator Jeff Lemire, that tells the story of Chanie "Charlie Wenjack", a twelve year old boy who died in flight from the Cecilia Jeffrey Indian Residential School fifty years ago. In light of the recent shameful and unspeakably sad information about residential schools this is a subject that demands much more public attention and action.

The book with Jeff Lemire's dark but delicate images and Gord Downie's heart-breaking words is quiet but intensely powerful and a book that all Canadians should read.



Barn Quilt Painting Class

Join us for a fun afternoon of painting.

Includes all the supplies required to complete a 24 inch square barn quilt to take home and proudly display indoors or outdoors.

Students will have various designs to choose from and several paint color options as well.

Fee: \$110.00

Location: Priddis Community Hall

Email: jane.morgan@outlook.com

Students are asked to bring a hair dryer and an extension cord.

Class space is limited.





RED DEER LAKE UNITED CHURCH

At deadline time, we are planning to offer Sunday services in-person at our church on Highway 22X beginning September 19 at 10:30am. We certainly hope that we can continue to meet at our church building each Sunday. Please consult our website – reddeerlakeuc.com – for the latest information.

We are following the latest Alberta Health Services COVID-19 restrictions. People will be required to wear masks at all events, meetings, programs, and services held in the church building. We do not require

people to be vaccinated before attending our events, but we do strongly encourage you to do so if you are medically able. Jesus' core teaching is to love our neighbor and protect the most vulnerable and being vaccinated is one way we can do that.

We are also continuing to offer online services, which are available every Sunday at 10:00am on our website and YouTube channel. Of course, these services may be accessed any time after their initial broadcast, and we have many in the vault. Check them out!

As of this writing, we are still deciding the future of the On the Edge concert series. Again, check our website for the latest information.

If you need support during this uncertain time, our Congregational Care team may be

able to help. Please reach out by contacting us at office@reddeerlakeuc.com. For more information about our church, please call us at 403-256-3181.

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. You're welcome, wanted, and accepted. Join us on the journey.



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| Iron/Sulphur Filters | Mineral Bed Replacement & Control Valve service | Every 3 – 5 years | Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming |
| Ultra-Violet Sterilization System | UV Lamp & Sleeve Replacement | Annually | Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc. |
| Well Shock Chlorination | Correct dosage of chlorine injection into well & flush | Annually (as per Alberta Environment) | Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces |
| Raw Well Water Testing (Provincial Lab) | Obtain water sample & submit to lab | Twice per year (as per Alberta Environment) | Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc |

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HELLO DIAMOND VALLEY

Well winter is in the air, we started getting cooler mornings and below zero temperatures back in September. The Farmer's Almanac says the weather will be warmer than usual this October for Southern Alberta, and the coldest weather will be in early to mid-December, late December, and late January and February. Not much of a surprise there.

Although this summer was one of the hottest we've had in a long time, it wreaked some havoc for our farmers' crops. According to the Alberta Crop Report, extreme heat and little rain had a detrimental effect on most crops, except for feed barley, dry peas, and the top two grades of canola. The South Region reports as of September 15 that 64% of crops were in the bin, 7% in swath, and 29% were still standing. There was no second cut for dryland hay. What does this mean for beef prices? Cattle prices right now range from \$120-\$150 cwt (this means hundredweight, or 100 pounds), but cattle prices are expected to improve in the next three years. We have always got together with friends and purchased a steer from our local rancher, and our local meat cutter does it up. It is less expensive than the big stores and the meat is so tender and lean. We also get our eggs and chickens from our local Hutterite community, it is delicious, fresh, and less expensive also. Support your local farmers and ranchers when you can, it is worth it!

North West Mounted Police Sam Steele registered the first cattle brand in Alberta in 1880, along with his partner Percy Neale,

and they called their brand "71". But one of the most famous brands belongs to the OH Ranch, which was registered by Orville Hawkins (OH) Smith, along with his partner, buffalo hunter Lafayette French, in 1881. In 1883, Frederick and James Ings bought the cattle and renamed the ranch the Rio Alto, which means high river in Spanish. During WW1, the ranch was sold to Senator Patrick Burns, also known as the Cattle King. 1950 brought yet different new owners, Bill Ardern and C.W. Roenish. They changed the name back to OH Ranch. Now the year is 1987 and famous philanthropist Daryl "Doc" Seaman bought the ranch and set aside a portion of it which was known as the OH Ranch Heritage Rangelands. Doc helped support minor hockey, co-owned the Calgary Flames, and helped build the Saddledome, along with donating one of the largest amounts in Canadian history. Around 2009, Bill Siebens bought the ranch and donated the brand and the 8000 acre Southern section of the ranch to the Calgary Stampede Foundation. The Foundation continues to preserve the ranch's environmental and cultural heritage values. For more of this famous brand's history, visit experiencetravelguides.com.

In addition to beef and chicken, there are a wide variety of other meats and produce to choose from right here in our beautiful Foothills. Elk, buffalo, ostrich, pork, fish, lamb, turkey, moose, venison, honey, herbs, and fruits and vegetables are just some of the other options to make your dinner more interesting. If you do a little research on what's available in our area, you may be surprised at the many different and affordable options that surround us.

The Turner Valley Legion hosts a Farmer's Market on Sunday mornings, until it gets

too cold to do it outside. They are redoing the menu and I just want to say thank you to the volunteers, Linda, Beth, Paul, and others on the team, they really are the ones who keep our Legion going through these strange times. They won't be holding their famous Spook House this year as things are still uncertain, but are pleased to announce Thursday wing nights are still on, and they are bringing back Texas Hold 'Em on Wednesdays at 7pm, and darts at 7:30. As always, children are welcome and you don't have to be a member to enjoy the friendly atmosphere at the Legion. For more information, visit them on Facebook or call 403-933-4600.

October is Celebrate your Library month. Our Sheep River Library is in Turner Valley on Main Street, and they offer tons of programs other than just reading books. Use the internet, exercise, craft, attend one of their Out Loud Series, enroll your kids in one of their kid's programs, or join one of their clubs and groups. They are also home to the famous Sheep River Ramblers, a hiking/walking group. One of the best and most affordable pastimes around, I think I paid \$12 for a year library card, for more information, drop by or go to sheepriverlibrary.com.

October is also Fire Safety Month. Remember to test your smoke detectors, this should be done monthly and only takes a minute! Have a fire escape plan for your home and practice it. There are many websites that offer tips on the above so make a plan to do this once and for all. Hopefully there will never be a fire in your home but just a little bit of time of planning and checking can avoid the nightmare of a house fire.

Another special day in October is International Aging Persons Day,

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on October 1. In 1948, the United Nations sought to promote the full and equal enjoyment of all human rights and fundamental freedoms by older persons. 1982 saw the U.N. starting to highlight the situation of older persons by adopting the World Assembly on Aging. Then in 1990 they proclaimed October 1 as International Day of Older Persons, and the first one was celebrated in 1991. Many of us have busy lives and sometimes our older family and members of the community are ignored. Personally, I love chatting with older people as they have a lifetime of experiences! How can we observe the principles of this special day? You can simply call up an older person and chat, offer to help with things that they may be finding to be a chore, or volunteer. Become an advocate. The U.N. says "enhanced attention to the particular needs and challenges faced by many older people is clearly required." It's important to recognize the essential contributions of the majority of older people and that they can continue to contribute to the functioning of society.

Have you been cleaning out your closets and would love to get rid of items that you no longer have a use for? Well, the Millarville Racetrack is hosting their annual Community Garage Sale on October 9. Prepay for your table which are \$15 or 3 or more tables are \$10 each. The Sale runs from 9-3. The Racetrack is also hosting a Halloween Howl on October 29. This event is a 50 plus year tradition and volunteers are needed to help host. If you can help out and make use of the Halloween costumes you have tucked away, please email melonie@mras-track.com. Just in case things get crazy again, both events are subject to cancellation, so please check before heading out.

Yay, the music is back! Beneath the Arch Concert Series is excited to present their first concert since the start of COVID, the Weber Brothers Duo. Since their teens, Ryan and Sam Weber have been playing music and have been backed by Ronnie Hawkins, Jeff Healey, and many more. Thanks to sponsors for this show, the Black Diamond Hotel, David Hough, QC, and Country Food Mart. The show is scheduled for October 23 at 7:30 and they will be asking for proof of double vaccinations at the door. For tickets or more information, visit beneaththearch.ca.

And the Red Deer Lake Church is pleased to present John Reischmann and the Jaybirds, a bluegrass and gospel group, on October 29. This group hails from all over, including San Francisco, Chilliwack, Spokane, and Los Angeles. The show starts at 7:00 in the beautiful church for a wonderfully unique experience. Also get your tickets early for Christmas with the Mabels on November 28 at 3 pm. For tickets or more information, visit reddeerlakeuc.com.

The Leighton Art Centre is a historical art gallery, museum, and art education center located on 80 acres near Millarville, and they hold exhibits most of the year round. They have launched a new juried group exhibit called "In the Open Air", which is a special way of painting that captures light and colour on a landscape. The exhibit runs from September 11 – October 24, and they are open Tuesday - Sunday from 10-4. Admission is by donation. Leighton has its beginnings in 1974 and continues to operate today as a not for profit organization. For more info, go to leightoncentre.org.

Lastly, I see they are installing traffic lights at the corner of Big Rock Trail and Highway 7, or the "S" bends as we like to call it. They should be up and running by the time of publication so please be aware of the new lights and please pay attention, as this intersection has been the site of several accidents.

If you have any events or news happening for November, please email me at elaine.w@telus.net. The deadline for this issue is October 15.

Happy Autumn!

Elaine Wansleeven



LONGVIEW LIBRARY

Our librarian, Lynda Winfield, has made a beautiful video of our younger members at their summer activities working with dream catchers, feather mobiles and wood bird ornaments. You can watch it on our Facebook page.

An exciting addition to the library's offerings is a rental of an iPad and Telus Smart Hub. It is coming soon and will be available for Longview residents only. It is hoped that rural patrons will soon be included. iPad kits come with a charger, charging cord, case and protector, keyboard and carrying bag. Watch the bulletin board for the latest on this special service.

Some new books in to the library are: The Four Winds by Kristen Hannah and We Begin At The End by Chris Whitaker. For the children: Little Ghoul Goes to School by Jef Czekaj and Whose Poo by Daisy Bird.

A pleasant read is The Lost Apothecary by Sara Penner. It takes place in the eighteenth century London, England. It is about the owner of a shop selling lethal herbal concoctions, her victims and a young twelve year old accomplice. The descriptions of the city of London, its cobbled streets and dangerous back allies are so vivid you think you are actually there.

A second is The Couple Next Door by Shari Lapena. It's about the kidnapping of a six month old baby and the search for the criminal. It is full of suspense, twists and turns and mystery.

Don't forget our phone number. 403-558-3927. Lynda is happy to answer any questions you may have. And our hours are Tuesday, Wednesday, and Thursday from 10 a.m. to 5 p.m.

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MASHA SCHEELLE, HCN STAFF

Black Diamond and Turner Valley are one step closer to amalgamation

The application to amalgamate Black Diamond and Turner Valley and a report of recommendations has been sent to the Alberta Minister of Municipal Affairs. The municipalities requested that Jan. 1, 2023 be the incorporation date for the new municipality of Diamond Valley. The Minister of Municipal Affairs will review the application, followed by a cabinet review. Once approved, an order of council, which is the instrument used by the Lieutenant Governor in Council to make its orders, will be handed to the two municipalities. That order will stipulate the agreed recommendations, any changes, the time and date that the different municipalities will be dissolved, and when the new municipality will officially form. This process can take anywhere from six to nine months.

"There will be a lot of work that both councils will be doing and absolutely our staff members. I think the most important component of this transition year is that the council is supporting the staff members moving forward," said Mayor of Black Diamond, Ruth Goodwin.

Goodwin noted that the final push to amalgamation was not just COVID-19 and the restricted funds that impacted the community in the last year, but also the policing costs that municipalities are now responsible for due to a new mandate by the UCP government. In the new model, Black Diamond would take on an additional financial load over the next five years, going from \$53,000 to somewhere between \$170,000 or \$190,000, explained Goodwin. Municipalities with a population of 5000 and under are not eligible for any funding provincially or federally to offset those costs. Black Diamond and Turner Valley will combine to a population upwards of 6,000.

"When you become a community over 5001 you now qualify and are able to apply for grants and subsidies from both provincial and federal governments to help you offset those costs," Goodwin said.

Many of the Town's services are already combined, such as the sewage treatment commission, the water treatment and water supplier, and the roads, garbage, and solid waste. Comprehensive collaboration looked at services, not just committee level exchanges and sharing equipment or personnel.

"That's always part of the learning curve on what works and what we need to improve upon and even our bylaws, making sure that our bylaws are as close to one another as possible," Goodwin added.

She noted that the amalgamation can't be done without the commitment of the staff in both town's administrations. As far as she's concerned, their priority is supporting their staff as the Towns transition over the next year or more. The amalgamation will also result in cost savings through the removal of duplicated services and the time allocated to tasks by personnel.

For the Mayor of Turner Valley, Barry Crane, amalgamation has always been about cost savings and the unity of one community. Crane believes that the current economic climate, the current state of the province, as well as the way to save taxpayer dollars all lead to amalgamation and marketing as a larger community.

"If you've lived in this area for any amount of time, you quickly realize that we're not really that separate. As councils and admin there has been so much cooperation and collaboration between the two communities, it's a duplication of services that has always been relevant knowing that we do the same jobs on a constant basis," Crane said.

Crane noted that eliminating duplicated services doesn't necessarily mean lost jobs, but that restructuring will occur over many years as people retire and the new organization forms. The expected long term annual amalgamation savings add up to \$370,000, according to a public financial report on the amalgamation. Those savings include the reduction of six councilors and a mayor, the impact on grants, organizational restructuring, and more.

"We as two councils agreed that we keep the service levels at the same level. In order to do that you're most likely going to keep everyone you have on board and slowly over time things are going to change, so it's the least impactful on administrations," Crane added.

Crane said that public feedback has been positive and the comments he has heard are

to get this amalgamation finalized. With a larger population, outside businesses will take notice and with the completion of the ring road around Calgary, Crane expects a small boom of recovery. He noted that the majority of small communities within the same distance of Calgary as Diamond Valley have all seen 10% growth in the last 15 years, while the Diamond Valley area has only seen three or four% until now.

"You have to envision the success of a community as an elected official in the long term and the long term is that together we're stronger. Strength in numbers really does speak to the economies of today's marketability," he said.

Going forward, he believes it's important to plan properly, to ensure there are green spaces, pathways, playgrounds, and parks in anticipation for growth and development. This will ensure the community grows sustainably with nature and residents in mind.

An approval for the amalgamation is expected in January 2022. The Towns would then look at a new election in November of 2022 for the incorporated municipality of Diamond Valley to officially form on Jan. 1 of 2023.

*Masha Scheele, HCN Staff
media@highcountrynews.ca*



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SQUARE BUTTE COMMUNITY

This has been a difficult year for the SBCA due to COVID and our wall restoration. Regrettably the board had to make a decision to cancel the Sept. breakfast and the Octoberfest Event. We only hope that in the near future we can safely get back to gatherings at our newly renovated hall. The renovations are nearing completion with landscaping and touchups in the hall to be completed by the end of September. We can't wait to put on one big party when it is safe to do so. Don't give up on us! The AGM is slated for November 19th with a complete review of the years accomplishments. We are beginning our 2022 membership drive. It may feel like you received very little benefit from your current membership but we will try and make this year special in spite of COVID.

Square Butte Ladies Group

The Ladies have had 3 very good Millarville Markets this summer which goes a long ways to fulfilling our donation commitments. Thanks to those who stepped up with some lovely baking and those who so graciously bought our goods.

We are reaching out to ladies to join our small group. With more participation we would be able to offer some fun things to enjoy and to meet your neighbours and cultivate relationships.

Contact: President Jill Fry 403-931-3420

Community History

With COVID restrictions upon us it feels like we have been having the worst years of our lives, which got me to thinking about our relatives in the past who had to suffer through some extremely difficult times.

They arrived in Alberta (N.W.T) by various means. Some travelled by ship from their homeland, leaving all their families behind, others with their horses in box cars from Ontario, others overland. The call of the west was strong and a future of freedom and land of their own so compelling.

The 20's & 30's saw rheumatic fever, diphtheria, tuberculosis, whooping cough, small pox & polio. If you can imagine the treatment for polio was the iron lung which helped you breathe. If you survived, most were left with a lifetime of disability. My grandmother would swab the childrens throats (diphtheria) with coal oil, which the doctors said had helped them, but the after taste was awful. Thankfully with the advancement of medicine and sanitation these diseases declined and some eradicated due to vaccines.

Some recollections of the dirty thirties were that times were hard for everyone. The freight trains were crowded with hobos "riding the rails". There was very little rain and many dust storms, making it necessary at times to light a lamp during the day.

Some years there was more pigweed than grain. For two years the army worms ate all the leaves off the trees. Tea towels and pillow slips were made from cotton flour sacks. Aprons and tablecloths were made from gingham flour bags.

Bennett wagons were made from old car bodies. Homemade soup was made in large iron pots. A good cow or yearling brought the sum of \$10.00. Cream was 8 cents a pound for special in 1932 and the pastures were poor. Many farmers in the Byemore area left for greener pastures. From most accounts the foothills never experienced the devastation that the prairies did. Then the Second World War occurred!

There is such admiration for those that came before us, for their resilience in the face of disease, loss of life, loss of land and loss of livelihood.

You may wonder about the reason that so many of those that grew up or experienced hardships have a hard time throwing things out; it is because it was so instilled in everyone to not waste, that it could be used in the future.

At present we take so much for granted but gives you pause to be thankful for what we do have.

Contributed by Mary Ann Watson

Square Butte Hall Contract Information

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ASCCA

Canadian Conservation Corps Youth in Action at Cross Conservation Area

We welcome Allehea Bowen and Tyler Hergott who are volunteers from the Canadian Conservation Corps (CCC), a program run through the Canadian Wildlife Federation! This program follows three stages; an expedition, work placement, and volunteer/research project. Their Stage 1 expedition was a sea kayaking trip in late July in the Broughton Archipelago area, north of Vancouver

Island, BC. Following the expedition, they were paired up and put into a field placement at the Ann & Sandy Cross Conservation Area (ASCCA). With her passion for the outdoors, Allehea will be supporting education programs and events. Tyler, a graduate from the Faculty of Forestry (UBC), enjoys monitoring local wildlife and loves working with youth. Both are looking to organize guided hikes through the coming months.

Introduction from Tyler: "Hello my name is Tyler (he/him), I'm from the unceded territories of the x̱məθḵw̱əy̱əm (Musqueam) and Skwxwú7mesh (Squamish) Nations, which we call Vancouver. A highlight of my expedition was experiencing the sea, an area I'm unfamiliar with. My stage 3 project

may include; how youth recreationally experience the outdoors or wildlife safety education and will either be back in BC or in Calgary. While volunteering at ASCCA I hope to learn about improvements that can be made to the way we impact and interact with our environment. Being new to this area, I'm hoping to work alongside experts in this area and utilize my knowledge of forests to aid in our management strategies. I'm hoping to contribute to the mapping of the area, and study the wildlife with motion-sensing cameras."

Introduction from Allehea: "My name is Allehea (she/her) and I am a recent graduate from the University of Victoria, where I studied cultural influences on the ongoing climate crisis. I am passionate about being outdoors and sharing environmental education, and so looking forward to learning from your community during the engaging hikes and activities we will be offering at the ASCCA. I am always keen to discuss my research and gratitude for the life changing experiences I've been supported in through the CCC program."

Allehea and Tyler are excited to be involved with organizing events and activities over the next couple of months. On September 11th, Tyler led our first guided 'Nature Adventure Hike' with the theme of discovering forests, and hopes to plan more in the future. We will be hosting a Star Night, Halloween Howl and more guided hikes in October, so please follow us on Instagram, Twitter and Facebook (@ASCCConservation) and visit our website www.crossconservation.org to stay updated on what we have planned.

The Ann & Sandy Cross Conservation Area is a 4800-acre day use nature preserve located just SW of Calgary with aspen forest and foothills habitat. The area is open to hiking by registration year-round, and is a registered charitable organization.

Ann & Sandy Cross Conservation Area



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DUANE HARDER

Would The Real Leader Please Stand!

During a counseling session, the wife, in speaking of her husband said, "I wish he would lead, follow or get out of the way." Several years ago the government in power in BC came up with the idea of a series of "Townhall Meetings" where the constituents could raise issues and ask questions. During one meeting the moderator asked if there were any questions. Someone in the audience raised their hand and then asked, "Are there any answers?"

People are looking for leadership and they are looking for answers. Years ago we heard the song, "What the world needs now is love, real love." The lyrics of that song could be changed to, "What the world needs now is leaders, real leaders."

Let's be clear! Being the president, CEO, chairman or prime minister does not mean that you have the leadership skills necessary for the position. As one man has noted, many people are promoted beyond their competence. Everyone has leadership ability but not everyone has equal ability as a leader.

I would like to suggest some qualities that every leader should possess. These are seminal ideas to help us think in the right direction.

Vision — The ability to see beyond the present reality to the future possibility. A man asked a group of workers what they were doing. The first replied, "Can't you see we are laying bricks." The second one said, "We are building a building." The third looked up and responded, "We are building a shopping mall."

Vision, to be effective, must be tied to measurable, workable goals. A lofty vision may be wonderful, but it loses its power if I can't give you steps of action that will lead to its achievement. Let's flesh this out with a simple home illustration.

"Your mom and I would like to take you on a two week vacation to Disneyland next summer. Does that sound like a good goal? Here is how we will do it. The trip will cost about \$5000. We don't want to go in debt, so here is the plan. I'll forgo my golf club membership for next year and your Mom is going to exercise at home, not the gym. We are asking that each of you donate half your allowance. That would give us \$3000. I will contribute \$100 a month to a special savings account and that should put us over the \$5000 projected cost. During the year we can work together planning the trip and including the interests of each of us. Judy, you are the eldest and you like organizing things, how about overseeing gathering information that you could present to our monthly planning time?"

Vision cannot be an abstract idea; it must be tied to a workable plan. Remember, "Whoever has a tiger by the tail had better have a plan to deal with its teeth." Long range planning doesn't deal with future decisions it concerns itself with the future of present decisions.

Influence — The ability to motivate people through the quality of my life not the influence of my words. Words are most powerful when the substance of my life is an incarnation of my voice. The leader who calls for sacrifice but lives in the "lap of luxury" may be able to enforce his words, but the influence of his life is minimal. Mother Theresa is not known for her great speeches or position of power, but the influence of her devoted, sacrificial lifestyle has influenced millions. If I concentrate on my character, my influence will take care of itself. A true leader is one who has internalized the substance of his vision.

Courage — One who will stand firm on principle but be flexible on preference W S Landon gave us this pithy saying: "Men like nails, lose their usefulness when they lose their convictions and begin to bend like nails." Courage is the willingness to face whatever opposition may present itself without consideration of the outcome. Men of courage are willing to die for their convictions. Dr. Martin Luther King was a man of courage. He believed that his battle for human rights was something for which he was willing to give his life.

Weak leaders find security in the weapon they hold. Worthless leaders capitalize on manipulative power. Great leaders value their dissenters, stand firm on principle, and will not bend to accommodate pragmatism. Courageous leaders build a foundation for future generations.

Integrity — The values and convictions that govern my life when no one is present Stated in other words we might say, live in such a way that you are willing to give your parrot to the town gossip. Robert W Service in his poem, The Cremation of Sam McGee, makes the statement, "A promise made is a debt unpaid and it will haunt you till the day you die." When I was a child, a man's word was his honour. Deals were ratified with the shake of a hand not a multi-paged contract. Integrity is the internal compass that says, "is it right?" Not, "Is it profitable?" I used to tell my children, "If what you hear me teach doesn't correspond with how you see me living, bring it to my attention." I have said the same thing to people with whom I work. An image consultant made this observation: "You help people lie about who they are so they can pretend to be someone else." A man without integrity is like a ship without a rudder.

Hard Work — Desperation produces perspiration that precipitates inspiration that motivates transformation. Combing through over 325 psychology books was not a walk through the park. Wayne Gretzky tells about the hours he spent on the rink his dad made in the back yard. Paganini talks about the hours spent in honing his musical skills. Anyone who has achieved success got there on the back of hard work. John Ruskin said, "The highest reward for a man's toil is not what they get for it but what they become by it." Thomas Edison reminds us that "When you have exhausted all the possibilities, remember you haven't." Action without study is fatal! Study without action is futile! Remember if you bypass the discipline of development, you will miss the development of discipline and live with mediocracy.

As a leader remember, life is what happens while you are waiting for life to start. I'll see you at the top.

Duane Harder

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ROCK, WATER, SPIRIT by Andrea Kidd

The Willow Tree

I think a parable is like a window; it helps me see out and recognize something that has been blocked from my view. Sometimes a parable is a picture window, wide and deep, giving a far-reaching view into the distance. Sometimes it is a peephole in a condo door, giving a quick peek at what is just beyond.

A parable provides a bridge, a link, a connection to understanding. It enables a leap through the immediate to a reality further away.

Jesus often used parables. He said, "I am the good shepherd"¹ and "I am the bread of life."² When his people were being arrogant, bossy and cruel, Jesus said, "How often I have longed to gather you together as a hen gathers her chicks under her wings, but you were not willing."³

In the summer of 2018 we stayed at a Bed and Breakfast on Pender Island, British Columbia. There was a willow tree in the garden. Could Jesus be like that willow tree?

¹ John 10:11

² John 6:35

³ Matthew 23:37

Under the cascading, leafy boughs of the
willow tree,
I will be safe.
See!

The leaves in the breeze beckon me,
invite me to sit quietly
and shelter under their rippling foliage.
The willow's wide embrace calls me to his
heart.

His firmly planted trunk promises strong
protection
from the harsh hurts and stabbing jabs of
the world.

His strength and gentleness generate
courage for conflicts to come.

He dispels my fears,
soothes the pain that sears
as I nestle beneath his leafy spears.

Past pain

Covered with present love
Assures me of future good!

Andrea Kidd



Photo Cred: Trevor Kidd



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Benefits of a HELOC:

- A home equity line of credit generally allows a larger credit limit than a personal line of credit that is unsecured.
- You may use the credit for any purpose — consolidate debt, invest, fund a child's education, renovate a home, take a vacation, anything!
- Get convenient and fast access to funds — redraw funds when needed. Many lenders have debit cards or quick e-transfers.

- Take advantage of minimum monthly payments of interest only. Payments based on the funds used only, no minimums.
- Pay off the entire loan at any time without penalty — a HELOC is fully open for prepayment.
- Depending on lender, you may convert your HELOC to a fixed mortgage at any time without penalty (certain conditions may apply).

How a HELOC works:

With a HELOC, you're borrowing against the available equity in your home and the house is used as collateral for the line of credit. As you repay your outstanding balance, the amount of available credit is replenished — much like a credit card.

Qualifying for a HELOC:

To qualify for a HELOC, you need to have available equity in your home. You can typically borrow up to *65-80% of the value of your home (minus your existing mortgage if applicable). Standard qualification criteria applies, your credit score and history, employment history, monthly income/debts, etc will all be reviewed.

If you currently have no mortgage at all or are purchasing a new property and would like to set up a new HELOC only, the maximum limit available is 65% of your home's value. If your home is worth \$550,000 then the maximum available is \$357,500.

However, if at time of purchase or refinance a borrower can split their mortgage between variable rates, fixed rates, and a HELOC, giving you the freedom to build a plan that meets all your needs, the maximum limit available is 80% of your home's value. If your home is worth \$550,000 then the maximum financing available is \$440,000. In this scenario for example, if you want \$440,000 in financing then we can do a 5 year fixed for \$240,000 and a LOC for \$200,000. The combination of all products cannot exceed 80% of the property's value (and can be almost any combination). By "fixing" an amount this allows you to exceed the 65% limit and go up to 80%.

As with many major financial decisions, getting the right advice is key. Discuss your situation with a knowledgeable mortgage broker.

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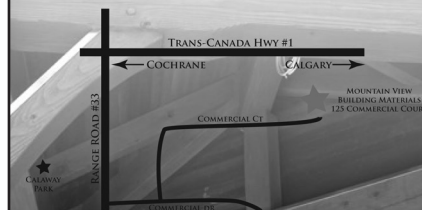
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CITIZEN SCIENCE IN ACTION: ORCHESTRATING AN ORCHID RESERVE

On May 23, 2020 some of us living in the Bragg Creek hamlet were alarmed to find swaths of trees bulldozed, creating wide trackways through the undesignated walking paths in the Municipal Reserve along the Elbow River near the gauging station along River Drive South. This was the start of construction of the Bragg Creek flood mitigation berms as a component of the Springbank Offstream Reservoir Project on the Elbow River (before that project was approved) and was an unannounced surprise to most residents. Those of us who walked the area regularly were deeply saddened as the densest clusters of orchid flowers in the Bragg Creek area occur in this riparian environment. These were excavated along with the trees. In August of 2020, when it is difficult to distinguish orchids, a young botanist walked by while I was helping a neighbour in that area and mentioned she was surveying the plants for the contractor. We later learned there was no mention of orchids in the flora report to the berm proponents.

In October 2020 an “orchid group” led by environmental consultant Annette McCullough and comprising Bragg Creek resident amateur botanists and orchid botanists and experts from Edmonton and Winnipeg, marked patches of orchids



identified by leaves and seed stalks along Bracken Road north of the Elbow River. These patches were within the footprint of the berm in that area. We successfully transplanted those patches to private lands and the orchid area south of the river, with the permission of the Municipality of Rocky View.

Why should we care about orchids? The plant family Orchidaceae is one of the most diversely adapted families of angiosperms (flowering plants) as their many dazzling flower styles attest. Orchids arose about 110Ma ago, some 20Ma after the appearance of flowering plants. The family survived the Cretaceous/Tertiary extinction event (66Ma), after which they rapidly diversified into 30,000 species today and developed unique flower and pollination strategies. Most orchid species are dependent on fungal ectomycorrhizal symbiosis with the mycelial network of Rhizoctonia. This is one of the world's seven principal fungal networks that distribute nutrients (and sometimes disease) and hormonal communication

to orchids and neighbouring plants www.frontiersin.org/articles/10.3389/fpls.2021.647114/full.

Those of you who hike trails in East Kananaskis area know that while orchids are not rare, it is rare to find widespread, dense clusters of these amazing plants. The area near the Elbow River now transected by the berm was home to hundreds of orchids. In June and July in this area we've observed Franklin's Lady Slippers (Sparrow's-egg orchid), Round-leaved orchids, Venus Slipper or Calypso orchids, Striped Coralroot, Blunt-leaved Bog orchid, as well as the not-so-common insect-eating Common Butterwort. The photographs above were all taken from this orchid-rich area near the Elbow River gauging station in Bragg Creek.

To sustain this concentration and variety of orchids, this area must meet the orchid's light and soil conditions and must also sustain the subterranean lace of the ectomycorrhizal network to reproduce and distribute the critical nutrients orchids need.



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(Image below) The berm bisecting the area of orchid growth north of White Avenue. Current plans call for seeding the berm slope with a “turf mix” composed of aggressive growth non-native grasses that will stabilize the slope but also likely overcome orchids and their fungal networks underlying the riparian spruce and mixed wood forests to the right and left of the berm.

The “orchid group” has been in communication with the administration of Rocky View County to preserve the orchid flood fringe and floodway area as Municipal Environmental Reserve and is asking the municipality to reseed the berm construction area with native grass seed rather than the non-native urban “turf mix” the contractor is scheduled to apply. The Bragg Creek Wild group, led by Bragg Creek resident Renee Delorme, is also in communication with Rocky View County to preserve the orchid area and create a native grass seed policy for the municipality. Bragg Creek Wild is also lobbying for preservation of the area to provide habitat for wildlife in the hamlet area and a movement corridor from the Two Pine Environmental Reserve to the Bragg Creek Provincial Park. The grass seed issue is important; the “turf mix” comprises creeping red fescue, ryegrass, bluegrass, and chewing fescue, all non-native and aggressive growth species meant to stabilize mineral soil. These species commonly out-compete and extirpate native broad-leaved species like orchids, and the fungal network requisite for orchid growth.

A major complication in protecting the area are the legal designations for these public lands. At some point during the last 4 years (and apparently not widely publicized) the area was designated Public Utility Lot from Municipal Reserve. Redesignating the area to Municipal Environmental Reserve with concomitant protection levels will likely be a difficult task. Much of the area lies below

“the ordinary high-water mark” of the Elbow River and is thus crown jurisdiction of Alberta Environment and Parks. We are in the process of understanding the legal elements of current land use designations of the orchid areas and the bureaucratic pathways to obtaining protection for these lands.

Our non-profit environmental awareness organization, Experience Journeys, is involved with and supports both the “orchid group” and Bragg Creek Wild and their goal of protecting the orchids and providing wildlife with safe fordings across the Elbow River. We were part of the orchid transplant last October and decided to start a Citizen Science project which provided initial maps and GPS locations of beds of flowering orchids in early July 2021. These were sent, along with supporting pictures, to Rocky View County administration to start the protection initiative. The project aims to better identify and inventory the orchid species and map their extents during their 2022 June-July flowering season and help develop a protection strategy. As part of a separate Citizen Science project with Bragg Creek Wild and Y2Y, Experience

Journeys is mapping large mammal wildlife in the Bragg Creek area to obtain a population census, record habitat areas and animal movements to mitigate animal/vehicle collisions and assist in planning development.

Rocky View administration is intent on the contractor finishing the berm construction according to plan but has met with the “Orchid Group” and Bragg Creek Wild to hear our concerns and see if mitigation can be incorporated into the construction plans. Very recently we received a note from Rafael Odie of Rocky View saying they are using a native grass seed mix to meet the resident’s concerns for grass reclamation. We are grateful to the Municipality for their cooperation thus far. We can now focus on obtaining legal protection to conserve the area, and locating pathways across the rip-rap boulders that allow animals to ford the Elbow River without risk of injury. Please contact Bragg Creek Wild or Experience Journeys on Facebook, or Instagram if you would like to add your voice to the cantata of efforts to preserve the beauty of this place for generations to come.

Dave Klepacki and Amarin Dawn



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GET RIPPED

Edition 2

Welcome back to this edition of Jari Love's ten-minute full body workout! Jari Love, certified personal trainer, author, and creator of the incredibly popular and scientifically tested Get RIPPED! workout series, has put together 11 exercises that can be done from the comfort of your own chair! In this edition, we will cover exercises #3-5.

*Before beginning, for safety, be sure to use a sturdy chair on a flat surface. Avoid using a chair with wheels as they are unstable.

3. Right Lunge and Left Lunge:

Again, with your chair placed against a wall, place your left leg on top of the middle of the chair, with a slightly bent knee. Tighten your core, place your hands on your hips, and bring your left knee down as low as you can, making sure that the right knee stays behind your toes as you come down.

Keep your chest up, shoulders back, and come back up without locking your knees. It is important to be able to keep movement slow and controlled as this helps with muscle recruitment and balance. Do 8-10 reps for 1-2 sets. Repeat with the opposite leg for a left lunge.

4. Standing Right Leg and Left Leg Abduction:

While standing behind your chair, place both hands in the middle of the back of the chair, then place your right leg out to the side with your foot facing forward. Center your weight as if you are balancing on one leg. Bring the right leg up as high as you can and bring it back down beside the left foot. Do 12-15 reps for 1-2 sets. Repeat with the opposite leg for a standing left leg abduction.

5. Tricep Dips:

Placing your chair against a wall, sit on the edge of the chair, with your legs at 90 degrees, then place and grip your hands close together on the chair seat. Bring your bottom down, staying close to the seat of the chair and flexing your elbows to

90 degrees as you come down, then straighten your elbows as you come up. Do this movement slowly and controlled, keeping your glutes and body close to the chair.

Do 12-15 reps for 1-2 sets.

About the authors:

Charlene Bazarian is a health and lifestyle writer as well as a fitness and weight loss success story after losing 96 pounds. She mixes her no-nonsense style of fitness advice with humor on her blog at Fbjfit.com. You can follow her on Facebook at [FBJ Fit](https://www.facebook.com/FBJFit) and [@FBJFit](https://www.instagram.com/FBJFit) on Instagram.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® Series that garnered her international attention as a top trainer and fitness personality. Jari makes her home in Calgary, Canada, and most recently has been busy filming and preparing for the launch of her brand new Get RIPPED!® Live + OnDemand. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at [@JariLoveFitness](https://www.facebook.com/JariLoveFitness) and at [@rippedjari](https://www.instagram.com/rippedjari) on Instagram.

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OUT OF THE RUT

Chapter 134

As we hurtle pell-mell into the wild wonders of another Fall season, the changing colours, scents and scenes around us offer such a complex buffet of sensory experiences, definitely food for the soul. I've been enjoying my varied situations as I flit from home to home caring for dogs, cats, horses and houses.

A couple of weeks ago I underwent a dramatic culture shock moment when I agreed to a dog-sit in the Beltline of Calgary. It's been nearly three years since I spent any time in the downtown area. I was quite stricken by the way people dress, move, interact. It's such a subtle, but all-encompassing difference. The energy of the city is wildly different from the energy of the country or small villages/hamlets we inhabit in the High Country News world.

The prospect of months on end in the concrete jungle is not something I ever want to be faced with. For some bizarre reason, the only city where I have felt comfortable is Chiang Mai, Thailand. I have spent many happy months there; between Thai Massage Training and Practice sessions or melting in steam rooms or eating the best food on the planet, I could be found puttering about the ancient streets with their chaotic twists and turns. Walking the flimsy bridges over sewage drains, tip-toeing between shacks and slipping along quiet back streets where gnarled aged Thais sit working on machines or food preparation or chiselling jade for a statue of the Buddha.

The contrast with a city like Calgary – a monolithic construction, an homage to modern industry, where streets are blocked out in grids, the entire network designed for the convenience of a combustion engine rather than the community of human interactions, support and service that a healthy society needs for successful living – it's something almost impossible to taste without direct experience of an alternative way of living.

Meanwhile, back in the city... I had an interaction with a gentleman as he sat in his big SUV in Calgary, engine idling for 20 – 30 minutes. I wandered over to ask him to turn off his engine & he responded that he had his infant in the back seat. I was staggered – he was sitting with the car windows open, pumping exhaust into his child's lungs when he obviously thought he was keeping his child in the best temperature-controlled ambience.

I thought if he is unaware of what he is doing, many others must be in the same boat, so here's some useful information:

HEALTH EFFECTS

Idling cars emit chemicals such as carbon monoxide, nitrogen oxide, sulfur dioxide, and benzene as well as ground-level ozone and particulate matter. Idling produces up to twice as much toxic fumes than when driving. These emissions are harmful for the lungs and heart, aggravating conditions such as asthma and allergies. Exposure to emissions from idling at a young age can cause learning defects. Emissions can also cause headaches, visual problems and, in high doses, serious illness or death. Children and the elderly are the most at risk.

EFFECTS ON YOUR CAR

While your car is idling, the engine is not running at its peak temperature as fuel does not completely combust and leaves a residue. This residue can build up on cylinder walls, deposit on spark plugs,

contaminate oil, corrode exhaust system, and overall damage your engine. This engine damage can cause your car's fuel efficiency to decrease up to 5%. Idling wastes fuel. When the car is stopped, you're getting 0 miles to the gallon. Idling for more than ten seconds wastes more fuel than turning your car off and on.

Having a snooze in the comfortable AC-controlled climate of your new car? Regardless of the car being old or new, experts say that in less than an hour one could die due to suffocation. Even a new car with a well-functioning AC system can be compromised. Another common misconception is that an open window will create a sufficient ventilation system in the car. "Even with the window open, CO will accumulate at a lower level eventually lowering the oxygen in the blood and causing the person to lose body fluids and water after a period of time,"

Anyhow, avoiding poisoning ourselves, our loved ones and our neighbours seems a pretty good idea to me.

Yoga! Rural Community Yoga in Priddis started up Sept 16. If you are interested in joining a group at Priddis or Square Butte, please drop me an email.

With gratitude and love,
Kat Dancer
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ADHD AND VAPING

WHAT IS VAPING?

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

WHAT IS THE CONNECTION?

ADHD teens are particularly susceptible because they have a neurochemical condition that results in impulsivity and inattentiveness. The three core deficits that contribute to the act of vaping is their inability to sustain attention to work, inability to focus and poor impulse control. Furthermore, they struggle socially with a constant worry about what they have said, they want to be liked, to fit in and belong. The truth is that

vaping does not make you happier, nor improves your social status!

HOW TO FEED THE NEED FOR SPEED?

ADHD teens are already at risk for nicotine addiction, as they are low on naturally occurring dopamine and norepinephrine levels in the brain. Nicotine is a central nervous system stimulant. So, when it is inhaled, it will release dopamine. Most people are: ready, aim, fire. ADHD people are: ready, fire, aim. Let’s just do it and think about the repercussions later. It feels good. I like it. I want more. Some brand name pods contain 5% nicotine, which is equivalent to one pack of cigarettes. That does not necessarily mean that the other 95% of the pod, mod, juice, e-liquid or cap consists of water. It could be a mix of as much as 700 different carcinogenic compounds that are harmful for your health and developing brain.

WHAT CAN GO WRONG?

Many devices contain batteries... a risk for a leakage or an explosion (during storage or charging, inhalation or in your pocket). The actual device heats up to 400F to turn the liquid into vapour. Even though there is no tar, side-effects can include addiction,

painful mouth sores, hoarse voice, permanent lung damage and chronic bronchitis. When teens with ADHD try to stop vaping, the same or worse symptoms that they try to manage with their general ADHD, are exacerbated i.e. anxiety, inattention or insomnia.

WHAT CAN PARENTS DO?

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

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

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

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

Sources:

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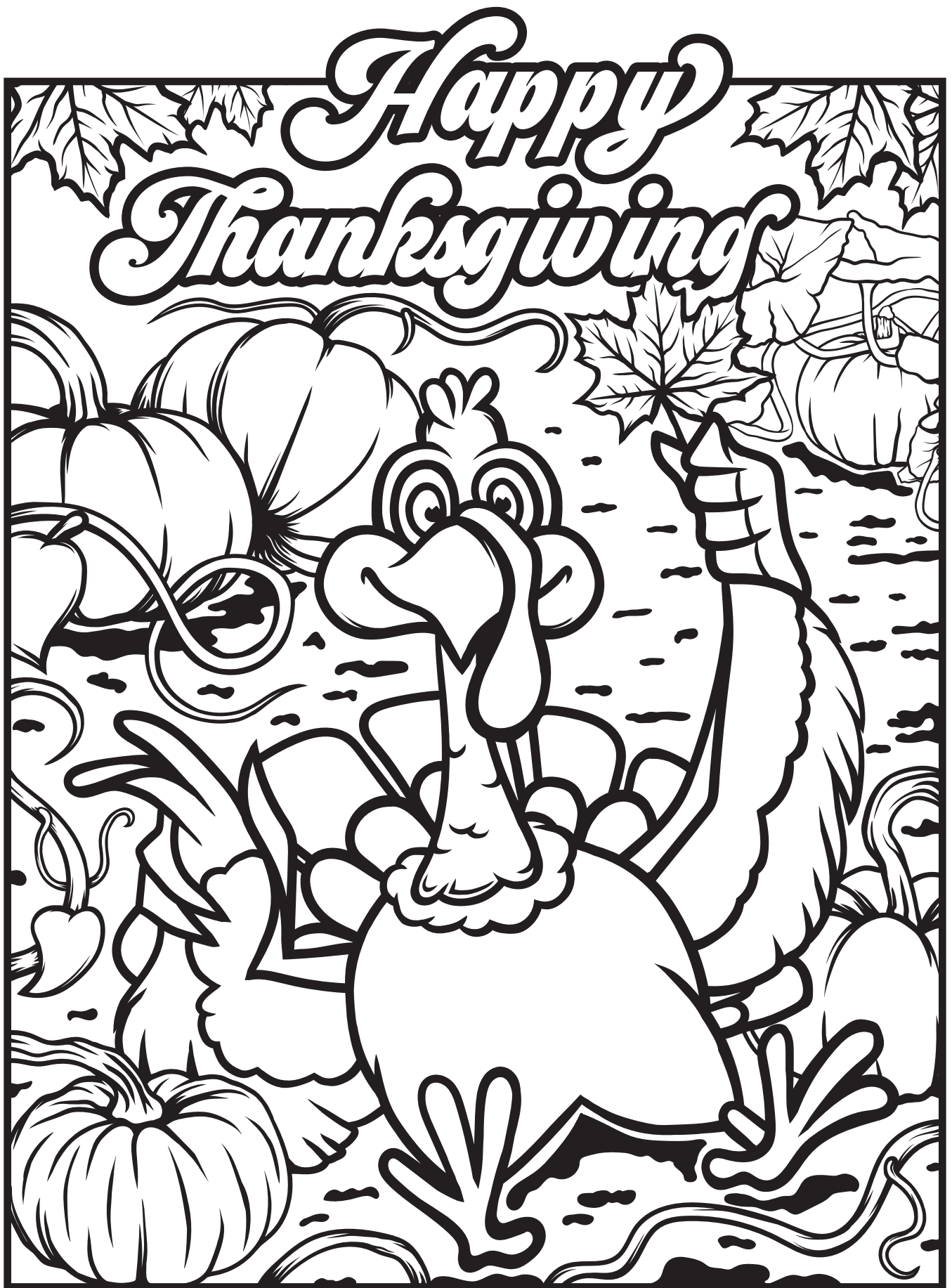
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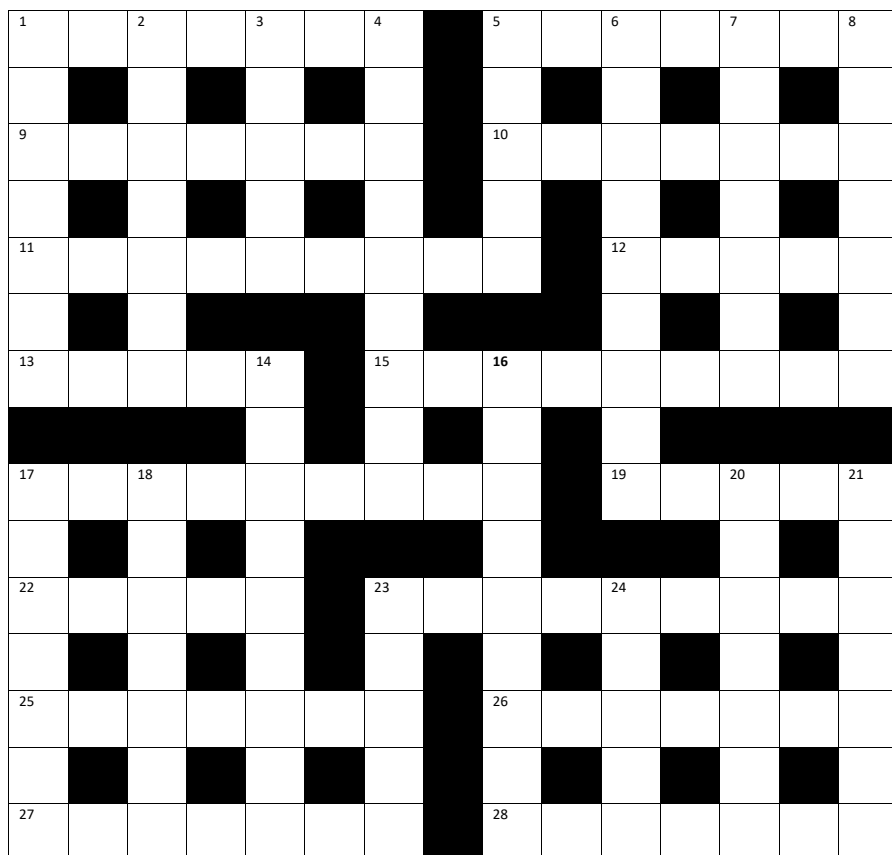
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Cryptic Crossword
By Jan Burney

24. Track
17. Classes 18. Wheelie 20. Othello 21. Had at it 23. Scrap
Jet Set 7. Rhubarb 8. Amputee 14. Yardstick 16. Cheeriest
1. Panache 2. Outrage 3. Ideal 4. Serengeti 5. Agree 6. The
Down:
28. Take Out
22. Areas 23. Stretched 25. Soldier 26. Epaullet 27. Speak up
12. Exalt 13. Enemy 15. Excusable 17. Cowardice 19. Tooth
1. Profits 5. Astoria 9. Not Near 10. Re-Equip 11. Challenge

Across:
Answers:

Across:

1. In favour of seizures for financial gains. (7)
5. Asking Victoria to remove King Vic from this area of Queens. (7)
9. Non-tear formula is far away. (3,4)
10. A returning peer needs a few quid to get supplies. (7)
11. Change two fifties around the East in this contest. (9)
12. I praise former computer key (5)
13. Adversary can be found east northeast of my position. (5)
15. Former copper and black can be forgiven. (9)
17. A child of the state immersed in half cold water and ice shows no bravery. (9)
19. Inside, I tattoo the canine. (5)
22. Sports facilities lose top of net in these locations. (5)
23. Etch in red after street was made longer. (9)
25. Traded, for example to the right serviceman. (7)
26. Ornamental shoulder piece worn by apostle in broken golf equipment. (7)
27. Express your opinion openly about pups returning with confused Kiwi bird (5,2)
28. Crazy Kate is not in for fast food (4,3)

Down

1. Flamboyant manner gets thumbs down for pain. (7)
2. Expelled from school for following fad creates indignation. (7)
3. A brainwave at the beginning of lunch is perfect. (5)
4. Hunt for tiger seen in African National Park. (9)
5. I concur in a green space. (5)
6. Does thee jest about time for high-flyers? (3,3,3)
7. Insult follows audible regret for cultivated plant of the dock family. (7)
8. I am put eerily inside with person missing a limb. (7)
14. Three feet adhere to this measuring rod. (9)
16. He cries insanely, and the French are the most jolly. (9)
17. Cold young ladies could be from upper, middle or lower. (7)
18. Express delight on a falsehood about this motorcycle maneuver. (7)
20. Old Testament greeting in this Shakespearian tragedy. (7)
21. Battled over that aid. (3,2,2)
23. Fight over what's leftover. (5)
24. Follow where the race is run. (5)

KIDS!

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

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

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

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