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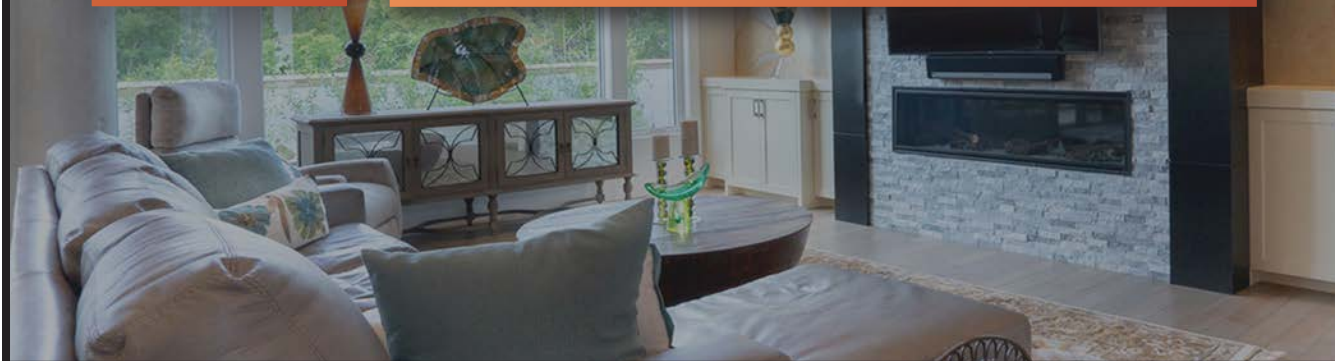
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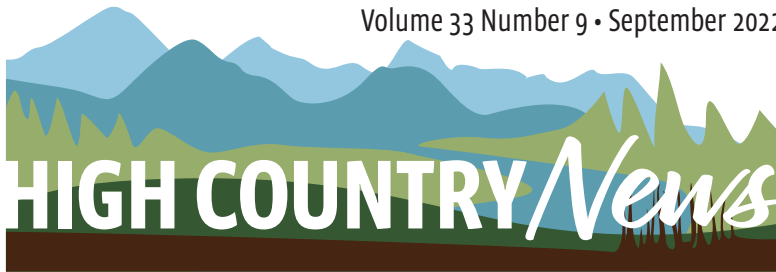
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## LETTER FROM THE EDITOR

This fall has been one of the warmest Septembers I can remember for a long time. We recently enjoyed our fall tradition of walking barefoot in the grass throughout the Ann and Sandy Cross Conservation area and we were struck with the beauty that is ours to enjoy.

We are approaching that special time of year where we have a day set aside to be thankful. Being thankful doesn't mean that we bask in the bounty of our harvest, selfishly consuming what we produced to keep it for ourselves. I believe that to be truly thankful means that you allow others

to be blessed by a combination of time, financial, and material resources that you have. This can be challenging.

I appreciate my wife's ability in creating a generous home. While I tend to look at the balance sheet, she sees opportunity to bless others and I have learned to release both the resources and time to do so.

As we approach and celebrate Thanksgiving, rather than just express thankfulness on a specific day, can we begin to make it a representation of a lifestyle of thankfulness and generosity towards others?

*From my family to yours,  
Lowell Harder*



## ARTIST PROFILE

Robert V. Wahlund from Okotoks has been painting since the 1970s. His love of painting remained over the years, and recently regained momentum to return to the easel. The character of old barns and buildings as well as nature scenes continues to inspire his canvases. He also has painted on old collectibles like mailboxes and canoe oars.

"Vermont Hideaway" is an oil painting 19" x 23" is available, as are other images through [www.countrysidepictureframing.ca](http://www.countrysidepictureframing.ca).

*We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to [info@highcountrynews.ca](mailto:info@highcountrynews.ca). We are looking forward to seeing what you create.*



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## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

### October newsletter:

Hello! By the time you read this we will have experienced the Arts, Eats and Beats Festival. We hope you enjoyed all the entertainment and that you explored your home Hamlet in a new way.

We at the Chamber realize there are only so many ways you can spin events involving retail, arts, eating, music and so many before us have laid the groundwork to create the reputation that Bragg Creek puts on rock solid fun events. To those past committees and people who have created and named your spin, we thank you! And we invite you to contribute to the new folks at the Chamber. Six years in and I still don't know all the history of who did what and when!

With a fresh outlook and moving forward, we strive to ensure Bragg Creek is a good place to live and work.

We have a full roster of informative meetings planned. Stay tuned to your email for our newsletters to find out more. And, as usual, if you have an idea, a topic you want to present on, we welcome your contribution.

Kind regards,  
Your Chamber Team

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## Living with our Bear Neighbours

In late August, a black bear sow was euthanized in Bragg Creek, orphaning three cubs. Unfortunately, she'd become habituated to humans and human waste/food. This was upsetting and frustrating for all involved, and caused a lot of sadness in the community.

Bragg Creek Wild members immediately contacted experts and the authorities after the incident, and have been very active in trying to ensure the safety of the three small cubs.

Bragg Creek Wild believes there's much we can do to prevent this happening in future, and promote co-existence with bears. We collaborated with Cochrane Ecological Institute to organise a public meeting at Bragg Creek Provincial Park on 7th September, where community members came together to hear experts speak on what we can do immediately and more long-term. Speakers included local conservation biologist Lisa Dahlseide, bear expert Dr. Sarah Elmeligi, BCW's own Dave Klepacki and two speakers from the U of C's biology department - Dr. Peter Neuhaus and Dr. Kathreen Ruckstuhl. In attendance were Miranda Rosin MLA and Kevin Hanson, Rocky View County councillor, as well members of the media. The majority of people at the meeting expressed deep concern and wanted to better understand the policies and protocols that led to the euthanization, as well as regarding cub rehabilitation. Experts at the meeting agreed writing to AEP.Minister@gov.ab.ca is an effective way to take action.

As part of our mission to preserve our wildlife neighbours and their homes, and as a result of this incident, we're in favour of the following initiatives:

1. A WildSmart education initiative along the lines of Bow Valley WildSmart – BCW member Emma Barry has already been trained to be an educator in the Wildlife Ambassador programme.
2. Rockyview County municipal bylaws penalizing residents and businesses maintaining unprotected food attractants such as garbage and compost, including

bird feeders in spring and fall. We're studying other jurisdictions similar to Bragg Creek, like Canmore and Redwood Meadows, with established animal and waste protection by laws.

3. Humanely capturing and rehabilitating orphan black bear and grizzly bear cubs in animal care institutes like the Cochrane Ecological Centre and the Alberta Institute for Wildlife Conservation. We urge Alberta and Environment and Parks and Alberta Fish and Wildlife to design protocols that set rehabilitation as a priority over euthanasia.
4. Changing AEP protocols for bear/human interaction to include hazing strategies such as bear spray, air horns, etc. to disengage bears from conflict incidents before fatal strategies are considered.
5. Continuing our work to limit habituation by regularly cleaning up at the Provincial Park to limit harm to bears living in that part of the community, with a view to extending to other parts of the community.

We believe it's important to move forward together by educating ourselves and our neighbours about how we can live

in harmony with local wildlife, rather than spending time apportioning blame. Please look out for upcoming events and initiatives and join us to find out more. Also look out for reports on the presentation event we've organised for September 21st with speaker Nick de Ruyter from Bow Valley WildSmart.

If you'd like to know more about Bragg Creek Wild or if you'd like to join us, we're always welcoming new friends, members and volunteers. Find us on Facebook, Instagram and in local media, or visit our website.

[www.braggcreekwild.ca](http://www.braggcreekwild.ca)



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## BRAGG CREEK TRAILS

Alberta Environment and Parks, in partnership with Bragg Creek Trails, has launched Phase 2 of engagement on the West Bragg Creek Trails Master Plan; an update to the All Seasons Trail Plan (2010) for the West Bragg Creek Trail System, located within the West Bragg Creek Provincial Recreation Area (PRA) and Kananaskis Public Land Use Zone (PLUZ). Albertans, trail users, key stakeholders, and Indigenous communities were invited to provide input into development of the plan between December 2021 and January 2022, and now are invited to provide input into finalization of the plan.

This second phase of engagement is active from today until November 2, 2022. Interested members of the public are invited to review the draft West Bragg Creek Trails Master Plan, and participate in a survey to provide feedback about it. For access to the draft plan, more information about the engagement, and to find a link to the survey please visit [alberta.ca/WBCtrails](http://alberta.ca/WBCtrails). We welcome and value your feedback as we strive to develop an overarching plan that will guide future planning and design of trails in West Bragg Creek, while managing competing uses and protecting valuable ecosystems.

*Michelle Dice, Executive Director  
Bragg Creek Trails  
[mdice@braggcreektrails.org](mailto:mdice@braggcreektrails.org)  
[braggcreektrails.org](http://braggcreektrails.org)  
403-991-8301*



## A new trails plan for West Bragg Creek

### We want to hear from you!

We are inviting Albertans to participate in an online survey to review and respond to the draft plan. Feedback must be received by November 2, 2022.

To participate, visit [alberta.ca/WBCtrails](http://alberta.ca/WBCtrails) or scan the QR code below.



*Alberta*



## LITTLE SCHOOLHOUSE

Our Little Schoolhouse is buzzing with all the fun and excitement of a new school year! Our preschoolers have had a fantastic time reading silly stories, learning new songs, playing with new friends and exploring our cozy space. Our newest Kings and Queens of Kindergarten are successfully handling their new responsibilities with ease. They are truly a royal bunch!

We are spending this month celebrating fall by exploring our forest, learning all about pumpkins, and sharing some fun stories, rhymes and songs. As well as a Halloween costume party, of course!

We are looking forward to a fantastic year at The Little Schoolhouse. As in years past, we are so fortunate to have a community of kind and supportive families. In more ways than one, we truly live in one of the most beautiful places in the world! If you would like more information about The Little Schoolhouse, please look us up on our website: [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)

*Wishing you all a very Happy October.  
Ms.Shelley*



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## Putting it in Perspective

The investment markets have been very "volatile" since the start of 2022. Volatile is just financial industry jargon that means markets move up and down. For investors, the biggest concern is when markets move down. Investors love when markets go up and usually cringe or flinch when they go down.

It is a simple case of wanting to have your cake and eat it too. This is the same as saying you want to get into physical shape without exercising. It is precisely this volatility and uncertainty that makes it possible to build portfolio assets over time and achieve financial independence or a comfortable retirement - by exchanging income earned from employment with income earned from pensions and various types of investments.

Investment markets have been volatile and have dropped into correction territory since the start of 2022. Ongoing geopolitical events, including the Russia-Ukraine war and rising inflation, have caused turmoil in the markets and have investors questioning their financial outlook amid murky market conditions.

Let's examine the current thinking among some investors. A client calls and says that his investments are down thousands of dollars since the beginning of the year. Depending on your own financial situation, this may strike you as a lot of money.

First thing to consider is IF this money was needed today, for groceries or a house renovation. The answer was "No", of course not, but the investor is still worried about running out of money as he is only a few years from retirement.

The next thing to do is review the investor's overall level of investment assets to determine what amount the recent decline represented of his total account value. The answer: a few percentage points.

Using percentages makes it easier to objectively assess the current state of one's financial affairs. For example, it is one thing to be worried if the investment loss was deducted from a portfolio valued at \$100,000 or less, and quite another if the portfolio is around \$1 million.

We then reviewed the investment profile and how the portfolio was constructed to

factor in changing economic conditions such as recessions and market corrections. Many investors wish to minimize the potential of portfolio losses, especially as the size of the portfolio grows, and the closer they get to their retirement age. Others are willing to have a wider range of volatility to get the higher returns that have historically been achieved through buying and holding investments over time. Investors seeking long term gains recognize that historically, market corrections are temporary with investment markets tending to trend upwards over long periods of time.

The goal is to have a properly managed retirement portfolio, where cash is available to cover annual lifestyle expenses, allowing the rest of the portfolio to grow over time. There have always been ups and downs in the past and there will always be ups and downs in the future - this only ever becomes a problem when someone plans to spend all their money at once.

The role of your financial advisor is to work with you on assessing your risk tolerance,

time horizon, savings rate (and so on) to help you implement an investment strategy that will help you remain confident in the face of any investment and economic storms as you build your wealth over time.

The financial media's role is to continually remind you "the sky is falling", as the old saying goes, and to keep you on edge. That is how they sell papers. The more that investors listen to the day-to-day "media noise", instead of the ideas that really drive financial success, the greater they will feel pressured to "do something" to relieve the emotional stress that usually comes hand-in-hand with market volatility. My advice is to resist the urge to give in to short-term thinking.

Call me to review your investment strategy and see if you are still on track to achieve your investment goals.

Together, we can begin the process of helping you to get comfortable with and in control of your financial situation.

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

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## MAKE YOUR MARK By Mark Kamachi

### The three second ad?

Welcome to another of my teachings on creative marketing. This month I want to focus on getting the attention of folks behind the wheel using billboards. Have you noticed the competition for your attention while driving into Bragg Creek from the north on Highway 22? Or as you race west along the Trans-Canada and the ad says to stop and have a Spaaaaah in Banff?

Well, it's no surprise that local businesses are competing for tourist/visitor dollars from both sides of the road. And what better way to make new customers than to have them think of your brand as they're driving into your neighbourhood.

In our profession, billboard/outdoor advertising is called Out-Of-Home (OOH) advertising. OOH mediums are billboards, interior/exterior transit ads, platform ads, construction hoarding,

posters, airport, and shopping mall billboards to name a few. They are found in high pedestrian or high vehicular traffic areas. Basically, any form of advertising, printed or digital, that you would encounter outside your home. Pretty self-explanatory.

Now one of the greatest challenges when designing billboard ads for clients is to make sure they understand that you ideally only have time to speak to one attribute of your brand. A billboard is a three second medium, meaning you have little time to impregnate the mind of a potential customer with your brand. Keep it focused and simple. If you include a website URL, address, store hours, a phone number, what your product or service is, God-forbid a hashtag, all in one billboard, you'll never connect with them. Stick to one message and deliver it in a creative, memorable way.

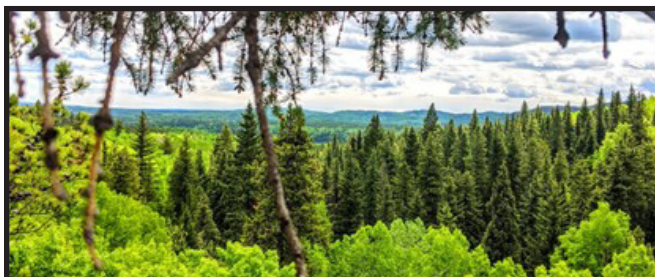
The person you are targeting is already busy trying to get to their destination in time, listening intently to the latest political battle royale on the radio, flipping for a dance song on a playlist, or trying to sip their coffee whilst eating an apple fritter. There are many bad

driving habits you as the advertiser must compete with to distract the driver to notice your billboard. A bad thing really. But a great piece of creative will do just that. And that's where ad-design professionals shine.

Using online digital ads, advertisers can collect analytics with "clicks" as to who saw your ad or visited your website. With OOH, mostly a traditional medium (which also includes radio, television, and print), there's no data to be collected at the time of interaction. There are only minds to entertain and connect with your brand and so it relies more heavily on creativity to make a lasting brand impression.

Produced and created properly, OOH ads will deliver folks an emotional reaction that will lead them to your website or make them follow you on social media. They should be considered as part of your brand advertising arsenal because they work. Just Google "award winning billboards" and see for yourself the simplicity that delivers the most powerful messages.

Until November, keep it raw.  
*Cheers, mark.*



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## DRY NEEDLING FOR MYOFASCIAL TRIGGER POINTS

### By Jennifer Gordon

Health care practitioners have used many techniques over the years in order to treat myofascial trigger points (MTrP). Sports therapists and orthopedic medical specialists all aim to address pain and dysfunction related to trigger points in the muscle. One technique that has gained much traction in recent years is the use of trigger point dry needling. Dry needling, also known as intramuscular stimulation (IMS) or intramuscular needling, is a treatment technique that has been utilized by physiotherapists around the world since the 1980's. While the technique is not taught in entry-level education, there has been a dramatic increase in dry needling certification programs and continuing education courses in recent years.

According to the Internal Journal of Sports Physical Therapy (C.Unverzagt et al. June 2015) "Myofascial trigger point pain is defined as "pain arising from one or more myofascial trigger points, which are hyperirritable spots in skeletal muscle that are associated with hypersensitive palpable nodules in taut bands." Typically, MTrPs are painful on compression and may refer pain and sensory disturbances to peripheral areas of the body (aching, burning, tingling). The autonomic nervous system is often disrupted as well, with signs of localized sweating, vasoconstriction or vasodilation and goosebumps.

It is believed that MTrPs are caused by an excessive release of acetylcholine (Ach) from motor endplates (B.C. Dommerholt et al. Curr Pain Headache Rep 2012). This prolonged release of Ach results in chronic shortening of certain muscle sarcomeres, leading to decreased circulation throughout the muscle. This then leads to a lack of oxygen (hypoxia) and local ischemia (lack of nutrition) to the muscle. As a result, our mast cells release mediators such as prostaglandins, bradykinins and histamines, which act to sensitize the nerve fibres to the muscle, causing the specific tenderness and sensitivity to the muscle. A variety of mechanisms contribute to the onset of this problem, such as: trauma (sprains, strains), mechanical factors (poor posture, ergonomics), degeneration (OA, nerve root impingement), emotional (stress, tension, fatigue), nutritional (vitamin and mineral insufficiencies), infection, metabolic and respiratory dysfunctions.

The technique of dry needling is based on a different model than that of Traditional Chinese Acupuncture (TCA). In short, TCA is based on the theory that the human body is controlled by a vital force or energy called "Qi" ("chi"), which circulates between organs along channels called meridians. Acupoints are located along these meridians to improve the flow of Qi and rid the body of congestion and blockages of vital energy (nutrition and circulation). The technique of dry needling is meant to target the localized taut bands within the muscle, with the goal of relieving the sensory, motor and autonomic dysfunctions that can occur. Research shows that the inactivation of the trigger point, via dry needling, is the fastest and most effective means to reduce the pain

(by causing an analgesic effect) as compared to other conventional interventions. The localized twitch response, which is commonly evoked with inserting the needle, has been shown to interrupt the actin-myosin bonds responsible for causing the taut muscle bands. Additionally, dry needling of the MTrPs will help to normalize muscle tone and improve the neurological function (the nutrition) to that muscle. Dry needling is only one facet of the treatment plan and should be used in conjunction with stretching, joint mobilizations, neuromuscular re-education, strengthening and activity modifications.

The American Academy of Orthopaedic and Manual Physical Therapists (AAOMPT) released a position statement in October of 2009 stating:

Physical therapists are well trained to utilize dry needling in conjunction with manual physical therapy interventions. Research supports that dry needling improves pain control, reduces muscle tension, normalizes biochemical and electrical dysfunction of motor endplates, and facilitates an accelerated return to active rehabilitation.

If you have more questions about this technique, or believe you could benefit from releasing some of those stubborn trigger points, the physiotherapists at Bragg Creek Physiotherapy would love to help you.

*Jennifer Gordon (BScPT, GunnIMS, AFCEI)*

*Physiotherapist  
Bragg Creek Physiotherapy  
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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Quiet August for Council

Things are a bit quieter for Administration, with no scheduled Council Meetings in August. Staff can catch up and prepare for the return of governance business in mid-September, and the seasonal pickup in day-to-day County activities. Residents do not take a group vacation however, and it was good to hear from folks this summer. A most interesting call was the reporting of a herd of wild horses that had ventured out from Tsuut'ina Nation and had "explored" the attractions of Range Road 40 all the way to Highway 8. With the short-term issue resolved, the multi-jurisdictional nature of the "Tourist" outing means full resolution will be interesting.

#### Quick Bits

Administration worked extremely well with the Bragg Creek Historical Society to see a memorial Burr Oak tree quickly come to fruition. Future Community Enhancement funding will continue to be explored with staff which may involve a bench and plaque for that Municipal Reserve (MR), or other ideas. Next on the to-do's is sorting a license of occupation (LOO) for the Snow Birds Chalet, and working with residents towards designating a new LOO for a community park around the Orchid Patches alongside the berm.

On the Springbank front, I am informed that the consultant's draft business plan report for the South Springbank Community Facilities is "almost finished" and will be coming back to the Stakeholder Advisory Group soon. The target date for Council to review is Nov-Dec time frame for this phase of the business finishing up.

With Residents passionate about protecting public access to recreation opportunities via road allowances, Council referred a proposed bylaw, allowing private driveway access as well as grazing or cropping via a license of occupation, back to administration for additional wordsmithing. This referral was based on input received via a non-statutory public hearing, as well as lengthy council deliberations. Thank you for highlighting your concerns - it helps ensure we do not

end up with unintended consequences from this County-wide legislation.

#### Bragg Creek ASP update postponed a bit longer.

Administration recommended that this work, as well as other ASP works remain on hold a bit longer until our planning department staffing situation improves. Significant effort and funding is being directed at our planning group and processes, which includes our CAO searching for a new Executive Director, and Council approving hiring of external consultants to help design the path forward. More next month as I will discuss Council's direction to administration to further our strategic goals. See page 472 of the July 26th Council Agenda on the website if you want a sneak preview...

#### Kiyooka Ohe Arts Centre (KOAC) raises \$46,000!

Nestled back into the escarpment along Horizon View Road in Springbank, KOAC hosted a Memorial Fundraiser September 17, to celebrate the life and works of the late Harry Kiyooka, co-founder and

co-visionary for the Centre. With the warmth of a late summers evening and vistas of the mountains, friends and supporters of KOAC enjoyed an evening of art-in-nature. With a rare glimpse into Harry's personal studio, tours of KOAC's prestigious collection of outdoor sculptures, and a silent auction hosting a list of contemporary artists – one felt the sanctuary and rejuvenation that nature provides this unique location. These funds will be used towards KOAC's Artist Residency program, public tours, workshops, programming options for Springbank Schools, and environmental stewardship of 8 hectares (20-acres) of natural woodlands and grasslands. As Katie Ohe, sculptor and co-founder stated "Kiyooka Ohe Arts Centre is very much about giving back and moving forward with the inspiration of art".

*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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## FALL BOOK SALE

LOOKING FOR A GOOD READ OR TWO?

### OCTOBER 8 & 9

**10 AM - 4 PM**

**CAHS Rehabilitation & Education Centre**  
62 Griffin Industrial Point

**ALL PROCEEDS GO TO CAHS**



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A SEMINAR PRESENTED BY **TRACY KEITH**

THIS SEMINAR IS APPROVED FOR

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4 CEUs for IAABC



**Is your dog reactive to dogs, people or other stimuli when on a leash?**

### OCTOBER 16

**1:00 PM - 5:00 PM**

**CAHS Rehabilitation & Education Centre**  
62 Griffin Industrial Point

**or virtually via Zoom**

**REGISTRATION FEE \$50 +GST, per person**

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## Bragg Creek Centre

One of the best parts about fall is the continuous sunny weather. The parks and landscapes are breathtaking around Bragg Creek when the leaves begin to change colour and fall from trees. Fall brings us closer to the BCCA's Annual General Meeting. Please join us on Tuesday, October 25 at 7:00 pm. We are looking for board directors who are interested in having a positive impact on the community. Interested individuals may contact [president@braggcreekca.com](mailto:president@braggcreekca.com) for consideration by the nominating committee, prior to the AGM.

We heard you Bragg Creek! Thanks to the fundraising efforts of the Bragg Creek Rink Committee and the generosity of BCCA Board Member, Kirsten Norris, we were able to install two basketball hoops for public use in our outdoor rink. Within hours of installation, we were pleased to see it being utilized by members of

the community. This initiative stemmed from our recent community survey, which indicated a need for more drop-in recreational opportunities.

Are you curious about how felt is made from wool fibre? Do you like hats? Join Bragg Creek resident & artisan, Fay Hodson, as she walks you through the following steps:

- \* Design a basic hat shape for felting
- \* Lay out wool fibre
- \* Turn the fibre into a felt hat

Suitable for beginners and those with some felting experience! Adults only. October 22 from 9:30 am – 4:30 pm. Maximum registrations: 12. Cost: \$85 include kit fee. Call the office to register at 403-949-4277.

The BCCA Rink Committee is gearing up for the winter season with a fun night of games at The Powderhorn Saloon on Friday, October 14 @ 7:00 pm. Bingo, trivia, a silent auction and more! You can support by making a donation to play, or bidding on one of the fabulous packages in the silent auction. This is the kickoff to raising funds for resurfacing of the rink and general maintenance. If you have an

item you would like to donate, please email Brian at [braggcreekrink@gmail.com](mailto:braggcreekrink@gmail.com)

We are grateful for the many trades who continuously support the Centre. This month we would like to express our gratitude to Matt Weiers of Country Life Repairs for his professionalism and knowledge in solving the mechanical puzzle of our pump system!

Lastly, we say farewell to Shawntel and John Dickinson. Shawntel has worn many hats at the Bragg Creek Centre. She has been an employee, board member, BCCA Rink Committee volunteer extraordinaire, friend, neighbour, mentor and so much more. John has also spent many hours at the Centre in many capacities. We wish them all the best as they begin their journey across the Alberta border into BC. Goodbyes are not forever, goodbyes are not the end, they simply mean we'll miss you until we meet again!

### Upcoming events & programs:

**Pickleball – Tuesdays:** 7:30 pm - 9:00 pm

**Rumble & Roar (mom & tot open playtime) – Thursdays:**  
9:30 am - 11:30 am

**Ball Hockey – Wednesdays:** 7:00 pm

**Rolling in the Rockies roller skating classes – Thursdays:** TBD

**Bragg Creek Rink Committee Fundraiser:** October 14 @ 7:00 pm

**Felting Workshop - October 22:**  
9:30 am - 4:30 pm

**Pumpkins in the Park:** TBD

**Christmas in the Creek Market:**  
November 18, 19, 20

**Spirit of Christmas:** December 3

Kim Perraton  
General Manager  
Bragg Creek Community Association

# Christmas in the Creek

BRAGG CREEK ARTISANS & ALBERTA VENDORS



## NOVEMBER 18 - 20, 2022





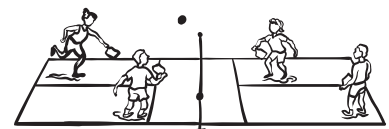

**FRIDAY 5 PM - 9 PM**

**SATURDAY 10 AM - 5 PM**

**SUNDAY 10 AM - 5 PM**



**Bragg Creek Centre**  
23 WHITE AVENUE





## MLA UPDATE - Banff/Kananaskis

### Miranda Rosin

This month, it only feels right to use my editorial space to pay tribute to Her late Majesty Queen Elizabeth II, Head of the Commonwealth, and Queen of Canada.

It was with grief and sadness that we learned of her passing on September 8, 2022. Never in our past has there been, nor in our future will there be, anyone like our Queen. For 70 years her smile warmed our homes, her compassion touched our hearts, and her words spoke hope into even the most difficult of times. She brought the Crown out of Buckingham Palace and into our living rooms, connecting millions around the world in a way that only she could. So many of us, myself included, felt as though we knew her; as though we had a personal relationship with her from miles away.

Ascending to the Throne at just age 25, having never been intended for it by Royal lineage, she grew to become the longest serving monarch in our Commonwealth and the longest serving female head-of-state in world history.

Her Majesty served as a mechanic in WWII; studied constitutional law; reigned over fifteen British Prime Ministers, the first of whom was born in the 1800s; addressed the US Congress, and remains the first and only Monarch to ever do so; travelled tens of thousands of kms on official business; drove the Saudi King at a time when it was still a punishable offence for women to drive at all in his home country, and participated in high level tactical and political conversations with some of the most iconic leaders of our lifetime. She held over 50 ranks in the British military; gave assent to over 4000 acts of parliament, and served as a constant beacon of grace, joy, civility, and consistency during the most rapidly evolving political and technological period in world history. In 2022, much of this may seem ordinary, but when put in the context of being a woman thrust into public service at such a young age in the mid-1900s, it is extraordinary. Known for her quick wit and for always being one of the most well researched conversationalists in any room, Queen Elizabeth II dutifully earned her title as Canada's Head of State.

Having such a figure of grace and stability as our Sovereign is something many of us may have taken for granted over the years. The beauty of the institution that is the Crown is that our people and our democratic institutions, to this day, are silently bound by a respect for our history, a loyalty to our nation, and a duty to uphold a common foundation of morality. The Crown is not only Head of State, but it is synonymously Head of the Church, which although largely symbolic today, quietly instills in our governments, our justice system, and us, a basic set of morals that are not similarly found in the American Republic, which is guided by politics and populism of the day. The Crown transcends politics, allowing us quietly, even perhaps subconsciously, the freedom to govern ourselves by justice and virtue rather than by public approval. We may not always realize it, but under Queen Elizabeth II's grace and discipline, the Crown profoundly bound us to each other through a love and recognition for who we are, and where we come from.

Over her 70 years on the Throne, Queen Elizabeth II upheld the Crown, uncompromisingly, with dignity - always putting the institution, our traditions, and the preservation of our way of life ahead of herself and her family, no matter the personal cost. The fact that she took the time to meet with Britain's new Prime Minister in the final 48 hours of her life is the most perfect and beautiful exemplification of her lifelong, unwavering commitment to duty.

Her Majesty's passing is now an opportunity for us to reflect not only on the woman who was, but on the importance of renewing our respect for the "unifying influence" of the institution that granted our country life. During Queen Elizabeth II's visit to Alberta in 2005, speaking in our Legislature, she stated that she wished for the Crown in Canada to represent everything that is best and most admired in the Canadian ideal. I would suggest that throughout her reign, Her Majesty accomplished that and so much more. While the face of the Monarchy has now changed, the tenants of what it represents, and its silent role in our society, has not. It is with immense sadness that we say goodbye to Queen Elizabeth II. Our world will unquestionably never be the same without her, but it is also unquestionably a better place because of her.

Long live the King.



### MLA MIRANDA ROSIN Banff-Kananaskis

#### Bragg Creek Office:

226-7 Balsam Avenue  
PO Box 313, T0L 0K0

10:00 am - 4:30 pm

Monday-Wednesday, and by appointment

#### Canmore Office:

206-1080 Railway Avenue  
T1W 1P4

10:00 am - 4:30 pm

Thursdays, and by appointment

Office may be contacted at Banff.Kananaskis@assembly.ab.ca



### Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals  
Location: Snowbirds Chalet  
19 Balsam Ave, Bragg Creek  
Hours: 9.00am - 4.00pm  
Clinician: Jill Read-Johnson,  
Certified Podologist  
Cost: \$35.00/session cash only  
Appointment: Call 403.861.1503 for more  
details & to book appt for clinics.  
You will receive a call to confirm  
your appt.

\*Clients must provide their own foot basin & towel

#### The benefits of regular professional foot care:

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



## BRAGG CREEK PERFORMING ARTS

### The Ennis Sisters

Newfoundland's-own Ennis Sisters are coming to Bragg Creek with their happy blend of sibling rivalry, humour, and beautiful tunes.

They will leave you with a smile on your face & humming a song.

The Ennis Sisters is a folk group made up of three real sisters, Maureen, Karen, and Teresa Ennis - all gifted singers and musicians. Maureen is a guitarist and songwriter. The middle-born Karen plays the tin whistle and flute, and does step dancing. The youngest of the family trio, Teresa, step dances and plays the bodhran.

This year we will be treated to some of their new collection of original songs, produced by Alan Doyle.

Join Bragg Creek Performing Arts in welcoming The Ennis Sisters to the Bragg Creek Community Centre on Sunday, October 30 at 7pm.

Tickets are available online for \$35 at [bcpa.ca](http://bcpa.ca) or call Ticketpro at 1-888-655-9090.

\$25 for seniors and youth under 18 years old.

Bragg Creek Community Centre  
23 White Avenue, Bragg Creek

### About the Bragg Creek Performing Arts Music Series:

The Bragg Creek Performing Arts is delighted to be once again presenting live concerts. We plan to bring more artists to town for the 2022-23 season. Mark your calendar for our next event on February 25, 2023.

The Bragg Creek Performing Arts Society is a registered not for profit charity run entirely by volunteers. Come and join the fun! Contact Clint at [cgd@docken.com](mailto:cgd@docken.com)



## SPRINGBANK LADIES TIME OUT

Springbank Ladies Time Out invites new and returning members in the Calgary, Springbank and surrounding areas to meet new people, socialize and to participate in classes. The classes are held Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd and 17th Ave SW. We are a not for profit club supporting women in our community. We are starting back up again and asking

you to come and help us shape the new LTO. Bring your ideas and friends for a morning of renewal! Check us out on Facebook at: Springbank Ladies Time Out and Instagram @SPRINGBANKLTO

BRAGG CREEK PERFORMING ARTS PRESENTS


# THE ENNIS SISTERS


Newfoundland's own Ennis Sisters blend sibling rivalry, humour, and beautiful tunes.  
They will leave you with a smile on your face & humming a song :-)

## SUNDAY OCTOBER 30 2022

### 7:00 PM

at the BRAGG CREEK COMMUNITY CENTRE  
23 White Ave, Bragg Creek, AB T0L 0K0









BRAGG CREEK  
PERFORMING ARTS

### TICKETS & INFO

Web: [braggcreekperformingarts.com](http://braggcreekperformingarts.com)  
Phone: Ticketpro 1 888 655 9090  
\$35 • \$25 for seniors & youth under 18 years old



Owner Barbara Teghtmeyer celebrates the Bragg Creek Trading Posts 90th year of serving its customers in the Bragg Creek Community.  
Photo Credit Karen Cribbin

Springbank Ladies Time Out Invites  
New & Returning Members to Our...

## AUTUMN COFFEE

Come & Have a Visit, a Coffee, some Treats  
and Help Shape the New LTO!  
Bring along a friend or two to join the fun!

**MONDAY, OCTOBER 17, 2022**

9:00AM TO 11:00AM  
EDENBROOK MEMORIAL  
24223 TOWNSHIP ROAD 242, CALGARY

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## JUNE NEWSLETTER Judy Hunter -Ward 5 Trustee

Over the summer our RVS operations team has been busy upgrading our schools for the benefit of students and keeping our schools modern and well maintained.

Some of the projects:

- Springbank Middle School cafeteria was changed to a makerspace/robotics classroom and additional multiuse space.
- Elbow Valley School lagoon
- Springbank High School foods room renovation
- Windsong Heights School outdoor classroom project
- Major renovations at Burt Church High School, George McDougall High School
- Fireside School landscaping upgrade
- Cochrane High School artificial turf project

Schools are back in full swing. Students are happy to again be returning to in person classes without restrictions. Rocky View Schools has grown by over 1000 students this year. Trustees made with the Minister of Education to press for more school indicating the dire need in the division.

Almost all schools have had a welcome back celebration event for families.

The Terry Fox Run has been completed at schools. It's an opportunity for kids to stay fit and support a good cause.

*In June 2021, the Government of Canada declared Sept. 30 will now be recognized as the National Day for Truth and Reconciliation as a response to the Truth and Reconciliation Commission's Call to Action 80. This is an important day to reflect and recommit to the work of truth and reconciliation, both individually and as a school division.*

*This year, Sept. 26-30 will be known as Truth and Reconciliation Week. This week will honour Every Child Matters and Orange Shirt Day and provides flexibility for schools to*

*select at least one school day during that week to recognize Orange Shirt Day with students while learning about the history and legacy of residential schools.*

For Parents of students who have children with special needs the following links may be helpful:

- The Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP) are two important financial tools that can provide lasting financial benefits for individuals with developmental disabilities.
- Link to information on youth for inclusion conference
- [inclusion.alberta.org/event/youth-for-inclusion-fall-conference-2022/](https://inclusion.alberta.org/event/youth-for-inclusion-fall-conference-2022/)
- Parent tips for working with schools
- [inclusion.alberta.org/connections/tips-for-achieving-an-inclusive-k-12-education/](https://inclusion.alberta.org/connections/tips-for-achieving-an-inclusive-k-12-education/)



## BRAGG CREEK HISTORICAL SOCIETY

The Bragg Creek Historical Society was honoured to host a ceremony on August 20th to dedicate a Bur Oak tree to the namesakes of our community, Albert Warren & John Thomas Bragg. Their descendants were in attendance and shared the historic story of the Bragg boys by reading from the book "Bragg Creek Stories of Our Past". A ceremonial tree planting was conducted by BCHS President, Judie Norman, RVC Div. 1 Councillor, Kevin Hanson and Bragg family member Carolyn Kemps. Michele McDonald acted as master of ceremonies. A Bur Oak tree was chosen as a fitting symbol for the dedication as it represents the roots of the Bragg family as well as the longevity of history and the future yet to come. It was installed a few days prior to the ceremony by Foothills Nursery. You can see this beautiful specimen located in the green space on White Avenue about 1km west of the traffic lights.



2022 Bragg Tree Planting Cllr. Kevin H., BCHS President Judie Norman, Bragg Family's, Carolyn Kemps



## SPRINGBANK COMMUNITY

### 2022 Fall Update

Follow us on Facebook, Instagram and at [Springbankcommunity.com](http://Springbankcommunity.com)

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

### Duke of Edinburgh Award ([dukeofed.org](http://dukeofed.org))

We have doubled our enrollment, with 22 kids now, up from 11 in 2021.

### Community Spirit

- We nearly sold out our second Community Raffle! \$14,000 was raised for the Drama Program at SCHS & \$2500 for Community Association programs.
- We are hosted our first Community Dance September 10!
- Our AGM is on October 19, 2022.

### Planning & Recreation

- The SCA sits on the planning committee for a new community centre. The project is moving forward, but very slowly. The County acquired the land adjacent to the Park For All Seasons for future recreation needs.

- We continue to engage with RVC on the following:
- Improving communication to residents: we worked with Bragg Creek, Langdon and Elbow Valley to provide recommendations to improve public access to information and to improve Bylaw 317 (notification).
- Land Use Bylaw: inclusion of the Special Function Business permitted land use
- Planning Items: Area Structure Plan, Cell Towers, Bingham / Costco, Webber Academy, proposed developments
- The SCA is in contact with Alberta Culture regarding Alberta Transportation's acquisition of 2000 acres along the Bow River.

### River Access in Springbank

- River access continues to be a hot topic! An application to close the Road Allowance that provides public access to the Elbow River on RR31 was denied.
- The SCA submitted the result of our river access survey to RVC to inform planning processes.

### Springbank Off-Stream Reservoir

- The SCA sits on the Land Use Committee for the SR1 project. Stay tuned for results of the planning process.

- Construction is underway. We have requested information from AT about road closures and air quality monitoring.

If you want to join us on our journey to make Springbank an amazing place to live, please contact [president@springbankcommunity.com](mailto:president@springbankcommunity.com)



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THE BRAGG CREEK RINK COMMITTEE  
~ Presents ~  
**THE FALL ICE BREAKER**  
FUNDRAISER

**TRIVIA NIGHT**  
**SILENT Auction**  
**50/50**

**OCTOBER 14TH FROM 7PM**  
AT  
**THE POWDERHORN SALOON**

  
Bragg Creek Centre

**262202-210 St. West Foothills, AB**  
**Hwy #22 S, 8 km North of Millarville**  
**403.931.2212**



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## REDWOOD MEADOWS EMERGENCY SERVICES

October 2022 Community Newsletter:  
Getting to know the Redwood Meadows  
Emergency Services team better!

Summer is always a busy time in the  
greater Bragg Creek area and this year  
was no different! We thought we would  
take an opportunity to answer “commonly  
asked questions” we receive when we’re  
out and about.

### Who’s in the big red trucks we see around town or going to emergencies?

RMES is staffed by approximately 30  
volunteer firefighters that live in the  
community or neighbouring communities  
such as Calgary and Cochrane.

### How many calls do you do annually?

In a typical year, we respond to almost  
400 calls. At time of writing, we have  
responded to over 270 calls for assistance  
in 2022 – that’s more than 1 call a day!

About 50% of our calls are medical, in  
partnership with AHS EMS, about 25%  
are rescue (motor vehicle collisions,  
recreational accidents, etc.) and less  
than 20% are fires.

### How do you choose who to hire to work at RMES?

We have a Recruitment Strategy that  
we follow to ensure we have a suitable  
number of members to respond to calls  
in a certain amount of time and properly  
staff the trucks responding. It’s important  
that our department reflects the diverse  
community we serve, so we actively recruit  
to strengthen our team with members  
with different life/professional experience,  
culture, gender and orientations.  
Applicants must submit a detailed  
application and are invited to audit two of  
our training nights to get to know the team  
and the kind of work we do. From there,  
they may be asked to participate in an  
interview with our Recruitment Team and  
may be offered employment with the team.

### What kind of hours do the volunteer staff at RMES put in?

In 2021, RMES members invested over  
14,000 volunteer hours in the community.  
They’re on track to invest even more  
hours in 2022!

We operate 24 hours a day, 7 days a week,  
365 days a year. Each member is asked to

attend a minimum of two  
Tuesday training nights each month  
(7:30pm - 10:30pm) plus additional  
external training opportunities, 2 weekend  
duty shifts a month (8am - 8pm), attend as  
many calls as possible as well as community  
events (Canada Day Parade, Bragg Creek  
Days Parade and Pancake Breakfast,  
Burn Camp, Halloween Haunted House,  
School visits, FireSmart Assessments,  
safety patrols etc). Some members  
contribute additional volunteer hours to do  
Administration, Newsletter Submissions,  
Vehicle Maintenance, Recruitment, Radio  
Programming/Maintenance etc.

### Do RMES members get paid?

RMES members receive a small  
honorarium annually based on hours of  
service (# of calls attended, # of hours  
spent in training/attending community  
events). The greatest gift our members  
receive is the community’s thanks for  
a job well done.

*Until next month, stay safe!  
Thank you for supporting wildlife  
conservation,  
Alison Archambault  
Director, Brand & Engagement*



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piano - voice - guitar - drums  
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woodwinds - brass

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Music Pups® (6 mos - 4 years)

Music Adventures (3 - 5)

Music Cats® (4 - 5)

WunderKeys (private piano: 3.5 - 5)

Keyboard Adventures: The Safari™ (4 - 11)

Tutz & Dutz (4 - 6)

My First NUVO: Pre-Band (5 - 8)

My First: Flute, Guitar, Violin, Ukulele, Drum (5 - 9)

Musical Theatre (7 - 16)

Generations Choir (7 - Adult)

Group: Flute, Guitar, Violin, Ukulele (9 - 15)

Music Theory (9 - adult)

Band Together (NUVO) (10 - 18)

JazzJam & RockShop Bands (10 - 18)

YYC Community/Concert Bands (10 - adult)

Chamber Ensemble & PianoBand (12 - 18)

Dust Off Your Flute! (18+)

Adult Ukulele (18+)

*( Register Now for 2022/23 Classes )*

*Open House: September 1, 2022*

*Free-4-All (trial classes): September 5-10*

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# WELL OWNERS



**ARE YOU NEGLECTING YOUR WATER SYSTEM?**

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

<i><b>Equipment/ System</b></i>	<i><b>Maintenance Required</b></i>	<i><b>Recommended Frequency</b></i>	<i><b>Risks/Results if Neglected</b></i>
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (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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# ALBERTA EQUESTRIAN FEDERATION

## New research by the Alberta Equestrian Federation shows significant contribution by equine community

A 2021 study conducted by the Alberta Equestrian Federation (AEF) found the diverse mix of equine ownership and activities in our province had a significant financial impact on Alberta's economy. In terms of gross domestic product, Alberta's equine community contributed nearly \$1.4 billion.

The study also found the equine community and equine industry had a notable impact on employment. After accounting for all horse keeping expenditures, the total number of jobs contributed by the equine industry came in at over 20,300 FTEs.

When it came to total number of horses, donkeys and mules, the 2021 study showed Alberta was home to just over 142,000 equines kept on over 25,000 properties.

"The AEF has sought for years to better understand the province's equine community and its contribution to the economy," says Jason Edworthy, President-Elect for AEF. "These findings will be used to not only improve programming investments, but also set a benchmark to measure growth and future trends."

"With this kind of information, AEF can continue to create opportunities for growth in our equine community, and to keep our community strong," says Edworthy.

For more information and to access the study, visit [www.albertaequestrian.com](http://www.albertaequestrian.com).

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

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## A TASTE OF THE HIGH COUNTRY

### Scary Wine Stories for Halloween

The ancient Greeks and later, the Romans fondly used poisoned wine to ride off political and social enemies. It was deemed an elegant way to solve delicate problems. In fact it was so widely used that it became a preferred method of executing high-ranking individuals. Such was the fate of Socrates who was condemned to commit suicide by poison - he chose poisonous hemlock in a glass of wine.

This practice however had its drawbacks. Water was undrinkable as it was polluted and wine could be poisonous. To quench their thirst, the art of making "Toasts" became a means of self preservation. Essentially the host would pour the wine in front of the guests, raise his or her glasses and take a sip wishing good health to her audience. Only then, would guests pick up their glasses and respond likewise.

As comforting as this practice was, the use of poison in food and drinks remained and a new protocol was soon necessary to safeguard one's health. Enter the "Taster" - a new profession with a potentially short career. The Taster's job was to taste the food and the drinks before they were served. If the Taster did not drop dead, the hosts and guests would dig in.

Today, poisoning others using wine is uncommon, but stories do surface that give pause. In 2012, a Hungarian winemaker near Budapest, frustrated by the ongoing theft of his wines, mixed antifreeze in some of his bottles. His plan was to "teach a lesson" to the thieves. Soon, his bottles were stolen, and an employee and his friends ended up in hospital. The employee died, and the friends recovered after an extended stay at the hospital.

Rendering wine poisonous was not always a conscious act though. Other practices deemed safe could have similar effects.

Back in ancient Rome and until the mid 19th century, lead was routinely used in winemaking as it was found to give an impression of sweetness to it. Something that was appreciated in cold years when grapes would produce acidic wines. A common practice by the Romans was to use large lead cauldrons to slowly reduce grape juice into a delicious thick syrup. The syrup would then be used in wine making or in cooking. Interestingly, lead was also widely used to build aqueducts and distribute water to the populace. A factor some say may have contributed to the demise of the Roman empire.

In the middle ages and during the renaissance, the use of lead continued. Lead balls were placed in wine casks leaching its metal resulting in a sweet, luxurious sensation. So was drinking from lead-made vessels which was common. In the 17th century, the poisonous properties of lead were finally acknowledged. In particular between the use of "litharge," a lead oxide and symptoms such as cramps, fever, complete constipation, jaundice, hand and foot drop, loss of speech, blindness, insanity, paralysis and eventually - death. Still, British farmers used lead weights in barrels to sweeten their cider until the late 19th century, and in France, lead musket balls improved wine as late as 1884.

However, if lead is harmful, arsenic is arguably worse. As a naturally occurring compound, arsenic is tasteless and odourless. In minute amounts it can be beneficial and was used in ointment for centuries to heal skin infections and cuts. Concentrates of arsenic however are highly poisonous. For that reason, it was found to be an excellent poison and pesticide.

The arsenic based insecticide "Paris Green" (copper acetoarsenite) was introduced by French grape growers in the 1870s and widely used in Bordeaux to control insects and molds. It too became popular amongst

American farmers to control the Colorado potato beetle and the tobacco budworm. Paris Green was also heavily sprayed by airplanes in Italy, Sardinia, and Corsica during 1944 and in Italy in 1945 to control malaria.

To top it all, arsenic has a long history as an ingredient in cosmetics and for making rich green pigments. A colour used to make paints and wallpapers. In short, much of the Western population would have been exposed to arsenic until recently.

The use of arsenic was gradually phased out of France, starting near and around the second World War. Incredibly however, it was only in the 1980s that its use as a pesticide was outlawed in the United States.

To conclude in the style of the famous Outer Limits television series...

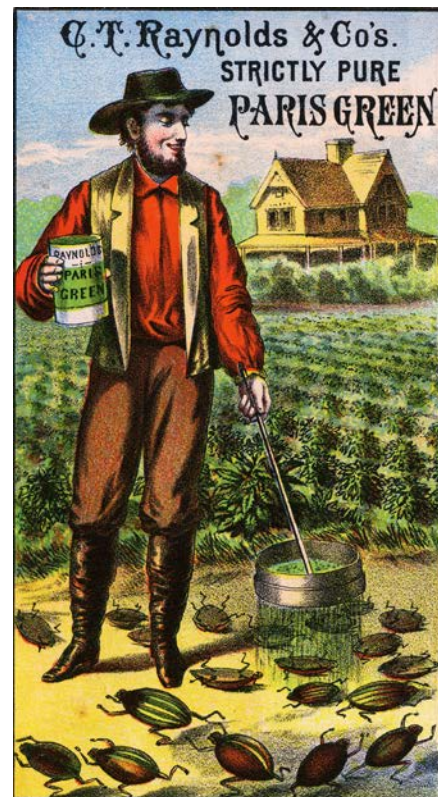
"If lead and arsenic aren't used today - what replaced them? Time and again winemaking practices deemed good, have been found to be lethal, but only too late. As we change our ways, are we vinifying safer wine? Have we learned? ...Only time will tell."

*Happy Halloween!*

*Sources: Vintage by Hugh Johnson, Science Direct, Wine Enthusiasm, The Drink Business and more.*



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## Seasons greetings

Well, we are into a new season, aren't we?  
And with that comes new menu items, new wine selections, and new reasons to make reservations at the Bav Tav. Enjoy classics like Wiener Schnitzel and Beef Rouladen or our melt-in-your-mouth Bav Wagyu Burger. You'll find something to satisfy your craving. And don't forget your sweet tooth featuring our homemade, mouth-watering Apfel Strudel. New surprises await. Visit [bavtav.com](http://bavtav.com).

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## PRIDDIS NEWS

We have had a busy summer at the hall and are back in full swing now that fall is upon us. Here is an update on things to come before 2023:

### Priddis Panthers Hockey

Registration for the 2022/23 season is now live. Space is filling up fast. If you have a kid that is interested in playing, please register

### Priddis General Manager

With the ever increasing responsibilities on board of directors, we have begun looking at the alternative of hiring a Community General Manager. This will mean more programs, events, community gatherings and social connections! At the end of September, the board will meet to finalize the details around hiring. In October, we will host another meeting where community members are welcome to attend to hear our vision and have a say in this transition.

### Membership Renewal

2021/22 Memberships expire October 31st. If you have not already done so, please visit: [pca.getcommunal.com/memberships](http://pca.getcommunal.com/memberships)

Signing up for auto-renew will streamline this process for the years to come.

### Fall Supper

- Fall Supper returns November 4th, 2022! Tickets are only being sold in advance due to this being a catered meal. This is an incredibly popular event with just 125 tickets available. Ticket purchases can be made here: [PCA.getcommunal.com/parent\\_programs](http://PCA.getcommunal.com/parent_programs)
- Purchase or renew your membership to receive a discount for this event.
- Volunteers and a volunteer coordinator are needed to make this event possible. Please reach out to [priddispresident@gmail.com](mailto:priddispresident@gmail.com) if you are able to help. Volunteers receive a free dinner.
- If you have volunteered for the PCA in 2022, and haven't received a gift from us, please contact [priddispresident@gmail.com](mailto:priddispresident@gmail.com) as we would like to say THANK YOU with a complimentary ticket to Fall Supper.

### Tennis Courts

You may have noticed that the tennis courts have been locked. The ever deteriorating surface conditions have become a liability concern. The good news is that the board has begun the process of applying for grants and raising funds to resurface the courts. If you are passionate about bringing this amenity back to life, we would love to hear from you. This is a large project that could use help in procuring funds.

### Annual General Meeting

Please join us at the Community Hall on December 15th at 7pm to hear about all that the Priddis Community Association achieved in 2021/22. More importantly, you will hear about the upcoming excitement in 2023.

### Board Volunteers

If you are interested in giving back to the community by volunteering on the board of directors, we encourage you to reach out. Let us know your skill set and we will find you a role.

If you have any questions or friendly feedback, you can always reach out to [priddispresident@gmail.com](mailto:priddispresident@gmail.com).

To make this community the best that it can be, suggestions and volunteerism are highly encouraged.

### Staying Connected

Did you know that along with The Priddis Community Association's webpage we have an Instagram account and 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:

- @Priddiscommunityassociation
- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- [www.priddisalberta.com](http://www.priddisalberta.com)
- [www.facebook.com/PriddisCommunityAssociation/](https://www.facebook.com/PriddisCommunityAssociation/)
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## How a thief thinks

This is an updated version of a previous topic; one which is very relevant to your efforts to prevent theft happening to you.

I researched the internet, including YouTube, on the topic of how a thief thinks and this is a compilation of information I found in articles/videos often from thieves themselves.

Thieves can have different motivations. A lot are drug addicts who are looking for anything they can turn into a dollar. Some are professionals who will case your place beforehand and leave no prints after. Some are crimes of opportunity such as leaving your garage/house door open when you are home but otherwise tied up mowing the back lawn or working on the property out of sight. They are in and gone before you return from your chores.

Do burglars plan a B&E? 12% of the time yes, 37% of the time it depends upon the situation, and 40% of the time it's a spur of the moment thing.

Once inside your house, a thief only needs 5-12 minutes. Once in, he's going straight to the master bedroom looking for cash

or jewelry. He'll look in/on your nightstand, under your bed and in your closet. An acquaintance of mine bought a small easily transportable safe. I said, "Let me guess where it is? It's in your bedroom closet." He didn't reply, but I could tell he was thinking about somewhere else to hide it.

A thief's next stop is the home office. Here's where he'll find credit cards (or credit card statements with credit numbers & limits), laptops, passports, bank account details. From there it's on to the bathroom to check the medicine cabinet where he's looking for prescription medicines, narcotics – they're easy money. He'll be looking for stuff that's easy to carry. From there he starts thinking about getting out, especially if he's got a nice haul up to this point.

One exception to this is if he knows you're away for an extended period of time. If you've been nice enough to post of the glorious two weeks you're going to have while in Cancun on Facebook or other social media or have publicly let it be known you are going away for a while, he knows he can take his time.

On rural farms and acreages, it's not just the house. There are the outbuildings: the barn, the shop, sheds, garages. It's a tradeoff between personal ease of use of the buildings and susceptibility to a break-in. You'll have to decide your risk tolerance and whether you want to go to the trouble of locking everything up every night. A lot will depend upon the value of what's inside.

So, what are the most effective deterrents to a thief? In their words:

1. Secure all entry points (gates, doors, windows).
2. Leave a vehicle in the driveway if you're gone – A thief's words: "I avoid those places. I don't want to chance encountering someone".
3. If you're gone for an extended time, put lights, radio, the TV on timers. Don't leave them on 24/7 – that's a giveaway that you're gone.
4. Install motion sensor lights or have permanent outdoor lighting (remember we are in dark sky country so get the right ones).
5. Install a surveillance system, preferably wireless. A thief is 2.7 times less likely to target a place with a security system.
6. Don't keep your keys to everything by the front door. You may be giving him an opportunity to use your truck to haul even more of your stuff away.
7. Don't keep money in the freezer – thieves say a lot of people do. I know of someone who disguised a pack of money as a sausage package. Then there was a burglary nearby where all the meat from a freezer was stolen so he had to come up with a non-freezer idea.

Nothing is bulletproof, but these tips will help increase your odds of avoiding or minimizing theft. Thieves say people make it all too easy for them. Get creative. Remember, thieves don't want to stick around for long, and they don't want to be seen.

One thief said if he notices it's a neighbourhood watch area or he's aware of a person watching him, he'll leave that area alone. It's too risky. Keep an eye out for suspicious behaviour and join the High Country Rural Crime Watch Association if you haven't already. Remember the RCMP want you to report suspicious behaviour, so please do so.

*Dave Schroeder*  
HCRCWA Board Member

## Have brush... will travel!

Bring Jane to your hometown and host a barn quilt painting class. Jane provides full class instruction and materials.

Painted Barn Quilts (24"X24") are available for purchase. Larger sizes, with choice of design and colours can be ordered.

See our website for upcoming classes.

Millarville Farmers Market - October 8th

Class in Priddis - October 23rd



For more information contact  
Jane Morgan 403.680.8683  
[www.quilterspalette.ca](http://www.quilterspalette.ca)





## MILLARVILLE COMMUNITY LIBRARY

School is open and running and the library is open on a regular basis : Mondays, Tuesdays, and Thursdays 9 - 3, and Wednesdays 9 - 7:30. A big relief after the past few years!

Our fundraiser got off to a good start with the September bottle drive. There were several truckloads from Square Butte Ranches as well as others, including the newly named Town and Country Book Club from Priddis. Thank you to all who saved and saved for our library and thanks to the volunteers who delivered all the bottles to the bin. Your hard work brought in \$865.00!

We also received a donation from the Square Butte Ladies. The Square Butte Ladies have been an integral part of our community for 81 years! During the war they were part of the auxiliary Red Cross and since then charitable efforts funded by dances at the hall, their legendary baking and of course the annual quilt raffle have helped numerous groups and individuals in our community. Thank you for helping our vibrant little library!

We will be hosting six workshops this fall. Our first workshop was needle-felted landscapes by Paula Kroeker on

**September 10.** Paula generously donated part of her fee. Thank you!

The next workshop, October 27, is for the kids. They'll decorate cupcakes with halloween icing designs. The details are below.

**On November 5,** adults and children will make beautiful wet-felted bowls.

**On November 14** we'll host incredible Christmas cookie decorating for adults, facilitated by Sheila Woolner.

**November 24** will be making Christmas cupcakes for children, with Natasha Grusendorf.

Our final fall workshop, **December 1,** we will be making two glass fused fridge magnets for both children and adults with Saskia Knol. Just in time for Christmas gifts.

Details on the above three are on our webpage. All of our workshop facilitators

are donating a portion of their fees to the library to help us meet our shortfall. We are so grateful to them.

**Halloween Cupcakes with  
Natasha Grusendorf**  
Oct 27 6 - 8:30 p.m.

Back by popular demand is this cupcake decorating workshop for kids. Come and learn some cake decorating basics and make some spooky designs.

Each child will come home with 6 cupcake creations. All supplies are provided. Just bring a container to bring your treats home with you.

**Cost:** \$30 per child

**Age:** For kids aged 6-12, younger kids need an adult to help

**Maximum:** 10 children, adults can observe!

**Place:** Millarville Community Library

**Call:** to register 403-931-3919.

The days are getting shorter and colder and we all are looking for books to read. So come on in and browse, ask our librarians for recommendations or browse the Marigold system.



## MILLARVILLE PLAYGROUND FUNDRAISING

We are extremely honoured to be the recipients of the '100 women who care' quarterly funds. These funds will be allocated to the 'Riding the Wave Climber'.

We have raised 53% of our playground fundraising goal! Unfortunately, we were not successful on the CFEP grant we applied for last term and those funds are an integral part of our Fundraising initiatives. We have reapplied for this term, and continue to push full steam ahead! We are hoping second times a charm and we get our children and community a new playground in Spring 2023. We have a community bottle drive happening again on October 28th, so please bring your bottles to Millarville Community School and help us fill the trailer! Please stay tuned for more upcoming fundraisers soon!

*Millarville Fundraising Society,  
Ellisha Francis, President*



Left lady: Julie Boake

Members of the Millarville Fundraising Society and Students from Millarville Community School

Right lady: Lorraine Cathro



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held at Ranchers Hall in Millarville on the second Tuesday of the month, September to May, at 7:00 p.m. Please do not use Google to try and locate Ranchers' Hall as it will direct you to Heritage Park. Millarville only has one main street so you cannot miss it. It is located beside the school.

Our October meeting will be on Tuesday, October 11 at 7:00 p.m. Please check our Facebook page for the speaker.

If you are interested in attending any of our presentations, please contact Gail Dziuba at millarvillehorticulturalclub@gmail.com. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family.

We invite you to like us on our Facebook page where there are lots of tips. millarvillehorticulturalclub@gmail.com



## 55 PLUS GAMES

### Area seniors back medals from Canada 55 plus games, Kamloops

Over 2,700 people aged 55 to 93 – from as far away as Newfoundland & Labrador – descended upon Kamloops during the last week in August for the Canada 55 Plus Games. Several Foothills & Rocky View County athletes took part in these games.

Some 54 Area 2 (of Big Country Seniors Sports Society) athletes excelled and 26 “locals” brought home medals.

In Cycling, Clint Docken of Bragg Creek won 2 Golds in 65+, as did Bob Wahlund, Okotoks (75+).

In Track & Field, Springbank's Brian Hill won 2 Golds (75+ Triple Jump & Javelin), & Silver (Long Jump); Ernie Robson of Okotoks won Silver medals in Shot Put and Discus; Paulette MacKinnon, High River won Silver in Javelin and Discus; Bronze in 50-metre dash.

Okotoks' Edison Badminton Club had a great showing: Lana Pittman and Lara Wiebe (55+ Gold); Cheryl Griep and Toni Kerr (60+ Silver); Lara Wiebe and Mark Lebere (55+ Mixed Silver); Mark also teamed up with Bill Walker, Calgary, for Silver (Mens 55+).

In golf Turner Valley's Nancy Neufeld won Bronze in 80+ gross, while Jeannie Whyte finished 4th in 65+ Callaway.

In Pickleball, Pat and Carol Breen, Okotoks won Silver (60+ Mixed); each joined forces

with Brent and Ann Hood from Calgary to win Silver in the men's and ladies' doubles.

In Women's Hockey, the 55+ “Calgary Bandits” won Silver; the roster included Lynda Cooke & Nancy Chudleigh, Cochrane, Lynda Gross, Bears paw, & Sue Christison, Chestermere. The 60+ “Calgary Outlaws” finished 4th; local team members included Laura Milne, Okotoks, MaryLou O'Byrne, Springbank, Dawn Baker, Cochrane, Sue Cowitz, Canmore, & Dawn Cosman, Chestermere.

In Lawn Bowling, Nancy & Karl Gibbie won 2 bronzes, together in 70+ Mixed, and Karl with Doug Campbell in 70+ Mens. High River's Norma Dawson teamed with Karen Binns, Strathmore, won Silver in Ladies 55+ Lawn Bowling.

In ice Curling, Cochrane's 55+ Mens team won Bronze: Gary Hawkes, Bob Jennings, Herb Smith, & Rick Makowichuk.

Out of the Medals ...

In Bowling, the Cochrane Five placed 4th, Myrna Fink, Wendy Davis, Sharon Barnden, Laurie & Monique MacKenzie. In Lawn Bowling, 55+ Mixed, Norma Dawson, High River, & Doug Campbell, Cochrane, finished 4th. In pool, Cochrane's Bill Gibbons finished 4th.

The City of Kamloops was a terrific host, with 30 to 36 degree heat, sunshine, and an amazing group of volunteers.

Submitted by Big Country Seniors Sports Society, Norma Dawson, Director Area 8 (Foothills County), & Douglas Campbell, Director Area 7 (Rocky View County) & Area 9 (Canmore-Banff).



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## COUNCILLOR UPDATE Foothills County

**Suzanne Oel - Division 4**

### Greetings! Sharing my News Update

**Water Use:** Since we are dealing with many water projects in Division 4, a bit of background on this topic may be of interest... While three levels of Government have laws governing water, all water in Alberta is owned by the Crown and managed by the province, regardless of whether it occurs on public or private land. Activities impacting water are regulated under the provincial Water Act. With major population and a constrained water supply in Southern Alberta, water is a highly prized commodity, as well as the essence of life that must be managed carefully with a balance for maintaining environmental objectives and needs of other users. The topic of water management is complex. Simply stated, permission is required to use water for municipal, agriculture (including irrigation), commercial and industrial uses. A certain amount for rural household use, traditional agricultural use, surface water for grazing livestock and fire-fighting does not require permission in the form of a water licence approval. All these types of uses exist in Foothills County. Whether landowners are developing a project or communities are securing communal systems, a water licence is part of the equation. A few things need to be in place to provide water service to communities: a supply of water, the permission to use that water, and infrastructure to move and treat the water (for drinking/potable water).

**What is a Water Licence?** Under the provincial Water Act, a water licence is required for any individuals, companies or municipalities wanting to use or divert ground or surface water in Alberta. Since August 2006, portions of the South Saskatchewan River Basin (one of the seven major river basins in Alberta) have been closed to new water licence applications except for First Nations, Water Conservation Objectives and approved management plan water storage. This moratorium on the issuing of new water licences has created Canada's first market-based system to transfer/trade water

licences. Albert Environment & Parks (AEP) is the permission grantor of these Licences.

The current water allocation management system establishes priority based on "first in time first in right", providing some certainty for users that have invested in water licences. During times of shortage, senior licence holders are entitled to their allocation of water before more junior licence holders, regardless of type of use. However, there are provisions in the Water Act that allow situations to be addressed in case of emergency. Also of note, not all the water that is allocated is consumed.

AEP keeps all these moving parts in mind when they approve water licence transfers, approvals and registrations. Before a water licence is issued to divert and use surface or groundwater, AEP considers: the water source, location of the diversion site, volume-rate-timing of the water to be diverted, priority of the water right established by the licence, purpose of the water, any conditions the diversion must adhere to, natural water supply, needs of the environment, existing licences and apportionment agreements. (Alberta is required to send 50% of surface water to our neighbouring province, Saskatchewan, through our Master Agreement on Apportionment - 1969). If the water licence application is approved, the applicant is granted a licence for a specific water allocation, including the amount, time of diversion, rate and location.

**Transfer of a Water Allocation:** Alberta's Water Act allows the transfer of the right to divert a volume of water from a source of water supply, under a certain priority. This type of transfer is voluntary, with a willing

seller and willing buyer.

The Alberta government reviews permanent and temporary transfers. With a temporary transfer, the transferred allocation reverts to the original licence after a specified time period. The government can holdback up to 10 percent of the water in a permanent or temporary allocation transfer, which can remain in the natural water body or be held in a Water Conservation Objective licence and will not be available for reallocation for other uses.

### Other Important Water Topics:

Discussions continue at all levels of government with citizens, regarding: who gets the water – competition of uses, cost of the water licence market, other sources of water such as inter-basin transfers, planning for the growth of population, reuse of water, use of grey water, water conservation, return flows, drinking water security, watershed management plans, source water protection plans, storm water management, water shared between provinces, water storage to assist with drought, mitigation measures to deal with flood, rain water storage, provincial and federal water jurisdiction, and more.

**Information Sources:** AEP, Alberta Facts About Water, Alberta water legislation and guidelines, Alberta Water Portal. Much more detail can be found by searching these and other sites: [www.alberta.ca/water-legislation-and-guidelines.aspx](http://www.alberta.ca/water-legislation-and-guidelines.aspx), [albertawater.com/water-licences-transfers-and-allocation/](http://albertawater.com/water-licences-transfers-and-allocation/)

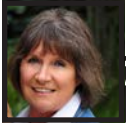
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**Email:** [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)  
*Enjoy the beautiful Fall colours!*  
*Suzanne*



## WELCOME TO SUE WINSOR



We are very pleased to welcome Sue back to MaxWell Canyon Creek after being away for a few years. Sue is excited to work with her past clients and friends to help them with their real estate needs. Give her a call at 403.333.3717. "NO Horsing Around"



## COUNCILLOR UPDATE Foothill County

### Barb Castell - Division 3

I hope you had a fantastic Summer and now it is Fall - my favourite time of the year!

#### Public Works

Foothills County Public Works continues to work hard to complete the 2022 projects before the snow flies. They have a huge area to cover. Residents have been contacting me to tell me how much they appreciate the work on their roads and how respectful the work crews have been. I have passed your compliments on to staff.

What is the speed limit on Foothills County roads? All roads are 80 km per hour unless otherwise posted. In Division 3, Highway 549, Highway 546, Highway 22, and Highway 762 are all Provincial and not under the County's jurisdiction.

For more information go to:  
[www.alberta.ca/speed-limit-signs.aspx](http://www.alberta.ca/speed-limit-signs.aspx)

#### Foothills Cemetery Board

This Board is comprised of a Council representative from the Town of Turner Valley, the Town of Black Diamond, Foothills County; an appointed member from the Turner Valley Legion #78, and one member at large appointed by the Board from one of the three municipalities.

Over the summer, the Foothills Cemetery Board met up at the cemetery to familiarize new board members with projects that have been started as well as the work that has been completed. We were asked to come up with ideas for the completion of the remaining lands and how they might look. The Board will hopefully have a plan ready by Spring.

For more information go to:  
[www.foothillscountyab.ca/community/cemeteries](http://www.foothillscountyab.ca/community/cemeteries)

#### Priddis & Millarville Fair

The Priddis & Millarville Fair was a huge success. This is an event that is always looking for new volunteers on the committee and on Fair Day at the Millarville Racetrack. If you have not volunteered there you are missing out on two fantastic days.

I helped in the Information Booth and met so many people, but the most astonishing

visitors were a mother and her daughter who had flown in all the way from Atlanta, Georgia the night before the Fair to see exactly where their favourite TV show, "Heartland", was filmed in Foothills County. They were told to start at the Fair. The mother, in her charming Southern accent, went on to tell me they were going to be sight seeing at the Racetrack, Maggie's in High River, and then off to Anchor D for a Horseback ride. Who would have thought people from that far away would come to our Fair!!

#### Millarville Racing & Agricultural Society - Events

Make sure you add these to your calendar:

- Last Farmers' Market  
Saturday, October 8th, 9:00am - 2:00pm  
Admission: On Donation
- Millarville Christmas Market  
November 3-6 & November 10-13, 2022  
Daily from 9:00 AM - 4:00 PM  
Entry Fee: \$7.00, 12 and under free  
Tickets must be pre-purchased online at:  
[millarvilleracetrack.ticketspice.com/millarville-christmas-market-2022](http://millarvilleracetrack.ticketspice.com/millarville-christmas-market-2022)

#### Other Events

- Sheep Creek Weavers Fibre Arts Sale  
October 15-16, 10:00am - 4:00pm  
Millarville Racetrack Hall
- Millarville Sports Association (MSA) and the Society for Millarville School presents: Hootenanny in the Hills  
An adults-only 80s-themed night featuring bingo, a 50/50, and auctions, among other festivities  
October 1st, 7:00pm - 1:00am  
Flare N Derrick, Turner Valley  
Those interested can inquire at:  
[millarvillehootenanny@gmail.com](mailto:millarvillehootenanny@gmail.com)

Have a great Thanksgiving and Halloween!  
Barb Castell

Phone: 403-931-3690

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

Website: [www.barbcastell.com](http://www.barbcastell.com)

FaceBook: [facebook.com/barbcastell.ca](https://facebook.com/barbcastell.ca)



## LONGVIEW LIBRARY

Our used book sale at the Art's and Music Festival was most successful. The whole weekend was great fun with a good turn out. The only glitch was a terrific wind storm lasting only 20 minutes, but forcing some of the vendors to pack up and leave as their tents and goods were ruined. We were o.k. thankfully

For those of you who are unfamiliar with Trac and Marigold, here is a short explanation.

Trac is the partnership of Marigold Library System, Northern Lights Library System, Peace Library System and Yellowhead Regional Library. Trac is a society established in the late 1990s to cost share and support a library management software system. Using the [Tracpac.ab.ca](http://Tracpac.ab.ca) library cardholders can search and borrow items from a catalogue of 180 libraries with a collection of three million books.

A pleasant read is the Latitude of Melt (2002) by Joan Clark, a Canadian living in Newfoundland. It is thoughtful, magical and full of entrancing imagery, written in lyrical prose.

New to the library is This Time Tomorrow by Emma Straub.

Happy Reading, Sylvia Binkley  
[sliv@telus.net](mailto:sliv@telus.net) - 403-395-2418



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## SHEEP RIVER LIBRARY

Small cheer and great welcome make a merry feast. – Shakespeare

October brings with it cooler temperatures, beautiful colours and Thanksgiving Dinner. At my house, three days of meal preparation is consumed in 30 minutes, but it is a wonderful start to the festive season. Because of the holiday, the library will be closed October 8-10 for the Thanksgiving weekend.

For all of you knitters and crocheters, we now have a date and time for our Knitting Circle: Tuesdays at 10 am, beginning on October 4th. Please bring your current project and join the group at the fireplace. If you need assistance, our facilitator, Jocelyn, will be on hand to sort out any issues or problems you may be having.

Diamond Valley Songwriters group starts up again this month on Wednesday October 12, 7:30 pm at the fireplace. Bring your instrument (piano is available) and whatever song you have been working on and receive lots of encouragement and constructive feedback.

During the pandemic, we gave everyone a break on paying fines for overdue items. Stating October first, the fines will be back, so either return or renew your items if you do not wish to be dinged 15¢ a day for late fees.

We are looking for people who would like to sponsor one of our magazine subscriptions. If you are interested, come to the library and tell us which magazine you wish to sponsor and pay for the yearly subscription. The rest is up to us. You can either choose a magazine that is already part of the collection or suggest something new.

The Out Loud Series is happening this month after a two-year hiatus. If you haven't already got your tickets, there may be some left for Sheri-D Wilson (October 14), Notable Exceptions (October 22) and The Best of the Story Telling West Show (October 29). You can also join us for the Sheri-D Wilson workshop, "From Creation to Oration" on October 15. More information about any of these events is on our website or in the Out Loud brochure available at the library.

The quilt display has returned! You can now enjoy these beautiful fibre creations on the walls up high in the main library

space. The quilts, provided by local quilters and guilds are generally changed out three times a year. If you have questions about the quilts, or wish to display quilts of your own, please talk to Jan.

In August we were sad to say a final farewell to two men who played important roles at the library. Larry Ashmore was instrumental in the design and installation of our donor tile wall back in 2011. He, along with Yon Wong, ran the Dogtooth Mountain Film group for a number of years, screening foreign and film festival movies. Archie Holmes was always on hand to help out at the annual book sale in June. We will miss his infectious smile and ever-present twinkle in his eye. We are thankful for all the time and effort these two community-minded men put into the library. They will be missed.

Forever on Thanksgiving Day, the heart will find the pathway home. Wilbur D. Nesbit



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## DIAMOND VALLEY CHAMBER OF COMMERCE BOARD

Hello everyone, Chamber Members, Diamond Valley Business Owners/Operators, and Municipal Members alike,

There are a few items that I wanted to touch bases with you all on, so thought I put it all in one email for you to cogitate upon...

**\*\*We're launching our Thirsty (for Knowledge) Thursday Presentation Series this month!** With some great guest speakers and topics, we're hoping this is an excuse for you all to come and mingle, have a drink with some of your colleagues and neighbours to hear about local initiatives, discuss issues that are affecting us as a community, and present ideas for future growth in the business community.

Although we will only be providing juice and soft drinks, feel free to BYOB and have a (responsible) drink at the same time.

No admission fee, or membership to the DVCC is required, we just want to get you all in the same room to have a chat and trade ideas.

October 20th : Black Diamond Elk Ranch : A Foothills Farming Business Model, with Steve Koeckhoven

All events start at 7pm and are being held at Murray Rodger's downstairs studio, located at 151 3rd St NE, Black Diamond, the same place as our Musical Event in April, earlier this year, across from Timmy's, beside Fired Up Auto.

**\*\*We are currently updating our Membership List on the DiamondValleyChamber.ca website, and would like to include our Member Business logos this time.** If you could send us a png or jpg graphics file, and a short description of your business, and confirm your website address, that would be super, and of great help in promoting you as DV Chamber Member Businesses.

**\*\*We have been discussing putting together a Member-to-Member discount program, which may be of interest to some of you.** This would go hand-in-hand with us issuing DVCC Membership Cards, so I encourage you to come to our next meeting on October 4th, 7 pm at 151 3rd St NE, Black Diamond (across from Timmy's, beside Fired Up Auto) if you'd like to get involved

in that discussion, find out more, or be a part of the program.

Collaboration and Engagement are important keys to our continued growth as vibrant and prosperous communities, especially as we are on the eve of Amalgamation here in the Diamond Valley. By meeting and speaking with other business owners/operators and municipal stakeholders, we can develop opportunities and inspire each other. If you're not already

a member of the DV Chamber, please at least consider joining in on some of our events. We're Here to Help...

You can also find information on the Chamber and our events on our Facebook page, @ Diamond Valley Chamber, or online, DiamondValleyChamber.ca

Have a super week, and we hope to see you in the near future!

*Samantha Istance  
Diamond Valley Chamber Administrator*





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## HELLO DIAMOND VALLEY

Hello, Diamond Valley! Well, as we slip into fall, I reflect on what a lovely summer we had. I tried to make the most of it with a few camping trips, the Longstock Music Festival, and some nice family bbq's. My family and I also took a day trip to the Danish National Museum located just outside of Dickson, where my grandparents have a stone. We had a really good Danish lunch and afterwards walked around the grounds, which feature a replica Danish Viking ship, a beautiful little church, and an old CPR house. Well worth the donation for admission.

With fall in the air, Hartell Homestead would like to invite you to a couple of events they are hosting. The first is Harvest Seed Saving, in which you can learn about readying your garden for winter and saving seeds for next year, and this will be held on October 15 from 2-4. Sign up through email or at the store. Then get ready for Haunted Hartell, running October 29-31 from 4-6. Get your costumes on and bring the family for a spooktacular time! This event is free to the public, no sign-up needed, but donations are welcome. More info can be found at [hartellhomestead.com](http://hartellhomestead.com).

Granary Road is hosting Pumpkinfest on October 22 and 23 from 1-4. Granary Road has partnered with the Okotoks Optimist Club for their 4th annual Pumpkin Chunkin' event, in which contestants will create their own catapult or trebuchet to launch pumpkins as far as possible. There will also be a costume contest, games, music, and more. Please bring a donation for the Food Bank. [Granaryroad.com](http://Granaryroad.com) for details.

Sheep Creek Weavers was founded in 1974 and holds regular workshops for spinners, weavers, knitters, felters, quilters, crocheters, dyers, and sewers. They are hosting their annual sale with lots of beautiful handmade fibreworks on October 15 and 16 at the Millarville Racetrack from 10-4. A great place to find a really gorgeous gift for someone special.

October is Celebrate your Library month. Our local Sheep River Library holds many different classes, many of the musical variety. Just some of the programs offered are; Songs and Rhymes for Babies, Music Together (for 1-4 years old), Diamond

Valley Songwriters, and Community Drumming Circle. Go to [sheepriverlibrary.ca](http://sheepriverlibrary.ca) for details.

And there's more music happening in our Foothills. Red Deer Lake United Church is pleased to present two series of concerts. Their regular series, On the Edge, features Juno nominees husband and wife duo Craig Bignell and Suzanne Levesque in their band Over the Moon on October 21. November 27 features The Travelling Mabels concert "Christmas Spirit, Song, and Laughter". Shows are held in the beautiful Church and the sound is great for these favorite bands. Tickets are at [rdluc.ca](http://rdluc.ca).

Our very own Beneath the Arch concert series are back with Cox & McRae, Canadian musicians with 60 years of experience. Alberta born Doug Cox has played with a plethora of musicians including Long John Baldry, and Linda McRae is formerly of Spirit of the West. Get your tickets at [beneaththearch.ca](http://beneaththearch.ca) and look forward to an evening of stringed instruments, stories, and songs. The show will be held at the Flare and Derrick in Turner Valley on October 29 with doors at 7 and the show at 7:30.

The Black Diamond Hotel is pleased to start their concert series again, with Canada's tribute to the Eagles, on October 15. I've seen this group before and they are awesome! Doors are at 5 with the show starting at 7:30, you can get tickets at the Hotel or at Sobey's in Okotoks.

The Turner Valley Legion is launching their Poppy Campaign which kicks off October 28. You can thank our Veterans by volunteering with the Campaign, which will be at the Millarville Christmas Market this year. Also note they are allowed the Remembrance Day Service at the Oilfields High School on November 11 from 10:30-noon, please be there on time as it's nice to pay attention to the Service. Afterwards,

head on over to the Legion for a small family wreath laying at the cenotaph, with socializing after that. They are also looking for volunteers to help with their annual Spookhouse, yes, it is returning this year!! This is one of the best Halloween spookhouses ever, and if you like to dress up and scare the crap out of people, or can help with construction, monetary donations, or ticket sales, please drop by the Legion in Turner Valley or give them a call at 403-933-4600. Check them out on Facebook as well. The Legion also hosts an awesome jam every second Saturday from 4-8.

As we head towards official amalgamation between our two towns in January, the search is on for a mayor and councilors. Nominations for these positions must be filed before October 31, at the Black Diamond Town Office. Information on the process and prospective candidates can be found on either town's websites. Election Day is November 28.

Lastly, October is Fire Safety Month. Mark a day on your calendar and physically check all your smoke alarms and carbon monoxide detectors, and replace batteries if needed. Check fire extinguishers as well. Many fires go unnoticed and have devastating effects simply because the alarms are not operating. The same day you mark your calendar to check your equipment, make a fire escape plan for your family and pets, and practice it to make sure it is feasible and familiar. Hopefully you will never need it but it is sure worth the peace of mind to take a little time to secure these measures.

If you have any events or news for November, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is October 15.

*Happy Thanksgiving to all,  
Elaine Wansleben*



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## SQUARE BUTTE COMMUNITY

The SBCA has had a great month winding up some projects that have been pending. The free community breakfast was a great hit with about 130 people attending. The good crowd enjoyed the chance to converse with neighbors and friends after a long wait for a community event.

The main floor of the Square Butte Hall has had a complete paint job. Maria Vanderham has done a meticulous job of prepping and painting the hall and now it looks fresh and inviting. A big thank you to Maria for such an incredible job!

The handicap asphalt pad has been installed and the 2 week set-up time has passed. There was a little sign that said "No to High-heels." I guess "stilettos" punch holes in the asphalt.

Sunday, Oct. 2nd, Pie Making Class at SBH from 1:00 pm-5:00 pm. Instructor: Mary Ann Watson 403 931-2098.

November 12th, 7:00 pm to 11:00, Country & Western Dance at Square Butte Hall, live band & evening lunch. Members \$15.00 each/non members \$20.00 each.

### Square Butte Ladies Group

We have had a great year of fund raising so have now added the Millarville Library, Seniors Christmas Dinner, and Millarville Sports Assoc. to our already long list of donations. The next project is our annual

raffle quilt assembly at Square Butte Hall on Sunday, Oct. 23rd. Come join in the fun of sewing a quilt top together. Contact Jill Fry for further information or anyone wishing to join our group 403-931-3420.

### Women in our History!!!

Florence "Flores" Ladue (1883-1951) Recognition of a world champion, Flores LaDue, Champion Lady Fancy Roper. She competed for 31 years and retired undefeated. Born Grace Bense, 1883 in Minnesota. Her mother died when she was an infant and spent most of her young life on a Sioux Reservation where her grandfather was a government agent. When she was about 15 she ran away to join The Cummin's Wild West Show where she became a teenaged trick rider/roper. She was less than 5 feet tall but she could lasso 5 galloping horses at one time. While roping upside down on a horse in Chicago in 1905 she caught the eye of fellow trick roper and rider, Guy Weadick. They fell in love and were married in 1906. The first 5 years of their marriage was spent on the road traveling, appearing in vaudeville and Wild West shows throughout the US, Canada and Europe. Guy was quite a promoter so with the help of his wife Flores they came to Calgary, Alberta in 1912 and pitched the idea of a rodeo. They received the backing from the Big Four: George Lane, Pat Burns, A. E. Cross & Archie Maclean, and staged the first Calgary Stampede. They continued running and promoting the Stampede for 20 years after its inception.

In 1920 they purchased a ranch at Longview, AB. that became the Stampede Guest Ranch which they operated for many years. It was the first guest ranch in Canada. Towards the end of Flores' life, in hopes of improving her failing health, they sold their ranch and moved to Phoenix, AZ. She passed away of heart failure in 1951. Guy Weadick passed in 1953, known as the, "Father of the Calgary Stampede".

A wonderful book "First Stampede of Flores Ladue" by Wendy Bryden is the love story of rodeo promoter Guy Weadick and trick rider/ roper Flores Ladue. That her story is told at all is thanks to the memories of current Alberta rancher Lenore McLean, who grew up next door to an elderly Mrs. Weadick in the late 1940s.

What a wonderful story of love and athleticism. Our history often overlooks women's contributions to the settlement and success of our communities

Submitted by Mary Ann Watson  
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## DE WINTON COMMUNITY ASSOCIATION

### Upcoming Events

We welcome you all to participate in the upcoming events this fall.

#### Ghoulfest

Our annual Halloween Party & Haunted House will be on Saturday October 15, 2022. The De Winton Community Hall will transform into a Haunted House for the kids, with games, crafts and Halloween treats. The festivities begin at 6:00 pm and will go until Witching Hour (11:00 pm)

Bring the kids down and join us for a fantastic community event for family and friends of all ages.

#### De Winton Christmas Craft Fair

De Winton will once again be holding our Christmas Craft Fair in mid-November. Those interested in securing vendor tables should contact Amanda Gotmy (403-870-4239) ASAP for further details.

#### De Winton Community Association Fall Garage Sale, October 16, 2022

The De Winton Community Association had so much fun with our spring garage sale that it made sense to hold a second one. Come on down to the hall on October 16th between 9am and 4pm and enjoy the offerings. The thrifting trend is alive and well in De Winton!

#### It's DCA Membership renewal time!

The Annual DCA Membership will be remaining at just \$21 per family for 2022/23

New and renewing members can head over to our website to see the value of joining and fill out the membership form at [www.dewintonca.com/join/](http://www.dewintonca.com/join/)

Please renew promptly as your continued support helps us to tailor our events and programs to our membership.



## GIVING THANKS FOR LOCAL ART

Thanksgiving is a time of year when we are grateful for much. The bounty of the harvest evokes visions of sitting around a table with family in fellowship and appreciation of all our earth has to offer. But it is more than that for a group of local artists and artisans known as Artworks.

Based in DeWinton and comprised of members living in or around the area, ArtWorks strives to present an annual fall show—usually on or about the Thanksgiving weekend—that offers something for everyone. Looking for that perfect painting to go above a couch or on a feature wall? Come and view our original pictorial representations of places and/or subjects dear to your heart. Looking for

that unique piece of jewelry, pottery, or hand-woven clothing? Come and choose from the wide selection our artisans have to offer. Looking for a good book to read? We have a novelist there as well, whose entire book proceeds go to support mental health. At ArtWorks there is truly something for everyone.

The only criterion for entry to the show is a love and appreciation for local art. This year's participating artists will include Angie Denovan, Ann Beswick, Connie Pike, David Kitler, Elizabeth Ellis-Bassett, Fran Porter, Helen and John Beamish, Jim Prescott, Kim Berlie, Lanhee Cho, Laura Guerin, Lisa Schwartz, and Linda Vowell. We'll all be ready to welcome you at DeWinton Community Hall on Friday Oct. 7th 2:00 p.m. to 8:00 p.m., Sat. Oct. 8th and Sun. Oct. 9th 10:00 a.m. to 4:00 p.m., and Holiday Mon. Oct. 10th 10:00 a.m. to 2:00 p.m.

We truly look forward to seeing you there!



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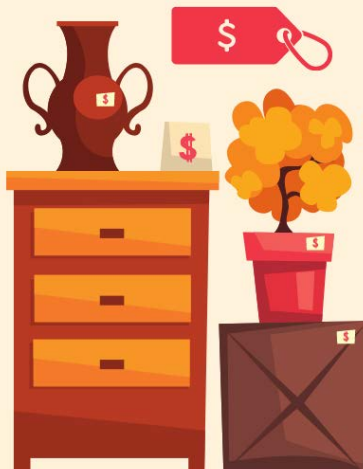
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## DUANE HARDER

### The Champion Complainer

According to the authors of the book *Significa*, the world's champion complainer was a man named Ralph Charrell. Charrell received over \$100,000 as a result of his systematic complaining. His smallest refund was of \$6.95 and his largest was \$25,000. Charrell spent time every day making phone calls and writing letters of complaint. He even wrote two books, *How to Get the Upper Hand* and *How I Turn Ordinary Complaints into Thousands of Dollars*. While we all have the right to stand up for ourselves, would you want to be known as the "World's Champion Complainer"? Wouldn't it be better to be the "World's Champion Encourager"?

Before we look at the Champion Encourager, let's explore the side of the complainer. I'm sure someone has raised the question, "Isn't there a place for legitimate complaints?" This spring our son-in-law hired a company to pave his driveway. He clearly spelled out his expectation and the company owner gave him a price. Our son-in-law had done his due diligence and believed the price was fair in relationship to what he wanted. The job was finished, and the work was clearly substandard. Should a complaint be registered? Absolutely! Why? The quality

of the work did not match the promise of the contractor. Complaining must be separated from accountability. If I give you my word, then I must be held accountable for the word that I have spoken. In fact, accountability is the foundation of trust.

Complaining that is rooted in accountability helps to raise the standard of excellence. Complaining can also be a form of whining. Whining places the focus upon me and how I have been inconvenienced, treated poorly, or mishandled. Much of our complaining falls into the category of whining. It becomes a tool for manipulating people to give us what we want.

This summer I was speaking at a Family Camp in Montana. In preparation I tried on some of my short sleeve summer shirts and found that they had shrunk while in the closet. I decided to go to the Bay and take advantage of the summer sale and get three new shirts that fit me. The lady that waited on me was very helpful and I left the store very pleased with the new purchases. However, when I was at the family camp, I discovered that the salesperson had failed to remove a magnetic detector from one of the shirts. I had a choice — would I take it back to the store and complain or removed it myself? I chose the latter. The oversight in removing the magnetic detector was miniscule in comparison to the service she rendered and the time and cost of going back to the Bay.

Let's go to the flip side and see what might be involved in being the world's champion encourager.

The complainer sees what's wrong. So does the encourager. The difference is that the encourager looks for a way to fix what's wrong. In other words, how can I leave this person, place, or property in better condition than how I found it? The complainer says, "Stop being so snoopy and mind your own business." The encourager says, "You are a very alert person. May you have wisdom in knowing how to apply that quality in the best possible way."

Encouragement adds breathe to life, beauty to the landscape, and boldness to our lethargy. It puts a spring in our step, a song in our spirit, and soothes our troubled soul. Encouragement is to our life what wind is to the sails of our boat.

Mr. Charrell, I have no desire to challenge your title. I would rather see one person walking with more confidence than 100,000 dollars in my bank account.

"I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition." (Martha Washington)

Choose the path of encouragement and I'll see you at the top.

*Duane Harder*

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## HIGH COUNTRY CHORALE

### Announcing the Return of High Country Chorale

Guess what? Those who love to raise their voices in song and have felt seriously deprived during the pandemic now have cause to celebrate. One of the most pleasurable of all human activities—singing with a group—was not recommended until COVID was brought under control. High Country Chorale, which draws its members from Calgary, Okotoks, Turner Valley, Bragg Creek, and surrounding areas, has been in suspension since late 2019. Now, we joyously announce that, having retired its former director with honours, it has resumed under a new director.

HCC practices are held every Tuesday evening from 7:00 p.m. to 9:00 p.m. at Red Deer Lake United Church, just west of Spruce Meadows. (At some future time, if enough choir members want it, a weekly afternoon practice may replace the evening one.) We present two concerts a year at the

Church, one at Christmas and the other in the spring. We also perform regularly at retirement facilities and nursing homes. Our mandate is a simple one: to share the joy of music with one another and to spread it as far as we can.

If you love to sing, please join us! That love, plus a small membership fee to cover the

cost of music and facility rental, are our only requirements. Whether you sing soprano, alto, tenor or bass—or even if you aren't quite sure which—we will welcome you with open arms and find a place for you.

Here's to the power of music!



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## THE RANGE HOOD IN YOUR HOME

**Range hoods** - once regarded simply as utilitarian devices for managing cooking odours - have evolved into kitchen focal points, with many attractive designs and styles to choose from. However, all range hoods are made for the same important purpose to rid the kitchen of smoke, grease, and toxins!

There are five main categories of range hoods: Undercabinet hoods, wall-chimney hoods, island hoods, range hood inserts, and downdraft hoods.

### Undercabinet Hoods

Undercabinet hoods are great in kitchens with cabinets above the cooking surface. They attach to the bottom of the cabinet, and are ducted through an adjoining wall, chase, soffit, or ceiling to vent smoke and fumes outside. Over-the-range (OTR) microwaves can serve the same purpose as undercabinet hoods; an OTR is a microwave and fan in one, so it can be a great space savor!

### Wall-Chimney Hoods

Wall-chimney hoods are the most common type of hood. They come in different shapes, the most common being the 'tapered hood'. Wall-chimney hoods mount against the wall, about 30 to 36 inches above the cooking surface, and vent out

through the wall. They are usually made of fabricated metal such as copper, stainless steel, or bronze, though wood canopies are available. Typically, they don't have cabinets mounted above them.

### Island Hoods

For an island hood to be a viable choice a kitchen must have a large island, one that includes cooking space, food preparation space and even room for seating. Island hoods mount to the ceiling and ductwork runs through the roof to the outside.

Most island hoods have a classic chimney shape, but some are flush with the ceiling. Make sure you have legal clearance to run ductwork to the outside before choosing an island hood.

### Range Hood Inserts

A range hood insert is a kitchen exhaust fan that fits inside, and powers, a custom hood. An insert is a great option if you choose to design your own wood or metal canopy - just ensure your design incorporates the correct height and shape of your insert so it will fit and function correctly.

### Downdraft Hoods

Downdraft ventilation systems are vents installed behind the rear burners of your cooktop. The vents are embedded in the counter but rise to a height of ten inches when activated, at which point a downdraft draws grease and odour across the cooktop and through a filter. Downdraft hoods can be a useful addition to a kitchen; however, since cooking vapours and smoke rise, they are not as effective as ventilation systems above the cooking area.

Choice and placement of hoods is determined by personal taste, but installation standards apply across the board. A tip is to leave at least three inches between your new hood and your cabinets - four to six inches if your hood is a kitchen focal point - rather than building cabinets flush against them, leaving them room to 'breathe'.

If you don't have a home on the range, then create the perfect range in your home!

*Karen Horte, DID*  
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## MORTGAGE MATTERS

### Switching Lenders if Necessary

There is potential for security and/or savings for those who are proactive in managing their mortgage. You may think renewing or transferring your mortgage is reserved for the end of your term - at your maturity date or term-end is a great time - but you can do it anytime.

Furthermore, most borrowers often look to change their mortgage during times of financial struggles. However, it is actually when you're in a good-place that is the ideal time to consider renewing or switching your mortgage.

**In times of increasing rates and/or financial uncertainty, consider taking charge now!**

Fixed rates are predicted to keep increasing. If you have a maturity date in the next 120 days you can lock-in now for the term end. If your maturity date exceeds 120 days (but not long enough to ride-out the possible increases over the next few years),

switching soon and locking in a new 5-yr may provide protection against further increases.

Option 1. You can leave your mortgage at your term end/maturity date. Your mortgage contract has ended and you're free to stay, switch to a new lender, or even pay it off if you have the means.

Option 2. You can renew or switch your mortgage while you are still within your contract. If you are breaking your mortgage within term you may be charged a prepayment penalty by your current lender. That penalty (\*up to \$3000) may be rolled into the new mortgage. A prepayment penalty is a fee that your lender may charge if you break your mortgage contract.

The way your prepayment penalty is calculated varies from lender to lender. The prepayment penalty will usually be the higher of:

- An amount equal to 3 months' interest on what you still owe
- The interest rate differential (IRD). The interest rate differential is the difference between the interest rate on your current mortgage term and today's interest rate for a term that is the same length as the remaining time left on

your current term depending on the rate you're leaving, the new rate today, and/or the potential new rate imposed upon maturity, incurring the penalty now may still save you money in the long run. Or, if you wait until your mortgage term ends, everything can be redone and you can easily transfer your mortgage to any lender which saves you paying any penalty. \*A new lender under a "switch" program will also pay your legal costs to switch, so there is no cost to you.

Application requirements differ from lender to lender but you will need a copy of your latest mortgage statement, proof of homeowners insurance, plus standard income verification and credit worthiness. OAC.

\* Lenders allow up to \$3000 under a "switch" program whereby they pick up all transaction costs (admin, legal, etc); a "refinance" program allows any penalty amount to be included without limit, but lender may not pick up the transaction costs. OAC.

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## OUT OF THE RUT

### Chapter 146

Pardon me if things go round in circles a bit more than normal. This morning I find my brain is lagging behind my body & every time I turn my head I can feel the swell of movement catching up & the faint wash of nausea that flows through me the next instant. No looking around and sight-seeing between typing moments today!

What's happening? I was thinking about prisms, not things that come up often in my daily conversation these days. Some time ago I was fortunate enough to happen upon a grass fire on my way home. Fortunate, because it was wee – small enough for me to put it out safely. I figured it was most likely started by someone chucking a cigarette butt out of their car window in the 5 minutes prior to my arrival.... or the only other catalyst I could figure would have been a shard of glass magnifying sunlight.

How many kids get to play with magnifying glasses nowadays? Would a child of the 21st century have the slightest interest or sense of awe? My brother and I on hands and knees in the grass and dirt, angling a convex lens to capture the sunlight and ignite leaves to start a fire. Of course, that was a few decades back in soggy England when fire risk was not a phrase in common parlance. I can't remember any instance of uncontrolled fires around us in my youth. There were plenty of 'controlled burns' as farmers burned off the stubble. Since then, many more restrictions have been placed on farmers in the UK regarding burning, mostly due to smoke and pollution concerns.

That was probably around the time we used to melt down blobs of lead into puddles to paint red for blood for my brother's Dungeon & Dragons games...

We spent hours at school grubbing around in the dirt with a magnifying glass, looking at the tiny critters that exist all around us. Grid-mapping on the back field at school – an innocuous looking patch of ground would reveal all kinds of wondrous things to my inquiring eyes. It did, at times, tend to default to massive quantities of dandelions and dock leaves, but you can't have everything.

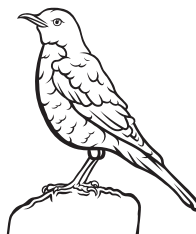
Back in the lab, sliding drops of liquid between microscope slides (I had to look that up, couldn't remember what those little rectangles of glass were called)... then fiddling with the magnification until I could see the microscopic fiesta going on between the glass plates. I did a study on *Daphnia*, the common water flea - can't remember a thing about them.

After magnifying glasses, prisms. That famous 1973 album cover showcased a prism. Magical rainbows fanning out from pure white light, that was something else. It's all to do with speed, who knew? (Refractive Indices and all kinds of groovy things if you want to get a little deeper). Learning, teaching, absorbing information... everything processes at different times/speeds and we come to our own conclusions in our own time. The white light which the human eye sees easily, passes through a magical compound (glass, most often). Each light frequency travels at a different speed, so the time at which each frequency emerges creates a fracturing that manifests as clearly visible rainbows.

Each life is fed into our prism through the medium of parents and compressed, moulded, beaten and hewn by experiences over time, fanning out into a glorious rainbow to disappear into the great unknown beyond...

Our experiences will manifest later as something new. We have the power to refine and mould our daily experiences when we are working with sensitivity and awareness. A lapse in concentration may result in something quite untoward, but whatever it is, it's a learning experience. Another blast of light penetrating the prism of existence, all destined to illuminate the magic of your soul. Go light the place up!

*With gratitude and love, Kat Dancer  
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## WOMEN AND GIRLS WITH ADHD (Attention Deficit Hyperactivity Disorder)

### Is female ADHD under-diagnosed?

First of all, ADHD is not gender biased. Symptoms can be seen in girls and boys, where most kids never outgrow it. Many women grow up assuming that ADHD is a diagnosis for hyper little boys or a "male disorder". In other words, men and women are equally likely to have ADHD symptoms. Girls tend to develop ADHD later than boys and have more emotional turmoil as a result of their symptoms. These are some of the reasons why so many women go undiagnosed (misdiagnosed).

### What is ADHD like in girls?

Parents and children often miss the warning signs. The pressure to perform means that many girls internalize their symptoms and then end up with depression, anxiety, perfectionism, a sleep or eating disorder. They typically have fewer friends, mostly daydream, trouble following instructions, make careless mistakes on homework and tests.

During puberty some girls may experience an increase in PMS severity, promiscuity, a greater risk of cigarette smoking (as early as age 11), alcohol, drug abuse and unhealthy relationships due to low self-esteem or self-loathing.

### What are the symptoms that sabotage adult women?

Inattentive (ADD) presentation and disorganization are more common. A person constantly ends up feeling overwhelmed and frantic about coping with day-to-day basic things. Do you impulse buy, wonder what to cook

(again), forgot the washing in the machine or cookies for school, struggle to prioritize, overcommit, feel embarrassed to invite people over because the house is a mess? Relationship difficulties may include: marital difficulties, sexual issues, sexually transmitted diseases, unplanned pregnancies or parenting issues. Each case needs to be diagnosed individually based on their situation and risk factors.

### Examples of successful women with ADHD.

"Of course you don't have ADHD. You're smart." Even if you have a high IQ, work very hard or have a lot of support, you can keep your symptoms in check for long enough to get to college, or not. Women everywhere are using their ADHD to do amazing things and become successful. They are caring, sensitive, never boring, see things differently, trying out new things, innovative, entrepreneurs, creative artists, athletes, trailblazers, comedians or astronauts. For example Avril Lavigne, Agatha Christie and Karina Smirnoff

and the list goes on. We have a long way to go in addressing the stigma and misunderstanding that surrounds this diagnosis. What is important to remember while we increase awareness, you can get support and strategies to move forward in a healthy and positive way.

**Myth:** Kids grow out of it.

**Fact:** Although previously considered only a childhood disorder, up to 80% of children with ADHD continue to show symptoms into adolescence. Symptoms may include difficulty following instructions, is easily distracted, difficulty sustaining attention, staying on task, loses things or controlling anger.

### Sources:

*Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do* (Nadeau, Littman & Quinn, 2015)

*The Myths and Facts*, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho

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## A MISUNDERSTANDING! by Andrea Kidd

Ruby's mom and dad like to run. Sometimes they train for a marathon. Sometimes they run for fun. Ruby is two and half years old. It is difficult for her parents to enjoy their favourite sport together.

One Saturday, we all agreed to meet at the trailhead of Junction Creek along the Sheep River Road; grandparents would enjoy a stroll along a trail with Ruby; the runners would fill up on the exhilaration of trail running together.

We waved to the smiling couple as they splashed across the creek and disappeared into the bush. We strolled along the creek banks with our toddler. Goldenrod and Wild Aster were just coming into bloom. We found the fluffy seed head of Old Man's Whiskers and bright yellow Arnica bobbing on a grassy knoll.

"Look, Ruby!" I said, pointing out into the swirling water, "See the rapids!" Ruby gazed. "See the water bubbling over the

stones!" Ruby gazed obediently. "Look! Can you see the rapids?" Ruby gazed some more, quietly, thoughtfully, not saying a word.

Eventually she said, "I think the rabbits are under the water." I was puzzled, but allowed her to continue. "I think," she pondered, "the rabbits live in burrows in the mud at the bottom of the creek."

"Well, no," I said, "rabbits don't live in the water. They make burrows on dry land, in the woods, not in the water. Water is not a good home for rabbits. See the swirling rapids!"

Suddenly, I understood what she thought I had said! And she believed me!

This trusting little soul knew I would not lie to her and she believed rabbits were there somewhere in the water although she could not actually see them.

I tried my best to clear up the misunderstanding. I pronounced the different words carefully so they would not sound the same, but I was met with the same puzzled stare. It was impossible. I gave up. She would understand later.

And why not rabbits in the mud at the bottom of the creek? Otters, beavers, muskrats, frogs and turtles are quite at home there!

Andrea Kidd

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## WINGED WONDERS - BATS

By: Laura Griffin

Welcome to October, also known as bat appreciation month. We have nine species of bats in Alberta, and every single one of them is an insectivore. This means that they eat insects, which is a huge plus if you are a farmer who does not like pest insects or if you are one of the many people who loathe our humble mosquitos. Some of our Alberta bats, like the endangered Little Brown Myotis, can eat up to an estimated 2500-5000 insects in one night! But I am not here to talk about the incredible benefits to having bats around, instead I want to appreciate the one ability that bats can do that no other mammal has managed to figure out, how to fly.

As Halloween approaches, you may come across several versions of Batman wandering around the neighbourhood. This raises the question of could our human bodies be adapted for true flight like a bat man? The first thing we would need to do is lighten up our bones and make

them a lot thinner so there is less weight to carry. Flapping wings to fly requires a ton of energy, bat heart rates can soar to 1100 beats/minute when in flight. As it is a bat has to eat its own weight in insects in one night to keep up with the calories required to fly. The human equivalent would be eating 544 cheeseburgers in a night.

Bats are in the family Chiroptera, which translates to hand-wing. Now if you wanted to have a wing like a bat's you would need to put your arms out at your sides, point your forearms up and then spread out your fingers as wide as you could. But before you do this you also have to grow your fingers to a length of 2 meters. In between these fingers is a thin membrane of skin, airtight so you are more acro-bat-ic than a bird for quick turns. To complete your wings, you need to attach them to your ankles and grow a tail to also attach this wing membrane to. This little tail section is very important for hunting because if your wings are busy flying how do you grab insects? Instead of their hands bats will curl up this tail section to scoop insects out of the air and reach down with their mouths to quickly eat it. This brings a new meaning to an inflight meal.

The chances of humans achieving true flight like a bat seems about as far stretched

as those bat fingers. Perhaps instead we should turn our attention to finding ways to promote healthy bat habitats so we can continue to admire these threatened flying mammals. We can put up bathouses, protect old growth trees, use less insecticides, promote dark skies and learn more about these fascinating little neighbours. If you would like to learn more about Alberta bats or find bat activities for Halloween, please check out the Alberta Community Bat program at [www.albertabats.ca/](http://www.albertabats.ca/). This program is doing amazing work to give bat advocacy a new 'lift'.



## ONLINE AUCTION for JACKIE McLENNAN of Homestead Antiques

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A love for Alberta history and an interest in collecting early pioneer artifacts defined Bob and Jackie McLennan, who in 1977 first began selling early homestead items from two rooms in their Bragg Creek log home.

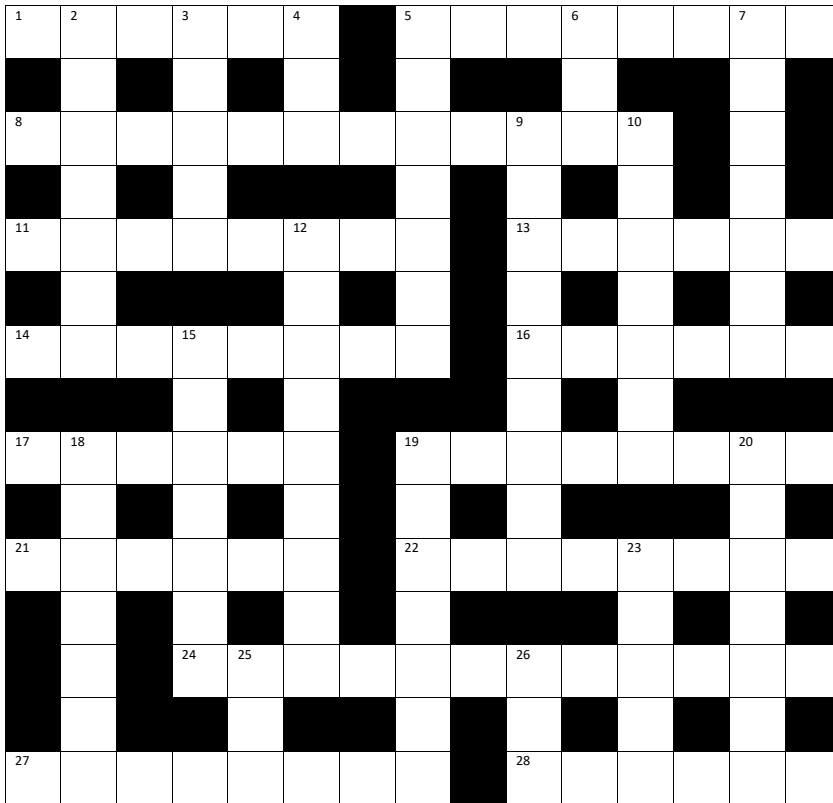
The McLennan family, residents of Bragg Creek since 1956, collected quality examples of pioneer items, primitives and Canadiana furniture pertaining to life on the prairies and across Canada at the turn of the century.

This auction features Jackie's personal collection and Homestead Antiques inventory. There will be an opportunity for in-person viewing at the Hall's showroom. Join us for a chance to own a piece of early Canadian and Bragg Creek history!

**Online bidding open October 14th through 24th**

Full details available on our website

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# Across.

1. Leap into water source before summer. (6)
5. Six Romans go crazily sour but stay strong. (8)
8. Over and over again, Toff's pun, is far from acceptable. (3,2,2,5)
11. In stupor, traitor sits for painting. (8)
13. I hear arthropod animal belongs to a special society. (6)
14. Alphabetical neighbors finish and express hesitation towards protector. (8)
16. Delphian loses chemical balance and returns to be caught. (6)
17. Confused choir around the start of Easter is brave. (6)
19. Amens are frequented in squalor. (8)
21. Regarding, reportedly, a malignant growth to withstand. (6)
22. Possibly need a key to see without magnification. (5,3)
24. The lowest possible level: mock Bart repeatedly. (2,4,6)
27. Aroused kea waned. (8)
28. Sounds like sibling, returned connected to an organized framework. (6)

# Down:

2. Incite anger with poke or return with five inside. (7)
3. Arctic dweller loses half the time in working out by instinct. (5)
- 4, 6, 25 & 26 Simon says to Gus "Buffet Ghost around the East" supposedly. (3,3,3,3)
5. Victor loses top of crown and is replaced with caller. (7)
7. Reuse product barcode followed by unknown part of cleaner. (7)
9. Association for worker of all trades flies British flag. (5,4)
10. Fan is filled with such highly individual opinions initially about popular trend. (7)
12. First two characters meet dictator losing time to relinquish his throne. (9)
15. Former husband returns to muddled spy agency for strange objects. (7)
18. Hawkeye bro was sporting this on his forehead. (7)
19. Threatened in a hostile manner, gents did well. (7)
20. According to Spooner, high spole can be used to secretly watch people. (3,4)
24. Dandy, a term exposes someone as old-fashioned, primarily. (5)

Cryptic Crossword #17 By Jan Burney

## KIDS ZONE

Answers:  
1. Spring 5. Vigorous 8. Not up to snuff 11. Portrait 13. Insect 14. Defender 16. Nailed 17. Heroic 19. Meanness 21. Resist 22. Naked Eye 24. At Rock Bottom 27. Awakened 28. System  
Down:  
2. Provoked 3. Inuit 4, 6, 25 & 26. Get off the bus 5. Visitor 7. Upcycle 9. Union Jack 10. Fashion 12. Abdicator 15. Exotica 18. Eyebrow 19. Menaced 20. Spy Hole 23. Dates

## 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](mailto:submission@highcountrynews.ca) and you may see your project in print!

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

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## KAT AUTOMOTIVE

### Tire Talk

With winter approaching many people switch to winter tires. There is so much information regarding tires that it can be overwhelming. We hope this article will answer some questions and educate your decision-making process.

Many people are not even aware what the difference is between Winter tires/All season tires/All weather tires/Summer tires/M&S/Directional tires/Studded tires/Speed rated tires/Low emission tires/tire tread design/road hazard warranty/life expectancy/ load rating/ and the P,LT, T, S, Z rating all have different ratings for tires.

Tires give you your traction for starting especially in the snow and ice but the biggest thing you always need to keep in mind is your tire surface in contact with the ground keeps you in control during cornering and stopping at all speeds.

The stopping distance at a certain temperature is an example a tire manufactures is required to meet as a specification to be rated as a Winter, All season tire, Three peak (all weather) tire, or Summer tire, but keep in mind you can pass an exam with 50% but 90% is better. Studded tires offer the best traction on ice, but with new rubber compounds in winter tire manufacturing and the fact that winter tires are only legal for use during the winter months or in some states and provinces not at all with fines of up to \$2500 this may not be a viable option.

Tread design is a big factor for traction and wear, a smoother ribbed tire has better wear, longer lasting, less road noise than a mud and snow (M&S) tire which typically

has larger "blocks" designed into the tread to grab better for traction. A winter tire has "siping" to help with traction to the road in snow and water, with a more block design for better traction. Additionally, a winter tire is made with a softer rubber compound giving the tire better traction in the colder weather, but this accelerates wear driving in a warm temperature. Directional tires are designed to allow snow and water to be pushed out from under the tire removing that medium from between the tire and road for better traction. An all-weather (three peak) tire typically is a winter tread design with a harder rubber compound to handle driving in the summer heat. All season tires are typically more ribbed in design not meeting a winter designation and considered a summer tire when running two sets of tires (winter and summer) Winter, all season, all weather (3 peak) tires may all come with different degrees of tread designs depending on the manufacture choice of designs.

All tires must meet the basic specifications for each category but they may exceed that basic standard. Tire manufacturers and tires are rated as tier 1-3 or entry level to a top end tire. Entry level or tier 1 tires usually do not rate as high for longevity and may not balance as well as a tier 3 tire but may be significantly less in cost. Additionally depending on tread design a brand name tire may not rank as high for traction in winter driving or tire wear. All manufactures should offer a defective warranty, but some tire manufactures offer additional road hazard warranty should the tire be damaged beyond repair.

There are several questions that need addressed when choosing tires for your vehicle. What are your driving needs, highway, city, short trips, little winter driving, winter driving through the mountains (requires winter rated)? Is your vehicle all wheel, four-wheel, front wheel,

or rear wheel drive? Do you have storage available for two sets of tires? What is the vehicle, does it require a certain speed rating to meet the handling characteristics for that vehicle? Changing the tire size from original changes the handling, characteristics, ride, stopping distance and fuel economy of the vehicle. How long are you keeping your vehicle, is a winter tire and all-season tire worth the initial investment vs running one all-weather tire as a compromise? Do you have a brand loyalty or dislike? What is your budget for tires?

With all maintenance items on your vehicle, when considering tires, we recommend you think of your vehicle as an investment and how to look after your investment. Driving habits and wheel alignments are large factors in extending the life of your tires. One of the biggest factors overlooked to extend the life of your tire is the requirement of them to be rotated every 8000-10000km. With many vehicles now travelling 12000-16000km between oil changes, it is good practice to have your tires rotated every oil change to extend their life, but better to have them rotated when required. Additionally tire pressure not only effects the handling and ride of the vehicle it can drastically change a vehicles fuel economy, 8psi low on one tire can reduce the fuel economy by 4% (4 tires low 16% loss in fuel economy). Over inflation or under inflation also drastically reduce the life of the tire. Tire pressure monitor systems help keep your tire operating pressure correct and if your vehicle is not equipped with TPMS have the tire pressure checked every oil change or after large temperature changes.

The KAT Automotive team would be happy to discuss your tire choice, as well as any other vehicle maintenance questions you may have. 403-850-1043



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WATER'S EDGE PUB & Cafe, Priddis ..... www.watersedgepub.ca ..... 403.931.0155

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

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