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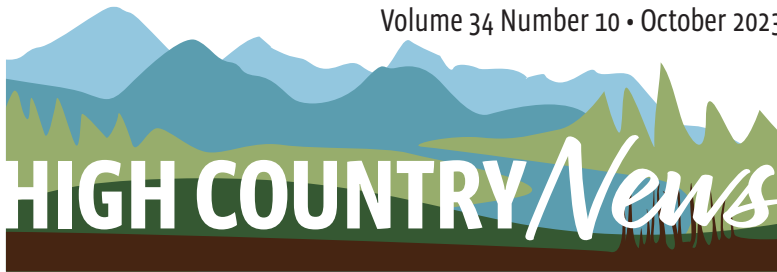
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## LETTER FROM THE EDITOR

### Happy Thanksgiving

Recently I read a statistic from the CFIB (Canadian Federation of Independent Business) that by supporting local businesses you keep 66% of every dollar in your community. Comparatively, only 11% of the dollar stays in your community when you support multinational companies.

The benefits are many: small businesses generally hire local staff, which in turn spend locally, supporting local shops, programs, and service providers. The business will look to other suppliers that are closer. Again, this keeps the economic flow of capital within a smaller geographic region. This, in turn creates a positive cyclical effect.

I once had a conversation with an employee about why I would prefer to purchase certain items for a slightly higher price at a local store over an online platform. From a purely selfish perspective, my reasoning was simple, "You miss a prime opportunity to network both yourself and my business." By creating a positive business transaction with another local business, you create a powerful referral network. Word of mouth is still the most powerful marketing medium.

How does this relate to Thanksgiving you may ask? There are many things in our communities that cause us points of frustration. Unfortunately, many businesses don't get local support due to some petty issue. The question that I have heard from many people, many times is, "What is one thing you can be thankful for as it pertains to... (fill in the blank for whatever your daily vexation is)?" It forces a perspective that requires gratitude and positive thinking.

By focussing our gratitude and support for the people around us, they will feel like you have their best interest at heart. This develops trust, which, when established, gives you an invited platform of perspective. It's easy to work with people when we agree. It becomes more challenging when there are points of serious disagreement, frustration, and wrongdoing.

When we're thankful for what we have, it provides opportunity for creative thinking on solutions to the complex problems we face in which we are possibly ungrateful for. It is the "glass half full" perspective.

So, if you're faced with challenges in your life this Thanksgiving weekend, try and find one thing you can be thankful for within the challenge you face. Yes, it can be a monumental task, but its effects will give you a fresh perspective and potentially, a creative path forward.

Your neighbours, community, and local businesses will "thank you" for it.

Hopefully, you can participate in one of the many community events that have been promoted in the paper in the upcoming months.

*From my family to yours,  
Lowell Harder*



## COVER ARTIST PROFILE

Fran got into painting after retiring from 25 years teaching high school. She has always loved to paint but has done it more seriously in the last 8 to 10 years. 'Painting happiness one creation at a time' is her mandate. She strives for a folksy, 'down home' style, depicting landscapes, rural scenes, and whatever she feels will inspire peace, comfort, and pleasure in those who view her works. Giving pleasure is what gives HER pleasure. See Fran's works at the ArtWorks Fine Art Show and Sale, Fri Oct 6th to Mon Oct 9th at the DeWinton Community Hall. (Hours: Fri 2pm to 8 pm, Sat & Sun 10

*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 We are looking forward to seeing what you create.*

## JOHN STAPLES

So, John died. We're working on forgiving him for the aggravation and annoyance, but in the meantime, we thought that we should compose a short obituary in his honour. So here it goes.

Like most children, John was born. The son of a prominent lawyer and magistrate father, and a teacher and artist mother, John embodied both of his parents entirely and still managed to be his own person. Entirely. Completely. Anyone who had the pleasure of knowing John knew that he was his own man to the core. Stubborn, sometimes mercurial, wickedly intelligent, generous, and always kind, John was irrepressible and encouraged all those he knew to be irrepressible, too.

John was also passionate, curious, and keenly interested in the world and all those he met. His ability to engage earnestly and immediately with everyone he met, made him a great friend. As frustrated as we are with his bullheaded decision to leave us so suddenly - and we are - we know that his many, many friends will forever

cherish the wisdom, humour, and companionship that he brought to all of our lives.

John's passion for and love of learning drove him to adopt many hobbies over the course of his life. We're reminded of this daily as we sort through box after box of tools, gadgets, and gizmos of unknown purpose. But for every strange device and widget that we uncover, we rest assured that, if we just look long enough, we certainly will find a manual that will explain it to us. Let this be a lesson to never throw away the manuals to anything you buy. RTFM, as John would say.

His family, of course, will miss him most of all. Lesley, his best friend, constant companion, and wife of 49 years; his daughter, Lindsay; and his son-in-law, Scott.

There was a celebration of life for friends and family held at Bragg's Korner Kitchen, in his home of Bragg Creek, AB, on Saturday, September 30, 2023. In lieu of flowers, donations in his name can be made to the Redwood Meadows Emergency Services or to your favourite charity.



## MP UPDATE - FOOTHILLS

John Barlow

### Trudeau's Carbon Tax Costs Farmers And Consumers One Billion Dollars

Ottawa, ON- Conservative Shadow Minister for Agriculture, Agri-Food and Food Security, John Barlow, and Conservative Associate Shadow Minister for Agriculture, Agri-Food and Food Security, Richard Lehoux, released the following statement in response to the most recent PBO report confirming that the Liberal carbon tax on natural gas and propane will cost farmers \$978 million by 2030:

"Once again, the government's own budget watchdog has confirmed what Canadians already know and experience daily – that Trudeau's expensive carbon tax is driving up the cost of food and hurting Canadian farmers and families.

"The PBO analyzed common sense Conservative Bill C-234, which would

remove the federal carbon tax from on-farm uses of natural gas and propane, such as grain drying and barn heating. What they found is that by removing the tax, farmers would save \$978 million dollars between now and 2030.

"Trudeau's plan to triple the carbon tax makes everything more expensive and affects the entire supply chain from farm to plate. From the farmer who is taxed to grow the food, the trucker who transports it, the store that sells it, and the family that buys it. After eight years of Trudeau, everyone is paying more and hurting more as a result.

"Canadian farm operations can't afford to pay these crushing taxes and remain in business. As Canadians struggle with Trudeau's record high inflation, skyrocketing food prices, housing affordability crisis, and cost of living crisis, the financial burdens also take their toll on family farms and our proud farming heritage.

"Conservatives have been relentless in trying to stop Trudeau's expensive taxes from adding more hurt to Canadians and farmers. Our previous attempt with Bill C-206 made it to the Senate in 2021 but

died when Prime Minister Trudeau called an election. Once again, our common sense legislation is before the Senate, and Canadian farmers cannot afford to wait any longer for Bill C-234 to pass.

"Agriculture is a valuable pillar of our nation's heritage, and it is crucial to our economy. Sadly, after eight years of Trudeau's carbon tax, more and more Canadian farm families are disappearing. Common sense Conservatives will continue to stand for Canadian farmers and their families, and we will prioritize axing the Trudeau-NDP carbon tax to bring down the cost of food, gas and heat for Canadians."



## Remembrance Day Service

Saturday, November 11 @ 10:30 am  
Bragg Creek Community Centre  
23 White Avenue

This service will be held OUTSIDE so please dress warmly. There will be coffee & light lunch served indoors following the service.

Non-perishable food items for the Veterans Association Food Bank welcome!





## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

**Organization Change Update-** Council has appointed Rick McDonald as the Interim Chief Administrative Officer (CAO) effective October 1st, 2023. Mr. McDonald will serve as the CAO while Council is recruiting a permanent CAO. Mr. McDonald holds certification in Local Government Administration from the University of Alberta and has extensive experience at the executive level. He has provided interim Chief Administrative Officer services throughout his career in many municipalities in Alberta including at Rocky View County. As Mr. McDonald is familiar with the County and our operations, he will be able to easily step in to assist the Executive Leadership Team in maintaining stability in our organization during this period of transition. In addition

to supporting the organization, Mr. McDonald will assist Council on some specific items to ensure that the County continues to move forward.

**Budget Engagement** - The County is planning on releasing the draft 2024 budget at the beginning of November. Look for newspaper advertizing and on the counties website around the beginning of October regarding the release details. After you have viewed the proposed budget you will have a chance to provide further input. Details of how and when will be provided in the advertisement. Learn more about the County's budget process, and how your property tax dollars support County services, visit Budget & Finance | Rocky View County.

**Annual Agricultural Tour** - This year's Annual Agriculture Tour was a great success! We extend our gratitude to Gatez Farm Ltd., Wray Ranch, Pioneer Acres, and the dedicated Agricultural team at Rocky View County for contributing to the event.

**Congratulations to the winners of the 2023 Master Farm Family Award** - Tracy Hanson and Earl Munro, owners of Long Acre Ranch Ltd., fourth-generation cattle farmers from the Yankee Valley

area of the County. This highly esteemed recognition is nominated by their peers in the community and evaluated by Rocky View County's Agricultural Services Board. Since 1989, it has celebrated families like Tracy and Earl who exhibit excellence in community service, agricultural business, industry involvement, team farm management, and sustainable farming practices. Read more.

**Springbank Area Structure Plan (ASP)** - Much work has been done in engaging the community and obtaining their feedback on the draft ASP. Information that is still to be reviewed and considered is a report regarding the commercial market assessment needs study in the Springbank area. It will be available on the counties web-site soon, therefore check the website at your convenience. It is planned for the draft ASP considering all the recent feedback will be presented to the Governance Committee on November 21st.

**Dog Licenses** - Licensing your dog and keeping your contact information up to date helps us reunite you with your dog in the event it becomes lost and is found by someone else. To register for your dog license or to update your contact

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- Oct 27 2023 -

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Welcome Cocktails and silent auction @ 5:30  
Dinner @6:30

Cake auction and live auction to follow.

\$75 - Individual / \$550 table of 8



bit.ly/fall-gala-23-cpcc

information, email [dogs@rockyview.ca](mailto:dogs@rockyview.ca) or call 403-230-1401.

### Community Recreation Funding Grant

- At Rocky View County, there is a grant to assist non-profit community organizations that provide recreational services to County residents, and with general operating and capital costs. The deadline is fast approaching, click here to apply.

**Land Use Bylaw amendments** – Rocky View County continues to work on key amendments to the Land Use Bylaw, scheduled to be presented at the October 31, 2023 Council Meeting. The main areas of focus are related to Business Live-Work, Special Function Business use, and Special Further Urban Development District. Looking for more information, go here.

### Duke of Edinburgh Awards –

On September 15th, it was my pleasure to present the Duke of Edinburgh bronze medal awards to 20 graduates. The recipients contributed over 250 hours of community service and undertook many hours of personal development. The program is continually expanding thanks to the Duke of Edinburgh coordinator Judi Hunter and other program leads.

Don Kochan – Division 2 Councillor  
[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)

### 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  
Appointment: Call 403.861.1503 for more  
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You will receive a call to confirm  
your appt.

\*Clients must provide their own foot basin & towel

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E-mail us anytime at:  
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Meet Sarah in person. See the MLA on Tour October schedule below.

Thursday, October 5:  
Subway, Mini Thnī  
2:00 - 4:00PM

Monday, October 16:  
Mabel and Marie's, Bragg Creek  
11:30 - 3:30PM

Tuesday, October 24:  
Square Butte Hall  
4:00 - 8:00PM

Thursday, October 26:  
Bottrel and Area  
11:30 - 3:30PM



## **There's no escaping the S-word**

### **Snow. Snow. Snow. Snow. Snow.**

Okay. Now that that's out of the way it's time to plan for the inevitable: snow removal. Keeping your property in a passible condition and free of ice is not only convenient for you but also a requirement by home insurance plans and emergency services. Spend what little daylight we have by staying warm and doing what you actually want to be doing; like laying fresh tracks in snow. Give us a call, book now and leave the heavy lifting to us.



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## SPRINGBANK HERITAGE CENTRE

### On going activities for October:

Every Tuesday Games (cards etc.)  
from 1:00-4:00

Every Wednesday 1:00-4:00 Crafts, Chat & Coffee. (it has been said that this CCC is the best day of the week!)

Bring a project (knitting, painting, sewing etc. to work on) plus show & tell, enjoy chatting, coffee and treats. Coffee is free – bring a treat to share

Sign up sheets are on the foyer table for additional activities, plus announcements.

### Upcoming Events:

Please check the Club hall table for sign-up sheets for upcoming events:

Weds Balance, Weights & Aerobic Class (Stella) 12 classes (= Nov 29), \$75 members / \$80 non-members

Fridays Balance, Weights & Aerobic Class (Stella) 12 classes = Dec 1), \$75 members / \$80 non-members

Oct 11 Wine & Paint Night

Oct 18 Pizza Night: 6 Pillars of Aging Well: Exercise / Dietician / Mental Health / Physical / etc.

Oct 27 Happy Hour 5:00-7:00; bring appetizer to share and your own beverage

Nov 8 Pizza Night: 6 Pillars of Aging Well: Exercise / Dietician / Mental Health / Physical / etc.

Nov 24 Happy Hour 5:00-7:00; bring appetizer to share and your own beverage

Nov 25 Gingerbread Christmas Market & Bake Sale \$5.00 for Gingerbread & beverage (accepting baking donations for the bake table – club fund raiser drop off Sat morning, thanks for your support)

This beautiful and functional facility is also available for rent. Birthday parties, Anniversaries, Celebrations of Life,

Meetings etc. Please contact Janice Lambert via email at: janice3Lambert@gmail.com or visit the Springbank Heritage Centre website. www.springbankheritageclub.com for more information on events and activities

### Gingerbread Christmas Market

November 25, 2023

Delighted to announce that all the tables have been rented!

Hand crafted items only will be available to help with your shopping list.

Visit our Gingerbread Christmas Market Nov 25, 2023 meet some of the talented folks in the community, spend time with family and friends. Free admission and parking.

Many thanks to the people who keep this facility running. You are all appreciated

Happy Thanksgiving to one and all. May we enjoy and appreciate the bounty of this land.

*Eve*

*Consider a membership \$50.00 per year – take advantage of everything the Centre has to offer! (must be 50 years young to qualify)*

*Springbank Heritage Centre  
244168 RR 33 T3Z 2E7  
403-286-1816*



## LETTER TO THE EDITOR

### Re Bridge Proposal

I read this proposal with great interest. In my years growing up here in Bragg Creek there was always a bridge at this location.

In fact, until the recent berm construction the north pier of the government funded car bridge was still visible. In the years following the many foot bridges built at this location were certainly endorsed and appreciated by the community. What a brilliant idea to accomodate a much needed emergency egress and enhance community cohesiveness at the same time. Furthermore the land/right of ways are already public property so no added expense for land acquisitions I do hope that this proposal receives serious consideration.

*Sincerely, Barbara Teghtmeyer*



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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Quick Bits

I met with the newly reactivated Bragg Creek Environmental Coalition on September 21st, to help them get coordinated for how and who to interact with at Rocky View Administration, as they will have touch points into a number of different departments. I am sure you will be hearing more from them in the months ahead as they gain momentum.

#### Rocky View Foundation New Hire

The County's overarching provincial Housing Management Body has expanded their organizational capacity by hiring a new Chief Operating Officer. Chris Rowe comes with an MBA, strong Financial and HR experience, and has worked in private sector, municipal, and First Nations affordable housing sectors. He started with the Foundation in late August and has hit the ground running. He was in place in time to help welcome Abrio Place's first tranche of residents move in at the beginning of September and help put the final touches on our just-submitted Provincial grant application for the new

Big Hill Lodge in Cochrane. We have had our first RVF Board meeting with him at the table, and I am certain the additional capacity at the Foundation's executive level will accelerate work towards the Senior's lodge in Bragg Creek.

The official opening of Abrio Place in Airdrie will be sometime in late October or early November. As an aside, Chef Mathew, of Glencoe Club fame, is in charge of the shiny new Abrio kitchen, and I can attest for the quality being delivered. Apparently, word is out on the street that the meals are awesome, which is the best form of advertising. With all the new staff hired for Abrio, RVF now has over 100 employees.

#### West Bragg Secondary Access

I introduced a Notice of Motion a while back requesting a status report on the West Bragg secondary access, since discussions with Tsuut'ina had not progressed in a number of years. A report was delivered to Governance Committee on September 12th that updated Councillors on the history of the issue, some rough updated cost estimates for the preferred route (Wintergreen), and a recommendation that one of the original options (7B) and two new bridging options within the hamlet be explored further. I garnered enough support to have the committee recommend that Administration bring a motion to Council to move forward on the further development of the 3 options.

This work does not handcuff RVC, the original option is still on the table if discussions with Tsuut'ina progress in that matter. There is a comprehensive article in Rocky View Weekly related to this, as well the report administration presented is available on in the agenda available on the RVC website.

#### Bragg Creek Expansion Lands ASP Study

Council paused work on all ASP's some time ago, with the exception of Springbank, Conrich and Janet. At the September 19th Council meeting, Administration provided a report outlining how just simply resuming the "on-pause" ASP update as a stand-alone matter at this point more would compromise RVC ending up with a good piece of work.

Their recommendation was to rescind the current Terms of Reference for that work, and in its place bring a new terms of reference forward that expands scope. Namely, an update for the entire Bragg Creek ASP. I fully supported this. With the flood mitigation complete, a new multi-pronged economic development strategy soon in hand, utility servicing challenges, and the Gateway development changing the hamlet core, all of this should be considered as new information for the planning process. The new terms are due by January 30, 2024.

Contact: [KRHanson@RockyView.ca](mailto:KRHanson@RockyView.ca)  
or call 403.463.1166.



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**BEFORE**



**AFTER**



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community church

*All Welcome!*

**Sunday Service 10:00 - 11:30am**  
(Sunday School runs Sept - July & nursery space is available for parent use)  
For youth, business lunches, and other program info please visit our website  
and sign up for our email list, which sends out the most up-to-date info  
You can also still join us virtually on Facebook Live or YouTube  
Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com  
[www.braggcreekchurch.ca](http://www.braggcreekchurch.ca)

*Bragg Creek Area Businesses:*

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Bragg Creek Shopping Mall  
11:30am - 1:30pm  
All Bragg Creek area business owners/operators welcome!  
*The Hub*



If you or someone close to you is navigating the storms of cancer or is in recovery...  
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## Time: Your Most Important Planning Tool

Time is one of those daily realities that we usually take for granted. But when it comes to building wealth and managing investments, it is tremendously important. How you view, manage, and interact with "time" could deeply impact your financial success more than any other variable that you control.

The ability to think about the future - and emotionally relate to how present-day decisions impact distant financial successes - is an important skill. Canadian sociologist, academic and consultant, Elliott Jacques, the originator of the concept of "just-in-time" manufacturing processes, wrote extensively about this concept - which he referred to as "cognitive complexity."

In short, this is the time horizon over which most people can effectively plan and manage their lives. The research shows that about 70% of the population can only plan and emotionally relate to a time horizon of 3 months or less. This may partially explain why many people buy winter boots or a snow shovel only when the first snow fall occurs.

Time is a complex subject. In the financial industry it impacts the decisions you make and how you invest your money. For example, for at least 20 years, many market commentators have been saying the US Dollar is finished as the global reserve currency. And yet, here it is, still the core instrument of the global trade settlement infrastructure.

The problem is that macro-economics has historically been an extremely poor tool for market timing or investment planning. The British Pound effectively lost its status as the global reserve currency around 1915, during WW1 but was not fully replaced as such, until the Bretton Woods Agreement some 40 years later.

Another area of friction is how your concept of "time horizon" may differ from that of your planner or investment advisor. You may think "long term" is days, weeks, or months, while a financial advisor generally thinks about "long term" planning in terms of years or decades. This mismatch in perceptions can sometimes cause unnecessary friction with your financial advisor.

Often a client will approach their financial advisor and ask what kind of returns, for example, can they expect for "surplus" money from the sale of a house. They may have a plan to buy another home in a year or two. This investing time horizon is noticeably short. The challenge is if the client was able to double or triple their capital value, in many cases this still might not be enough to pay cash for a new house purchase - especially in hot real estate markets such as Toronto or Vancouver. But if a client invests their money into an equity investment and the markets then drop 25% during a "short time horizon" this event would then likely reduce the client's ability to buy their next home.

The past few years have seen a steady upward trend in many world markets as governments took quick action to stimulate their economies and blunt the threats posed by the COVID-19 pandemic. At the same time, many people started making their own investing decision using online trading accounts. These recent experiences have led many investors to think it is easy

to make money in the stock markets while, at the same time, their financial advisors are cautioning patience.

In this scenario financial advisors sometimes come across as antiquated while investors often believe they are brilliant and infallible. As the laws of economics have not been repealed time will tell the benefits between the "easy money" investing approach vs the "slow and steady" approach.

When thinking about long term financial plans and how to build assets effectively and efficiently, it is essential that clients and their financial advisor have conversations to confirm that there is clarity regarding "time horizons" and investing objectives.

Different objectives will involve different timelines. Call us today for a review of your various portfolios and whether they are positioned appropriately given your time horizon.

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## MAKE YOUR MARK By Mark Kamachi

### Are you the “face” of your business?

In last month’s article, I asked ChatGPT “Who is Mark Kamachi?” Its response, although very flattering, was not 100% correct (ChatGPT did admit that their response was not entirely accurate). However, thinking further about ChatGPT’s conclusion, if you didn’t know me personally, you’d most likely take the information as accurate. But what if the information had been misleading?

After discussing this with my creative partner, Kate, we concluded that, regardless of what ChatGPT spits out, a good detective seeking information about anyone (or anything) would delve deeper than an AI platform or browser. When it comes to people searches, Facebook, Instagram, LinkedIn, YouTube, etc come to mind. A search about me would most likely be in the context of my professional or business life, AdMaki Creative.

As I am an “open book” and don’t use pseudonyms, it wouldn’t take long for someone to get a sense of what I’m like both on and off the field.

My LinkedIn page showcases my professional life in the world of advertising-design. On Instagram and/or Facebook, you’ll see more of my personal life. On YouTube, let’s just say I’m a “squirrel” and all over the place (changes are coming). I’ll talk about anything, anywhere, anytime. I share stories from my Achilles injury to rants about shopping at Costco to advertising-design tips. By being “out there”, the question then comes to mind, “Are you the face of your business?” And how does that reflect on your business?

Being your brand’s face is to personify and embody the values, vision, and identity of your product or service. You represent your brand in a human and personable way, serving as a direct point of connection between you and your customers.

Regardless, in the case of most small businesses, you are often the living representation of your business/service. Your actions, words, and interactions mirror your brand’s essence, creating a tangible and personable relationship, whether you sell schnitzel, fix teeth,

or sell spirits. You must genuinely embody your brand’s principles and beliefs, allowing your personality and character to shine. It should be natural. Your personality builds trust and credibility with your customers. It’s what makes you “you” and what you “sell” authentic.

Moving forward, consider engaging more with your audience. Whether through social media, public appearances, customer interactions, advertising campaigns, your active involvement builds a stronger and more personal connection for what you offer to your customers. After all, sales are built on emotion. A warm “hello” is much more inviting than a plastic wrapped sandwich in a cooler.

In the end, your conduct, actions, and decisions, both professionally and personally, reflect on your business’ brand image. Your reputation. Like I mentioned earlier, you are the soul of your business. If you’re afraid to push your own limits, you’ll never know how much growth may be lost. Or gained. So don’t be afraid to go out on a limb and let the world know you mean business however weird, whacky or whatever.

We’ll chat in November.

*Cheers, mark.*



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## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Thank you so much for attending our second Arts, Eats and Beats event.

To our local business owners who financially sponsored this event a special thank you:

Lynx Education - Sunil, thank you for your time on the Board as well

Quest Geomatics - Joe has you covered for your property survey needs

ATB Financial - thank you Lisa who is also a long time community volunteer Bragg Creek Distillery - to Brett for his yummy drinks and valued Board member Creekers Bistro - Sean and June, thank you for letting us stage beside you.

To Trevor, Total Investments, who is the owner of the mall and has sponsored us both years, thank you.

Thank you to Councillor Hanson from Rocky View County who popped by the festival and for County financial support.

Thank you to our MLA Sarah Elmiligi for coming by as well, great timing as Councillor Hanson was there at the same time so a good opportunity for Joanne and I to chat all things Bragg Creek to them.

We hope you had fun and we talked to so many people who enjoyed coming to your place of business.

Our next members meeting on Oct 18, 7 PM at The Post House (36 White Ave) will be a combined meeting of the follow up to our Community Groups meeting last April with Councillor Hanson as well as the Membership meeting.

Agenda items from last time will be brought forward for an update from Councillor Hanson.

1. Seniors Housing
2. Egress
3. Rental Housing
4. Community Safety
5. Gateway
6. ASP update
7. Icy pathways
8. Updates from Snowbirds, Ladies Auxiliary, BC Wild, BC Trails, BCCA, and Chamber

Full meeting notes available.  
This Community Groups meeting was initiated by Councillor Hanson and we are glad to have another opportunity to meet with him.

Our AGM is Nov 15, 7 PM at The Post House with special guest MLA Sarah Elmiligi. We will also be holding our

election as several key Board positions will be vacant. Please consider taking a turn for your Business community.

*The Bragg Creek and Area Chamber of Commerce*

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## THE PITFALLS OF DIAGNOSTIC REPORTS

By Jennifer Gordon

Are you concerned about your Xray or MRI findings? They may not be worth the worry and stress! Medical imaging such as Xrays, ultrasounds, MRIs and CT scans can be very useful and valuable for identifying serious conditions. However, once serious conditions, such as fractures and tumors, have been ruled out, the majority of findings on these reports may not be abnormal and may not be the cause of your pain.

Bahram Jam, a physiotherapist and founder of Advanced Physical Therapy Education Institute, has summarized information on this topic. He calls this misleading information: “VOMIT – Victims of Medical Imaging Technology”! He has found studies that support findings that these diagnostic tools may be harmful from a psychological point of view. These studies have shown that “those who are told of “abnormal” (though irrelevant) findings on their medical imaging have more doctors’ visits, longer lasting pain, more disability, and a lower sense of well-being.”

What are these tests showing? Commonly these diagnostic reports diagnose patients with disc bulges, degenerative joints and arthritic changes. While this may be true, these types of changes in the body are not “abnormal” and may not be the true source of what is causing pain, muscle imbalances and biomechanical changes.

For example, in the lumbar spine, studies have shown that disc degeneration is present in 40% of individuals under the age of 30 and is present in 90% of those between the ages of 50-55 years. “Leading physicians at the department of Neurosurgery at the University of California strongly recommend against routine use of MRI for low back pain since they have found NO LINK between degenerative changes seen on Xray or MRIs and low back pain.”

In the hip, studies have shown a weak association between joint space narrowing and actual symptoms. One study showed that “77% of healthy hockey players who had no pain, had hip and groin abnormalities on MRI”. In the neck, an MRI study of healthy adults found that 98% of all the men and women with no neck pain had evidence of degenerative changes in their cervical spine. What this is saying, is that the majority of all healthy adults get neck degeneration (osteoarthritis) and disc bulges. This is a normal aging process! Bahram Jam summarizes this concept and states “neck arthritis or mild to moderate disc bulges cannot possibly be a reasonable explanation of your neck pain, or else 98% of people would have neck pain”!

Interpreting diagnostic imaging findings can be confusing, misunderstood and misinterpreted. This can lead to unnecessary anxiety and inappropriate treatment planning. Occasionally a patient will have a finding of a myelopathy, advanced disc prolapse or extrusion (a burst spinal disc), or a fracture. These are indeed serious findings that should be dealt with appropriately. When it comes to non-traumatic musculoskeletal

injuries or conditions, these findings are rare. The take home message is that the majority of diagnostic findings are likely not “abnormal” and are only a piece of the puzzle. Other factors such as nerves, shortened muscles, repetitive postures, and muscle imbalances are more likely the cause of pain. Often muscle imbalances and shortened muscles can put pressure on a joint, exacerbating an underlying degenerative process. Once the muscle balance, strength and proper posture can be restored, the pain will subside. The degenerative process is still there, therefore was likely not the CAUSE of the problem.

Having an injury and suffering with pain is no light matter. That in itself can be stressful and confusing. Do you NEED an Xray or MRI? In most cases, the information gathered with those tests will not change the course of treatment. With this in mind, understanding the results and discussing them with your physiotherapist can help to alleviate feelings of helplessness and anxiety. We will thoroughly assess your body to identify underlying processes that may lead to further joint compression, mal-alignments and muscle imbalances. We have the knowledge to identify risk factors for more serious conditions that may need further diagnostic testing and will refer you on as appropriate.

If you have diagnostic reports that have left you feeling helpless and ‘left out to pasture’, we would love to discuss them with you, assess, treat and educate you on how to manage your pain most effectively.

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

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## We don't know what we don't know!

In Scotland, UK hills once abounded with Grey Wolf, Eurasian Lynx, Wild Boar, Osprey and Moose. The Alps and Europe were once home to Brown Bears, Grey Wolves, Lynx and Golden Eagles. None exist there today.

As we continue to develop, change and generally impact the land we share with our wild neighbours, we need to -Think Wild.

Bragg Creek Wild advocates for wildlife and their habitats by preserving connectivity, promoting safe wildlife routes and providing public education to reduce human-wildlife conflict.

As people, we tend to act first and ask questions after. In terms of getting things done, the approach has merit. However, this method has the potential for negative and long-lasting consequences when it comes to our environment and the wildlife we share it with.

Individuals, business owners and organizations can make positive impacts when we build time into our projects at the front end for consultation and collaboration.

Bragg Creek Wild is a resource for anyone wanting to discuss how to minimize the impact on wildlife connectivity and habitat and ensure safety by reducing the potential for human-wildlife conflict.



**Photo Credit:** Branded Visuals [www.brandedvisuals.com](http://www.brandedvisuals.com)

In practice, it might mean connecting you with local experts who can advise and help you understand the best way to go about something as simple as building a wild-friendly fence to enable wildlife to keep moving without getting stuck or caught up. Or, connecting you with a company to conduct an environmental impact study so that we can understand what wildlife live, migrate through, rest, hunt, access water or food from the area?

Bragg Creek Wild encourages every venture, no matter the scale, to build in the time to discover and understand what we don't yet know. Once we have understood what exists today, we can mitigate issues the project may have created for our wild neighbours.

The cost of continued doing without first understanding is to assume wildlife and habitat will continue to adapt to whatever we put it's way. Europe shows us it will until it no longer can.

We look forward to collaborating with you.

Bragg Creek Wild - [www.braggcreekwild.ca](http://www.braggcreekwild.ca)  
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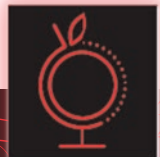
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## BRAGG CREEK TRAILS

For some trail users, autumn is the best season to be out in West Bragg Creek. The crisp air and the crunch of the leaves underfoot leave us re-energized after the heat and the smoke of this past summer. Best of all, the bugs are gone!

You may have noticed some straggler cows out on the range who have gotten a bit too comfortable. The trail gates should now be left open to allow them to find their way to the cattle pen along Mountain Road. Another activity that you should be aware of out in West Bragg is hunting. This is a designated hunting zone so avoid wearing your fur coat and opt for your retro orange bike jersey instead. The BCT work crews have been busy on trails this summer so you may see their awesome work in your adventures. Many thanks to all who volunteered their time and skills this summer to keep the flow going.

There are two projects worth mentioning this month that show how diverse BCT has become in the work we do.

Trans Canada Trail (TCT) paving project completion is the icing on the cake

The TCT project has been the longest running and most expensive project that BCT has ever undertaken. First conceived in 2005 to be included in Rocky View County (RVC) planning, this project has pattered along through numerous renditions, consultations, and fundraisers for 18 years to what you see now. This 7 km newly paved trail follows the West Bragg Road out to RR 54 where it heads south for 1.7 km before connecting into Kananaskis Country at Iron Creek Trail. The final section 3.1 km of trail was paved this September to officially complete the project.



The final cost of the project was \$3.5 million which included adding a pedestrian component to 1 bridge as well as strong post guardrails where the trail pinched too close to the road. Major funders for the project included the Trans Canada Trail Foundation, the Alberta and Federal Governments and Rocky View County. An estimated 5,000 volunteer hours went into this project. If patience is a virtue, I think BCT nailed that down. Thanks to Eric Lloyd for taking the hand off from Robert Sadee to see this project completed.

The paving component of the project, which was \$1.15 million of the total cost, has led to a significant increase in trail users. The ultimate goal of the project was to improve safety and connectivity within the community along this busy road. The satisfaction of seeing the trail being used year round by so many is proof that trails are an essential amenity in any community.

*Conrad Schiebel (President)*



## Leave it to Beavers

If you are a regular out in West Bragg Creek, you'll have noticed that the beavers have been busy west of the parking lot along Mountain Road. Nature's dam builders have provided BCT with some challenges over the past 3 years but we had a chance to get even this summer. With the help of Cows and Fish, Elbow River Watershed Partnership and some Alberta Environment grant money, BCT volunteers helped install a pond leveller which acts the same as the overflow drain on a bath tub. The water can only go so high before it drains so this device has added some security to keeping our trails from getting flooded out. Besides, the benefits of having beavers as part of the landscape shouldn't be overlooked. They have created a marvelous wetland and aquatic habitat that helps regulate the watershed. It's also a perfect spot to marvel at what nature has to offer.

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## BCCA

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Take a look! Take heed, and Take notice;

Before we are in the grip of the looming winter solstice.

Your BCCA has been working hard. They've booked and confirmed and sorted and contorted. The fun is all right here in your very own backyard! So sign up! and Show up! So you can be heard.

Fall Programming: (Register and pay online at [braggcreekca.com](http://braggcreekca.com))

- Rumble & Roar – Thursdays  
9:30 am – 11:30 am
- Pickleball – Tues & Thurs Afternoons  
12:30 pm – 2:30 pm
- Pickleball – Tues & Thurs Evenings  
7:00 pm – 9:00 pm
- Artsy Afternoon – Thursdays  
1:00 pm – 4:00 pm
- Get Ripped Fitness Classes  
Mon & Fridays at 9:30 am,  
Wednesdays at 6:30 pm

Never a dull moment, Never a slump, Get in here and let's work those ruts out!

YOU are Invited - The Board of Directors will hold their annual AGM on Oct 30th. Make sure your membership is renewed, and come to this meeting. Hear about what has past and what we are needing. Get involved if you dare, anyone can! Reach out to a current board member (see website) and see what's up... if you dare.

What about Weddings and other events?! Your Community Centre is here for all of your haunts. A great venue is waiting and will ensure you a blast! We have what you want, plus a little bit more.

From ghoulies and ghosties,  
And long-leggedy beasties;  
And things that go bump in the night,  
Go ahead and bump into your neighbours;  
After all, that's what community  
is all about!

Have fun, and pardon the puns :0 Some things rhyme, and some things... don't.

*The Bragg Creek Community Association*



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*23 White Avenue*

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## BRAGG CREEK ARTISANS' 2023 CHRISTMAS SALE

The Bragg Creek Artisans Annual Christmas Sale is back! Make a day of it and join us for some relaxing shopping in the beautiful hamlet of Bragg Creek. We are only a 20-minute drive west of Calgary. Discover unique, handcrafted, original works of art made by local artists. You will find a wide selection of products, including paintings, jewelry, pottery, glass, woodwork, fibre arts, paper craft, stonework, and more! On-site food and beverages will be available at our Soup Kitchen, and as always, admission and parking are free.

Who: Bragg Creek Artisans Society

What: Annual Christmas Sale

When: Saturday & Sunday, November 18 & 19, 2023, from 10 am to 5 pm, both days

Where: Bragg Creek Centre, 23 White Avenue, Bragg Creek, Alberta

Website: [braggcreekartisans.com](http://braggcreekartisans.com)

Facebook: @braggcreekartisans

Contact: [contact@braggcreekartisans.com](mailto:contact@braggcreekartisans.com)



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## SWAMP DONKEY MUSICAL THEATRE PRESENTS

The Swamp Donkey Musical Theatre Society is kicking off its 2023/2024 season with our production of *The Spitfire Grill*. Purchase tickets for *The Spitfire Grill* at [www.swampdonkeytheatre.ca](http://www.swampdonkeytheatre.ca).

### The Spitfire Grill Synopsis:

Based on the hit 1996 film, *The Spitfire Grill* is a heartwarming and inspirational musical tale of redemption, perseverance, and family that features a gorgeous, soulful score. A feisty parolee follows her dreams, based on a page from an old travel book, to a small town and finds a place for herself working at Hannah's Spitfire Grill.

The Grill is for sale, but there are no takers for the only eatery in the depressed town, so newcomer Percy convinces Hannah to raffle it off. Entry fees are one hundred dollars and the best essay on why you want the Grill wins. Soon, mail arrives by the wheelbarrow and things really start cookin' at the Spitfire Grill (synopsis from [concordtheatricals.com](http://concordtheatricals.com)).

### Season Tickets:

NEW for the 2023/2024 season: purchase a Swamp Donkey Musical Theatre season ticket and receive 10% off regular ticket prices for our three mainstage productions: *The Spitfire Grill*, *Christmas at the Creekside Grill*, and *Oklahoma!* Purchase season tickets at [www.swampdonkeytheatre.ca](http://www.swampdonkeytheatre.ca).



**SWAMP DONKEY**  
MUSICAL THEATRE PRESENTS:

*The*  
**SPITFIRE**  
*Grill*

**PERFORMANCES:**  
October 27-29 &  
November 3-5, 2023

**SWAMP DONKEY THEATRE**  
**16 WHITE AVENUE, BRAGG CREEK**

Music and book by James Valcq  
Lyrics and book by Fred Alley  
Based on the film by Lee David Zlotoff

**TICKETS & FURTHER INFO:**  
[swampdonkeytheatre.ca](http://swampdonkeytheatre.ca)





The Spitfire Grill is presented by arrangement with Concord Theatricals.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)



## BRAGG CREEK PERFORMING ARTS

Join Jake Vaadeland & The Sturgeon River Boys for a riveting performance

Bragg Creek, AB - Jake Vaadeland, a self-taught musician and songwriter from Saskatchewan, Canada, boasts a unique blend of Bluegrass and 50's Rockabilly influences. He's a multi-instrumentalist, proficient on guitar and banjo, and his impressive vocals are the cherry on top. Jake's music revolves around storytelling and relatable messages, delivered in high-energy performances with The Sturgeon River Boys.

In 2023, Jake made waves by performing at JunoFest and CCMA Week, as well as showcasing his talent at AmericanaFest in Nashville. He had the honour of opening for renowned artists like Dean Brody and Charley Crockett. His musical journey also earned him a Western Canadian Music Award nomination for 'Roots Artist of the Year' and a Saskatchewan Country Music Award for 'Alternative Country Album of the Year'.

In 2022, Jake achieved remarkable success, winning two Saskatchewan Music Awards, including Album of the Year for 'Everybody But Me,' and Folk/Roots Artist of the Year. His album, "Retro Man," secured the second spot in fan voting for the Best Saskatchewan Albums of 2021.

Catch Jake Vaadeland & The Sturgeon River Boys' performance at the Bragg Creek Community Centre on Sunday, October 29th, 2023. Tickets are available at [bcpa.ca](http://bcpa.ca) or Ticketpro (1-888-655-9090), priced at \$35 for general admission and \$25 for youth under 18.

### Event Details:

Date: Sunday, October 29th, 2023

Time: 7:00pm

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

### About Bragg Creek Performing Arts

**Music Series:** The Bragg Creek Performing Arts is committed to delivering live concerts that captivate and inspire. Up next: Tim Isberg on November 11, 2023. The Bragg Creek Performing Arts Society is a registered not for profit charity run entirely by volunteers. Join us in celebrating the magic of music and the arts! Contact Clint at [cgd@docken.com](mailto:cgd@docken.com)



BRAGG CREEK PERFORMING ARTS  
PRESENTS

SUNDAY  
29  
OCT  
2023

Jake Vaadeland &  
The Sturgeon River Boys'  
blend of Bluegrass  
and 50's Rockabilly  
music make for a  
foot stomping,  
high energy show.



# JAKE VAADELAND & THE STURGEON RIVER BOYS

CONCERT  
7 PM

TICKETS\*  
\$35

BRAGG CREEK COMMUNITY CENTRE  
23 White Ave, Bragg Creek AB

For tickets visit [braggcreekperformingarts.com](http://braggcreekperformingarts.com) or call Ticketpro 1 888 655 9090.

\* Youth under 18 years \$25.

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## THE LITTLE SCHOOLHOUSE

We have had a great start to our year at The Little Schoolhouse! All our students are starting to feel more comfortable with the routines of the classroom and most importantly we are having fun collaborating, playing, and exploring together. It is very sweet to see new friendships forming and it looks like it is going to be another fantastic year!

Towards the end of September, we had the very special opportunity to honour the National Day of Truth and Reconciliation with all our classes. We were very fortunate to have one of our parents share her culture and knowledge with our classes. We were reminded of the importance of community, love and respect through songs, stories, and games.

In the spirit of truth and reconciliation The Little Schoolhouse would like to honour and acknowledge that we play, explore, and learn on Treaty 7 lands, sacred ancestral lands of the Blackfoot Confederacy including Siksika, Kainai, Pilikani, Wesley, Stoney-Nakoda & Tsuut'ina Nations & Region 3 of the Métis Nations of Alberta.

We truly honour the voices and lives of all children. We are grateful to our community of the past and present. We feel it is an honour to have the opportunity to shape and share in the lives of all our students at The Little Schoolhouse.

Wishing you all health and happiness

*Ms. Shelley and The Little Schoolhouse team*



## REDWOOD MEADOWS EMERGENCY SERVICES

One of the most common calls we receive is for traumatic injuries.

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

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

Preventing sports-related head injuries: Buy and use helmets or protective head gear approved for specific sports. In addition to other safety apparel or gear, helmets or head gear should be worn at all times for: Softball, Cycling, Football, Hockey, Horseback riding, Skateboards/ Scooters, Skiing and Wrestling.

### General prevention tips

- Supervise younger children at all times, and don't let them use sporting equipment or play sports unsuitable for their age.
- Follow rules and warning signs at water parks and swimming pools.
- Don't dive in water less than 12 feet deep or in above-ground pools. Check the depth and check for debris in the water before diving.

- Wear appropriate clothing for the sport.
- Don't wear clothing that can interfere with your vision.
- Don't participate in sports when you're ill or tired.
- Obey all traffic signals and be aware of drivers when cycling or skateboarding.
- Avoid uneven or unpaved surfaces when cycling, skateboarding, or in-line skating.
- Replace sporting equipment or protective gear that is damaged.

### Preventing other head injuries

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

Until next month, stay safe!



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## THE REMARKABLE SUPERFICIAL FASCIA

Superficial is an anatomical term that means closer to the surface, while fascia refers to a group of connective tissues that wrap things in the body.

Superficial fascia is our body's version of the ugly duckling.

Why? Because it is different than the other tissues. It is thicker, and it contains the subcutaneous fat. In our Western culture's preoccupation with thin, the superficial fascia has been persona non grata.

Entire industries have emerged to wage war on our sensitive superficial fascia. It has been crushed, cooked, frozen, beaten, hated, poisoned, cursed, cut, sucked out, and wished away. We assault it daily with foam rollers, assorted bats and scraping tools, and prolonged sitting on our butts.

But the day has come where our duckling is turning into a swan. We're recognizing the special and almost magical properties that superficial fascia contains.

This is where acupuncture needles do their magic. Most of the lymphatic fluid flows through superficial fascia (about 70%), and other than the skin this is the only tissue that surrounds the body in a single continuous layer - like a big fluffy onesie. This layer is clearly integral to communication and energy flow within the body.

Being close to the body's surface it has roles in temperature regulation, immune defences, and mechanical protection. Plus it is remarkably strong. You can literally pick someone up by their superficial fascia. If you try this with deep fascia it tears, and

if you try it with muscle you end up with a messy paste.

Superficial fascia is loaded with sensory structures that give us information about our movement and body position. But there's more. It picks up information that relates to perception and intuition. It's how we know there's a tiger hiding behind that bush.

To add to the mystery, anatomists don't even agree on where it begins and ends.

Caring for our superficial fascia is in our highest interest. Give it lots of movement. Both active movement with exercise and sports, and passive movement like massage. The fascia itself needs to be supple but it also needs to be mobile relative to its neighbour the deep fascia. Superficial and deep fascia are normally connected by little connective tissue cords. Think of it like ropes that tie a boat to a dock. This allows some movement but also creates healthy and needed limits.

Abnormal restrictions between these layers is problematic. They become restricted through trauma and through inactivity, like bed rest. Bleeding between the layers is especially effective at creating unwanted adhesions. Without frequent movement the layers make additional chemical bonds between them. The result either way is that movement is harder and limited. We feel it as stiffness. It makes for less resilience in falls and accidents, and increases the harmful wear and tear on our parts.

This fascia loves to be gently pinched and rolled and massaged. It especially loves to be gently pulled apart. It does not love rough treatment. Each restriction has a very specific direction it needs a force applied in in order for it to release. Neighbouring restrictions all have unique directions. You need to deal with each restriction gently and individually.

If you are mobilizing your own superficial fascia (highly recommended), when you feel resistance, just stop and hold it at that first edge of resistance. Most restrictions will release within a minute or so if there isn't too much tension on it. Note: If you are on blood thinner medication be sure to get instruction and supervision from one of your health professionals before doing this.

Know that superficial fascia varies in thickness throughout the body so the pressures and depths needed to mobilize it will change over different areas. It is thickest over the upper arms and torso and quite thin over the back of the hands and the top of the feet. It is also naturally thicker in females than in males, leading the anatomist Gil Hedley to suspect that superficial fascia is the seat of woman's intuition.

There are many secrets yet to discover about superficial fascia. Expect the wisdom from health and exercise experts to change as new knowledge is discovered and integrated. Find a new use for your foam roller that doesn't involve crushing your tissues and re-traumatizing your existing restrictions and you'll be well on your way to moving well through the ages, and sharing a secret kinship with swans.

Jeff Harvie - Physiotherapist  
[BlueWaterPhysio.ca](http://BlueWaterPhysio.ca)



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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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## A TASTE OF THE HIGH COUNTRY

### A Sommelier's Thanksgiving

In September and October, we are busy cooking, savouring, freezing and making preserves with the abundance of fresh fruits and vegetables from our gardens and our local farmers. This autumnal abundance also extends to wine, beer and spirits. Today's diversity, quantity and quality of available alcoholic beverages is unprecedented in our history. The magic of our technology, an ever-growing body of knowledge, and understanding of how to create good wine, beer, and spirits is such that we are drinking better than ever before - better than past kings and queens of yesteryears and yester centuries. Gone are the immature grapes vinified into acidic, tart wines, good enough for a few months before they spoil and become undrinkable. Today, even the most basic wines are finished into crystal clear elixir, deliciously vinified at the optimum maturity to make balanced and elegant libations. The same can be said for beers, spirits, and meads.

Furthermore, whereas only a few privileged regions were producing wine, such as Bordeaux or Burgundy, grapes now seem to grow everywhere. New hybrids that thrive in areas considered inhospitable to classic grape varietals are introduced almost yearly. For example, the Louise Swenson hybrid developed in Wisconsin, USA in the late 1980's can sustain an impressive -40C while typically a classic grape, say the Cabernet Sauvignon, is in trouble at -5C. While our Foothills are still too risky to produce wine, we do world-

class beer, spirits, and meads. The list below is a case in point. Most of our local producers' products are available in select liquor stores and their tasting rooms which are worth visiting.

My Thanksgiving is a celebration of all that is good in the world of wine, beer, and spirits, especially those labels produced in the shadow of the our Canadian Rockies, our piece of paradise. I invite you to consider our local gems and support of our passionate brewers, distillers, and mead producers who work hard to please our palates. Come hell or high water, they go all out to craft the best they can. We ought to discover what they do and savour the fruit of their labour.

#### In Gratitude

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##### **Half Hitch Brewing Company**

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##### **Fahr Brewing Company**

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##### **Eau Claire Distillery**

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##### **Whispering Dutchman Distillery**

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*Bonne appétit!*



Renée Delorme, Sommelier  
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**Taste the fall**

With Oktoberfest almost wrapped up for another year, why not turn your attention to the start of a new season? Throw on something cozy, come in, and let your appetite cuddle up to a succulent wiener schnitzel doused in mushroom sauce. But don't get too close or you could be wearing some home. We call that takeout.



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## What Gets Stolen

If you're wondering what it is thieves steal, I will try to give you some insight into that question. The short answer is anything and everything at anytime and anywhere. It sounds pretty glib, but that's the reality. Let's see if we can provide a little more detail.

One place I consulted was the September 7th Mountie Moments from the Turner Valley RCMP detachment which provided a really good breakdown of the various crimes committed in their jurisdictional area, from April 1 to June 30, 2023.

The full report is available on the Foothills County website. From that report, which covered 3 months, we see that in the Diamond Valley, High River, and Okotoks rural areas there were:

- 8 Break & Enters,
- 14 Motor Vehicle thefts,
- 31 reported thefts under \$5,000 in value, and
- 6 reported thefts over \$5,000 in value.

While I was unable to connect with the Turner Valley RCMP prior to the deadline to try to get a little more detail on what items are targeted, I can provide some insight from previous experience and from some other online reports.

When it comes to rural crime, the anything and everything answer is very appropriate. This is partly because in addition to thefts of household items, there are also thefts of acreage or farm items from the balance of the property and farm/ranch fields.

As you can see from the above listing, one of the most vulnerable items to be stolen is your vehicle. In Statistics Canada's 2021 report on reported rural and urban area crime (most recent data I could find), Break and Enters and Vehicles Thefts are highest in rural Alberta. Vehicle theft is getting more sophisticated as thieves (especially organized crime rings) will use various types of electronic devices/methods to access a vehicle. Some devices will reset the factory codes and then there is the practice of intercepting fob data that I've covered previously.

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Fortunately, vehicle theft is one of the more easily thwarted crimes if you follow the commonsense actions of locking your vehicle even when it's at home, or better yet using a steering wheel locking device such as The Club. Sometimes the lowest tech solutions are the best. Yes, it's a pain in the butt to use the physical locking device every time, but it works. And yes, thieves can overcome the physical locking device, but they are going to have to have come prepared with the right tools. Anything to slow thieves down is a deterrent as they will often leave yours alone and go find a less protected target. The simple act of locking your vehicle really does reduce the chance of your vehicle being stolen.

It is also amazing to me how many people still leave the keys in the vehicle. They can be in the ignition or in the ash tray, on the console, dashboard or wherever. If you must leave the keys in the vehicle, at least hide them. If a thief can't see them, he'll think that you took them with you.

I'm sure you are all aware of the lists that come out once a year or so of the most commonly stolen vehicles. If yours is on the list, know that you need to be more vigilant than other vehicle owners. Pickups are a favourite target in rural areas.

With regard to what thieves target inside your house, items that are valuable and easy to carry are the highest targeted items. Jewelry is a favourite, including watches, but so are electronic items and medications, especially narcotics. In rural areas, firearms

are also valuable targets. You can install trigger locks and other devices on your firearm, but it is better to have them out of sight locked up in a gun safe. A firearm with only a trigger lock can be taken and the thief will try to figure out how to free up the firearm later or even sell it as is on the black market.

With regard to what thieves steal elsewhere on the property, the list is endless. Here are a number of examples: ATV's, tools from a shop are popular as they are easy to turn into cash, livestock (no, rustling is not a thing of the past), crops (including hay) or grain especially if these are out in a field away from a residence. I've even heard of meat being stolen out of a freezer stored in a garage.

Trailers, holiday and utility, can be easily stolen as they are often out in the open and all a thief has to do is backup and hookup. Hitch locks that fit on the trailer are highly recommended, especially for holiday trailers as they often sit for extended periods of time and can also be used at the campsite. They are cheap and easy to use.

*Dave Schroeder - HCRCWA Board Member*





## PRIDDIS COMMUNITY

Hello Priddis and happy autumn. There are a number of opportunities to engage with your neighbours in the coming weeks and months. We would love to see everyone enjoying our amazing community.

### Pickleball

Join us for some pickleball fun every week. Grab your paddles and meet us on the courts.

Mondays: 6:00 PM - 8:00 PM

Wednesdays: 10:00 AM - 12:00 PM

We'll keep playing until the snow falls or it's too chilly to enjoy the game. If there is enough interest, we can line the hall again this winter for indoor play.

### Priddis Panthers Hockey

Hockey registration for the Priddis Panthers has officially closed. If you still have a young player eager to hit the ice, please contact us at [priddishockey@gmail.com](mailto:priddishockey@gmail.com). We'll do our best to accommodate your child's love for the sport.

Panthers are in need of referees for this season. This is a great way to become involved in the community, keep active, and make some money. A training course is required and open to anyone born in 2010 or earlier. Please email [priddisalberta@gmail.com](mailto:priddisalberta@gmail.com) for more information.

### Parent and Tot Playgroup

Calling all parents and little ones! Don't miss our upcoming playgroup event at the Community Hall.

Date: September 17th

Time: 9:30 AM - 11:00 AM

Age: 6 and under

It's a fantastic opportunity for your kids to socialize and have some fun while you connect with other parents in the community.

### Yoga

As a result of feedback on our community survey, we are thrilled to be offering an evening yoga class in September and October. This session is full but keep your eye out for information about future dates.

### Halloween Haunted House and Pizza Party

Guess what's creeping back into town? Our much-loved Halloween Haunted House and Pizza Party sponsored by Water's Edge Pub! Stay tuned for more spine-tingling details to come.

### Fall Supper

We're thrilled to announce that the Fall Supper is in its initial planning phase and scheduled for mid-November. Keep an eye on our website and social media channels in the coming weeks for updates on the date and ticket information. It's going to be a delicious community gathering you won't want to miss!

Stay engaged with your Priddis community. Visit our website and follow us on social media for the latest updates and events.

\*Website: [priddisalberta.com](http://priddisalberta.com)

\*Facebook and Instagram: @PriddisCommunityAssociation

\*Comments or Questions: [priddisalberta@gmail.com](mailto:priddisalberta@gmail.com)

Thank you for being an active part of our wonderful community. We look forward to seeing you at these upcoming events!

*The Priddis Community Association*



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m. The meetings are held at the Millarville Anglican church house.

Our next meeting is October 10, 2023 at 7 pm. We are lucky to hear Lexie Farmer speak on "Beekeeping Gone Wild". She is a biology instructor at Mount Royal University and is very informative.

On November 7 is our AGM. Please note this is the first Tuesday of November. Please attend and consider volunteering to be on a committee. Memberships will also be available at the AGM.

If you are interested in attending any of our presentations, please contact Lorraine Cathro (403-651-4327) or at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well

*Millarville Horticultural Club*  
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## MILLARVILLE COMMUNITY LIBRARY

Autumn programming at the Millarville Community Library is well underway with an exciting line up of events and activities, including these October happenings:

Plan to attend our Open House, Saturday, Oct. 14, 11 a.m. to 3 p.m. Enjoy crafts, story time read by local celebrities and VIPs, refreshments, entertainment, a fabulous raffle prize package, and more. Learn everything the library has to offer and drop off your refundables, as our annual bottle drive runs Oct. 12 to Oct. 15. The day's very full line-up is on our Facebook page.

Meet acclaimed author Lecia Cornwall at the next author talk, Thursday, Oct. 19, 7 p.m. at the library. She'll discuss her latest books, *That Summer in Berlin* and *the Woman at the Front*, which take place during the world wars I & II. Limited seating for this very popular author. Call the library to reserve your space.

Cupcake decorating is back just in time for Halloween. Learn how to create some spooky designs at this workshop for children six- to 12-years-old. Each child will take home six of their own yummy designs. Friday, Oct. 27, 6 to 8:30 p.m. at the library, \$30. Space is limited. Call the library to register.

These exciting programs and events are hot on the heels of the September's smashing events: the Really Big Book Sale (sponsored by Spisherbocker Books, Rona Black Diamond and Rancher's Corner Cafe with proceeds funding new acquisitions and programming); and a very popular first workshop of the season—How to Cut Kids Bangs with Deb Elliot.

Coming up in November, Parents and Tots begins Friday, Nov. 3 at 10 a.m. Parents and their children, newborn to 5-years-old, can gather at the library for activities and conversation. Plus learn to make your own Christmas crackers with Sheila Woolner, also on Nov. 3, and much more.

We're always adding programs and events. Check us out on Facebook @millarvillecommunitylibrary or visit millarvillelibrary.ca. Telephone to register for any of our programs at 403-931-3919. Or drop by. Open Monday, Tuesday and Thursday, 9 a.m. to 3 p.m., Wednesday, 9 a.m. to 7:30 p.m. We're in the hamlet, beside the school, a member of the Marigold Regional Library system, serving Millarville and Priddis residents since 1975.



**NEW FALL HOURS**  
**Saturday 10-5, Sunday 12-5**  
**Monday to Wednesday 9-5**  
**Thursday 9-6, Friday 9-5**

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## HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well fall is definitely in the air. The kids are back in school, and organizations are hosting their events again. I'm very excited to announce that the Turner Valley Legion will be holding their Spook House again this year! It is truly one of the best spook houses I've ever experienced. The Legion welcomes all if you dare nightly from Friday, October 27 to Tuesday, October 31. Volunteers are absolutely necessary and welcome, and they are meeting at the Legion every Monday at 7:00 to work on the Spook House. Drop by or give them a call at 403-933-4600 to find out more.

Granary Road is hosting their annual Pumpkin Chunkin event on October 14 and 15. They have partnered with Okotoks' Optimist Club to raise funds for the Club. Contestants build their own catapult or trebuchet to launch pumpkins as far as they can. Also, they have games, music, pumpkin goodies and décor, and lots more fun for the whole family. Please bring a donation for the Food Bank. For more info, go to [granaryroad.com](http://granaryroad.com).

Back in town, the Griffiths Centre in Black Diamond invites you to join them on Friday mornings for Coffee Cookie and Chat. For \$2 you get coffee with free refills, a cookie, and good conversation with much laughter. You could also check out the many classes, programs, and events the Griffiths has to offer. The Centre was formed by Jack and Grace Griffiths who arrived from Wales in the 1930s and set up

a restaurant and boarding house. Today it continues to be a hub of social gatherings. Check out their full schedule of events at [griffithscentre.ca](http://griffithscentre.ca). They are located at 122 Government Road.

With fall we have the return of the Foothills many concert series! Beneath the Arch presents Blue Moon Marquee on October 21 at 7:00. From Alberta, the Marquee will have your toes tapping with their fun swing, jazz, blues, and boogie. The show will be held at the Flare and Derrick in Turner Valley, for tickets, visit [beneaththearch.ca](http://beneaththearch.ca).

The Gift of Music Series in High River presents Stephane Tetrault October 20 at 7:30. Equally amazing on both cello and piano, this promises to be a very special evening. Get your tickets at [giftofmusic.com](http://giftofmusic.com).

And the Red Deer Lake United Church's On the Edge Series is pleased to present Connie Kaldor on October 27 at 7:30. Kaldor is a traditional folk artist with 45 years in the music business. The show is held in the beautiful United Church and tickets can be found at [rdluchurch.com](http://rdluchurch.com).

The RPAC Series in Okotoks has lots to offer in October, with Acoustic Night on October 3, the Rocky Horror Picture Show on October 14, and the Dewdney Players: Bullshot Crummond, on October 15-21 and 26-28. For tickets to any of these shows, go to [okotoksculture.ca](http://okotoksculture.ca).

Get a headstart on your gift list with the Sheep Creek Weavers annual sale on October 21 and 22 at the Millarville Race Track. They had a booth there during the Fair weekend, and my gosh the beautiful sweaters, toys, blankets, and other fibre

items were so soft and unique. If you are interested in joining, they have a monthly meeting the first Thursday of the month at 10:30 (from September to June). For more information, visit [sheepcreekweavers.ca](http://sheepcreekweavers.ca). And just a quick note about the Millarville Fair, I haven't had that much fun in ages, there was so much to see, including a llama obstacle course, tractor pull, pie eating contest, and live eagles and owls. The Racetrack is really a neat place and has been around for many many years.

Foothills Country Hospice is hosting their annual gala, and this year will be their Gratitude and Giving Gala, on October 28 at the Foothills Centennial Centre in Okotoks. Global's Leslie Horton will act as the MC, there will be a cocktail hour followed by a catered dinner, a silent auction, and live entertainment from High Steppin Daddy. This is their biggest fundraiser of the year, for tickets, please go to [countryhospice.org](http://countryhospice.org). Sponsorship opportunities are available also.

Lastly, Diamond Valley Youth Foundation presents Fall Fling '23 on November 4. Help them achieve their first goal of raising 20K in net proceeds to benefit our two elementary schools. Doors open at 6:30, followed by food and drink, a silent auction, and live music with special guests Celtic Rock band Haggis. The event will be held at the Flare and Derrick, get your tickets at [diamondvalleyyouthfoundation.ca](http://diamondvalleyyouthfoundation.ca).

Any events or news for November that you would like to see in the High Country News, please drop me a line before October 15 at [elaine.w@telus.net](mailto:elaine.w@telus.net).

*Happy Halloween!*  
*Elaine Wansleben*

## BENEATH THE ARCH CONCERT SERIES

### BLUE MOON MARQUEE

**SATURDAY, October 21, 2023**

Concert at 7:30 pm ~ Doors Open: 7:00 pm

**Adult: \$25 / \$30 at the door**

**Child (6-12) \$10 / Kids under 6yrs - Free**

Flare & Derrick Community Hall, Diamond Valley

**Buy Your Tickets Online @ [beneaththearch.ca](http://beneaththearch.ca)**

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## IS IT TIME FOR YOUR MAMMOGRAM?

Screen Test is coming to Diamond Valley  
October 23 to 26, 2023

Screen Test is a free service provided by Alberta Health Services that offers screening mammograms. Our mobile screening units travel to 121 communities throughout Alberta to provide convenient access to breast cancer screening.

Having regular screening mammograms is the best way to find breast cancer early, before symptoms appear and when treatment may work better.

Who should have a screening mammogram?

If you're 45 to 74, you don't need a referral to have a mammogram. Make screening part of your regular health routine. Plan to have a mammogram every 2 years or as decided by you and your healthcare provider.

If you're 40 to 44 or over 75, discuss the risks and benefits of screening with

your healthcare provider. You will need a referral if you're 40 to 44 and it's your first mammogram, or if you're over 75.

Call 1-800-667-0604 (toll-free) to book a mammogram with Screen Test.

Breast density scores are now included in your Screen Test result letter

Breast density is the amount of dense tissue compared to the amount of fat in a person's breasts. It can be harder to find cancer in dense breasts because this tissue appears white on a mammogram, the same colour as many kinds of breast cancer. It's common to have dense breast tissue.

Dense breasts are only one of many risk factors for breast cancer. Other factors, such as age and genetics, have a bigger impact on your overall risk. You can't tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.

Talk to your healthcare provider about your breast density score and your personal risk of breast cancer. Learn more about breast density on [screeningforlife.ca](https://screeningforlife.ca)

For more information on Screen Test and breast cancer screening, visit [screeningforlife.ca](https://screeningforlife.ca)

A screening mammogram is the best way to find breast cancer early.  
**And it can truly save your life.**

SCREEN TEST



The **SCREEN TEST** mobile mammography unit will be in  
**Diamond Valley**  
**October 23 to 26, 2023**

Appointments are required.  
Please call  
**1-800-667-0604**  
(toll free)

[screeningforlife.ca](https://screeningforlife.ca)

*If you're 45 to 74 years of age, have a mammogram every 2 years or as decided by you and your healthcare provider.  
No referral needed.*



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## FOOD DRIVE FOR THE MONTH OF OCTOBER

OKOTOKS FOOD BANK NEEDS OUR HELP, AND WE WANT TO DO OUR PART  
TO MAKE SURE OUR LOCAL FAMILIES DON'T HAVE TO GO WITHOUT

FOR THE MONTH OF OCTOBER, WE WILL BE COLLECTING NON  
PERISHABLE FOOD ITEMS AT THE DEWINTON HALL. PLEASE DROP  
OFF YOUR ITEMS MON-FRI BETWEEN 9-1 IN THE MAIN FOYER. TO  
MAKE THIS FUN, WE HAVE SENT OUT A CHALLENGE TO LOCAL  
COMMUNITIES TO SEE WHO CAN BRING IN THE MOST FOOD FOR  
THE MONTH OF OCTOBER, SO LET'S SHOW OUR NEIGHBOURS  
THAT DEWINTON REALLY LOVES TO GIVE BACK TO OUR  
NEIGHBOURS!! A BUNCH SMALL ITEMS MAKE A GIANT IMPACT,  
EVERY LITTLE BIT HELPS



The De Winton Community Association  
would like you to

# Join Our Team

on our

## BOARD OF DIRECTORS



If you are passionate about your community and want to have an impact, get involved!

Some of our Board members need to move on this year. Please help us out!

Please contact Amanda Gotmy at 403-938-2525 for further details.

## Save the Dates for 2023/2024



**Hey! Members**

Mark your calendars for the upcoming events at your favourite Hall:

- Ghoulfest - Saturday Oct 28, 6-11pm
- Members' Social Night - TBA
- De Winton Christmas Craft Fair - Saturday Nov 19, 10-3pm
- Members Night TBA
- Garage Sale - Saturday May 4, 2024
- Western Dinner and Dance - June 1, 2024 (To be confirmed)
- Canada Day Breakfast July 1, 2024



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## DIAMOND VALLEY SUSTAINABLE LIVING CENTRE GRAND OPENING OCT 21 AND 22

Diamond Valley Sustainable Living Centre (DVSLC) is a grassroots, not-for-profit organization led by volunteers in Diamond Valley and area who want to share knowledge, ideas and tools to encourage sustainable living in our community. DVSLC's mission: To nurture a community that lives an environmentally regenerative and socially just lifestyle by providing our needs, to the extent possible, within our local area.

DVSLC's feature facility is Makerspace, a brand-new community asset and centre for learning and creating. The space not only houses equipment and tools to learn about and share, but it's an exciting new way to connect with like-minded creative people to exchange knowledge and ideas, building community through creativity.

In addition to Makerspace, DVSLC plans to offer workshops, seminars and presentations to support the organization's core initiatives: sustainability education; responsible use, re-use and upcycling of resources; food, water, and energy security. For example, food security education will include indoor and outdoor growing and food preservation, with seminars on topics like the concept of sustainability and regenerative practices for growing food such as permaculture, seed saving and xeriscaping. DVSLC plans to hold other presentations too, from understanding your energy bill and how to reduce energy costs to water retention, LEED building practices, learning basic sewing skills and sewing for repairs, plus events like their popular Repair Café, nature school for toddlers, and more.



DVSLC is organized around a strong sense of community, a desire to collaborate with partners (currently including The Leighton Centre, Sheep River Library and Town of Diamond Valley), and to provide educational opportunities that empower people with diverse interests and shared commitment to enhance the quality of life in the Diamond Valley and neighbouring communities.

### What's inside?

This 2800-square-foot facility houses exceptional tools, equipment and expertise open to anyone with a dream to create, an Idea that needs help to move forward, or plans to build something special. Tools and equipment include:

- 3-D printer
- Laser cutter (wood, metal, plastics)
- Woodworking
- Upcycling textiles
- Indoor gardening systems
- And more!

Come discover your inner creator at our upcoming Grand Opening event:

- October 21 and 22, 1 to 5 p.m. each day.
- 218 Kennedy Drive, Turner Valley (one block east of Fahr Brewery).

Do-it-yourselfers, tinkerers, hackers, entrepreneurs, learners and creators can take advantage of both new technology and traditional craft tools. Makerspace can also be a place to start a business by trying out ideas, making prototypes, and collaborating with others. Getting involved with a community of makers is just as valuable as the tools and components themselves. The cross-fertilization of meeting others who are making, creating, and learning is a big part of building and broadening community.

To learn more, visit <https://dvslc.ca>



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## SHEEP RIVER LIBRARY

We have added some book/CD kits to our Juvenile section which are geared towards reluctant or struggling readers aged 8-13 years. Now a child can listen to the audio book while reading along with the printed version. More titles will be added over the fall, but the following titles are available now: Charlotte's Web, A series of Unfortunate Events, Holes, Harry Potter and the Sorcerer's Stone, Dogs in the Dead of Night and Tales of a Fourth Grade Nothing.

Our Bikes For All program had another successful season. Bikes are available to be taken out on your membership card from the May long weekend until the end of September each year. The program has been running for seven years and some of our bikes needed repair and attention. Dave Macaulay stepped up to fill the role of bike mechanic. He also managed to wrangle some donations for tools and supplies to make his job easier. The library would like to thank Canadian Tire and Ridley's Cycle in Okotoks for being so generous. The

bikes are now safely tucked away for the winter but will be back next May.

As we approach the Thanksgiving weekend and our thoughts dwell on being thankful and having an attitude of gratitude, I am reminded of this quote by Anne Lamott

"Books help us understand who we are and how we are to behave. They show us what community and friendship mean; they show us how to live and die. They are full of the things that you don't get in life... wonderful, lyrical language, for instance. And quality of attention: we may notice amazing details during the course of a day but we rarely let ourselves stop and really pay attention. An author makes you notice, makes you pay attention and this is a great gift. My gratitude for good writing is unbounded; I'm grateful for it the way I'm grateful for the ocean.

The library will be open Saturday October 7 and closed Monday October 9.



## LONGVIEW LIBRARY

The summer reading program was a great success. The children were given fuzzy furry animals to read to over the summer. They checked in with our librarian, Lynda Winfield, to show that they were really doing so. They have them to keep, now that the summer is over.

There are two openings on the board. If you are fond of books and libraries, we would really appreciate if you would join us. If you are interested, and I hope you will be, speak to our librarian. We meet once a month and as well as getting business done, we have a lot of fun.

Coming up in October, is a 4 week course on Mindfulness, given by Kathryn Richmond (BED)... It is along the lines of the course on Conscious Aging, given at the library two years ago. Watch for the dates and times that will be listed on the bulletin board.

Also on the bulletin board is a list of popular books you can take out, using your TracPac account. If you don't have one, have Lynda help you create one. She would be most happy to do so.

A good read is The Love of a Good Woman by Alice Munro, a well loved Canadian short story writer. She is the first Canadian author to have won the Nobel Prize for Literature. Her stories are both moving and insightful and you are left feeling the characters are friends of yours.

Sylvia Binkley - [sliv@telus.net](mailto:sliv@telus.net)



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## RED DEER LAKE UNITED CHURCH

Sunday Worship at 10:30am

We are an inclusive community of works-in-progress who want to participate in Something Bigger Than Ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

We offer Worship Service every Sunday starting at 10:30am, and a Sunday School program called Kids Zone during the worship service. Our Youth Group is just getting started so watch our website ([reddeerlakeuc.com](https://reddeerlakeuc.com)) and social media for exciting updates!

### Events and Programs

#### Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

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

### Men's Breakfast

Monthly on the last Saturday of each month, starting at 9 am. We meet for approximately 2 hours to enjoy a meal and a chance to come together and share. Everyone is welcome.

### On the Edge Concert Series

The 2023-24 series has a great lineup this year! Connie Kaldor starts the year off on October 27 at 7:30 pm. Connie is a singer-songwriter, entertainer, TV personality, and women's music pioneer—and is celebrating 45 years in show business this year with her upcoming 18th recording, titled, Keep Going!

Purchase your tickets on our website: [reddeerlakeuc.com/concerts](https://reddeerlakeuc.com/concerts), at our church hub on Sundays, or by phoning our ticket line at 403.256.3181 (ext.4).

### Community Fundraiser

The planning stages of our 2nd Annual Community Fundraiser is well under way! Come on out to browse many items at our Handcrafted Market, such as crafts, gifts, wreaths, decorations, homemade preserves, Christmas cakes, apple pies and much more. The Market is open Nov 18 from 10am to 3pm and Nov 19 from 10am to 1pm.

The handcrafted market is part of a fundraising event at the church which includes a country-style turkey supper on Nov 18 and an online auction from Nov 10 - Nov 19. Proceeds support our vision and ministry at Red Deer Lake United Church. Visit us at <https://reddeerlakeuc.com/fundraisers2023> for more information or contact [rdlucfundraisers@gmail.com](mailto:rdlucfundraisers@gmail.com) for more information.

Please check out our website to learn more about our church or to donate online at [reddeerlakeuc.com](https://reddeerlakeuc.com)

You can also find us on Facebook & Instagram at Red Deer Lake UC.

We are located on the south side of the new ring road in SW Calgary. You will find us immediately south of Highway 22X, 8 km west of Macleod Trail S. Turn left at the lights at 53 St. SW then left on Spruce Meadows Green.

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**Memory Cafe**  
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An opportunity for people with memory loss and their caregivers to meet for mutual support  
Griffiths Center  
122 Government Road, Black Diamond  
1:00 - 2:30 pm  
Fourth Friday of the month starting June 23, 2023  
Contact Jennifer 403 969 6040

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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**Who answers your 9-1-1 Calls in Foothills County?** Always call 9-1-1 when someone's health or safety is at risk! "Foothills Regional 9-1-1" answers your 9-1-1 calls in all areas of the County and in near-by Towns as well. Before the police, firefighters or paramedics arrive, Foothills Regional 9-1-1 Emergency Communications Specialists are there for you! As the 'first' of the first responders, this team serves as the critical link between citizens and the services you may need during an emergency. Foothills Regional 9-1-1 also dispatches numerous Fire Departments within their Southern Alberta service area, which includes Foothills County.

**What does the 9-1-1 Emergency Operator ask you when you call 9-1-1?** Be prepared to answer these questions: What is your emergency? What is your phone number and location? You may be asked further questions to clarify the situation and to get you connected to the services you require. Please visit the Foothills Regional 9-1-1 website for more details about the 9-1-1 call process and the organization: <https://www.fresc.ca>

**"What if" you have called 9-1-1 by mistake?** Almost half of Foothills Regional 9-1-1 calls are accidental calls. Many phones and watches have an S.O.S. feature that people are unaware of, which could send unintended calls. If you have called 9-1-1 by accident, please do not hang up. Please stay on the line and advise the 9-1-1 operator that it was an accidental call and then answer the safety questions. This will help the 9-1-1 operator to solve

this situation more quickly. Also, consider adjusting the Emergency S.O.S. features on your device to your desired settings and be aware of how they work.

Security Gates on your Property in the Event of an Emergency: With many of us having installed security gates in defense of our properties, I thought you would like to know what you can do to prepare in case you have an emergency at your place and your gate is locked.

- Be aware that the gate is the owner's responsibility.
- Homeowners may choose to provide gate information to our Foothills Regional 9-1-1, who will then provide information to emergency responders.
- You can provide the gate information at the time of your 9-1-1 emergency call, or you can provide it in advance to have it confidentially kept on file, in case of an emergency.
- You can provide your gate code or lock box code and details about the gate. If there is a key required for the gate or lock on a chain, you can get a lock box from a Lock & Key business (or other source) and place it near the gate.
- The last resort by our Fire Department is to cut the lock (yes, they carry bolt cutters & other tools), lift the gate off the hinges, pull the gate open with a chain from the fire truck engine, or various degrees of destruction to gain access. EMS and Police will not have that option. Sometimes they call the Fire Department for assistance when there is no code information on file.
- The destruction of the gate in the case of an emergency is also the owner's responsibility.
- Sharing your gate code with Foothills Regional 9-1-1 is a way to make the response faster to your situation and potentially with no damage to your gate.
- If you choose to do so, please register your gate information with our Foothills Regional 9-1-1 and an information note can be added to your address in our Computer-Aided-Dispatch records, so it will come up automatically when you call in, if from a landline. If you call from a cell or VOIP phone, when you give your address and they enter it in, the information will come up in the system because it is attached to your land location and 9-1-1 address.
- Your information is confidential and protected. Your private gate information will only go to Foothills Regional 9-1-1 and will only be used if you call 9-1-1. No other persons or equipment have access to the computers and dispatch system. Also, Foothills Regional 9-1-1 staff are cleared at a very high security clearance level.
- To register your gate information, you can simply send an email to: [Reports@fresc.ca](mailto:Reports@fresc.ca) Please include: your name, legal address, 9-1-1 address, phone number, type of gate and lock details. You will receive an acknowledgement email reply.
- Remember to also let your Alarm Company know if you have a gate and code.
- Keep the information about your security gate current – please send in an update email if you change the code, etc. Or, if you decide you don't want this information on file anymore, just ask for it to be removed from the file.
- Again, this action is completely voluntary.

#### For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>

Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

With Best Regards, Suzanne



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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

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

My gardens are put to bed for the winter with garlic nestled under straw waiting for next Spring.

### Roads, Roads, Roads... A Reminder

As you drive the Foothills County roads, you may have noticed some of the roads have rutting, wash boarding, soft spots, etc. This is due to the extreme heat, combined with multiple heavy loads, so some of the roads are suffering. Public works has generated a dedicated work order for tracking and repairing any damage caused by the oil and gas activity, logging trucks, etc.

A few of the roads that have been identified will need to have their surfaces lifted, material added, mixed, and relayed. Public works is waiting until the majority of the extremely heavy loads to be finished before beginning the repairs. If conditions worsen, they will mobilize sooner. To give you some comfort, the County takes substantial letters of credit that will be used to repair the roads so this will not be paid by the taxpayers.

### Leighton Art Centre

Current Exhibitions through  
October 29, 2023

Tuesday through Sunday,  
10:00 a.m. to- 4:00 p.m.

Walking is Traditional:

Bruno Canadien presents new mixed media work that documents and catalogues his walking practice and land art in the Sheep River watershed of southern Alberta. Informed by his Dene and Scottish heritage, walking is traditional is cultural resilience and continuity in action, wherein the artist embodies a wholistic approach to artmaking through movement and observation in the real environment.

Workshops:

Hand Coloured - Combining Print Making and Watercolour, with Michelle Wiebe | October 8, 10 a.m. to 4 p.m. A fun spin on two classic artforms, open to all experience levels!

Introduction to Photopoetry, with Pamela O'Brien | October 14, 12 to 3 p.m. | A course for those interested in learning how to use visual and literary art in a creative and complimentary way!

Denim Boho Bag Making, with Joyce Brown | November 25, 10 a.m. to 4 p.m. | Repurpose your old jeans into a fashionable, one-of-a-kind handbag with this whimsical workshop!

Go to the Leighton Art Centre website for more fun activities and displays:

[www.leightoncentre.org](http://www.leightoncentre.org)

### Millarville Horticultural Society

Presentation: "Beekeeping Gone Wild!" by Lexie Farmer, Biology Instructor at Mount Royal University

Millarville Anglican Church House

Tuesday, October 10, 7:00 p.m.

If you need more information, please contact: Lorraine Cathro - 403-651-4327

New members are always welcome.

### Seaman Sports Park

Good news!!! The long-awaited benches have been installed at Seaman Sports Park. The benches have been placed along the paths to stop and enjoy the amazing scenery. The bear proof garbage containers will be installed very soon.

Enjoy the pathway for walking, running, biking, snow-shoeing and cross-country skiing! No horses or motorized vehicles are permitted on the pathways or park grounds. Dress for the weather. This is NOT an off-leash park. Keep dogs on a leash and under control at all times. Also, please clean up after your dogs.

### Millarville Farmers' Market

The last Millarville Farmers' Market for 2023 is Saturday, October 7 from 9:00 a.m. to 2:00 p.m. For more information go to:

[millarvilleracetrack.com/farmers-market](http://millarvilleracetrack.com/farmers-market)

### Millarville Racing and Agricultural Society (MRAS) - 2023 GARAGE SALE

October 7 from 9:00 a.m. to 2:00 p.m.

If you are interested in having a table this year please send your name, phone number and number of tables to:

[office@mras-track.com](mailto:office@mras-track.com)

Cost is \$15/table, if you want more than 3 tables the cost is \$10/table.

### Millarville Racing and Agricultural Society (MRAS) - Board News

The MRAS Board needs more Board members. Have you ever thought of running for a position on the board? Are you looking to get more involved in the leadership of MRAS? Do you know a member who would be a great addition to the board? The Board of Directors will be looking to fill several positions at this year's annual general meeting.

If you're curious about this role, would like to run for a position or just have questions, please reach out to an existing board member, or email the board directly at:

[mras.feedback@gmail.com](mailto:mras.feedback@gmail.com)

### Millarville Racing and Agricultural Society (MRAS) - Strategic Planning Session

MRAS is hosting a Strategic Planning Session on Saturday, October 14th starting at 9:00 a.m. All members are invited to attend and encouraged to participate. Please plan on spending a couple of hours with us to share your vision for the future of this society.

### Millarville Christmas Market

Reminder to mark these dates on your calendar, more information will be coming in next month's newsletter.

November 2, 3, 4, and 5

November 9, 10, 11, and 12

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)

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## DUANE HARDER

### Four Pillars of Community

In working with families, individuals, community leaders, and business owners, I have concluded that there are four basic principles that are the foundation of all successful organizations. The four elements are trust, transparency, tryst, and team.

**Trust** — This is the confidence that you will be where you said you will be, doing what you said you will do, when you said that you would do it. When I was a child, I remember adults saying, “His word is his bond.” In other words, a person would be where they said they would be, doing what they said they would do, when they said they would do it.

There is a big difference between forgiveness and trust. Forgiveness is extended based on mercy. We do not earn forgiveness; it is given based on our acknowledgement of wrong. Trust is earned. Consistent performance in fulfilling our responsibility puts money in

our trust account. When a person steals, lies, cheats on a spouse, is consistently late, fails to keep their word, or speaks slanderously, they erode trust a bring a dark cloud into the relationship. Forgiveness can be extended but trust must be rebuilt and that takes time.

**Transparency** — This is a willingness to be vulnerable and walk in the light. Trust and transparency are like a hand in the glove. Confession that is made when one is caught is different than open acknowledgement of a wrong that is voluntary. Transparency involves the willingness to admit weakness. We do not derive our value from our performance. We bring out worth to our work we do not derive it from our work. When we are secure in who we are we don't have to be right. Being teachable adds strength to our trustworthiness. Unwillingness to admit weakness makes trust very difficult. Personally, I find it very difficult to trust a person who doesn't walk with a limp.

Transparency involves clarifying the meaning of our words. We learn to mean what we say and say what we mean. We don't cover our words with flattery, half-truth, or innuendos. Transparency and truth are partners and must always be laced with kindness.

Transparency is not an invitation to “shot from the hip” or make derogatory marks. “I don't think that dress highlights your personality” is better than, “I don't like that, its ugly!” The first statement draws attention to the value of the person while the second gives no consideration to the impact of your words.

Transparency also involves an honest evaluation of our motives. After my beloved's death I was writing an obituary for the memorial service and the paper. I gave it to my sister-in-law to read. She highlighted one section and said, “Is this about you or Marva?” Ouch! She hit the nail on the head. I had to admit, it highlighted my care not her character.

Transparency is the willingness to be honest about the internal motives that drive our decisions and shape our desires. Without transparency it is almost impossible to build trust.

**Tryst** — the interlacing bond of emotional intimacy. This word is used most often to describe an intimate secret relationship between two lovers. But I want to use it to describe the sharing of a dream. The commitment to help someone else fulfill their dream.



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The greatest success anyone can have is helping someone else become successful. A tryst climbs over competition and concentrates on collaboration. It is really the foundation of team. It is the quiet confidence that you will not take advantage of my weakness but will bring your strength to my assistance. Tryst takes our communication from the head to the heart.

**Team** — Blending assets and liabilities to achieve a common goal. Every team is a blending of strengths and weakness. In football a lineman would make a weak quarterback. In the same way, a quarterback wouldn't survive on the line.

The goal of a team must be greater than just winning a game, making a profit, or overcoming an obstacle. Each participant must know that they have given 100% of their capacity at the end of the game, event or transaction. Blame or victimhood are not allowed on the field, in the boardroom, or in any discussion of the event.

To have a good team there needs to be an honest evaluation of every player. Each player must know the boundaries of his strength and the limitations of his weakness. Every participant must be committed to covering the weakness of others and at the same time recognize that others are filling the gap of his deficiencies.

A good team is willing to evaluate each game. What did we do well and where were we weak. What steps of action will strengthen our weakness and how can we move from good to better, and better to best.

A good team is infused with the attitude of honor. In fact, each person looks for ways that they can give honor to others rather than putting the spotlight on themselves.

Join me in building networks of trust, transparency, tryst and team and I'll see you at the top.

*Duane Harder*



## FOOTHILLS ARTIST JACKI BASTABLE UNVEILS HER LIFE'S WORK IN SPECIAL SHOWCASE

In Alberta's Foothills, sight-impaired painter Jacki Bastable is preparing to unveil her life's work in a dedicated art showcase event. Her artistic journey, which began in her youth, was briefly set aside during motherhood. However, her passion for painting was reignited following a personal loss about 12 years ago.

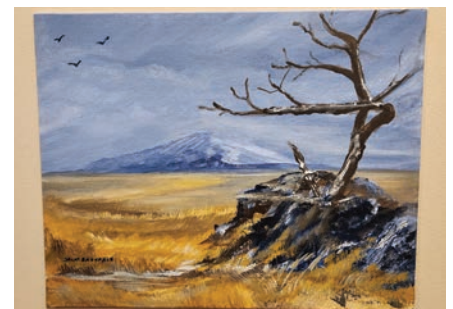
Despite losing sight in one eye due to diabetic retinopathy, Jacki's creativity persisted. Guided by her "mind's eye," she blends observations, memories, and emotions, resulting in an Impressionist style reminiscent of Monet.

Jacki's art has earned recognition at the Millarville Fair, and she has unofficially taught painting to neighbors and family. Her subjects range from natural landscapes to family scenes, capturing the Canadian experience in cities such as Toronto, Winnipeg, Edmonton, Vancouver, and Diamond Valley.

One of Jacki's signature pieces is a painting of the Burmis Tree, a centuries-old limber pine located in Burmis, Alberta. This iconic tree, believed to have stood for up to 750 years, holds a special place in Jacki's heart, as it was a cherished spot she and her husband enjoyed visiting.

For Jacki, this showcase fulfills a long-held dream, offering solace and purpose amid her health challenges. It will also serve as a fundraiser, with 50 percent of proceeds benefiting the Canadian Cancer Society—a cause deeply meaningful to Jacki, who lost her husband to cancer and is now battling lung cancer herself.

The event is set for Saturday, October 14, from 2 to 5 p.m. at the Valley Neighbors Club (133 Sunset Blvd SW) in Diamond Valley. Admission is free, providing an opportunity for the community to immerse themselves in Jacki's artistic world.





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## ADHD AND ADDICTIONS

### WHO IS AT RISK?

Intoxicants are risky business if you have ADHD (Attention Deficit Hyperactivity Disorder). It is not uncommon for those who experience the challenges of their ADHD behavior, to turn to addiction in an attempt to sooth their restless brains and bodies. Addictions may include technology, food, sex, gambling, shopping, work, gaming, exercise and more.

### WHAT IS THE RELATIONSHIP?

ADHD traits that share the addiction spectrum are:

- Impulsivity – poor judgment. Quick to jump into situations and behaviors without thinking through the consequences.
- Hyperactivity – the need for frequent stimulation and the inability to self-regulate.
- Easily distracted – boredom, difficulty paying attention and seeking novelty.

### OTHER FACTORS

Genetics show there is an increased rate of substance-abuse disorders in close relatives of people with ADHD. Also, consider individual neurochemistry that involves neurochemical pleasure responses in the brain.

### WHEN IS IT A PROBLEM?

Not every person with ADHD will become an addict. It is important to be aware of ADHD behaviors that are similar to those of addictive behaviors and to seek professional help, if you feel it is headed in that direction. "Abuse isn't how much you're doing or how often it happens. It's about how it affects your relationships, health, work, school and your standing with the law. If you have difficulties in these areas and you keep on using it, then you definitely have a problem" (Richardson, 2018).

### EARLY INTERVENTION

"Just say no!" is easier said, than done. Start talking to your kids. Don't wait until fifth or sixth grade. Let them know that having ADHD increases their risk for trouble and that they are more vulnerable. Even though, adolescents with ADHD are generally no more likely than their peers without ADHD to experiment with drugs. When they do, the abuse and dependence skyrocket. Make sure your

child understands that the best way is to avoid taking illicit drugs altogether, and to wait until adulthood to use alcohol (if at all). Approximately half of all adults with untreated ADHD are at risk of developing an addiction at some point in their lives, in an attempt to "self-medicate". Any major life change can increase that risk.

### WHAT ABOUT ADHD MEDICATION?

ADHD Medication is not a gateway drug, but is considered a controlled substance. This means it has the potential to lead to abuse and addiction. Some people assume that it is risky to take these drugs. The truth is, those who seek treatment for their ADHD symptoms are much less

likely to abuse drugs and alcohol than their undiagnosed, untreated peers.

### MANAGING TREATMENT

There are different treatment programs that focus on addressing both ADHD and addictions simultaneously. Be mindful that other conditions such as co-existing anxiety or depression can interfere with recovery. If you have a dual diagnosis, then a multi-dimensional approach to treatment can help in finding long-term healing.

#### Sources:

Quinn, P. (Ed.) *ADDitude: Jobs for ADHD minds*. Monthly subscription magazine.

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

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## MORTGAGE MATTERS by Candace Perko

### Is it time to consider a Second Mortgage?

If you currently have a low rate mortgage, hang onto it for as long as you can! No one is in a hurry to refinance into higher rates these days. However, it is a tricky time when living costs are much greater, expenses are off the charts, and perhaps you need some additional funds - now. Welcome to the second mortgage! If you own a home and you need money for any reason, you can use your home's equity.

### What is a Second Mortgage?

As the value of the equity in your home increases (via appreciation and/or paying down your first mortgage over time), it allows you to register another mortgage to unlock this equity. Don't expect to be able to use all of your equity though, legislation/lenders require 20-35% equity to remain.

The amount of equity you have, determines the amount of new mortgage available to you. The value of your home will need to be appraised, and the amount you still

owe on your first mortgage will be deducted from the overall equity you have to lend against.

There are two main types of second mortgages available:

- Home equity loans
- Home equity lines of credit

A home equity loan is a mortgage that gives you a lump-sum payment. Just like your first mortgage, you will pay it back monthly, including interest (or some are set up as interest only repayment). Most mortgage terms are 6-months to 3-years, which means that the mortgage registration will remain on the property until you have made all of the payments as scheduled. Most second mortgages are done by private lenders; qualification is not as strict as prime lenders.

A home equity line of credit, or HELOC, is a mortgage that the lenders will approve for a certain credit limit and the money is available to you. Much like a credit card, you can borrow only the amount you need at any time. Most HELOC's are provided by banks or prime lenders; qualification is strict.

### Second Mortgage Pros

- No usage restrictions; you can use

the money you get from a second mortgage for any purpose.

- Larger loan amounts; if you have the equity, you may access more funds than from other sources.
- Lower interest than other types of non-secured lending; lenders may offer lower interest over credit cards and other types of personal loans.

### Second Mortgage Cons

- Higher interest compared to refinancing; sometimes refinancing a first mortgage into one new mortgage, adding your additional funds, is less expensive overall.
- Interest rates & fees are higher as the lender has less security should you default on the loan,
- When you take on a second mortgage you now have two monthly payments. Two separate mortgage payments each month may stretch your finances.

If you're looking for a way to tap into your homes equity, this may be a possibility. Interested to learn more? Feel free to reach out with any additional details or questions you may have.

*Candace Perko, Mortgage Broker*

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## FAITH by Andrea Kidd

In 1976, when Tim Severin and his crew set out from Ireland in their leather boat to sail to Newfoundland, they had faith. They had “confidence in what [they] hope[d] for”<sup>1</sup>. It had been done before and they knew it was possible.

When I embraced the Christian faith and set out to live my life in the companionship of Jesus, I had faith. I had “confidence in what [I] hope[d] for”<sup>2</sup>.

When the crew of the Brendan set out, they could not see the shores of America or how they would land, but they had assurance that the continent existed and that they could get there.

I cannot see the Kingdom of God but I do have assurance that God and His Kingdom exist and that somehow I can get there.

The crew had to strive against the wind whipping their sails to tatters that flapped uselessly. They clung to the mast to rescue and repair the remaining rags. Waves crashed and swamped the boat. In a fight for survival they bailed for hours with all their strength to stay afloat.

My faith journey has also been rough, threatening to snuff out faith and hope. Waves of envy and anger threatened to drown, and gales of hate threatened to blow me onto rocks of destruction. It takes strength of mind and will to hold the tiller firm, to remain with Jesus through the storm. Jesus is the One who calms the storm and gives the strength to hold on tight to truth.

On calm days I stretch out in the sun, grateful for warmth and comfort, listening to gentle wavelets lapping on the sides of

my boat, watching seagulls soar and look quizzically down at me from the cross-tree and singing with a pod of dolphins leaping alongside.

Until later, becalmed with no wind for my sails, I sink into despair and unbelief. I feel trapped, believe nothing I do will make any difference and I will never get out of this despondency. I try to remember “faith is confidence in what we wait for”<sup>3</sup> and “faith is assurance about what we do not see”<sup>4</sup>. I wait, listening and watching. A breeze lifts my hair and the corner of my sail. Faith is renewed.

My faith is not titanic, but it is enough, because God is enough.

The Titanic sank. It was too hard. When hard meets hard there is destruction.

The Brendan completed her voyage with little damage.

I am damaged but still intact.

Faith is like a leather sailing boat. When the Brendan collided with ice, it bounced and slid alongside. The wet leather was slippery against the slippery ice. There was little damage. The fear that led up to the inevitable collision was unnecessary. The boat just bobbed along to meet the next ice floe.

Faith, too, is resilient. It is strong to protect, yet supple and pliable. It breathes through the waves that lap, heave, drench, splash and crash. Faith keeps bobbing up again and again although the swell is around, underneath and even breaking overhead. The unrelenting waves of popular opinion, media, skeptics and scoffers adamantly claiming the old words are myths, fairy tales and irrelevant for today’s sophisticated society cannot destroy a living relationship with Jesus who will not allow one of His own to drown in hopelessness and cynicism.

Others before have lived in faith and Jesus has been a faithful vessel to carry them through to their destination. I can travel this way, too!

It’s been done before and I know it is possible!

“And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.” Hebrews 11:6 (NIV)

<sup>1</sup> Hebrews 11:1, NIV

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.



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## OUT OF THE RUT

### Chapter 158

This morning! Glorious gold gleaming treetops as I drive the always stunning trail to Bragg from my place. It's good to be alive... and still kicking at the traces on a daily basis.

I managed to survive another parental separation and the slow, but sure slide back into the normality of life on my own again. The Labour Day Weekend seemed to herald the end of summer in no uncertain terms... a glorious weekend moving to life-giving rain followed by a Monday with such dense smoke that I couldn't see the second stand of trees out the back of my place.

I find myself having queries and conversations all through the month, but missing opportunities to put them down on paper. I wonder where the time is going, but it's mostly a motivational lacuna that permeates my existence. Having ideas and desires is one thing, taking action is another. I know many folk suffer with a similar inertia.

People keep dying. Fact of life. As we age – with luck – we have the chance to say goodbye many times, and to look forward to our own transformation, to address life with positive ideas and plans for the next phase. How many of us spend time thinking about the next phase or adventure and what we can do to prepare for it? It's a difficult challenge in our society where we have created such an aura of fear around the notion of death, the most natural thing after all. Why are we so a-feared of it happening? For me, it's the anticipation of pain that triggers the fear rather than the change from this life to whatever comes next. I'm quite engaged by thinking that on the other side of this superficial existence in this handy-dandy earth-suit, I might get to do even more amazing things.

Ram Das describes dying as "taking off a tight shoe", he reminds us that "Death is not an error. It is not a failure." Good things to remember as the days remaining become far fewer than the ones we have enjoyed.

Saying Goodbye is a challenge we have to practice on a daily basis. Live well, live now, this is the only chance we'll get to do the things we do today. There is only one today.



## MOUNTAIN'S EDGE RENOVATIONS

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The world turns and the leaves are brilliant for a few precious days of Autumn/Fall... we are plunging rapidly into our winter wonderland again. Praying for an abundance of moisture to seep into the land however it may, hoping that days

will become easier for many, wishing for harmonious times for all of us.

*Blissings,  
Kat Dancer  
bodymudra@gmail.com  
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## SCORPION SEEKING SOUTH by Laura Griffin

Amidst the nocturnal wilderness, I venture under the celestial canopy, accompanied only by moonlight and stars, unwilling to use artificial lights in this captivating nocturnal world. This past summer, a singular mission called me forth leading me to forsake my cherished rule of remaining invisible amidst the shadows: to seek out the elusive Northern Scorpion, one of Alberta's elusive and seldom-discussed inhabitants.

In the haunting embrace of October, let us embark on a journey into the eerie south corners of our province. Brace yourself, for I reveal what some see as a chilling truth—scorpions dwell among us. But before dread consumes your thoughts, allow me to unveil the remarkable tale of these elusive creatures. They are not mere specters of the night; they are a testament to our land's unique character. Behold, the Northern Scorpion, the only scorpion species to claim Canada as their home—the northernmost scorpions on Earth.

Venture just a bit further south, from Medicine Hat to the Montana border, and secrets await those with the knowledge and tools to unravel their mystery. Prepare yourself, for we are about to embark on a journey in pursuit of these elusive residents of the night.

Scorpions are arachnids with eight legs. Two legs are modified into front pincers they use for catching prey, like grasshoppers and spiders. Their whip-like tails bear an iron-laced barb for injecting venom into their prey. Adult scorpions are



Photo Credit: Laura Griffin

no longer than five centimeters, and the young can be as small as the width of my pinkie, smaller still if they are still riding on the backs of their mothers. They are so tiny that anyone I have brought on a scorpion search can't help but coo or awe at their size when we find one. Their venom, designed for insect-sized prey, is relatively ineffective on humans. Stings on humans have been compared to that of a hornet. Once found, scorpions freeze, hoping to avoid detection and only scuttle for cover if you do not respect their space.

For a successful scorpion search, you'll need a UV or black light. Northern scorpions are incredibly small and well camouflaged with sandy-colored undersides and light purple tops, ideal for the sandy dry desert habitats like the Badlands where they can be found. They are nocturnal, almost invisible to



humans. Fortunately, scorpions have a cool feature—the beta-carboline in their exoskeleton glows bright green under UV light. Some scientists think they use this ability to detect UV radiation and avoid sources of light, helping them hide from predators. If you spot one while scanning the sandy ground with your UV light, ensure a brief encounter, as they're on their own search for food, and we don't want to deter them.

Arm yourself with a UV light and explore Alberta's southern Badlands. Even if elusive scorpions evade your gaze, you could be enchanted by other creatures and flora that also phosphoresce and paint the night with their radiant glows, leaving you spellbound.

Embrace the enigmatic world of the Northern Scorpion in this haunting wilderness, and let the night reveal its secrets, one UV-lit adventure at a time.

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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

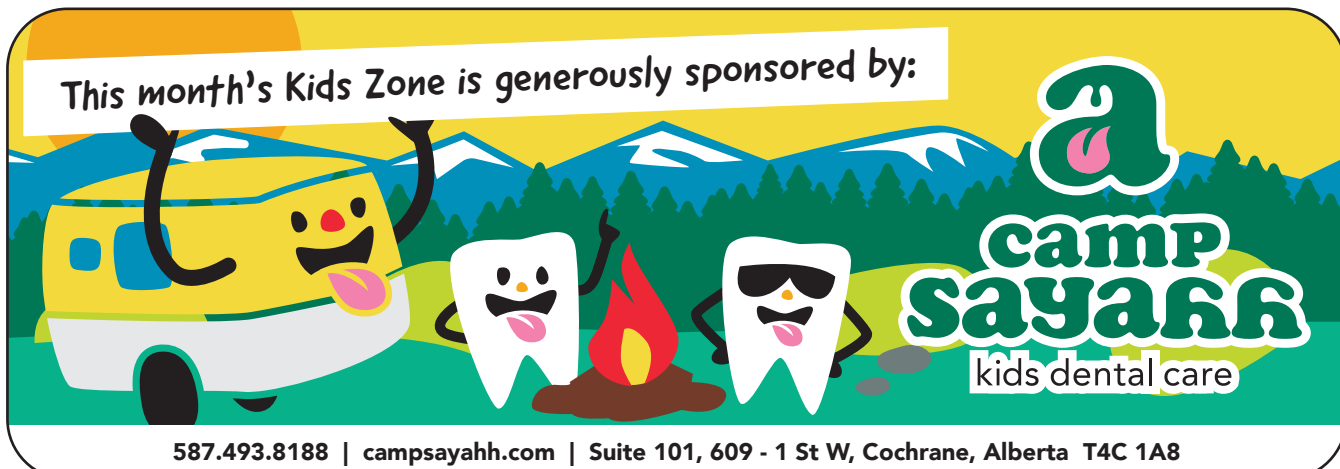


## Creepy Crawlies Word Search

Spider	Leaves
Ooze	Slime
Insects	Rocks
Scorpion	Logs
Spiderweb	Den
Pumpkin	Toad
Newt	Bat
Grub	Worm
Centipede	Hunt
Ant	Shiver
October	Mouse
Snake	Maggot

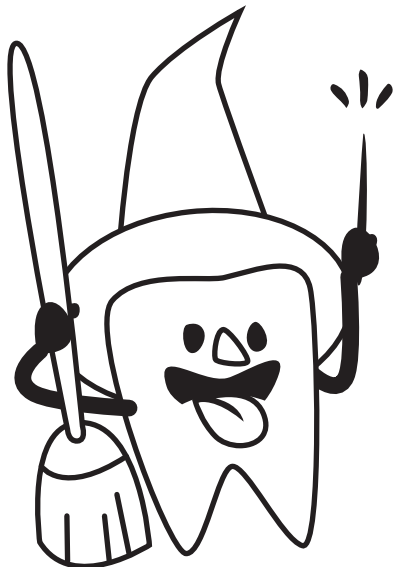
M	O	S	K	C	L	E	T	R	S	A	Z	P	N	M
P	R	N	E	W	T	N	O	F	G	L	O	G	S	S
E	S	A	N	P	A	D	A	G	I	L	I	K	C	O
R	O	K	T	N	U	H	D	M	N	P	E	M	R	I
D	S	E	C	M	Y	W	N	A	S	Z	K	B	E	L
A	E	N	R	O	S	P	I	D	E	R	M	E	A	N
N	O	N	X	N	R	L	K	B	C	M	E	W	T	E
O	C	T	O	B	E	R	K	P	T	S	G	R	J	B
I	F	G	H	D	R	O	E	N	S	T	L	E	K	E
P	C	E	N	T	I	P	E	D	E	M	P	D	E	W
R	B	E	J	O	W	E	N	T	N	A	K	I	X	C
O	O	P	O	W	A	N	I	K	P	M	U	P	D	T
C	W	N	D	O	I	O	P	S	E	E	E	S	O	O
S	R	O	H	R	Z	J	B	M	E	R	S	S	L	G
D	A	R	A	M	L	E	A	V	E	S	D	U	U	G
Z	O	O	S	H	L	O	T	B	U	R	G	B	O	A
R	S	H	I	V	E	R	T	O	W	M	M	A	G	M

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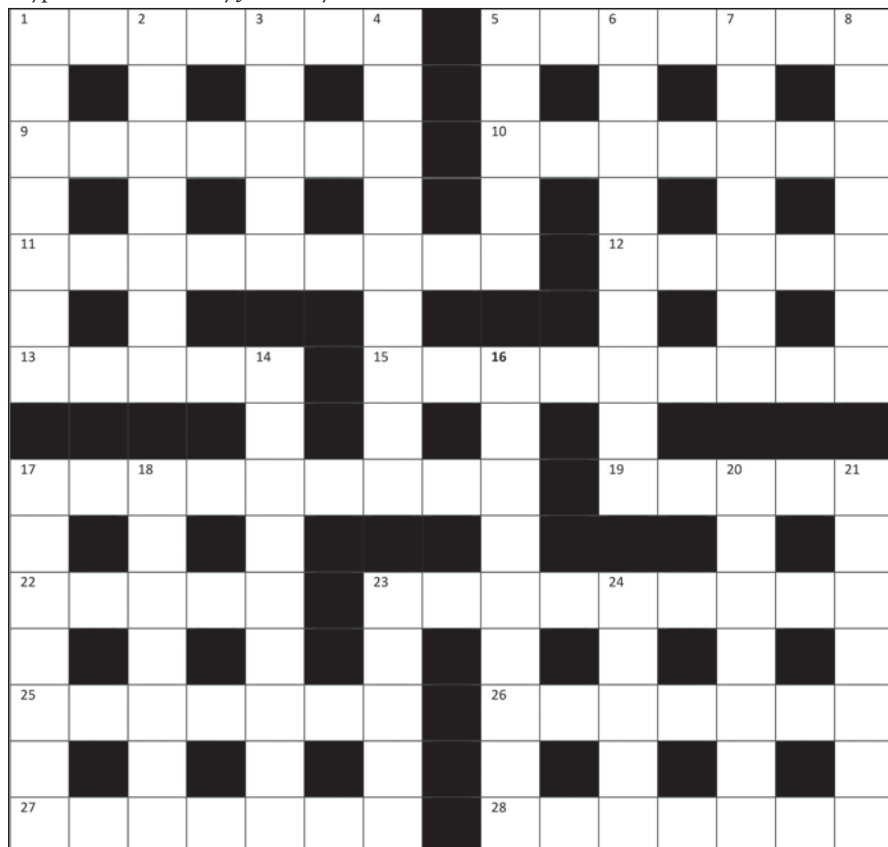


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# Happy Halloween!



Cryptic Crossword #28 By Jan Burney



## Across:

1. Enhance fig man receiving unknown variable. (7)
5. Loyal, headless, half human, half goat found between street and church. (7)
9. Unacceptable behaviour from crazy con with tool. (3,4)
10. Tailless horse gets headless fox on this twice-yearly event. (7)
11. Free Tonys garble a military order. (4,5)
12. Acting in central Airdrie for six funny virgins. (5)
13. Full of spirit in state housing Nazis. (5)
15. Two shillings and sixpence flow around ranch. (4,5)
17. Be responsible for mixed up true dents. (9)
19. Dancing bears juggle a sword? (5)
22. Called after parking regarding car crash in London. (5)
23. Instrumentalists, on the other hand, get a casket belonging to sun god. (9)
25. Short umpire got you and Edward disproved. (7)
26. It's clear, female doctor has five promissory notes. (7)
27. Hypersensitivity to total energy losing two points. (7)
28. Spicy, no longer constant, gets the second cutting tools. (7)

## Down:

1. Girl inside Mrs. Post's etiquette rules. (7)
2. Channels where a candle flickers unsteadily. (7)
3. Going somewhere in claim office. (2,3)
4. Call out initially what is worn by Curious George's companion. (6,3)
5. We enter street with a point to find confection. (5)
6. Rebuild cute quads into water channels. (9)
7. Grandparent I am initially obsessed with in Vancouver Island town. (7)
8. Curse endless pain of six-sided figure. (7)
14. Child of angry stern guy inhales oxygen. (9)
16. Foolish, troubled soul around crud I mix up. (9)
17. Aim rope around a large market. (7)
18. Losing time aflutter, makes one inclined to weep. (7)
20. Hot bet made around restricted promise to marry. (7)
21. Goes past and returns pale, odd stems. (7)
23. Strangely uneven. (5)
24. Messenger in midst of sudden voyage. (5)

Answers Down  
1. Manners 2. Cutters 3. I'm off 4. Yellow Hat  
5. Sweet 6. Aqueducts 7. Nanaimo 8. Hexagon  
14. Youngster 16. Laidicrous 17. Emporia  
18. Tearful 20. Betrot 21. Elapses  
23. Oddly 24. Envy

Answers Across:  
1. Magnify 5. Stauch 9. Not cool 10. Equinox  
11. Eyes Front 12. Doing 13. Sassy 15. Half-  
crown 17. Entrusted 19. Sabre 22. Prang  
23. Orchestra 25. Rebutted 26. Obvious  
27. Allergy 28. Scythes

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The Miistakis Institute ([www.rockies.ca](http://www.rockies.ca)) is studying amphibians in Foothills County. We are looking for landowners with ponds/wetlands that will allow us access in May/June 2024 to test for frog, toad and salamander DNA. For more information please contact Nicole Kahal at [nicole@rockies.ca](mailto:nicole@rockies.ca) or 403-440-8444.

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DIAMOND VALLEY WATER HAULING, www.dvwh.ca ..... 403.933.4438

## WATER WELLS

AQUA MULE Water Well Systems & Services ..... 403.931.2991

STEELHEAD VENTURES, svlgroupp.ca ..... 587.318.2205

## WELDING

Archer Custom Fabrication, www.archercustom.com ..... 403-463-3366.