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General Manager, Scott Douglas, PSDS

Scott has worked on and completed hundreds of full-system septic repairs and restorations. He has trained technicians throughout Alberta and previously led the team at SepTech Solutions Canada as General Manager, managing more than 300 properties in its septic portfolio.

Scott focuses on cost-effective returns on investment for acreage owners. His work includes guiding real estate transactions where septic is an issue, helping prospective acreage owners understand the processing capacity of properties they are considering, and leading self-sustaining solutions for septic-serviced lake communities.

Scott grew up in Calgary, graduated with honours in statistics from Lake Forest College in Illinois, and lives in southwest Calgary with his wife, Megan, and their two young children, Madison and Wyatt.

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HIGH COUNTRY News

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COVER ARTIST PROFILE

Autumn Yarrow
12 x 12" Acrylic on Canvas
Nature's colourful fireworks light up the wild places to honour the Autumn season. The Yarrow wildflower embodies love, healing, and protection. As this wildflower gazes across the land, may it enable the viewer to observe the world and life's challenges with strength, clarity and a protective wisdom.

Deanna Lavoie, Guest Artist at ArtWorks! Show
It's a pleasure to have Deanna with us as our guest artist this year. Deanna has been creating art as long as she can remember; this carried through her teen and young adult life. She studied at the Alberta College of Art and Design in Calgary and graduated with an honours BFA. Her acrylic landscape art celebrates the wisdom of the wild spaces with themes of resilience, grace and authenticity. Often her art features deadwood, crooked trees, and upheaval, to ensure these spaces feel accurate. In the wild spaces, Deanna says, we can ground ourselves and be imperfectly perfect, while learning their wisdom of perseverance and authenticity. High Country News has chosen Deanna's artwork to grace the covers of several of their issues over the last few years. ArtWorks! wishes Deanna the best at our upcoming show!

ARTWORKS! SHOW

Annual Thanksgiving Weekend Show at DeWinton Community Hall

Plans for our yearly Thanksgiving ArtWorks! show are well underway. The dates and hours this year are Friday October 9th 2:00 p.m. till 6:00 p.m., Saturday October 10th 10:00 a.m. till 4:00 p.m., Sunday October 11th 10:00 a.m. till 4:00 p.m. and Monday October 12th 10:00 a.m. till 2:00 p.m.

Based in DeWinton and comprised of members living in and around the area, ArtWorks! is a group of local artists and artisans that strives to present a fine-quality show pleasing to many tastes. Looking for that perfect painting, photograph or wood carving to go above a couch, on a table, or on a feature wall? Come and view our original representations of places and/or subjects dear to your heart. Looking for that unique ring or bracelet? Come and view the exquisite jewellery that will be on display. Looking for a good book to read? We have a novelist there as well, an official 'Goodreads' author, whose entire book proceeds go to support mental health. At ArtWorks!, there is truly something for everyone.

A love and appreciation for local art is the only entry fee. This year's participating artists will include regulars David Kitler, Fran Porter, Kim Berlie, Peter Freeborn, Lorraine Martinka, and Jesper Jensen, as well as two guest artists, Deanna Lavoie and De'la Bakko, who bring their own welcome contributions to broaden our repertoire. We'll all be ready to greet you at DeWinton Community Hall. There's never any pressure to buy--though be prepared to find something you can't live without! We hope you'll stop in and see us, and we look forward to welcoming you.



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LETTER FROM THE EDITOR

Happy Thanksgiving! Over the past number of months, I've noticed a common theme with people, me included. It's the feeling of having difficulty keeping all the things of life in motion. I've been reading a book entitled Basecamp Manifesto by Dr. Terrance C. Young which speaks about life being additive. He writes about our journey being like the analogy of a knapsack. We keep adding things in without concern of the accumulated weight of the pack. Maybe this fall is a time to do an assessment of what we've added to the pack, lighten our load, and regain the spring back into our stride.

This month's paper is full of great articles, concert and event notifications, and updates from your local councillors and community organizations. I trust you will enjoy the read.

From my family to yours,
Lowell Harder

SPRINGBANK CREATIVE ARTS CLUB

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

This is a reminder that the Springbank Christmas Market is October 31 and Nov 1st, 2026 at the Springbank Community High School.

Please notice that the hours have changed due to popular demand!

The vendors are selected so there is a good variety and not a lot of the same type of products. So, if you are looking for that special gift – you will find it at this market.

Expect to find products are handmade quality items, baking, crafts, wood working, pet items, jewelry, sewing, knitting, hats, clothing, upcycling, original art, stained glass, quilting, bags, kitchen towels, microwave bowl cozies, preserves, perogies, sausages, pretzels, Christmas cakes, lotions, soaps, honey, candles, camping knives, metal art, horse items, candles, cookies, and more…. You name it and it will be in the sale.

This event draws people from the community and the surrounding areas. The past year saw a record crowd and the vendors were pleased with the set up and the sales.

The Springbank Christmas Market is one of the earlier sales in the season and it helps folks get started on their shopping lists. So please mark your calendars and attend the sale Oct 31 & Nov 1, 2026

Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett, Springbank Creative Arts Club

Remembrance Day Service

Wednesday, November 11 • 10:30 am

Bragg Creek Community Centre
23 White Avenue

Service held outdoors at the Veterans Memorial Cenotaph.
Please dress for the weather.
Coffee & light lunch to follow indoors.



Springbank Christmas Market

Location:
SPRINGBANK COMMUNITY HIGH SCHOOL

32226 Springbank Road Calgary, AB T3Z 2L9

Saturday Oct 31, 2026 10:00-4:00
Sunday Nov 1, 2025 10:00-3:00

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SPRINGBANK HERITAGE CLUB

Did you know the Springbank Heritage Club is not just a place to vote during election time? The Springbank Heritage Club is a volunteer-run not-for-profit organization created for the benefit and enjoyment of seniors aged 50+ living in Springbank and surrounding communities. Our club is a terrific place to find new friendships and create connections with our community. We support a healthy lifestyle for our members. The club is active, welcoming and evolving. Annual membership fee is only $50! New members are always welcome!

Our Vision: To be a dynamic and inclusive club where people 50+ build friendships, stay active and volunteer – to create experiences that shape and forge a vibrant, united community.

Regular activities and club events are posted on the events calendar at www.springbankheritageclub.com.

Each month members enjoy regularly scheduled activities:

- Mondays: Fitness Class and Pickleball
- Tuesdays: Games/ Pool, Singing, and monthly Potluck
- Wednesdays: Fitness Class, Crafts, and monthly Trivia Night
- Thursdays: Pickleball and Sewing
- Fridays: Fitness Class, monthly Book Club, and Pool/ Billiards

Special Events (October) – for all events please sign up at the club or email springbankhc@telus.net.

Book Club, Friday, October 9th at 10:15am. Everyone is welcome to join!

Wednesday, October 14th 7:00pm – Trivia Night! You can arrange your team of 4 in advance, or come on your own, and we'll help you find some teammates. Although we aim to have tables of 4, we may have some tables of 5 or 6. Admission is $10 cash at the door. Proceeds pay for the host, and to the 1st and 2nd place winners. BYOB (alcohol or non) and optional snacks/appies/treats to share. Trivia nights take place on the second Wednesday of every month.

Friday, October 16th 10:30am – 4:00pm – Bus trip to the Military Museum. We will leave the SHC parking lot at 10:30 sharp and leave the Museum at 3:30pm to get everyone back to the club by 4:00 pm. Lunch will be on your own dime in the wonderful Atco Blue Flame kitchen.

Thursday, October 22nd leaving SHC at 9:30am. We are going on a bus trip to the Rosebud Theatre for a Thursday matinee of Dear Johnny Deere by Ken Cameron. Dear Johnny Deere is a Canadian musical about heartbreak, restoration, and the uncertainty of making a life off the land. This show promises to be dramatic and gritty and features the music and lyrics of Juno Award-winning singer/songwriter Fred Eaglesmith. The bus will leave the SHC parking lot at 9:30 am arriving in Rosebud, Alberta around 11:00am – just in time for their famous pre-theatre meal! Cost is $85.00, which includes the buffet, taxes, gratuity, and the show. Payment can be made to the club directly or by e-transfer to springbankhc@telus.net. The first 24 members to register will ride the bus; after that, attendees will need to carpool. Please sign up by October 12th.

Wednesday, October 28th at 7:00 pm Presentation Topic by James Ross from Raymond James who is coming to talk finances. Please pay $5.00 at the door for a treat.

- Save the Date! Saturday, November 28th 12:00-4:00pm come out and enjoy the annual Gingerbread Tea, Craft and Bake Sale. This event is a fundraiser for the club!

Ready to join us? You can sign up at the Club or by emailing springbankhc@telus.net.

40TH ANNIVERSARY



On Sunday, September 20th we held our 40th Anniversary celebration at the Springbank Heritage Club. What a wonderful day it turned out to be as the sky was bright blue and temperatures hit 26 degrees Celsius. Folks started to arrive shortly before 11:30am and enjoyed listening to live music by Brayden Lowe.

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Heartfelt Thanks for Choosing Us – Happy Thanksgiving!

Our formal program began with the raising of the flag accompanied by Bill Hawes who played the bagpipe. Bill then led a procession of attendees into the building, a formality that was first performed at the Springbank Heritage Club when the club was officially opened 40 years ago!

Once everyone was settled, and after an opening prayer given by Stephen Harper from the Springbank United Church, we were entertained by several members, including Alice Payne, who provided a powerful dedication reading to honour the club, which was followed by an enthusiastic speech about the history of the club delivered by Gerry Wilson. Next, Deb Kerr, our Vice President, gave thanks to Rocky View County for being there from day 1 in providing significant financial support over the years to the Springbank Heritage Club. The County's ongoing support helps keep membership fees manageable, partially funding our capital projects and most importantly helping to keep the club's lights on!

Entertainment continued as the Springbank Heritage Club Singing Group, led by Jenny Shore, wholeheartedly sang Enjoy Yourself and Alberta Bound to the appreciation of everyone in attendance. Then Alice Payne and Dorothy Tyler then each passionately read a Cowboy Poem (one of which was quite racy!).

Everyone was then invited to celebrate this incredible milestone with a piece of cake. Attendees had the opportunity to visit the food trucks and participate in a game of outdoor Bocce Ball and explore the various exhibits showcasing the many activities and exercise opportunities the club offers for members. Thank you to the over 100 members, community guests and family members who joined in our celebration!



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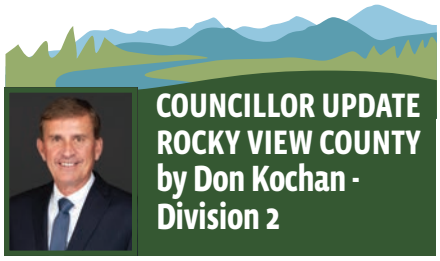
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COUNCILLOR UPDATE ROCKY VIEW COUNTY by Don Kochan - Division 2

RVC Division 2 news items for your information:

Property Assessments - The County's professional assessors visit properties throughout the summer and fall to collect information needed to ensure accurate property tax assessments for all landowners by updating assessed property values. If a County assessor requires access to your property, they will visit between 8:00 a.m. and 4:30 p.m., Monday to Friday. They have photo identification and travel in marked County vehicles. Your assistance in working with assessors is greatly appreciated. If an assessor comes to your property and you have any questions or concerns, please do not hesitate to contact Rocky View County at 403-230-1401. About 20 per cent of County residences are visited by property assessors annually. Please view the Assessment section on our website for more information on Property Assessments.

Rocky View County Housing Needs - What does housing look like in Rocky View County today and what will residents need in the years ahead? The 2025 Housing Needs Assessment report provides important insights into current housing challenges and future demand across the County. The report examines population and household growth, housing affordability, rental availability, and the needs of seniors, young adults, renters, families, and lower-income households. It also explores how infrastructure capacity and limited housing diversity may influence future development. With the population projected to reach approximately 54,247 by 2031, understanding these trends is essential for informed planning. Visit www.rockyview.ca/communities-and-recreation/about-rocky-view/housing-needs-assessment to explore the full Housing Needs Assessment and discover what the findings mean for Rocky View County's housing future.

Canada Thistle - Canada thistle is more than just a nuisance. Its aggressive root system makes it one of the toughest weeds to control in Alberta. Recognized by its spiny leaves and small purple or pink, urn-shaped flowers, Canada thistle can establish in fields, pastures, roadsides, and other disturbed areas. What makes Canada thistle particularly difficult to manage is its ability to regenerate and spread from below the soil surface. Because of its aggressive nature and ability to establish persistent infestations, Canada thistle is listed as a noxious weed under Alberta's Weed Control Act, meaning landowners are legally responsible for controlling its spread. Canada thistle must be controlled and prevented from spreading. Effective management requires an integrated approach, including consistent mowing, targeted grazing, hand removal for small infestations, and appropriately timed herbicide applications. Prevention, early detection, and repeated management over multiple growing seasons are key to reducing established infestations. When tackling Canada thistle, controlling the flowers helps prevent seed production but lasting control means fighting the root, not just the flower. Herbicides are often an important part of long-term Canada thistle management, particularly where infestations are well established or mechanical control alone is not practical. The most effective timing depends on the product being used, the growth stage of the plant, and the site being treated. Always select a product registered for the intended site and follow the product label for application timing and use requirements. Spring applications can be effective when Canada thistle is actively growing and has developed enough leaf area to absorb the herbicide. Depending on the product, applications may also be made later in the growing season. Fall applications can be particularly useful for perennial weeds such as Canada thistle. In late summer and fall, the plant begins moving energy and nutrients into its roots in preparation for winter. Applying an appropriate herbicide while the plant is actively growing during this period can help target the root system and improve long-term control.

Visit www.rockyview.ca/news-and-events/news/canada-thistle-fight-root-not-just-flower-0 for more information.

Recycling Changes - changes are coming to recycling across Alberta. Starting October 1, 2026, Alberta's enhanced recycling system will accept more packaging and paper products and create a more consistent recycling experience across the province. For Rocky View County residents, this means more materials will be accepted, and recycling at County transfer sites will become single-stream so there will be no need to sort packaging and paper recyclables into separate bins. More local details are coming soon. In the meantime, visit Circular Materials www.circularmaterials.ca/resident-provinces/alberta to learn more.

Don Kochan - Division 2 Councillor
kochandiv2@gmail.com









ROCKY VIEW SCHOOL BOARD TRUSTEE REPORT - WARD 4

By Joanna Brownlee

I hope everyone had a wonderful summer full of exactly what you'd hoped it would be. The 2026-2027 school year has officially begun, and students and staff alike are already working hard. To begin the school year, the Board and Superintendent met on September 3rd to prepare for the busy month ahead. It is a wonderful time of the year full of energy and anticipation.

Rocky View Schools projected enrolment of 29,918 students for the 2026/27 school year. As of the start of the school year, actual enrolment stands at 29,687 students.

Our new strategic plan for 2026-2030 has officially been rolled out, with our top 3 priorities being straight from the feedback of community and staff. The plan can be found directly on the RVS website, and I encourage you to take a look if you would like to get an idea of the direction in which the division is being guided in.

Several modular classroom projects are progressing across the division. Two projects have received occupancy approval, four remain on track for completion between September and November 2026, and one project has been deferred to summer 2027. Included in the list is Springbank middle with construction for a modular with 4 more classrooms ongoing, due to be ready for occupancy in September.

3 of RVS's upcoming schools will be having groundbreaking ceremonies in the next 30 days. Rivercrest in Cochrane will be held sept 23rd, Bayview in airdrie Oct 7th, Dawsons landing in Chestermere Oct 7th.

South Windsong Airdrie is progressing as planned with construction completion anticipated in April 2027. Bow Valley High's expansion is on schedule for completion on October 1st, a long-awaited project for the students and staff in Cochrane.

And finally, our 3 future capital projects which continue to advance through planning and design phases; Lanark K-9 School (Airdrie), Chelsea High School (Chestermere), Horsecreek High School (Cochrane) are all expected to open after 2030. However, funding timelines remain a key consideration.



There's no escaping the S-word

Snow. Snow. Snow. Snow. Snow.

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MLA UPDATE - BANFF/KANANSKIS
By Sarah Elmeligi

October in Banff–Kananaskis: Voting, Voices, and What Comes Next

Fall is one of my favourite seasons in our riding. I love seeing the colours change during larch season and hiking in the mountains with my dogs. Kids are back in full swing at school, and the hockey rinks are humming again with the sounds of skates and sticks. It's the season when our communities feel fully alive despite the chill. It's always a treat to chat with constituents at cafes, at the rink during evening games, at harvest festivals, and at community halls. This October, there's something else threading through my conversations with all of you: the weight of the referendum ahead.

I've always believed that democracy works best in places like ours. People know each other, conversations happen face to face, and every voice genuinely matters. That's the Banff–Kananaskis I know. It is part of the reason this moment feels so important for all of us.

October 19th, 2026: When Every Voice Counts

Over the last few months, I have been in our communities listening to growing concerns around the referendum. On the phone, at local events, in coffee shops and at town halls, people ask questions: What does this vote mean for us? How do I make sure my voice is heard?

Here's what I want to say clearly: your vote matters. It doesn't matter if you've always voted one way, if you're unsure, or if you're voting for the first time. What matters is that you cast your ballot.

But, I'm going to encourage you to do something more. I'm asking you to get your friends, your family, and your neighbours out to vote too. If you know someone who's on the fence, talk to them. If you know someone who usually sits out elections, invite them to come with you to the polls. If you know someone who needs a ride, offer one. This referendum is too important for any of us to sit on the sidelines and we need every voice heard in this conversation.

The referendum questions are available for you to review and prepare for the vote on the Elections Alberta website. I've put together a detailed explainer on my blog site too. Make sure you are aware of the questions and come prepared to the polls. If you have already voted using the mail-in ballots, then you're one step ahead!

A note on October 19th: If you didn't receive mail-in ballots, please plan ahead. Election day voting can see lineups, especially in smaller communities. Come prepared with patience and your voter information card (or know where your polling station is).

If you have any questions about where to vote, the ballots, or the referendum, please contact Elections Alberta directly, as they are the best equipped to provide you with answers and solutions:

Phone: 1.877.422.VOTE (8683)

Email: info@elections.ab.ca

For those of you wondering "where do I vote" you should have received a "where to vote" card in the mail or your email inbox. Reach out to Elections Alberta or check their website for updates if you have not received that information. My office is always happy to help as well!

Why This Vote and Referendum Matter to Our Riding

Let me be direct: this vote and referendum are about issues that impact all our lives.

For families in our riding, it's about whether we have schools that are properly funded and supported. It's about whether healthcare is there when we need it, whether a doctor's appointment is weeks away or months away, whether rural clinics stay open. It's about making life more affordable when groceries and rent keep rising, forcing young people to face the challenging question of whether they can afford to stay in the communities they grew up in.

And it's about fairness. About a province where people who work hard can afford to live with dignity. Where public services such as schools, hospitals, parks aren't dismantled or sold off, but are treated as the common good they are. Where every community, whether it's a town or a rural area, gets its fair share.

I've listened to concerns in our riding, and they're consistent: people want a government that actually listens to them. We want a government that funds education properly instead of underfunding it year after year. A government that invests in healthcare. A government that takes the environment seriously. One that doesn't just talk about

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affordability but actually does something about it.

So, I encourage you to seek out reliable information. Talk to your neighbours. Think carefully about what kind of Alberta you want to see five years from now, ten years from now. And then vote accordingly.

Back to the Legislature for the Fall

As October progresses, I'll be heading back to Edmonton for what promises to be an intense fall sitting. The legislature will be focused on this vote, the referendum, and the legislation that flows from it. It's important work, and I don't take it lightly.

Ten ballots is a lot to hold in your hands at once, and I think that's part of the point. It's easy to get overwhelmed and just start marking. Please don't. Take the questions apart. Ask which ones the province can even act on, and which ones are really just asking Ottawa and nine other provinces for permission we're unlikely to get. Notice how many of them go looking for a fight with the rest of Canada instead of tackling the issues facing us right here, right now: the cost of groceries, the price of a home, hospital wait times, good jobs in our communities.

For all the reasons above, I'll be voting No on Questions 1 through 9, and choosing "Alberta should remain a province of Canada" on Question 10. But the most important vote on October 19 is the one you cast for yourself, having thought it through. So, mark your calendar, make your plan to vote early, by mail, or on the day.

Let's Stay Connected

If you have thoughts on the vote or referendum, if there's an issue on your mind, or if you just want to chat, please reach out. You can connect with me through my constituency office or catch me at community events around the riding. That's what I'm here for.

This October, our voices matter. Let's make sure they're heard.

Sarah Elmeligi



MLA SARAH ELMELIGI
BANFF-KANANASKIS

CONSTITUENCY OFFICE

300-709 8 St | PO 8781 Canmore, AB | T1W 0C1
Open office hours: M,W,T: 10:00 - 3:00pm, and by appointment

E-mail us anytime at:
banff.kananaskis@assembly.ab.ca

MLA ON TOUR

Common Grounds
Harmony, AB
October 7th
1:30pm - 4pm

Mabel & Marie's
Bragg Creek, AB
October 15th
9am-11am

Beaupre Community Hall
Beaupre, AB
October 21th
3pm-5pm

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The Magic Wealth Ingredient

There is a legend about a successful financial advisor in Warren Buffett's stomping grounds of Omaha, Nebraska. It is reported that this advisor has learned the art of communicating the basics of wealth building with the local farmers. The advisor, who we will call Fred Smith, greets clients in his office with a window behind his desk that overlooks fields of blowing wheat and corn.

Many clients look at him skeptically when he explains the simple power of investing for the long-term and multiplying their savings into large amounts of money from their modest savings. They often blink at him with glazed over eyes and asked: 'How can this be?'

To demonstrate his point about the magic of compound growth by owning a share of the growing profits over time of a group of world class equities, Fred leans across his desk and picks up a glass vial.

He points to the seeds of wheat inside it and states, "If I show this vial to a resident of a city such as New York or any major urban center, and say to them, with these few seeds, I can populate many acres of land to grow vast amounts of wheat to feed entire cities, what do you think they would say to me?"

They would likely stare at Mr. Smith in disbelief. Yet that is exactly what he is suggesting can happen to their modest savings if they have the patience to focus on the long-term. This is the same patience that couples bring to their successful farming business with the ability to handle adverse weather conditions, volatile grain prices, long days of hard work, pestilence, government regulations and crop failures amongst other challenges on their path to successful crop growth.

The magic ingredient to their success is the power of compound growth on savings. For example, a dollar invested for 20 years at 8% grows to $4.66 and if left to compound for another ten years for a total of 30 years it more than doubles again to $10.06. While the return matters, the most important factor is the number of doublings that occur in one's lifetime.

It is TIME in the stock market that counts NOT MARKET TIMING!

Several books and consumer finance personalities use the following example: If you were offered $1 million dollars right now or the option of taking an American penny (recognizing that Canada no longer has a penny) that is doubled in value every day for 30 days, which offer would you take? The answer is to take the penny! Do the math yourself and see what happens.

The other key ingredient is time to allow compound growth to work its magic. And it is never too late to put compound growth to work for you. Whether you are in your early 20's or even in your late 50's time and compound growth on your savings can work for you. Many people now live into their late 80's and 90's so even someone who is just retiring can look forward to another thirty years or so as their investment time horizon.

There is an old Japanese Proverb. It says that the best time to plant a tree was twenty (20) years ago. The second-best time to plant that three is TODAY!

Call today to set up an appointment to review your goals and objectives to ensure that your current investment approach will fulfill your goals.

We will look at your sources of income, the physical assets you have, such as home, other real estate, etc. We will also review the various investments that you have that will be generating retirement income, now and into the future.

Also, visit my business website (myfinancialsolutions.ca)for additional financial information on insurance, retirement/estate planning, investments and other financial topics.

Robert Hughes,
P. Eng., CFSB, CFP, CPCA

Robert M. Hughes
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MAKE YOUR MARK
By Mark Kamachi

Make first impressions.

Last month I confessed that Tanya and I were trading in Bragg Creek's forests for Osoyoos' vineyards. We were downsizing our house, selling our possessions on Facebook Marketplace (which I've managed to make new friends on), and discovering that I'd apparently spent decades curating a museum dedicated to "I'll use this someday."

This month, I'd like to confess something else. This hit me while I was mowing my lawn the other day (potentially for the last time). AdMaki Creative and I are going to be the new kids on the block. I'm not retiring as many folks think. I'll continue to live my "functional retirement" (more on that next month).

After 18+ years of building AdMaki in Alberta, we're positioning ourselves in the Okanagan. I'll soon be introducing myself to people who have absolutely no idea who I am or what an AdMaki is.

And it's strangely humbling but exciting. At 65, I thought I'd graduated from first impressions. Apparently not.

Changing your postal code doesn't erase your experience. AdMaki has spent nearly two decades helping businesses build brands, websites, advertising campaigns, social media, creative content that connects with people. We've won awards, met impossible deadlines, defended countless "Can we make the logo bigger?" requests, and built relationships that I value far more than all the trophies and accolades.

None of that disappears when you relocate and it made me wonder how many business owners are limiting themselves because they assume their market has to be local.

Decades ago, that made sense. Today? Not so much. Clients Zoom. Files live in the Cloud. Ideas travel at the speed of light. A business in Bragg Creek can serve Penticton. An agency in Osoyoos can help Calgary. Geography is not a barrier.

While most of today's entrepreneurs (and customers) are wonderfully practical, it seems they care less about where you are and more about what you deliver. But if a handshake is the better way to start a relationship, I'll happily grab my shaving kit, jump in my Jeep and hit the highway in order to start a conversation.

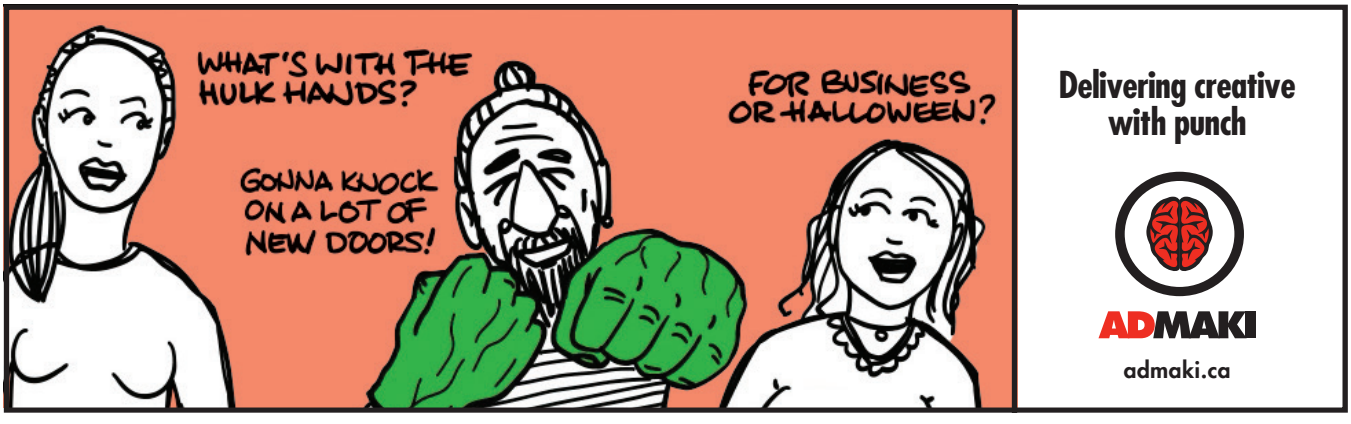
I'll admit, I'm old-school. I'd still rather sit across a table with someone than stare at thier avatar or their forehead on a virtual call. I take what I do very personally. I like visiting businesses, reading the room, and scribbling ideas in my journal. Those moments matter more than ever. It's what makes the difference between "safe" creative and content that is emotionally engaging. Creative content that makes people say to themselves, "What were they drinking to come up with that idea?"

Maybe that's the real lesson hidden in all of this. We spend years becoming good at what we do, then convince ourselves our opportunity is limited by a postal code or a border (even one's age). That's nonsense. If you've built something valuable, take it somewhere new. Test yourself. Knock on a few unfamiliar doors. The worst thing that happens is someone doesn't know your name, yet. The best thing? They eventually will.

Myself, I'll keep chasing ideas, build creative campaigns, submit auditions and engage in face-to-face conversations. It's about giving yourself permission to grow in directions you never expected.

Now go make an impression.

Cheers, mark







BRAGG CREEK TRAILS

Trail Talk

The fresh dusting of snow on top of Moose Mountain the last day of August gave BCT volunteers an earnest reminder to start wrapping up the never ending summer projects.

The winter grooming equipment for ski and fat tire trails is ready to go once conditions are amenable to start grooming. Let's hope that Mother Nature is more generous in her snow delivery this coming winter season.

Timber harvest set to begin in West Bragg Creek and Moose Mountain recreational areas

West Fraser Timber (WFT) is on track to begin its planned 2026 harvest this October, with road construction, logging, and hauling operations expected to continue into January 2027.

BCT has been in communication with WFT throughout the planning process, with our involvement focused on minimizing impacts to the trail network and supporting health and safety of trail users while operations are underway.

Trails are expected to remain open throughout the harvest. WFT signage will be posted in the WBC and Fullerton parking lots to identify areas where logging g activities are taking place. On the trails, additional signage will identify haul road intersections and areas where trail users should use caution.

Please obey all posted signage, remain aware of active operations and do not approach logging equipment or work areas.

For details about WFT's harvest plans, including current maps, work areas and timelines, please refer directly to West Fraser Timber's website at www.westfraser.com.

OUR ANNUAL BIKE RAFFLE IS BACK!

We're kicking off our BCT Bike Raffle with our incredible friends at Calgary Cycle

and Norco and this year's prize is a beauty!

WIN a 2027 Norco Sight VLT A3 Bosch (E-Bike)

Retail value: $5,999

1 ticket – $10 | 500 available

5 tickets – $45 | 333 bundles available

The draw takes place Friday, October 30 at Calgary Cycle Southwood, and all proceeds go directly to Bragg Creek Trails to support the trails you know and love.

A huge thank you to Calgary Cycle & Norco for continuing to support our trail community and helping us make this annual fundraiser possible.

Tickets are limited!

Tickets can only be purchased within Alberta.

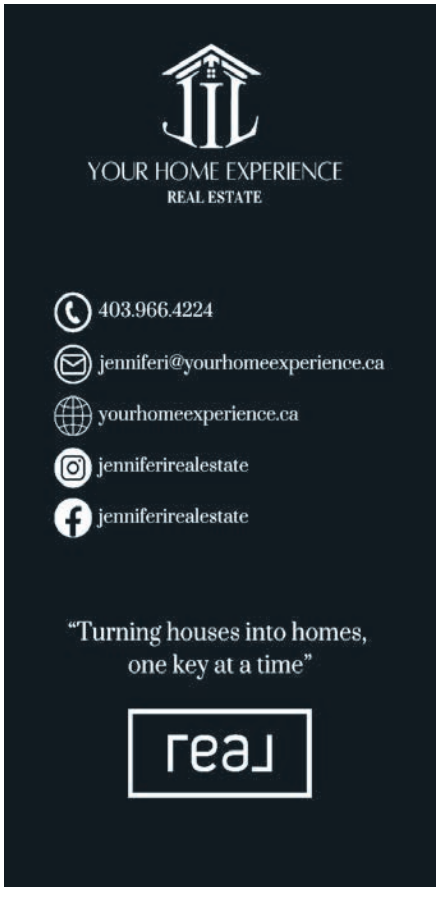
Bike availability as per supplier.

AGLC Licence #790156

Con Schiebel - BCT President







BRAGG CREEK PHYSIO

Breath Better - Move Better

Breathing is something we do thousands of times each day, usually without thinking about it. Yet the way we breathe can have a surprising influence on posture, muscle tension, movement, exercise performance and even pain.

In physiotherapy, breathing mechanics are increasingly recognized as an important part of the bigger picture. Breathing is not simply about bringing oxygen into the body—it is closely connected to how the rib cage, diaphragm, abdominal muscles, neck and shoulders work together.

Why Do Breathing Mechanics Matter?
The diaphragm is our primary breathing muscle, but it also plays an important role in posture and movement. It works together with the deep abdominal muscles to help create internal stability and prepare the body for movement. Research has demonstrated that the diaphragm can contribute to postural adjustments even before movement occurs. Ideally, a deep breath should allow the rib cage to expand in multiple directions—not simply push the chest forward. The lower ribs should have the ability to move outward and sideways as the diaphragm contracts. A full, controlled exhalation then allows the rib cage to return toward its resting position. However, prolonged sitting, stress, poor posture, pain and habitual movement patterns can alter this process. When we rely on the muscles around the neck, shoulders and chest to assist with breathing, this can contribute to unnecessary muscle tension.

For example, tightness in the chest muscle (pectoralis muscles) can be associated with rounded shoulders, neck and shoulder discomfort, and altered shoulder blade mechanics. A shallow or inefficient breathing pattern may also cause muscles such as the pectoralis minor to work harder as accessory breathing muscles.

Breathing mechanics are also connected to core function. The diaphragm and abdominal muscles help regulate pressure within the trunk, providing a foundation for efficient movement. When the rib cage becomes stiff or the diaphragm does not contract well, an effective inhale and exhale can become more difficult. Improving rib cage and diaphragm mobility may help restore movement and coordination throughout the body. There is also evidence that inspiratory muscle training combined with diaphragmatic breathing instruction can reduce low back pain (Front. Public Health 2025 Ying Li et al.)

The goal is not to constantly monitor every breath. Instead, occasional breathing exercises can help remind the body how to move efficiently.

Three Simple Exercises to Try

1. Side-Rib Breathing
This is a great way to reconnect with your rib cage! Sit comfortably or lie on your back. Place your hands around the lower sides of your ribs. Take a slow breath in through your nose and imagine expanding your ribs outward into your hands. Try not to shrug your shoulders or force your chest upward. Slowly breathe out and allow the ribs to gently move inward. Repeat for 5 slow breaths. Try it while sitting at your desk, in the car, or before exercise.

2. Doorway Chest Stretch
Stand in a doorway with your forearm resting against the door frame. Gently step forward until you feel a comfortable stretch across the chest. Avoid pushing your ribs forward, jutting your head forward or allowing the shoulder to roll excessively forward. The goal is to create movement through the chest while maintaining comfortable alignment. Hold for 20-30 seconds, 2x/day.

3. Combine Breathing With Movement
Try incorporating slow breathing into simple daily movements. For example, during a gentle shoulder movement, breathe in as you open your chest and breathe out as you return to your starting position. The purpose is to coordinate breathing with movement rather than holding your breath or allowing your neck and shoulders to take over.

Make breathing part of your routine.
You don't need a complicated program to improve breathing mechanics. A few minutes of focused breathing throughout the day can be a useful starting point. Think of these exercises as opportunities to reset rather than another task on your to-do list. Practise while waiting for your coffee, sitting at your desk, walking, or before a workout.

Better breathing, a more mobile rib cage and reduced unnecessary muscle tension can help prepare your body for both exercise and everyday activities. If breathing exercises consistently cause pain, dizziness, shortness of breath or other concerning symptoms, stop and speak with your healthcare professional. A physiotherapist can assess your breathing pattern, rib cage mobility, posture and movement to determine whether specific exercises are appropriate for you.

Breathe well, move well, and give your body the opportunity to move the way it was designed to.

Jennifer Gordon
(BSc.PT, GunnIMS, AFCI)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.co

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BRAGG CREEK & AREA CHAMBER OF COMMERCE

Back to School... and Back to Routine!

October in Bragg Creek is that sweet spot between crisp fall days and where did all this snow come from? The colours are changing, the trails are calling, and there's still time to tackle a few things on that list before winter settles in.

Take the scenic route, squeeze in another hike or ride, wander the hamlet, grab something warm to eat, and enjoy one of the prettiest times of year in our own backyard.

GET IT DONE, LOCALLY
That outdoor project, repair, appointment or task you've been putting off? Before the snow flies, check in with Bragg Creek's local professionals, retailers and service businesses. Chances are, the help you need is closer than you think.

CELEBRATING SMALL BUSINESS WEEK
BDC Small Business Week runs Oct 19-25, with this year's theme: "It's a two-speed world now: fast or finished."

We're celebrating the businesses behind Bragg Creek by asking: What's one change you made this year to keep your business moving forward?

Watch for their stories throughout the week – then shop, book, visit, recommend and support local.

WELCOME TO THE CHAMBER!
A big welcome to two new Chamber members: Integrated Health and BOW Property Services. We're happy to have them as part of our growing business community.

FREE TOURISM EXPOSURE? YES, PLEASE.
If your business serves visitors, make sure you're listed on Travel Alberta's free ATIS – Alberta Tourism Information Service. It's an easy way to gain tourism exposure and help travellers discover your business. Visit travelalberta.com to learn more.

BRAGG'N BOUT BUSINESS
Our You're Underestimating Bragg Creek campaign is shining a light on the people and businesses doing great things here – and Bragg'N Bout Business is helping tell those stories.

Want to share yours? Reach out to Gregg and get behind the mic. Visit bnbb.ca.

WHAT'S HAPPENING AROUND TOWN

Kick off the month with Oktoberfest at The BavTav, wrapping up October 4.

The next Chamber meeting is Wednesday, October 21 at 7 PM at The Post House. Everyone is welcome. Come meet people, make connections and join the conversation.

And live music continues through the fall at Rockies Tavern & Grill and The Powderhorn Saloon. With Halloween around the corner, watch for spooky season fun popping up around the hamlet. October is a good month to make a night of it.

Find local businesses at visitbraggcreek.com.

Eat here. Shop here. Book here. Support here.

Bragg Creek & Area Chamber of Commerce
We would love to hear from you!
Questions and ideas welcome:
office@braggcreekchamber.co

Smile with Confidence at Bragg Creek Dental Centre

We're growing to better serve our community! Bragg Creek Dental Centre is pleased to welcome Dr. Chaisson as our new Associate Dentist, working alongside Dr. Clancy to provide the exceptional, personalized care our patients have come to trust. Your community dentist since 2000.

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Our friendly team combines modern technology with compassionate, personalized care to help patients of all ages achieve healthy, confident smiles.

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SWAMP DONKEY MUSICAL THEATRE

A Bragg Creek Christmas: December 17-20, 2026

Join us for our holiday production of A Bragg Creek Christmas! This original holiday musical is inspired by true events that took place in Bragg Creek in the 1950s. Certain to tug at your heartstrings, A Bragg Creek Christmas is the perfect way to bring joy to your holiday season.

A Bragg Creek Christmas runs December 17-20, 2026. Tickets for A Bragg Creek Christmas and all our musical theatre productions are available on our website at www.swampdonkeytheatre.ca.

Group Tickets:
Are you interested in bringing a group to one of our performances? Please contact us at swampdonkeytheatre@gmail.com about discounted group ticket pricing. We can arrange alternate dates for your group if the performance dates currently offered don't work for you.

Restaurant and Retail Partners:
Why not spend the day in Bragg Creek? We have partnered with eleven local restaurants, the Bragg Creek Distillers, and a number of local retail shops. Our partners offer discounts on meals and beverages on performance dates when you present your Swamp Donkey performance ticket. A complete list of our partners and their offers is available on our website. We look forward to seeing you at the theatre!

Trisha Dawn Gizen
Founder & Executive Director





It's fall. Rake in dinner now.

Take in the beautiful changing leaves before settling into the familiar flavours of The Bavarian Inn. Whether you're diving into a pile of seasonal vegetables or carving up a schnitzel, we've got the perfect bite for the upcoming days of sweater weather. This autumn, make your reservations online or call us today to book your table.

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AT THE BAVARIAN INN

BRAGG CREEK COMMUNITY ASSOCIATION

October is here! The leaves are turning, the days are getting shorter, and there's a little bit of Halloween in the air. It a great time to get out, try something new, reconnect with your community, or simply enjoy everything that makes Bragg Creek such a special place to be. The BCCA has plenty of treats in store!

A Harvest of Thanks: With Thanksgiving nestled into October, we want to give thanks for all this year has brought to the BCCA so far.

A special thank you to the staff, volunteers, vendors, and shoppers who made our Farmers Market such a lively and welcoming place all summer long.

And to all our members, volunteers, sponsors, business community, and Creekers who continue to support the BCCA throughout the whole year, thank you! Your involvement is priceless.

What's Coming:

- October 27 – BCCA Board of Directors AGM Meeting @ 6:30pm. Renew your membership and be sure to join this informative community meeting.
- November 11 – Remembrance Day

Fall Programs: Check our website often for full program and registration details.

- Master Chef for Youth! Ages 12–17, Mondays from 4pm to 5:30pm
- Dog Training – Basic Obedience. Adults with dogs over 20 weeks old. Mondays from 6:30pm to 7:30pm
- Youth Dungeons & Dragons for Ages 12–17, Wednesdays from 4pm to 6pm
- Adult Dungeons & Dragons. Currently full, but check the website for any updated availability.
- Women's Writing Group. Thursdays from 6:30pm to 8:00pm
- Adult Pickleball – Monday & Wednesday mornings, Tuesdays & Thursday evenings
- Artsy Afternoons for Adults. Thursdays from 1pm to 4pm
- Rumble & Roar – Free Drop-in Program, Thursdays from 9:30am–11:30am
- BACK BY POPULAR DEMAND: Friday Night Two Steppin' for adult pairs. Drop-in format with Laurie and Steve of Dancealot. Check the website for dates as they are announced.

Save the Date:
Spirit of Christmas – December 5 & 6

It may be early to be thinking about Christmas, but the elves are already busy preparing for one of our biggest holiday traditions! We will need the merriest volunteers, helpers and holiday spirits of every kind to help the magic happen.

Email info@braggcreekca.com to volunteer on our event planning committee and help us unwrap the magic together!

Are you Ready to Get on Board?
Your skills and ideas are needed! Come out to the AGM, learn more, and see what being part of the BCCA Board is all about. The AGM is on October 27. Don't let the opportunity vanish into thin air! For more information, contact president@braggcreekca.com.

Wishing you a spooktacular October filled with community, connection and a little bit of fall magic!

Your BCCA - www.braggcreekca.com



A HISTORIC EVENING IN THE FOOTHILLS

Celebrating Alberta's First Canadian Bluegrass Hall of Fame Inductee

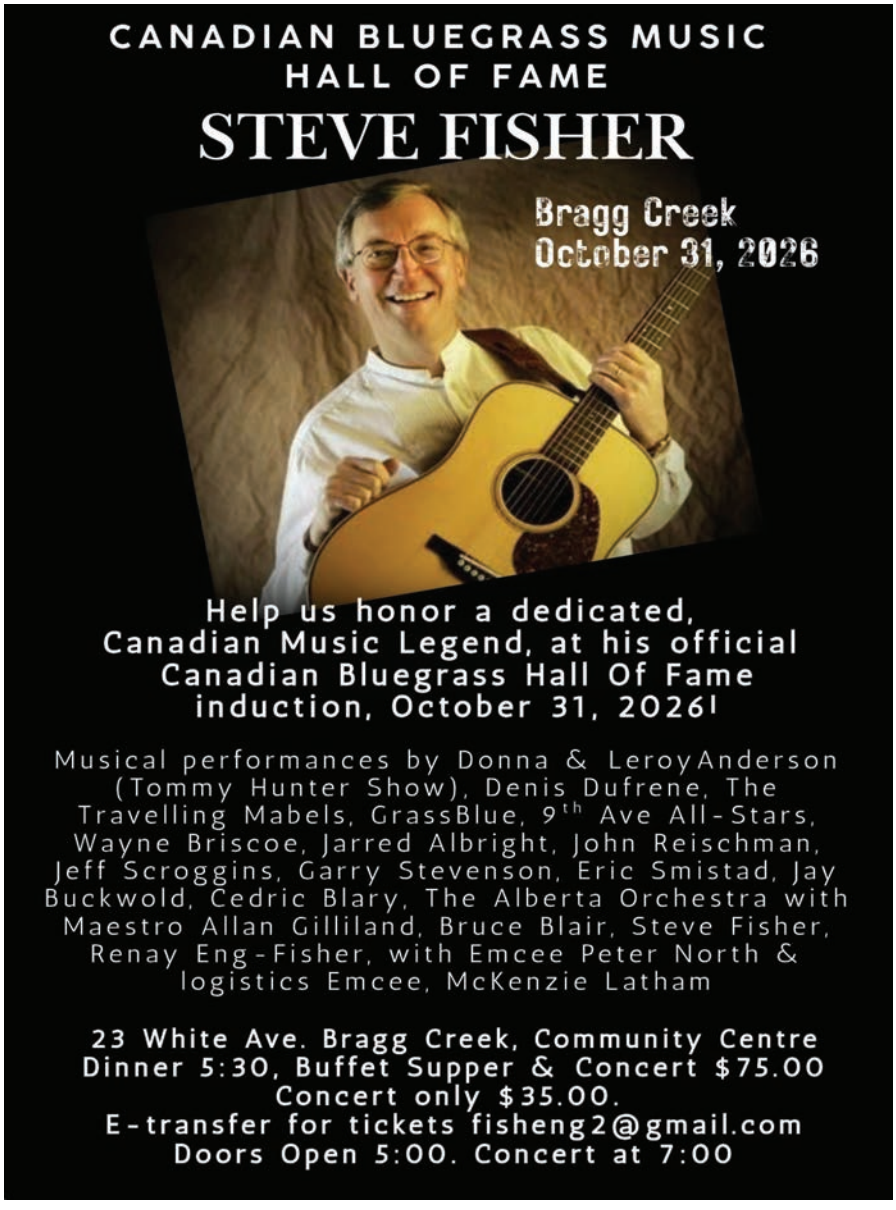
Saturday, October 31 | Bragg Creek Community Centre
Reception & Harvest Banquet: 6:00 PM | Symphonic Concert: 8:00 PM

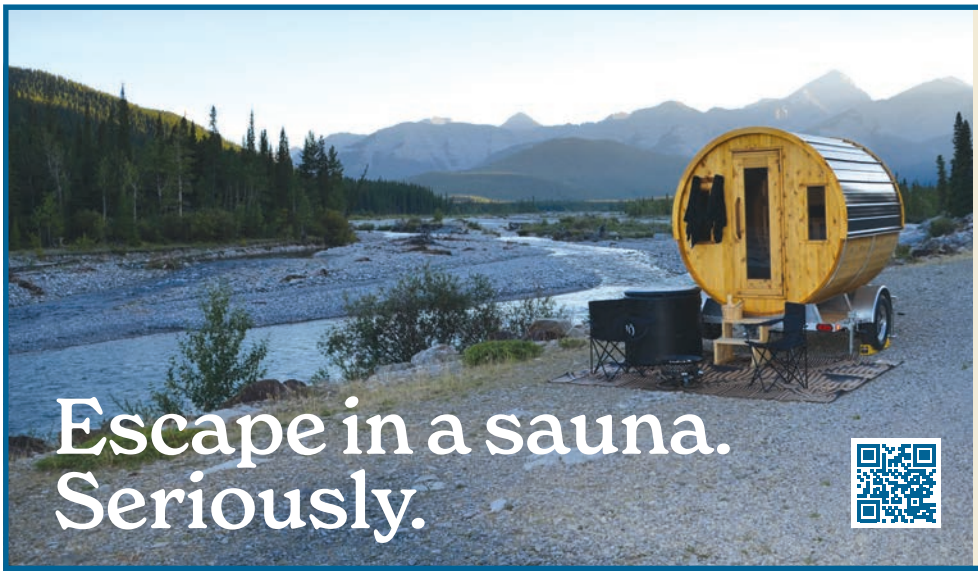
On October 31, acoustic music history comes to Bragg Creek. Calgary's own bluegrass pioneer, legal veteran, and legendary broadcaster Steve Fisher will be honored as the first-ever Albertan inducted into the Canadian Bluegrass Music Hall of Fame.

To celebrate this monumental provincial milestone, we invite your business to join us for an unforgettable evening of community pride, fine dining, and world-class music.

The gala concert will feature an unprecedented symphonic-bluegrass crossover, uniting 22 of Alberta's premier professional roots musicians with a live orchestra—all under the baton of multi-award-winning Canadian conductor and composer, Allan Gilliland.

For details on sponsorship please contact Renay: delissitude15@gmail.com





ELBOW OUTFITTERS
BRAGG CREEK AB

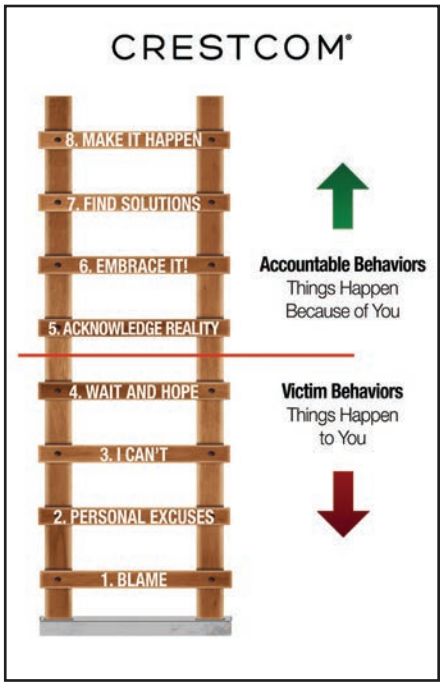
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ON LEADERSHIP

A critical element of leadership is being accountable. It's one of those subjects that's easy to teach the theory, but hard to adopt into practice. To demonstrate accountability, one must start by accepting the the hard reality of our circumstance.

We use the graphic of a ladder in our Crestcom© development course to give a visualization of the various stages of accountability. I would like to think that I consistently demonstrate accountability, but if I'm honest with myself, I've got a lot of work to do.



One of the first steps in being accountable is to be teachable. When we're in a situation that isn't working, we're going to need to learn a new approach to see a resolution. As Einstein said, "To keep doing the same approach expecting a different result is insanity". This involves seeking out others and information for help. It isn't easy as it requires us to be vulnerable and admit we need help. We seem to prefer the humility of failure over admitting we need help.

To take this one step further, we need to be accountable to other people with the information we've been learning. We need trusted advisors to help us apply this information into our unique context. As so much information is at our fingertips, our learning models can become void of humanity. We still need human perspectives and experience that will help us climb from blame to solutions.

If you would like to learn more about how you can develop your leadership skills, or those of your team, I'd be more than happy to speak with you.

Lowell Harder
lowell.harder@crestcom.com
403.479.9582
linked in: (scan QR code)

Working with good people to build productive, successful teams

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Jacket Racket
Join us for our annual winter clothing event to pick up free gently used winter wear.
Saturday, Oct. 24
10 a.m.-12 p.m.
Cochrane Alliance Church
902 Glenbow Drive

Donations of clean gently used winter wear and Halloween costumes will be accepted Oct. 7 to 21:
- BGC Cochrane, Fifth Ave
- Bow Valley Credit Union
- Cochrane Alliance Church
- Family and Community Support Services (FCSS)
- Family Resource Network (FRN)
- Safeway Cochrane
- SLS Centre
- The Station
- Bragg Creek Community Centre
- Bearspaw Community Association

fcss@cochrane.ca • 403-851-2250
cochrane.ca/jacketracket
fcss cochrane fcss FRN

THE LITTLE SCHOOLHOUSE

We are so happy to share that our year is off to a wonderful start! Our classrooms are buzzing with joy as all our students settle into routines, explore new ideas, and most importantly, build beautiful friendships together. Watching these connections blossom has been the highlight of our September!

Our families enjoyed a Welcome Back BBQ in September. It was a perfect evening to reconnect as a school community. A huge thank you to our incredible Parent Board, whose dedication and hard work made this celebration possible. We are so grateful!

We closed the evening with a special presentation by Indigenous Storyteller and Educator Chantal Chagnon in honour of the National Day of Truth and Reconciliation. Through drumming, songs, and storytelling, Chantal reminded us of all about the power of community, love, and respect.

As we welcome October, we're filled with gratitude for this amazing community and the privilege of learning alongside our students each day. We're looking forward to exploring themes of thankfulness while discovering the colours, changes, and wonders of autumn together!

Ms. Shelley and The Little Schoolhouse Team

LETTERS FROM THE JUNIOR FOREST WARDENS

Hi, I'm Aubrey, I'm a part of the Bragg Creek Bald Eagles JFW. This year I went to national camp. My favorite thing at camp was making survival kits. One thing I'm looking forward to this year is spring camp. One thing I like about the Bragg Creek Bald Eagles is club nights.
-Aubrey Tanner age 8

Hi, I am Ashlyn, I'm a part of Junior Forest Wardens Bragg Creek Bald Eagles. My favorite thing was making backpack buddies at national camp. I also liked to learn about birds. The Bragg Creek Bald Eagles are kind!
- Ashlyn Tanner age 6



RVC RECYCLING UPDATE

Beginning October 1, Alberta's enhanced recycling system will use an expanded, province-wide list of accepted packaging and paper products. New collection and processing arrangements will accept more materials for recycling, including certain glass containers, foam packaging, flexible plastics, empty aerosol containers and laminated packaging. If an item wasn't accepted in your local recycling program before, you were right not to recycle it. Now, as the recycling system evolves, more materials may be accepted. Please wait until October 1 before placing newly accepted materials in recycling. For more information, visit the Circular Materials website: www.circularmaterials.ca/resident-provinces/alberta







BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays
1 - 4pm: Ladies Group & Snooker

Thursdays
1 - 4pm: Snooker
4 - 9pm: Open House/Pub Night

Second Wednesday each month
1:00pm Book Club - bring a book to share with the group

Third Thursday each month
7pm: Open Mic Night
come play or listen!

Fridays
1:15pm: Exercise Class - 45 minutes
bring your own dumbells or borrow
newcomers welcome, drop-in $10/class

2026 MEMBERSHIPS

New members always welcome.
50+ to join - annual fee $25
Questions? 403-949-3313
Email inquiries:
braggcreeksnowbirdsfellowship@gmail.com

Snowbirds Chalet is pleased to sponsor

Foot Care in the Creek

19 Balsam Avenue, Bragg Creek

CLINICIANS

Jill Read-Johnson C-Pod(I)
Certified Podologist International

Sheree Gorsline
Advanced Pedicurist

COST

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For clinic dates & appointments call Jill directly at 403-861-1503

*** Clients must provide their own foot basin & towel**

BENEFITS OF REGULAR PROFESSIONAL FOOT CARE

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- provide gait analysis and referrals

ad space generously donated by the High Country News

REDWOOD MEADOWS EMERGENCY SERVICES

October brings crisp mornings, colourful canopies, and the annual push to get our homes ready for winter. As you begin fall cleaning, home maintenance, and seasonal organizing, we're focusing this month's safety message on preventing the most common autumn hazards. A few thoughtful steps now can reduce emergency calls later and help keep our community safe through the colder months.

Heating System & Furnace Safety
With furnaces running more frequently, make sure your heating equipment is in good working order.

- Schedule a furnace inspection by a licensed technician to remove dust and debris that can ignite.
- Replace filters to improve air quality and reduce strain on the system.
- Keep the area around your furnace clear of boxes, paint cans, and cleaning supplies.
- Check and clean vents and registers to ensure airflow isn't blocked.

Chimney & Fireplace Cleaning
As temperatures drop, many households begin using fireplaces again — and that makes chimney maintenance essential.

A dirty or damaged chimney is one of the leading causes of preventable home fires. Creosote, a highly flammable residue, builds up inside chimneys over time. When fireplaces are used without proper cleaning, that buildup can ignite and cause a fast moving chimney fire.

- Schedule an annual chimney sweep by a certified professional before your first fire of the season.
- Inspect your chimney cap to ensure it's secure and free of debris.
- Check for cracks in masonry or metal liners.
- Burn only dry, seasoned wood to reduce creosote buildup – never ever burn holiday wrapping paper!
- Keep a screen or glass barrier in front of your fireplace to prevent sparks.

A clean chimney not only reduces fire risk — it improves heating efficiency and keeps smoke out of your home.

Declutter to Reduce Fire Hazards
Fall cleaning is a great opportunity to remove items that create unnecessary risk.

- Clear storage rooms and keep pathways open.
- Dispose of old chemicals like paint, solvents, expired bear spray and cleaners at approved facilities – reminder, the firehall doesn't accept these items!
- Store holiday décor safely in dry, labeled containers.
- Donate unused items to reduce overcrowded basements and closets.

A tidy home improves escape routes and helps responders navigate more easily during emergencies.

Electrical & Appliance Safety
As you move furniture and clean behind appliances:

- Inspect cords for fraying or heat damage.
- Vacuum behind refrigerators and dryers to remove dust and lint.
- Ensure outlets aren't overloaded with seasonal décor or heaters.
- Clean your dryer vent — lint buildup remains a leading cause of home fires.

Outdoor Fall Cleanup

- Rake leaves away from your home.
- Clean gutters to prevent ice dams.
- Store firewood at least 10 metres from your house.
- Trim branches hanging over roofs or power lines.

Emergency Preparedness

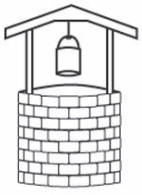
- Test smoke & CO alarms. If they expire before year end, buy and install them early to prevent them alerting for end of life in the middle of a dark winter night.
- Review and practice your home escape plan with all family members, including holiday visitors.
- Restock your emergency kit with cold weather supplies and put a winter emergency kit in your vehicle.
- Schedule your vehicle for an annual check up to ensure it's ready for winter driving.
- Ensure house numbers are easily visible in the dark for first responders.

Until next month, Stay safe!



WELL OWNERS

ARE YOU NEGLECTING YOUR WATER SYSTEM?



Standard Water System Maintenance Schedule:

Equipment/ System	*Maintenance Required*	*Recommended Frequency*	*Risks/Results if Neglected*
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually *(as per Alberta Environment)*	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year *(as per Alberta Environment)*	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

Your Key Fob Can Betray You

"A key fob is a smart device, basically a mini computer; it's more than just a plastic piece. Because of its wireless capability, a passerby could use a device to capture and amplify your fob's signal, allowing them to unlock, start, and steal your car without the original key. Thieves can use technology to intercept, clone, or relay your fob's signal to steal your vehicle, sometimes taking less than 60 seconds." (Most of this article comes from Autocarlocksmith.com).

It's important to understand your key fob and your vehicle are continuously trying to communicate with each other; hence why your vehicle responds when you get near it with your key fob.

Here are the common methods employed to access, clone or reprogram your key fob:

1. Relay Attacks: This is the most common method thieves use. This method needs more than one thief. They work together to use two signal amplifiers. One is placed near your car, and another one near your key fob location to capture its electronic signal. Then they use a device called a keyless repeater. This method fools your vehicle into thinking the fob is nearby, allowing it to unlock and start instantly.

2. Signal Interception: Hackers intercept the wireless communication between your key fob and your car. It happens during the locking/unlocking processes. In that way, hackers track and record signal frequency and replay later to gain unauthorized access to steal your vehicles. It helps to unlock your vehicle only when you are at your vehicle and not from a distance.

3. Key Cloning: Thieves employ key fob cloning. They clone your fob frequency or data. Once cloned, they can create a duplicate that works exactly like your original key.

4. Onboard Diagnostic Port Access: If hackers somehow gain physical access to your vehicle, they can use the OBD-II port to program a new key, especially if your car's system is outdated or unsecured. The TV show W5 illustrated how easy this is by purchasing a device online and reprogramming a vehicle.

5. Jamming: You park, press the lock button, and don't notice your vehicle isn't locked because you believe it works accurately every time. Thieves use this jamming method to block the lock signal your key fob sends when you try to lock the car. The thief gains access to the unlocked vehicle for whatever they want to do (see #4).

Things you can do to protect against the above:

1. Store your key fob securely at home: Most relay attacks happen at night. Your fob often sits near the front door or window. Try to keep it at least 15-20 feet away from entry points and windows. It's a good practice to store it inside an RFID-blocking box or signal-proof pouch.

2. Use an RFID blocking box or pouch: The RFID pouch blocks signals from leaving the pouch. Using these signal-blocking accessories prevents thieves from amplifying or cloning your key fob's signal. As a practical matter, I have found the RFID pouch to be an annoyance/inconvenience when I'm using my vehicle. It's tough to put the bulky pouch in your pants pocket. However, I will use the pouch when the fob is in the house as well as for the spare fob.

3. Update the Software on your Vehicle: Your car's onboard computer gets security upgrades much like your smartphone. These upgrades often repair holes that hackers can use to get in. (I suspect it's the same with most vehicles, but mine sends me a software update notice.)

4. Install a lock on your steering wheel: This low-tech device can be overcome, but thieves need to come prepared with tools to do so. This is a quick, easy habit to get into. The main deterrent is that thieves will move on to an easier/faster target that doesn't have a steering wheel lock.

Signs that your key fob may be compromised:

- The car locks or unlocks on its own
- The signal range is shorter, or the fob doesn't always work.
- The car alarm goes off for no evident reason.
- Having trouble starting your car, even with the fob in hand
- Using up the battery in the fob faster than normal

If you notice any of these signs, you should reprogram your fob right away or call a reliable vehicle locksmith to check your system.

As a point of note, the non-profit anti-fraud group, Equite Association, which collected car theft statistics from January to June of this year, recorded the steepest drop in vehicle thefts occurred in Alberta — 15.1 per cent fewer cases than during the first half of 2025.

Dave Schroeder - HCRCWA Board Member



PRIDDIS COMMUNITY

Hello Priddis,

As the air gets cooler and we settle back into routines, why not try out one of the programs happening close to home at the Priddis Community Hall?

* Community Yoga- Mondays and Thursdays from 7:30-8:30pm. All experience levels welcome. Email lorichinnery@heartomwellness.com for more information
* Martial Arts- classes take place on Wednesdays between 4:30 and 6:30pm. There are options for all ages and skill levels. Email yus84635@gmail.com for more information
* Parented Playgroup- now happening on Tuesdays at 9:30am. Drop in and join community parents for coffee, connection and conversations while the little ones play in the gym. Free for PCA members.

*Dance Cardio & Strength Class- M/W/F from 9:30-10:30am. Drop in to learn more or try out a class. All levels welcome

We are in the planning stages for a couple of great events this Fall, so please save the date:

* Community Halloween Party- join us at the Hall for games, activities, food and drinks before Trick or Treating. More details to come
* Community Christmas Market- this popular event is back for a 3rd year on Saturday November 28 from 10am-2pm. There is no entry fee for your to come and shop/support local this holiday season. A yummy breakfast concession and festive beverages will be available for purchase. Interested in being a vendor? We have a couple of spaces left. Please email priddismarkets@gmail.com for more information

Are you a local business wanting to gain visibility while supporting the community? We have space for a few new advertisements on our brand new rink boards. Want to learn more about this exciting opportunity? Email priddisalberta@gmail.com

As you are probably aware by now, our tennis and pickleball courts sustained some disappointing damage, unrelated to regular use, during the last part of August and the first part of September. As a result, the courts are now locked. If you are a member wanting to use the courts, please email priddisalberta@gmail.com for the code. We are counting on our members to help us keep the courts secure by locking the gates when you are done playing. We also wanted to give advance notice to members that, as a result of the damage and in an effort to keep our amenities in good order, the courts will be moving to a booking system for next season. Information about this will be shared with members in early Spring.

Over the last winter and summer we also dealt with an increasing amount of issues on the Community Hall property. These issues included unauthorized late night gatherings creating excessive noise and litter, vandalism of the porta potties and the dumping of large amounts of household garbage and other materials. As a result, the board has decided that we will be transitioning to closing the gate to the property every night this Fall. Times will be posted on the letterboard sign at the hall and communicated through our member's emails and social media.

This is a friendly reminder that PCA memberships expire one year after purchase. You should receive an email reminder to renew. However, you can also log into your Communal account at any time to check the status of your membership. There you can also set up your membership to auto renew so you do not have to worry about it every year.

The Priddis Community Association Board of Directors





TIPS FOR SNOWBIRDS

The annual migration of snowbirds trying to escape Canada's long cold winter is about to begin. Your escape may only be for a short get away, or multiple months. Regardless, you may want to consider a few things to keep your home safe.

You may not realize but most home insurance policies have specific rules about how long your home can sit empty before it affects your coverage. Letting your insurance provider know isn't just a formality. Some policies also require you to take specific steps while you're away, like having someone check on the property regularly or keeping the heat on in the winter to prevent pipes from freezing and then bursting, to maintain coverage. If you don't follow those rules, and something goes wrong, your insurance claim could be denied.

In most cases, a home is considered vacant for insurance purposes if no one has been living in it for more than 30 consecutive days.

But it's not just about being away. It also depends on whether the home looks lived-in. For example, your insurer may view it as officially vacant, instead of just unoccupied, if:

- The utilities are shut off
- Your personal belongings are gone
- There are no signs of regular activity

Every insurance provider has their own definition and timeline, so it's always a good idea to check the fine print in your policy or call your insurance broker directly. Remember, leaving your home empty for too long can put your coverage at risk.

In addition to speaking to your insurance broker, listed below are a number of other things you can do to protect your property to give you peace of mind while away.

According to an article from SGI Canada, a home is broken into every 90 seconds across Canada, with most intruders gaining access through ground-level or basement doors and windows. So, before you leave, make sure that all doors and windows are locked. Don't forget to double-check your:

- Basement windows
- Garage doors
- Side entrances
- Backyard gates

If you have sliding windows or doors, consider adding sliding window locks or a wooden dowel to prevent them from being slid open.

Have a monitored alarm system installed and make sure to always activate it before you leave. Not only does a monitored alarm system help protect your home, but it can also help lower your insurance premiums with an insurance discount. Remember to let the security company know you'll be away and give them an emergency contact just in case.

If you're gone for a while, consider turning off your water supply to avoid surprise leaks or water damage. Alternatively, consider installing a smart water leak detector so that you'll receive a notification if it detects any leaks.

If you don't have any surge protectors, consider unplugging things like TVs, computers, heaters, and chargers to save energy and avoid any risk from power surges.

Before you leave, double-check that your smoke alarms are working. You may also consider installing smart smoke detectors or alarms so that they can notify you immediately if they detect any smoke.

Put your mail and subscriptions on hold, or have someone collect them daily. A pile of packages or mail sticking out of a mailbox is an obvious sign that no one's home.

Don't leave expensive items in plain sight. If you don't have a safe, tuck valuables into a locked drawer or cupboard, or even store them off-site.

The RCMP says to avoid posting your vacation plans on social media networks. As tempting as it is to post beach pictures in real time, it's safer to wait until you're back. Public posts can signal to potential burglars that your home is empty.

Enjoy your time away and if you need someone to check on your property, I'm happy to help.

Lona Henry - Busy as a Bee Services
BusyBservices@pm.me | 403-585-3800



SQUARE BUTTE COMMUNITY

The Square Butte Hall ushered in the fall with some of our annual events. The community breakfast was a tremendous success. The weather was perfect, the food was AMAZING and it was one of the largest crowds we've seen yet. A huge thanks to UXL Ranch for sponsoring this event and Miss Marples for serving up the bacon. The Family Potluck and Games, hosted by the Square Butte Ladies Group, was also a fun and delicious event. Now it's time to shift gears and start a new year with our Annual General Meeting in November. If you're new to the community, be sure to come and meet your neighbors. We are big on having fun and won't try to rope you into volunteering (… at least not right away). This year our AGM & Dance is a FREE event!

Friday, November 20th AGM & Dance

7:00pm – Appetizers (potluck style) & cash bar

7:30pm – AGM (a brief recap of our year)

8:00pm – The Bearcats kick off the dance!

Bring a small appetizer to share and enjoy an evening with some great company. And if you are interested in getting more involved, there is always room at the table if you'd like to join our Board.

www.squarebuttehall.com
info@squarebuttehall.com
Facebook @squarebuttehall

MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month , September to May at 7 pm. The meetings are held at the Millarville Anglican Church House on Hwy 549 East

Thank you for celebrating our 50th anniversary of the Millarville Horticultural Club at our September meeting. We will be having a travelling show of the prize winners from the Priddis Millarville Fair. Photography, arts and handicrafts and fiber arts winners in the special classes held this year. Stops will be in Millarville library and the Sheep River library

Our next meeting is Tuesday October 13, 2026 at 7 pm. We will be having Ryan Hayward from Native plant rescue . We will be having a workshop on how to make native plant seed balls.

Tuesday November 10, 2026 will be our annual general meeting. Come and have your great ideas heard and vote for our board. There is always lots great snacks to look forward to and the chance to win a door prize.

New members always welcome at our upcoming meetings.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new President) at louisepattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com. Whether you are a novice or expert in landscaping or gardening, join our club; $15/year for singles or $20/year for a family. Check us out on Facebook as well.

millarvillehorticulturalclub@gmail.com
millarvillehortclub.com

MILLARVILLE COMMUNITY LIBRARY

There is a lot to look forward to at the Millarville Community Library this Fall.

Join us on Thursday Sept 24th at 7pm, as we welcome author Bonnie Beswick. Check out www.bonniebeswick.com to learn about the experiences that have shaped her work as a writer.

The MIllarville Historical Society has changed their display at the front entrance to the library. Come by to see the amazing replica of the historic Christ Church.

The Millarville Horticultural Society will be displaying winning pieces from the Millarville Fall Fair. We are pleased to showcase local talent in painting and photography, September 17th through to October 27th.

The 2nd Annual Pumpkin Derby will be held at the Sheep River Library on October 24th. In order to make sure you are ready; they are hosting a "Learn how to Build a Pumpkin Racer" on October 19th. See www.sheepriverlibrary.ca for more details.

Don't forget that the Turner Valley Bottle Depot is generously collecting donations from your bottle refunds, on behalf of the Millarville Community Library. All donations appreciated!

The Marigold Library Systems, TRAC program is undergoing a major upgrade, September 26h to October 5th. During this time patrons will be unable to access their library accounts, but access to Libby and Overdrive will remain available. You can visit the library during our regular business hours that week to take out and return resources.

Pure Flix is a new e-resource provided by the Marigold system. This is a faith-based family friendly streaming service with programs for all ages. Use your library card to sign up!

The library will be closed on Wednesday, September 30th for Truth and Reconciliation Day.

Please note that our email has changed and you can now reach us at amclibrary@millarvillelibrary.com.



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Lona Henry: 403-585-3800
BusyBservices@pm.me

RED DEER LAKE UNITED CHURCH

Join us at 10:30am every Sunday – **onsite or online** (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together.

We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

UPCOMING EVENTS
OCTOBER

- Oct 1 - Sound & Soul, 7 pm
- Oct 14 - Coffee with the Minister, 10 am
- Oct 17 - OTE Concert, 7 pm
- Oct 25 - Soup Lunch following the service
- Oct 31 - Men's Breakfast Fellowship Gathering, 9 am

NOVEMBER

- Nov 4 - Coffee with the Minister, 10 am
- Nov 5 - Sound & Soul, 7 pm
- Nov 14 - Men's Breakfast Fellowship Gathering, 9 am
- Nov 14 – Country Market & Café, 10 am
- Nov 21 - OTE Concert, 2 pm
- Nov 22 - Advent 1 Begins, 10:30 am
- Nov 27 - Country-Style Turkey Supper, 5 pm

ON THE EDGE CONCERT SERIES
On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at reddeerlakeuc.com/concerts

COUNTRY MARKET and CAFÉ
November 14, 10 am – 4 pm

In addition to our great crafts / beautiful handwork, homemade goodies and gift baskets, we are adding more outside vendors to the market. The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. Interested in renting a table? Visit us at reddeerlakeuc.com/fundraisers to learn more.

RENTALS
Meadow Green Wedding and Events Centre, is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church—perfect for weddings, workshops, performances, art shows, and more. Visit us at www.meadowgreenevents.ca or contact the office 403-256-3181 to book your tour today!

Stay connected and explore all upcoming events and sign up for our weekly newsletter at www.reddeerlakeuc.com

**Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.*

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COUNCILLOR UPDATE FOOTHILLS COUNTY By Suzanne Oel - Division 4

Greetings! Sharing my News Update...

RCMP-confirmed details about 2026 NW Foothills County Accidents: As a follow up to my September HCN article topic "Accidents and EMS" and in response to residents' requests for information, I am sharing with you these statements from the Diamond Valley RCMP about three accidents.

1. On May 25, 2026, at the intersection of Highway 22 & Priddis Greens Drive, police were dispatched to a 2 vehicle collision involving a motorcycle and a motor vehicle. The collision was deemed to have been caused by human error, and resulted in the fatality of the operator of the motorcycle. The driver that was deemed 'at-fault' was charged and the matter remains before the courts.
2. On July 11, 2026, at the intersection of Highway 22 & Priddis Greens Drive, police were dispatched to a 2 vehicle collision involving a motorcycle and a motor vehicle. The collision was deemed to have been caused by human error, resulting in the fatality of the operator of the motorcycle. The driver that was deemed 'at-fault' was charged and the matter remains before the courts.
3. On July 26, 2026, at the intersection of Highway 762 & 258 Ave. W., police were dispatched to a single vehicle collision involving a motorcycle that lost control and hit the ditch. The lone operator of the motorcycle sustained serious but non-life threatening injuries and was air lifted to the hospital. The collision was deemed to have been caused by human error, speed, and driver experience may have been a factor.

Highway 22 & Priddis Greens Drive Intersection: Further to the above inquiries, Alberta Transportation and Economic Corridors (ATEC) provided a statement, explaining that Highway 22 & Priddis Greens Drive has a fully channelized Type IVb intersection, and has dedicated left turn lanes which is a higher standard than a normal rural intersection. ATEC also noted that sight distances are good in both directions. FYI: you can view the ATEC Highways Geometric Design Guide. Click on "Chapter D: At-grade intersections" to view the Type IVb design and learn more about At-grade intersections: https://open.alberta.ca/publications/highway-geometric-design-guide-1995

Numerous Accidents in 2026 involving Motorcycles: Over these past summer months, RCMP have experienced an increase in collisions involving motorcycles in and around the Foothills County area, including Foothills County, Diamond Valley, Okotoks, High River, Cochrane, and Kananaskis response areas. The following information is written in collaboration with the Diamond Valley RCMP. Although some of the collisions did not occur within the Diamond Valley RCMP detachment response area, they are included because RCMP members serving Foothills County responded to these collisions, and these numbers show the scale of impact.

There have been 18 reported motorcycle collisions during the spring and summer months in 2026, and 11 of those resulted in fatalities. RCMP would like to remind drivers to be extra cautious and to be prepared to encounter all modes of transportation including less visible motorists, cyclists, vulnerable road users, slow moving vehicles, farming equipment, logging trucks, and wildlife. Motorcycles are much smaller than a vehicle, which often makes them more difficult to see. There's a greater chance that a motorcycle could stay in one's blind spot. When following a motorcycle, provide a greater distance, and be mindful that a motorcycle is able to come to a complete stop much more quickly than a car or truck. Check twice at intersections, always check blind spots and avoid sudden lane changes. While road conditions such as loose gravel, potholes or slippery surfaces can be a contributing factor, additional factors to consider are visibility, driver experience, speed, and driver error. Thank you and drive safe!

Emergency Health Services to meet with Foothills County Council: Plans are being finalized for a meeting to take place during a Council session in October 2026. The meeting date will be published in an upcoming Council Agenda. In my next HCN article, I plan to write about the content of our meeting, plus share more about our request to keep the Priddis Ambulance at its home station to serve the residents and visitors here.

For Other News & Updates:
Facebook: https://www.facebook.com/CouncillorSuzanneOel/
Email: suzanne.oel@foothillscountyab.ca
Please visit High Country News online for my previous articles: https://highcountrynews.ca/?s=suzanne+oel

With Best Regards,
Suzanne

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(403) 796-5629
bcdelectric@gmail.com

LONGVIEW LIBRARY

Do you ever wonder how something is put together? Have you ever wanted to take something apart, just to see how it works? Well now you have a chance do just that at our new Breaker Space in the library.

Another special thing that is happening in our library is the creation of a community mosaic. Each participant is given a stick to colour on, then given to our librarian, Lynda, to mount on a board. Drop by the library, take a stick and colour it for the mosaic Each stick represents a piece of creativity.

Take and Makes will start up in September.

New books in the library are: *Close to Death* by Anthony Horowitz. *My Friends* by Frederick Barkman and *Reminders of Him* by Colleen Hover.

Sylvia Binkley
sliv@telus.net 403-933-0139

DIAMOND VALLEY CHAMBER OF COMMERCE

LEADERSHIP - A Culture and a Team That Works

So...I made a mistake. I thought that I could take in the book Leadership Mindset 2.0, by R. Michael Anderson as an audio book, while I was finishing drywall in a basement reno.

Wow! This is a book that needs to be taken in over time. It can be quite overwhelming.

The essence of the book is that leadership flows from the character, self-awareness, emotional health and practices of the leader.

Business owners/Entrepreneurs who develop themselves as leaders make their companies more resilient, improve the experience and loyalty of their employees, and seek to make the community around them stronger.

As the leader/entrepreneur grows in self-awareness and mindfulness, his/her business environment/culture also grows in maturity, focus, purpose, strength...and performs better.

Their staff culture improves, they attract and keep the best employees, and their influence extends beyond their own business environment. See this quote from a summary on www.shortform.com

Leveraging Influence for the Greater Good
Anderson argues that conscious businesses, organizations that are fueled by a deep sense of purpose, value, and service both perform well and help solve systemic issues.

Those companies, he says, have a culture that is committed to their purpose, values, and employees, and they receive inherent market rewards for this. He also cites studies that show "mindful" businesses exceed the S&P 500 by a factor of 14 over a 15-year span. He encourages leaders to view themselves as individuals who can change the world and to leverage their influence to advance causes that help people.

This is just one small aspect of what the book explores. I may have opportunity to write about this some more in the future.

The area of building and keeping a strong workforce is the focus of the half-day conference that your Chamber hosted along with Community Futures Highwood.

I hope that you made it, as it brought some refreshing perspective/tools to the ongoing work of building your team!

Rootin' for you! We're all in this together.

Todd

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Jack King "The Round Up"

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HELLO DIAMOND VALLEY

Well, it's been not a bad start to the Fall season with a fair amount of rain and sunshine. The days are getting shorter but let's hope the snow will hold off for a while.

Beneath the Arch concert series is pleased to present The Fugitives on October 17. Performing folk and Americana with wondrous harmonies and storytelling, The Fugitives are the winners of seven Canadian Folk Music Awards and this promises to be an awesome show. Info on tickets including season's tickets and more can be found on their website at beneaththearch.ca. The show will be held at the Flare and Derrick and starts at 7:30.

Another fantastic show is Jack Semple plays Lightfoot on October 17 as well. Semple is a Saskatchewan born composer and musician, and has won a Juno and a Western Canadian music award. I love Gordon Lightfoot's music and Semple is a master at his craft and an amazing guitarist. The show will be held at the beautiful Red Deer Lake United Church, for tickets and more info, go to reddeerlakeuc.com/concerts.

The Oilfields Curling Club is celebrating their 100th anniversary this year. They will be hosting an Open House on October 17 at 1:30 at the Rink in Black Diamond. Past and present members as well as anyone interested in curling are welcome to come. The event will feature on ice "try curling" sessions and demonstrations. There will also be a first screening of a video to commemorate this special year. Lots more to see and do on this day, for more info, go to occcurling.com.

The Sheep Creek Weavers Club is is celebrating 50 years of Fibre Art this year. They will be hosting their annual Fibre Arts Sale on October 17 and 18 at the Millarville Racetrack Hall from 10-4. There will be hand crafted items for sale, local fibre artists to talk to, raffles, and fibre arts demonstrations. I watched them at the Millarville Fair last year, from the raw wool to weaving and finished products, and it was pretty interesting to watch the process. More info can be found at sheepcreekweavers.ca.

Also at the Millarville Racetrack will be their Halloween Howl on October 24. Put together a costume and your family and friends for an evening of pot luck, pumpkin carving contest, games, a haunted house, costume parade, adult drinks, and more. The event runs from 6-10pm at the Millarville Racing and Agricultural Society Hall, for more info, go to millarvilleracetrack.com.

If you are a 55+ Foothills resident in a lower tax bracket, you may qualify for subsidized transportation. This program is for medical appointments, social outings, or essential needs. You must be a resident of the Foothills and have an income no greater than $45,000 or $55,000 for a couple. Your 2025 notice of assessment will be asked for as well as proof of address and identification. For full details, email is FCSS@FOOTHILLSCOUNTYAB.CA or call 403-603-6229.

Effective October 1st, the province is enacting a wider list of materials to be recycled in the blue bins. This will include flexible plastic and films, empty aerosol containers, foam packaging, paper laminates like coffee cups and ice cream containers, and glass containers. Items must be clean and dry, and placed loosely in the bins. The exception is shredded paper which should be ina plastic bag. This system is fully funded by producers and companies supplying packaging and paper products. The blue bins will be picked up on Thursdays. For full details, please visit circularmaterials.ca/AB.

Any news or events for November, please drop me a line at elaine.w@telus.net before the 15th of October. Hope you all have a lovely start to fall and enjoy all our beautiful Foothills has to offer.

Elaine Wansleeben

BENEATH THE ARCH CONCERT SERIES

THE FUGITIVES

SATURDAY, October 17, 2026

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

Adult: $30 / $35 at the door

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

Flare & Derrick Community Hall, Diamond Valley

Buy Your Tickets Online @ beneaththearch.ca

Transaction Fee For Online Tickets or in person from

Bluerock Gallery, Sheep River Library

Tickets for All Concerts Now on Sale



INFO & TICKETS: beneaththearch.ca

HIGH COUNTRY News

Check us out online: **highcountrynews.ca**

SHEEP RIVER LIBRARY

Out Loud 2026 begins in just a few days with Tim Hus bringing us his Canadian cowboy music on Saturday, October 3. On October 10, John Wort Hannam, Alberta's 6th Artist in Residence will be at the library. John's story-telling music focusses on life in western Canada. October 17 sees The Shakespeare Company performing scenes from A Midsummer Nights Dream. We finish up the series on October 24 with Elinor Florence speaking about her latest novel Finding Flora. All events are at 7:00 pm. Please drop by the library to pick up your free tickets (call to see what is still available).

We are thrilled to be co-hosting our 2nd Annual Western Foothills Pumpkin Derby with the Millarville Library on Saturday, October 24 at 11:00 am in the Sheep River Library parking lot. Registration opens at 10:00 am. If you need help decorating or building your pumpkin, come along to the preparation session on Monday, October 19 at 1:00 pm. Trish Draper from Art Adventures will lend her expertise to help you decorate the pumpkin racer of your dreams. A limited number of sets of wheels will be available for purchase from the library. Prizes will be given to 1st, 2nd and 3rd place in the following categories: Overall Winner, Greatest Distance Travelled, Best Decorated, and Most Scary. If the weather is uncooperative, races will take place inside the library.

Over the summer, the staff spent some time re-organising the collection. Our Library of Things outgrew its home since we added to the collection due to receiving an Alberta Blue Cross Community Wellness grant. With this grant we purchased some Pickleball and Disc Golf sets (suggested during last year's community survey) and some Pilates equipment to support our new Pilates class which takes place on Fridays at 4:00 pm. Many of these items are now in staff only areas but we have a solution: each item whether it be a tool, craft supply or sport equipment is represented by a repurposed DVD case in our new Information Station. These cases can be found near the Children's area on the former paperback shelves. Simply bring the case to the front desk and the staff with retrieve the item for you.

Simply bring the case to the front desk and the staff will help you find the item. Other items that have moved to the old paperback shelves are the children's DVDs and board books. If you are not sure where something has been moved to, please ask the staff.

Looking forward to November, we are excited to host the Vested Interests Climate Change Walking Art on Sunday, November 1 at 2:00. Join us for a fun, entertaining, informative and a little bit quirky show of garments with original graphics telling stories of climate change. We are still looking for models for this event, please contact the library if you are interested. Also in November, we have the Hollywood Got It Wrong Remembrance Special on Saturday, November 14. Details about the movie, speaker and start times will be on our website shortly. Links to more information about all these events and collections can be found at sheepriverlibrary.ca/News.

Please note that the library will be closed on Monday, October 12 for Thanksgiving. Regular resume on Tuesday, October 13.

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COUNCILLOR UPDATE FOOTHILLS COUNTY By Laura Kendall - Division 3

It's Official! Joan Paterson is the Bear Woman of Millarville

With the recent trapping of 4 more bears on her property, I thought it was high time that Joan received some kind of recognition for her status! She did have some help from Alberta Fish and Wildlife in her efforts to deal with a plethora of bears at her property. In total 13 bears have been spotted and 5 live trapped at her place in the past 20 years.

This last episode with the bears started with a break-in at her back shed, which is right next to her house I might add. There was nothing of sustenance in her shed unless you count some insulation. Maybe the bear was looking for a cave for the winter for her and her family.

Joan alerted the Fish and Wildlife of the bear trying to take up residence without a lease so a live trap was set up within 50 feet of her back door.

So there sat the trap for the better part of a week, with Joan ever watchful day and night wondering when her visitors would return. Always hoping she would not be caught between her parking spot and her door should they surprise her. She always used her truck alarm to alert them just in case when she arrived home.

Joan rarely drives around in the dark but a church meeting had kept her out a bit later than usual. She made her trip to the back door with her arms full and King Louie in tow. Upon entering the house she realized she had forgotten Louie's chicken strips in the truck so back she ventured the 50 feet to her truck and back. She got the door safely shut behind her and within a minute off went the loud bang of the trap.

The Fish and Game alarm went off before Joan alerted them so they expected her call. An officer arrived to see eyes in the darkness so had to wait for his partner before checking the trap. To their surprise they had 3 bears in the trap! Which neither of them had ever seen before. With the third cub on the loose they had to wait till morning and come with an extra trap. Thankfully they got all four relocated.

Joan has taken down her bear statue greeting visitors thinking it might be sending the wrong message. Luckily her electrician finally had time to come install her outdoor lights within a week so we can be thankful for that!

With all her experience with bears Joan is very careful not to leave garbage of any kind outside. She has no fruit trees or bushes either. She advises to stop, look, listen and smell before venturing out in her neck of the woods. The Bear Woman of Millarville believes she is very lucky to live in friendly bear country.

Laura Kendall - Division 3 Foothills County
laura.kendall@foothillscountyab.ca





DUANE HARDER

WHERE WERE YOU?

I can remember exactly where I was and what I was doing on September 11, 2001. I was interrupted by a friend who phoned and asked if I had my TV on. He urged me to stop what I was doing and turn it on. I stopped what I was doing, turned the TV on and watched the second plane fly into the second tower. I could hardly believe what I was seeing.

Those twin towers were a loud declaration of America's soaring ambition, global dominance, innovation and technological prowess. They rose over 400 meters above the harbor, had 24 km of elevator shafts and some 44,000 windows that took 20 days to wash. The Trade Center complex was so large that it had its own zip code.

To build such tall towers, they needed exceeding strong foundations. The engineers dug a huge rectangular hole seven stories down to bed rock. The 1.2 Millon cubic yards of soil dug up were used to add 23 acres to Lower Manhattan. The towers used 200,000 tons of steel and according to the 9/11 Memorial & Museum, enough concrete to run a sidewalk between New York City and Washington, D.C.

They broke ground for the project in 1966 and brought it to completion in 1975 after overcoming community opposition, design and construction setbacks, attempted sabotage by New York real estate rivals and major challenges. The final cost, over $1 billion, far beyond the original budget of $280 million.

Ada Louise Huxtable, an architectural critic for The New York Times, gave this prescient warning back in 1966 – "The trade-center towers could be the start of a new skyscraper age or the biggest tombstones in the world." Little did this lady realize that 35 years later those towers would become a tombstone.

The dastardly events of 9/11/2001 still bring a strong mixed message to those who will hear.

1. It screams out a message warning us of unbridled intolerance. I may take a differing point of view than you on politics, education, economics or religion but that does not give me the right to despise or obliterate you. Worth and value are not established on the foundation of ideological conformity.
2. At the same time we see an outpouring of sacrificial giving. First responders and caring civilians spent tedious hours digging through rubble in search of those trapped. People on all sides of the political religious spectrum responded to the cry for help. Ordinary common people emerge as heroes when disaster threatens our security.
3. Disasters, trauma and life-threatening events help us separate between what is worthless and what is precious. What was important in the morning of the 9/11 events faded into obscurity by mid-afternoon. We get brought face to face with the question, "What really is valuable to us."
4. Trauma and disastrous events help us review our life and give thanks for what we have. In fact shortly after you receive this paper, we will be celebrating thanksgiving. In preparation for Thanksgiving I encourage you to write a list of the most important things for which you are thankful. What are things in your spouse, children, work, friends, or anything else in life, for which you can give thanks? Gratitude is an attitude that changes the trajectory of your life.

9/11 reminds us that power, possessions and positions can be wiped out in a minute. Character is eternal. Chose character and I'll see you at the top.

Duane Harder







THE ORGANIZED LEADER
by Vanessa & Landon Kennedy

THE ART OF FRICTIONLESS LIVING

Leonardo da Vinci famously wrote, *"Simplicity is the ultimate sophistication."*

As a high-performing Leader, you delegate operational drag, streamline decisions, and eliminate complexity so you can focus on what matters most. Yet, for many accomplished professionals living in expansive homes, the exact opposite occurs the moment they step through their own front door.

Eliminating Complexity At Home
A 5,000-square-foot estate offers immense comfort. But without intelligent systems to stay organized, a home slowly degrades.

Like a sponge, every closet and drawer soaks up the "stuff" of a full life: the work anniversary gifts, the obscure appliance from a midnight scroll, the swag bag from a conference three years ago.

Until one day, a drawer no longer opens. Sometimes from the physical friction of overflowing items, and sometimes from the overwhelming resistance of decision fatigue.

Behind closed doors, this friction manifests as avoidance and shame.

Consider a three-car garage we recently transformed for a wonderful couple in Elbow Valley. Both retired executives with busy lives and grandchildren to adore. They were simply never going to spend 100+ hours wrestling decades of accumulated belongings into order.

Instead, they adapted. They relegated their garage to irrelevance. Shuffling past piles to grab frozen dog food, actively averting their eyes so as not to arouse their own guilt, while their luxury vehicles sat parked on the driveway.

After a single day of guided decision-making, the friction evaporated. A few days later: perfection. Every tool had a home. Detailing supplies, seasonal storage, and sports gear were organized intuitively and displayed beautifully. For the first time since moving in, they were able to park both vehicles in their beautiful garage, just in time for Autumn!

The Myth of "More Space"
When high-performers hit this wall, the default instinct is to expand: *"We need to renovate,"* or *"We need a bigger home."*

We have seen Leaders spend millions on a new property or hundreds of thousands on custom cabinetry, expecting it to improve their daily life. Yet within months, they find themselves in the exact same position: overwhelmed by belongings that no longer serve them.

Lack of square footage is rarely the problem; it is merely a symptom. True sophistication doesn't come from acquiring more space. It comes from smart systems that utilize the space you already have.

Embracing Essentialism
When we talk about curating an estate, clients often worry: "I don't want a cold, sterile house that lacks personality."

We reassure them immediately: neither do we! We operate as Flexible Essentialists, not rigid minimalists.

Minimalism pursues less for the sake of less. Essentialism is the pursuit of true abundance through curation, discernment, and intention. It is having everything you need, love, and use, exactly when you need it, without wasting a moment searching.

It is choosing colour, comfort, sentimentality, and joy, ensuring your home reflects who you are today, rather than just a record of the past.

Before planning an expensive renovation or calling a real estate agent, look at what you are trying to store and ask: *If I am willing to uproot my life by renovating or relocating, shouldn't I at least try getting organized first?*

Addressing the root cause is easier said than done, and that is precisely why we exist.

Vanessa & Landon Kennedy are your neighbours in Elbow Valley and the founders of Organization Magic, Calgary's premier Estate Transformation firm. Our mission is simple: to support and elevate Women in Leadership by freeing you from the burden of disorganization.

Learn more at OrganizationMagic.ca.

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CELEBRATING 100 YEARS OF CURLING IN DIAMOND VALLEY



Si. Cormack, Leigh Constable, Millard Vandergrift, Bud Kelly. The day Turner Valley Royalites Discovery well came in.
From the book "In the Light of the Flares"

Oilfields Curling Club is celebrating 100 years of curling in our community during the 2026-2027 season, with a slate of special events planned to mark this milestone.

The celebrations kick off with an Open House on October 17th, featuring several dignitaries, a demonstration curling game, and a chance for the public to step out onto the ice and try the sport for themselves. Special 100-Year commemorative clothing will be available, along with a limited-edition Whisky and Gin produced in partnership with Eau Claire Distillery.

The club will also host a special edition of its Little Brown Jug Bonspiel from November 11-15, with our organizers hoping to field 32 teams. The event's traditional Saturday night dinner will once again be held at the Turner Valley Legion, a venue with deep roots in the club's history.

Curling's history in the area stretches back to the 1920s, long before there was indoor ice. The first games were played on the frozen Sheep River, and for a time curlers carried their own pair of stones to and from matches. The Turner Valley Legion hosted the community's first invitational bonspiel in 1926, and by 1927, the Royalite Oil Company had built the area's first curling rink, a three-sheet facility that served curlers until the late 1950s. It was natural ice with no refrigeration so chinooks made for interesting curling!

The Turner Valley Oilfields Curling Association, forerunner to today's OCC, was incorporated in 1959 and moved into a second facility in Black Diamond that same year. This rink had an ice plant so a big step up from the old rink.

The club's current home on 3rd Street West in Black Diamond opened in 1996, the product of four years of construction, fundraising, and volunteer effort. The upstairs lounge, Gerry's, was added in 2003, when the association changed our name to the Oilfields Curling Club.

Curling has been a big part of the social fabric of our community for the last century. It is a sport that you can play all your life – our curlers range in age from 9 to 90! It's a fun way to stay active over the winter and the social aspect of the game is also important – you get to know lots of wonderful people.

Registration is open for the coming season – we have daytime and evening leagues – and we offer a fall Learn-to-Curl program for those who are just starting out.

The club continues to grow, with new leagues added this season, including a Tuesday night drop-in, a Tuesday morning TAG league, and a Thursday morning men's league, alongside a well-established junior program for kids aged nine and up.

Are you looking for something fun to do this winter? Why not give curling a try? We offer a friendly, welcoming environment and we'll help you get started. This will be a special season at Oilfields Curling Club!

For more information on the club and its centennial celebrations, visit www.OCCcurling.com.



1926 2026
100 YEARS
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Oilfields Curling Club

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New to curling? Join our Learn To Curl program.
Our members come from all over Foothills County.
Join us on the ice!

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100 Year Kickoff
Saturday October 17, 2026

LITTLE BROWN JUG BONSPIEL
Special 100 Year Edition
Wednesday November 11 - Sunday November 15, 2026

www.OCCcurling.com

STEPHANIE GILKER

Trick or Treat, Glass in Hand: A Wine Pairing Guide for Halloween Candy

I'll admit it: this is the column I've wanted to write all year! Every fall, wine writers dutifully pair Cabernet with steak and Chardonnay with turkey, and every fall I'm secretly more interested in what goes with the mini chocolate bars I'm "just organizing" out of the Halloween bowl. So this month, we're doing something different; treating your kid's candy haul (or your own, no judgment) like the serious tasting menu it actually is.

The Chocolate Aisle

Chocolate and wine is a genuinely tricky pairing, and often fails because both elements contain bitter tannins and contrasting acids that clash on the palate rather than complement each other. The fix is simple: your wine needs to be at least as sweet as the candy, or it will lose every time. Your wine also needs to low to now tannin. For milk chocolate bars, think the classic caramel- and-nougat combos and reach for Tawny Port or a late-harvest Vidal. Both have caramel and dried-fruit notes that mirror what's already happening in the candy, so instead of clashing, they extend the flavour. For dark chocolate (the "adult" candy bowl, let's be honest), a rare Banyuls from old Grenache vines or (more easily available) Ruby Port is the classic move, the dark-berry richness stands up to cocoa without getting steamrolled by it. If you're the type to hoard the peanut-butter cups, Sherry is the pairing nobody tells you about. The nutty, slightly oxidized character of the Sherry mirrors the roasted peanut flavour almost eerily well, and the sweetness keeps pace with the sugar. Look for Oloroso or Amontillado.

Gummy and Sour Candy

This is the category most people get wrong because gummies and sour candy actively fight most wine. High-acid candy needs a wine with equal or higher acidity, or the wine will taste flat and dull by comparison. A sparkling Moscato d'Asti is the move here because it's sweet enough to match fruit-flavoured gummies, and the bubbles reset your palate between handfuls the way soda water does. For sour candy specifically (the citric-acid bombs that make your face



Aia Vecchia Vermentino with White Cheddar Popcorn

scrunch), a crisp Riesling with real residual sugar, not bone dry, can actually tame the sourness rather than compete with it.

My Fave: Salty Snacks

My favourite house on the block had mini bags of Cheezies and Ruffles and it was everyone's go to. You're lucky to pass the rare house that includes chips, pretzels, or popcorn, and salt is one of the easiest things in the world to pair with wine. Salt softens tannin and highlights fruit, which is why my pick of sparkling wine is the unsung hero of the salty-snack world: a simple Cava or Crémant with a bag of salt-and-vinegar chips is a genuinely great combination. If you want something less bubbly, an unoaked, high-acid white like Sauvignon Blanc from Sancerre does the same job with pretzels or popcorn.

Candy Corn, For the Brave

Yes, someone always asks. Candy corn is essentially pure sugar with a waxy vanilla note, and the only wine with a fighting chance is something equally saccharine. An ice wine or a Sauternes poured in a small glass, because a little goes a long way on



Enguera Finca in a Bubble Cava Brut Nature with Haribo Classic Gummy Bears

both sides of that pairing. Then throw out your candy corn and pick a better candy.

The Host's Move

If you're handing out candy and pouring for the adults on your porch, don't overthink it: a bottle of Lambrusco, slightly sweet and lightly sparkling, is the one wine that works across almost the entire candy bowl. It's forgiving, festive, and frankly more fun for a night that's supposed to be a little silly.

However you spend the 31st, don't be afraid to treat the candy bowl like a flight. You'll never look at a fun-size Snickers the same way again.

Photo Credit: Stephanie Gilker

Cheers!

Stephanie Gilker is the founder of Saint Wine Society, curating polished wine tasting experiences and Champagne service across Alberta. She holds WSET Level 3, French Wine Scholar, and Master of Champagne certificates, bringing expertise, creativity, and elegance to every glass.



GET RIPPED
by Jari Love

Exercise & Cortisol: The Good, the Bad, and What You Need to Know

As a fitness trainer, I've noticed a concern coming up more and more in conversations with women: "I heard cardio raises cortisol."

"HIIT is bad for women because it increases cortisol."

"You shouldn't work out at night because it raises cortisol and causes belly fat."

Much of this information comes from social media, and understandably, it has left many women—particularly those entering perimenopause or menopause—wondering whether the exercise they're doing to improve their health could actually be working against them.

But is cortisol really the culprit? Should women avoid cardio, HIIT or evening workouts because they're afraid of raising it?

What Is Cortisol?
Cortisol is often called our "stress hormone," but that doesn't mean it's bad.

Cortisol is one of your body's helpers. When you need energy—whether you're exercising, rushing to an appointment or dealing with stress—your body releases cortisol to help you respond.

During exercise, cortisol can temporarily rise. That's normal. Cortisol helps make energy available so your muscles can do their job.

Exercise Can Help Us Manage Stress
Although cortisol may temporarily increase during exercise, regular exercise can help our bodies become better at handling stress over time.

Movement can improve mood, support better sleep, strengthen the heart and muscles, and provide a healthy outlet for everyday stress.

Avoiding exercise because you're afraid of cortisol could mean missing out on many of the benefits that help your body become healthier and more resilient.

Strength Training Is Especially Important
Strength training becomes increasingly important as we age. It can help maintain and build muscle, strengthen bones, improve balance and stability, support metabolism and make everyday activities easier.

Yes, cortisol can temporarily rise during a challenging strength workout. That doesn't mean the workout is harming you. It means your body is responding to exercise.

The same applies to cardio and higher-intensity exercise. Walking, cycling and swimming are excellent for heart and overall health, while higher-intensity workouts can also provide benefits.

Pay Attention to Your Total Stress Load
Your body experiences stress from more than exercise. Work, relationships, poor sleep, inadequate nutrition, illness and having too much on your plate can all add to your total stress load.

If you're sleeping well, eating enough, feeling energetic and recovering between workouts, your body is likely handling your training well.

However, if you're constantly exhausted, sleeping poorly, unusually sore, losing motivation or noticing your performance decline, your body may be telling you that you need more recovery.

That doesn't necessarily mean stopping exercise. It may simply mean adjusting the type, intensity or amount of training you're doing.

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What About Exercising at Night?
Strength training—and even high-intensity exercise—can be perfectly reasonable at night. The important thing is how it affects your sleep.

If a hard evening workout leaves you feeling wired for hours or struggling to fall asleep, consider exercising earlier or reducing the intensity. But if you exercise in the evening, feel great and sleep well, there may be no reason to change your routine.

Heavy or Light Weights?
Both heavy and light resistance training can temporarily raise cortisol. The size of the response depends more on how demanding the entire workout is than simply whether the weights are heavy or light.

Heavy weights with fewer repetitions and adequate rest may create less overall metabolic stress than lighter weights performed for high repetitions with very short rest periods.

In other words, lighter weights do not automatically mean a lower cortisol response.

The Important Part for Menopausal Women
"One of the most persistent misconceptions is that an increase in abdominal fat during menopause proves that cortisol is too high or that exercise is making the problem worse. Midlife body-composition changes are influenced by many interacting factors, including declining estrogen, sleep disruption, insulin sensitivity, loss of muscle mass and overall stress load. A temporary rise in cortisol during exercise is a normal physiological response, not evidence of harm. The more useful question is not, 'Did this workout raise my cortisol?' but, 'Am I recovering properly from my training and so that I can adapt positively over time?'"
— Dr. Rosanne Woods, DHSc

A temporary rise in cortisol is not something we need to prevent. It is a normal response to exercise.

For women during and after menopause, progressively challenging resistance training is particularly valuable for preserving muscle, strength and bone.

Don't fear a temporary rise in cortisol. Focus instead on finding the right balance between challenge and recovery.

That's where your body becomes stronger.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.







MORTGAGE MATTERS
by Candace Perko

Bond Yields and Canadian Mortgage Rates: What Homeowners Need to Know

If you follow mortgage rates in Canada, you have probably heard mortgage professionals talk about bond yields.

But what exactly is a bond yield, and why should someone buying, refinancing or renewing a home care about it?

The answer is fairly simple:
Government of Canada bond yields are one of the most important influences on fixed mortgage rates.

What Is a Bond Yield?
A bond is essentially a loan. When the Government of Canada issues a bond, investors lend money to the government for a specified period and receive interest in return.

The bond yield represents the return investors expect to receive from holding that bond. Government bonds are actively bought and sold in financial markets, so their prices fluctuate. Bond prices and yields generally move in opposite directions. When demand for bonds increases, prices rise and yields fall. When bond prices decline, yields rise.

Bond yields are influenced by numerous factors, including inflation expectations, economic growth, financial- market conditions and expectations about future interest rates.

Why Do Bond Yields Matter to Mortgage Rates?
For Canadian homeowners, the *5-year Government of Canada bond yield is particularly important because it is a primary benchmark used by lenders when pricing *5-year fixed mortgages. *applicable for all terms.

Banks and mortgage lenders obtain money at a cost and then lend that money to mortgage borrowers. The bond market helps establish the underlying cost of longer-term borrowing. Lenders then add a spread to account for factors such as funding costs, credit risk, operating expenses, capital requirements and profit margins. This is why fixed mortgage rates tend to move in the same general direction as bond yields.

Bond yields rising = upward pressure on fixed mortgage rates.

Bond yields falling = potential downward pressure on fixed mortgage rates.

The relationship is not dollar-for-dollar though. A 0.25% change in bond yields does not necessarily produce an immediate 0.25% change in mortgage rates. Competition between lenders, funding costs and lender-specific pricing strategies also affect the final mortgage rate available to borrowers.

What Are Bond Yields Telling Us?
Bond yields can provide useful insight into financial-market expectations, but they are not a crystal ball. For example, longer-term yields reflect both expectations about future short-term interest rates and a term premium, which is additional compensation investors may require for holding longer-term bonds.

As of early September 2026, the Government of Canada's benchmark 5-year bond yield was approximately ~3.41% (near a 1-yr high), illustrating why borrowers should watch more than Bank of Canada announcements when considering a fixed mortgage.

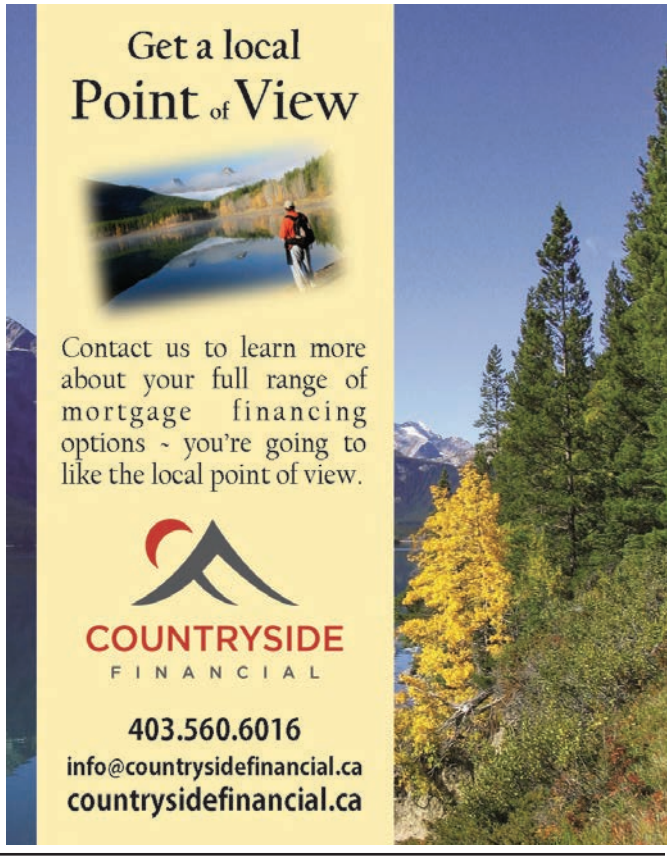
What Does This Mean for Your Mortgage?
If you are purchasing a property, refinancing or approaching a renewal, understanding the direction of bond yields can help put current fixed mortgage rates into perspective.

But the lowest rate is not necessarily the best mortgage. Prepayment privileges, penalties, portability, refinance options and mortgage terms can ultimately be just as important as the interest rate itself.

A knowledgeable mortgage broker can monitor both bond-market movements and lender pricing, helping you determine when it may make sense to secure a rate and which mortgage structure best fits your plans.

Candace Perko, Mortgage Broker





SIMPLE IT SECURITY FOR BUSINESS

No business is "too small" to be a target for cyber threats. In fact, a small business can be 3 times more likely to experience a cyberattack than larger businesses, because they have fewer IT resources.

Segal, E. (2022, March 30). Forbes. www.forbes.com/sites/edwardsegal/2022/03/30/cyber-criminals/

Here are some simple strategies to defend your business so the criminals move on to the next target.

I. Have a Password Policy and follow it.
Weak or shared passwords are the most common entry for Cyber criminals. Try putting two or three unrelated words together with a couple numbers thrown in.

II. Educate Your Staff in Cybersecurity
Human error is now the leading source of security risks for small businesses. In fact, one study suggests that human error is at the root of 95% of all data breaches.2 Educating your staff about cybersecurity is the most reliable way to lower this risk factor.

III. Keep your Data Secure
It's critical to have a good Backup and test it regularly. Your data is the one thing you can't replace.

IV. Keep your computers and software Up to Date.
This will reduce vulnerabilities that can be targeted by malicious email and websites, even if you do click on that link.

V. Secure your Network & Cloud Services.
Get a good Firewall and VPN. Don't rely on what your Internet provider has given you.

VI. Report all Unusual Activity.
Have a written "Incident Response Plan", and someone you trust to review it.

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ANDREA KIDD

Back in Stride

This morning I looked out the patio door window.

"Look! A fox," I called.

"Where?"

I pointed.

"See! On the other side of the road. In front of our neighbor's garage."

We watched as he trotted along, full of purpose along the row of houses.

"He knows where he's going," I said.

He trotted along, his four dainty paws pacing a steady rhythm. This fox was on a mission. He knew where he was going. His nose pointed straight ahead and his bushy tail flowed behind. No looking back.

I turned away from the window and snapped back into my own world. How I would love to be like that fox, happily going about his business and energized with the hope of accomplishing something worthwhile.

This morning I realized I was not like that fox. I was not purposeful. I didn't know where I was going. My nose was pointing in many directions and I was certainly not 'bushy-tailed'! I was at a road block, stuck, jammed, unable to move ahead. There were plenty to do, things I wanted to do or needed to do. I just didn't seem able to get at them.

And so, I was in a downward spiral. I lacked motivation. Small things frustrated me.

I needed to get out of the spin or else it would trigger a slammed door, a caustic remark to my spouse and a day of bad temper.

My thoughts roamed to a puzzling quote I read last night.

Robert H. Schuller wrote, "Again and again, the impossible problem is solved when we see that the problem is only a tough decision waiting to be made."

It did not make much sense to me when I first read it, but now I am mulling the words over in my mind and the fog of indecision begins to clear.

I do have a tough decision to make. I have not made it and I keep shelving it because I don't want to deal with it. That tough decision has been pushed to the back of my mind. That's why I cannot get into the flow of things this morning.

I slip on my shoes and walk around the block, thoughtful and prayerful, but I don't know where to start. So I begin with the Lord's Prayer. I start to realize that our Father in Heaven is greater than the decision. I ask for His will to be done and I ask for my needs to be met. I begin to see where I was at fault and that I need grace to forgive another person. A plan takes shape and my steps quicken as I return home and pick up the phone to begin the process of making this tough decision.

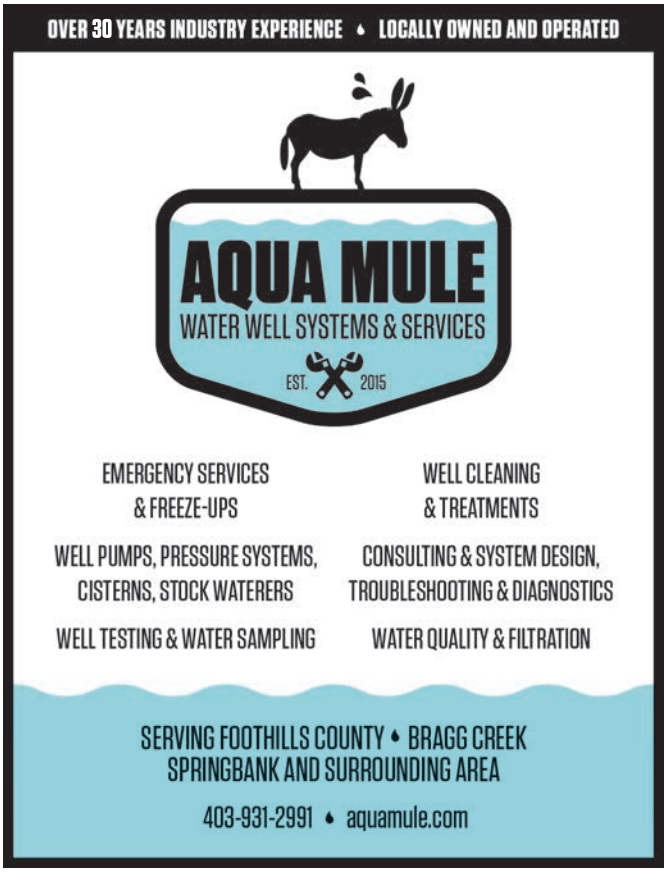
The log jam is freed. The one log that was causing the jam is moving now, freeing the passage for all the others that were piled up behind it. . My spirit is free to flow again.

I smile as I remember how the fox strode along with purpose, his bushy tail floating out behind and his pointy nose straight ahead.

Now I am back in stride, my head held high and a spring in my step.

If you enjoy my High Country News submissions, please see my substack for more: andreakidd.substack.com





OUT OF THE RUT
by Kat Dancer

Chapter 194

Waking early to step outside and ogle a bright pink haze of sky to the south-west, then gifted with a few random drops of rain followed by a pink rainbow through aforementioned haze...what a glorious way to start a day.

Coming home to cruise into my parking space looking over the long stretch of still lush green grass that is abundant this year, I am faced with a stunning young buck, fuzzy antlers aloft... he stares at me momentarily mesmerized before turning tail and showing me the waving white flag of his derriére.

Driving down to the barn to offer a workshop/demo on some of the magical things we can do with our horses... a young black bear lollops up out of the greenery on the north side of the road, pausing to glance at me over his shoulder, he ambles across into the dense bush and trees to the south.

Taking a walk down the road amid stillness... watching the bluebirds fly from stump to post to sky and beyond. Listening



to wind tickle trees. Seeing the remnants of a deer... a fraction of a lower jawbone, teeth intact...evidence of the ongoing cycle of life and death that hums along all around us, largely unseen.

An excursion to Okotoks one Saturday evening, driving through pouring rain – unusual for our Septembers for sure – I spend a happy couple of hours listening to an amazing man creating soul-stirring music with an assortment of beautiful instruments from ancient Indian classical-inspired confections to cigar box guitars, all wrapped up in a coat of blues and delivered with a somewhat whimsical ease.

Having the great good fortune to live, work and play in the Foothills. Grateful for the beauty that surrounds us, that is our duty to preserve, not exploit. It's an awesome treat to be able to share some of the seemingly magical aspects of my work with others. A new client recently made my heart swell as I watched her eyes light up, the dawning of a new understanding... quite delicious really.

Today another pair of russet beauties. Deer, barely out of their spotted pyjamas, stalked across the road before me, each taking time to stop and stare back at me as I stare at them, then they disappear between the trees, masked within seconds by the orange hues of their coats blending with the season's changing leaves.

Beyond our borders life is so very different. Living and working in different countries and cultures brings a different perspective to daily life here. We are in a unique position in this amazing country of Canada. Keep the faith, look forward not back, find ways to be helpful...as has been said many times before if you see a job that needs doing, that job is yours. A simple concept that might be argued against, but at its root it is so true. Pick up the litter. Share a hug or a smile. Give someone something they need.

When you give, what is given is returned manyfold. If you are reading these words, you are one of us. We are rich beyond understanding.

Bliss you.

Kat Dancer bodymudra@gmail.com, +1 415 525 2630 (ph/whatsapp)

Blessing of the Animals

October 4 @ 10:30 a.m.

St. George's Anglican Church

Diamond Valley (TV Side)



A short liturgy of blessing and thanksgiving for the animals who share our homes and lives.

Pets of all types are welcome: Dog, cat, gerbil, goldfish, bunny, ferret, etc.

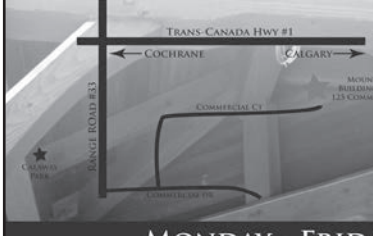
- Leashes, cages, fishbowls and snacks will ensure happy pets while keeping them safe during the service.
- Or bring a photo or memento of pets who don't travel well or who have past on.
- We are going to be lighting candles for our beloved pets who have crossed the Rainbow Bridge and we invite you to honor your pet(s) with a candle ($10).

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LAURA GRIFFIN

Paved Paradise to Put Up a Parking Lot





Photos by Laura Griffin

I have had the privilege to spend my entire career working at one grassland or another for years in this beautiful province. I have shamelessly promoted grasslands and their benefits to the natural world; I have lived alongside the extirpated swift fox, chased the endangered Kangaroo rat down for research and witnessed the endangered burrowing owl hunting on the great plains. Alberta Wilderness Association states that 75% of Alberta's threatened species are found in grasslands. This love of grasslands was first cultivated during my childhood walks in Fish Creek Provincial Park where my parents would let us watch the controlled burns at a distance; these were to mimic the traditional prairie fires that rejuvenated the plains for generations.

My knowledge of grasslands' importance grew tremendously when I started work at the Ann & Sandy Cross Conservation Area(ASCCA). Here I was able to work amongst Rough Fescue (Alberta's provincial grass) and promote its importance to school children. I was able to witness the biodiversity that the tiny pockets of remaining native grasses (about 8%) on the land provided versus the large pieces of broken pasture land. Most importantly, I was inspired by the story of Sandy Cross and his wife Ann, and how important it was to him that his ranch was donated to the people of Alberta under the conditions that his three guiding principles were met. He had these guiding principles put on a brass plaque listed in order of priority and importance and had them hung outside of the education centre, Belvedere House:

1. To protect habitat and provide space for native species of wildlife.
2. To offer conservation education programs, particularly for young people, without jeopardizing area wildlife and habitat
3. Managing human use of the area through entry by appointment only.

"That expresses my wishes better than any other thing," Sandy Cross once stated while pointing to the plaque (Paradise Preserved, 2002, Bruce Masterman). For years I shared this with countless school children watching them fall under the same spell I did from being on this beautiful landscape and hearing the story of Sandy Cross' legacy. I always hoped my work would help them keep his vision alive to continue to conserve this land when the 99-year lease was up.

Perhaps I was too naïve. Words cannot describe the emotions I felt when I arrived on the ASCCA this summer to see the hillside with a patch of native grass beside Belvedere House had been plowed under. I felt the horror of having Joni Mitchell's "they paved paradise to put up a parking lot" playing on repeat in my head as I contemplated how, on the hillside just northeast of Belvedere House, they held a ceremony on September 24, 1996 for Sandy to donate an additional 2800 acres to his first 2000 acres after deciding that people were following his wishes. What would this legend of an Albertan think if he could see this new development? Perhaps the new parking lot was seen as an important step to improve visitor access to the area; however, would this have been how he would have facilitated that change given his legacy and expressed heart. Have we sacrificed convenience over what the founders were trying to preserve?

Sadly, both Sandy Cross and Ann have passed on and so we cannot ask them directly for their thoughts on this matter. Nor can we ask how he might feel about the fact that his guiding principles have been removed from the wall outside of Belvedere House. All I can do is read the words from his speech in 1996 with remorse, "I hope the guiding principles are still in effect here 100 years from now and 1,000 years from now." (Rancher stymies urban sprawl. (1996). Daily Commercial News and Construction Record, 69(191), B1,B2.)





KIDS ZONE

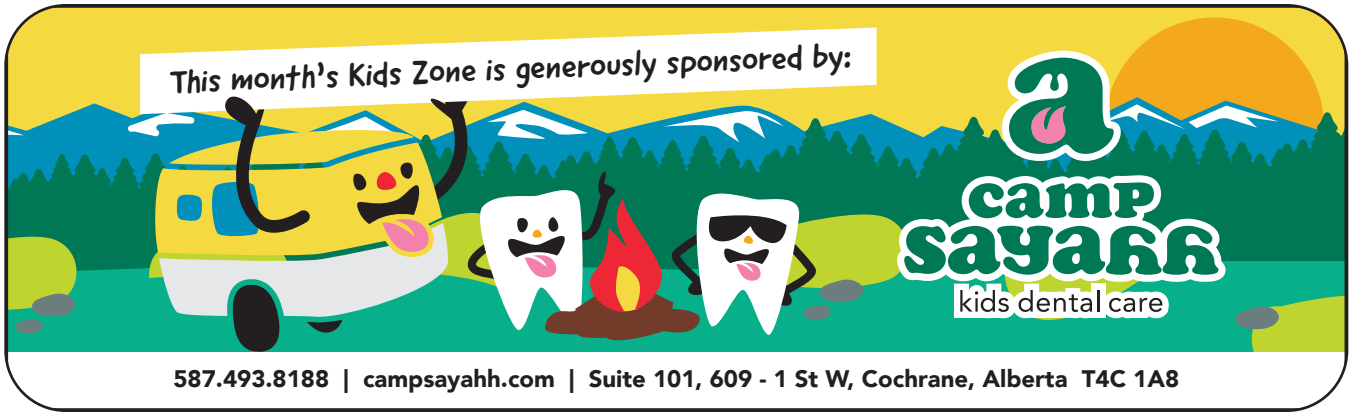
Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print!
We will include your first name and age if you include that information

October Word Search

Pumpkin	Treat
Leaves	Scary
Spooky	~~Soup~~
Cosy	Thanksgiving
Sweaters	Candy
Fall	Autumn
Turkey	Reading
Halloween	Compost
Yardwork	Movies
Black Cat	Ghosts
Stories	Campfire
Trick	Costume

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





ROCHE HERBST

ADHD, SLEEP AND ME: IT'S COMPLICATED

WHAT IS THE CONNECTION?

Sleep should be simple. The sun goes down, your brain and body get sleepy, you go to bed and close your eyes and you drift into slumber. Well, not so fast! People with ADHD are more prone to (usually undiagnosed) sleep problems. On the other hand, people can be misdiagnosed with ADHD when they actually have a sleep disorder. Either way, getting to the bottom of your quality of sleep is often overlooked and can help you consider how to manage ADHD symptoms.

ADHD IS ALWAYS AWAKE

Your neurobiology does not go off-duty when the day ends. ADHD works 24-7 to distract, delay and disorder your capacity to get restorative sleep. The outcome? ADHD symptoms get worse. Research during the last five years substantiates what ADHD experts have suspected for decades: ADHD has intrinsic sleep challenges. In fact, "restless sleep" was part of the 1980's-era diagnostic criteria for ADHD. What is more boring to the hyperactive person than lying in the dark waiting for nothing to happen?

BUZZING BRAIN OR FAULTY SENSE OF TIME?

Some adults say "I like to stay up late because it's quiet and I can get a lot done". In other words, daytime distractibility and disorganization can lead to late bedtimes. Yes, poor sense of timing is a lifelong trait where two kinds of time matter: now and not now. Others battle out their "brain chatter" when trying to fall asleep or playing video games or on social media.

Sleep deprivation with ADHD is not something you choose.

SHOULD I SEE A PHYSICIAN OR A THERAPIST?

Sleep disorders often mimic ADHD symptoms, causing inattentiveness and restlessness in people who don't have ADHD.

There are two types of sleep disorders. Primary - physical conditions that disrupt sleep i.e. obstructive sleep apnea, restless leg syndrome, delayed sleep-wake phase disorder or bedwetting in children. Secondary - behaviorally based problems i.e. co-existing anxiety or mood disorders or children who cannot make the transition to bedtime or in adults who follow habits that disrupt sleep. The first step is to review your sleep behaviors. If that doesn't help, then consult your physician.

HELP WITH SLEEP PROBLEMS

Sleep deprivation is no joke and ADHD symptoms often take it from bad to worse.

Trick the brain to surrender to sleep - dim the lights, change into pajamas, avoid screens of any kind an hour before turning in, keep the room cool with heavy comforters nearby, keep a journal or read a boring paperback. Delayed sleep phase syndrome - it is not uncommon for people with ADHD to become energized around 10 or 11pm.

Your brain does not send sleep signals until 2am. Your biological clock is off-track. Morning light, melatonin and wearing blue light blocking glasses might help.

Restless legs syndrome (RLS) - the urge to move your legs and ease the discomfort, but leading to sleeplessness, is increasingly linked to the dopamine neuropathways.

Have a routine - go to bed and wake up at the same time, reduce alcohol and caffeine intake, exercise regularly.

Organize your brain - stimulant medications can help many people with ADHD to focus on the task at hand, while tuning out distractions, whether it is focusing on paperwork or sleep.

Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.

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