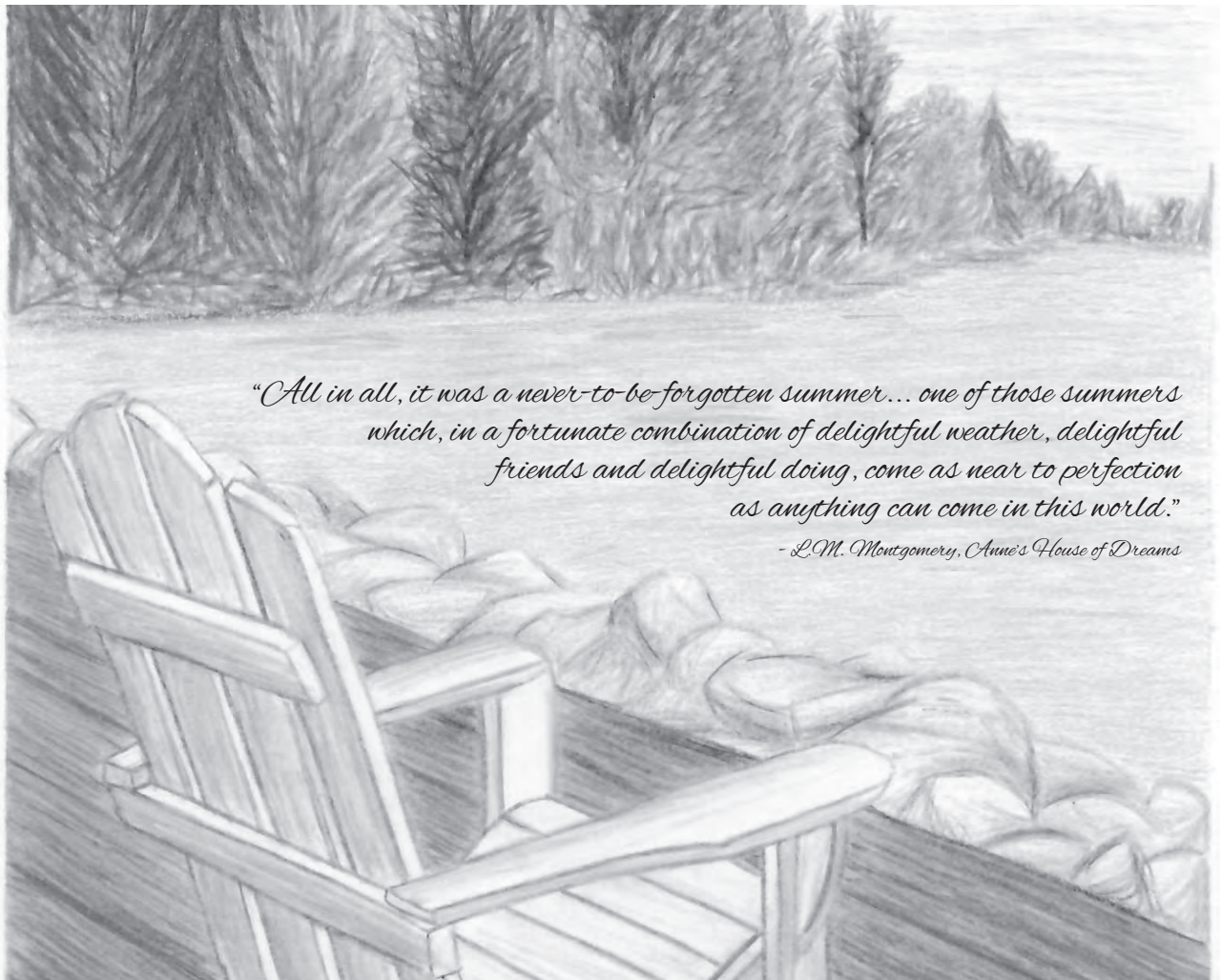


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# HIGH COUNTRY News

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**NEXT DEADLINE IS**  
**Saturday, Sept 15!**

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## From The EDITOR

For those that missed it, summer is turning to fall, and we are about to start the school season again. I always like this change of season, the colours are beautiful, the air is cooler but generally quite nice. Not that life is less busy, it just seems there is more structure to the pace.

In this issue please take note of the Sheep River Library program pullout, as well as the Sheep Creek

Arts Council fall schedule. I would also like to draw your attention to our community calendar. There are a number of organizations that have begun to populate their events on this page. Visit [highcountrynews.ca/calendar](http://highcountrynews.ca/calendar) to see or post your event.

The fall is also a good time to evaluate community involvement. Are there any local groups that you feel you could participate in and give back to your community? The relationships that are established in these organizations can be very enriching to your life, not to mention there is an exponential benefit back to the community of which the

organization serves. I have often expressed to my children, that you should not just financially, but of your time. Most organizations are often desperate for more help, so giving a small portion of your time is always appreciated.

Lastly, if you are an artist, please feel free to contribute to our front cover. Submit your sketch, painting, picture to: [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca). We love to feature local artists.

*From our family to yours, Lowell Harder*

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



## Artist PROFILE

Anna Grist is the layout designer for the High Country News, and has been a freelance graphic designer for over 13 years since graduating from the Graphic Design program at Mohawk College in Ontario. She and her husband and their two children moved to Alberta in 2017.

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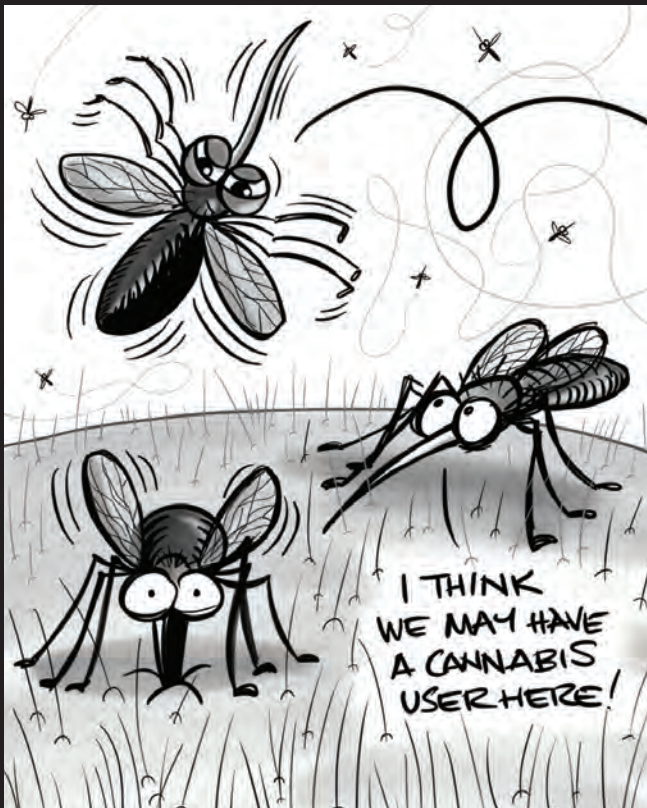
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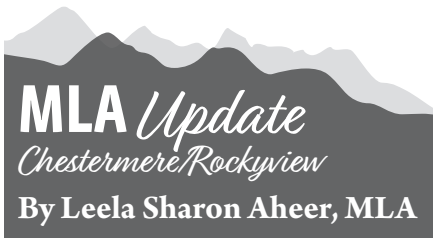


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**MLA Update**  
*Chestermere/Rockyview*  
 By Leela Sharon Aheer, MLA

**H**ello High Country News readers! What a beautiful summer we have had! I have to admit the past few days of 10 degrees in the morning feels a bit wintery, and I don't think I'm quite ready for that! Now we face blankets of smoke from more than 500 forest fires. Please be careful and watch the air quality indexes. The amount of smoke depends on the wind patterns. I would like to chat a bit about pipelines. We are in interesting times aren't we? I remember when I was first elected, we would hear from the NDP that everything was about climate, and that we were climate deniers, and that Albertans do not care about their earth, air and water. I remember in those initial days when I was the energy critic, thinking I had better get a handle on what is going on in the industry and start meeting with as many folks in the industry as possible. I was very fortunate that the industry opened its arms to a newly elected MLA with minimal oil and gas knowledge, took her in, and educated her. There was so much information to take in, and I think what was most profound for me, was how politicized pipelines had become. They have now become a social issue where the National Energy Board is being replaced by an Impact Assessment Act (Bill C-69) which is already stopping investment due to uncertainty. We

need to be competitive! I know you know that, but we are going to have to shout it from the roof tops! The red tape that will be created and money that this is going to cost all of us is not the correct strategy! Why isn't the Provincial Government joining Saskatchewan and Ontario in opposing Trudeau's Bill C-69, which many experts state will make it virtually impossible to build new export pipelines. The questions we need to be asking ourselves is this. Why are still importing oil from Saudi Arabia. Why would we not take advantage of the fact that we could use our own oil, supply our own country, refine our own product, build our own national infrastructure, lower emissions by producing ourselves and not buying from a country that has lower standards both environmentally and with respect to human rights? Why are we not taking advantage of this amazing opportunity to build us and elevate our own country? Why are we not jumping onto building Energy East? We need to revive this national infrastructure. What an opportunity for national unity, prosperity, and pride. Our Premier can not just use words to defend our industry. She can not just speak out against her leader Jagmeet Singh and expect to inspire the masses. This is such an amazing opportunity for Alberta to demand that the federal government get Energy East built and lets get our beautiful, clean and environmentally conscious product to the East and lets start rebuilding our province and our country. Let's get our products to the coasts so that we can compete with carbon leakage, and let's get Canada to the rest of the

world. This must be our mandate. We must be stronger, and we must stand up for ourselves. Our Premier calling out her leader Jagmeet Singh does nothing to elevate our province or the responsibility she has to our citizens, and for Canadian prosperity. It is time to draw talent, and investment, back to our province. It is time for certainty, and you as an electorate have the right to demand that from your elected officials. The Provincial Government was not responsible for the oil price downturn, but they piled on with bad policy such as tax hikes, the royalty review, the Climate Leadership Action Plan, the PPA debacle, the cap on the oilsands, the Premier calling her own province, the people who elected her, "Embarrassing Cousins", and not standing up at the Paris talks for the very resources that supply us with our standard of living, schools, hospitals, and roads. This does not elevate us, it just destroys the morale of a province that has always been able to turn itself around regardless of the government of the day.

*As always, we love to hear from you.*



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**MLA Update**  
Banff-Cochrane  
By Cam Westhead, MLA

**H**unting is a key part of Alberta's cultural heritage, and plays an important role in the province's wildlife management and conservation efforts, with special hunting opportunities promoted every year. This year, we are proud to introduce a new discounted hunting licence for seniors (now \$8.25, down from \$40). **With the new pricing structure, Alberta will have one of the lowest-cost game-bird and white-tailed deer hunting licences for seniors in Canada.**

As part of the introduction of these reduced-cost licences for seniors, the Government of Alberta is partnering with the Alberta Hunter Education Instructors' Association (AHEIA) to create mentorship opportunities for seniors to pass along their experience and expertise to a new generation of hunters.

***In addition, this year our government is proud to offer new elk- and deer-hunting opportunities. We've listened to hunters, and extended elk seasons to***

***provide more flexibility for both hunters and landowners to harvest elk. There are 200 more antlered mule deer tags available for resident hunters this year in southwestern Alberta in addition to 2,800 more tags for antlerless mule deer.***

New hunting regulations will require more extensive testing for Chronic Wasting Disease, closely align bear baiting season with hibernation patterns, provide more opportunities for cougar hunting, and increase the number of tags available for elk and deer to help manage populations near settled areas.

Alberta is one of the only places in North America in which hunting continues to increase in popularity, and for good reason. Alberta has incredibly talented and experienced hunter-educators, and offers a wide variety of hunting opportunities on Canada's most iconic landscapes. More than 120,000 Albertans purchased a hunting licence last year, up from 110,000 in 2014-15. More than 18,500 hunting licence holders are aged 65 or older.

You can find the 2018 hunting regulations guide at the link below and in stores soon. ***Happy hunting Alberta!***  
[www.albertaregulations.ca](http://www.albertaregulations.ca)

Sincerely,  
Cam Westhead  
MLA for Banff-Cochrane

**CAM WESTHEAD**  
**Banff-Cochrane MLA**

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## Understanding Market Volatility: Part 2

In last month's article we looked at the increase in market volatility in 2018. We put market volatility in historical terms to gain a better perspective. In this month's article we focus on two (2) issues. First, where are we in the current market cycle? Secondly, what this might mean for you personally in terms of your own long-term financial goals and planning strategy.

Many market commentators suggest that we are just past the half-way mark of this equity bull market that started in mid-2009. If history is any guide, there is very likely more time left before the next recession or bear market begins. A bear market is defined as a 20% or more drop in the equity markets. Having said that, from here on, there will likely be more volatility (i.e. market corrections and advances) before this bull market ends.

The primary challenge facing investors today is to resist the temptation to view risk solely in terms of day-to-day market volatility. Short-term thinking usually leads investors into low-volatility (low return) assets, during times of higher equity market uncertainty, which can leave a portfolio lacking long-term growth potential. This increases the risk of underperforming inflation. Moreover, 'knee jerk' investment decisions could have a negative impact on long-term asset accumulation goals, according to a report published in May 2018 by UBS Financial Services Inc.

It is important for investors to make plans and decisions in the context of their current as well as their future financial situation. Investors need to take a longer-term view to investment decisions. There is no point being overly concerned about short-term market volatility when investors (from their 20's through to their early 60's), are still growing their assets. This is especially true if their asset base is not yet large enough to generate approximately \$50,000 retirement income per year or more. This \$50,000 number in annual retirement income is the figure that most surveys show the average Canadian considers to be their ideal

retirement income goal. Everyone has a specific retirement income target that probably varies from the average. The idea is to keep long-term goals and current individual situations in mind to minimize the risk of an investor making hasty investment decisions based primarily on short-term market ups and downs (i.e. market volatility).

While there are some new risks that are worth factoring into an asset allocation strategy for 2018, such as the maturing business cycle, protectionism, tariffs and others geopolitical uncertainties, these risks have almost always been present to one degree or another over long periods of time. Therefore, these unique investment risks need to be balanced with your own personal situation and portfolio strategy.

UBS notes that global growth is still strong and expected to match the 2017 rate, making 2017 and 2018 the best two-year period of the global economy since 2010-2011. They also

expect corporate profit growth (the ultimate driver of individual equity prices and higher markets), to remain strong in the mid-double-digit range globally.

The key factor in a personal investment strategy is to ensure that your current asset allocation will allow you to achieve your long-term goals while being ready for adjustments to enable better exposure to global growth outside of North America, notes UBS.

Are you approaching investments from a short-term reactionary perspective or are you taking a longer-term, more measured approach to investing.

**Remember, that investing is a marathon not a sprint.**

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# Carbon Tax Concerns

This summer I have focused on touring our riding, knocking on doors and speaking with constituents. During our chats three main concerns have dominated our conversations including rural crime, the economy and the carbon tax.

There is no question the environment and climate change are issues Conservatives care about deeply. In southern Alberta we are blessed to live in one of the most beautiful parts of the world and protecting our pristine pristine rivers, mountains, forests and is essential.

However, I agree with the vast majority of my constituents who do not believe a tax on carbon is the right way to protect our environment. It is simply a tax grab with no tangible impact on reducing greenhouse gas emissions.

Now, after months of making the ridiculous argument a federal carbon tax would improve competitiveness, attract global investment and create new jobs Justin Trudeau's Liberal government is now admitting its proposed tax grab is a failure.

Earlier this month Trudeau announced he was walking back on his carbon tax plan offering an exemption for some of Canada's largest emitters, but no relief for energy or agriculture.

This is an admittance the carbon tax makes Canada less competitive whether your company employs five people or 50,000. The ramifications of the carbon tax have already been felt in Alberta. Our province has watched billions of dollars in capital leave our energy sector to other jurisdictions. These global companies are not stopping investing in energy projects; they are just no longer investing in Canadian energy projects.

This adjustment to the Liberal carbon tax benefits only the largest companies meaning the burden of the tax grab will weigh heavily on the back of hardworking Canadian families, small business owners, ranchers and farmers. Trudeau offers no relief for Canadians who will pay higher costs for gas, groceries and home heating. The Liberals admit gasoline prices will increase 11 cents a litre and the cost of home heating will jump by more than \$200.

However, Trudeau still refuses to tell Canadians just how much the carbon tax will cost families in southern Alberta. Families in Springbank, Bragg Creek and throughout Foothills are demanding Trudeau come clean on the true cost of his job-killing carbon tax.

As a result of this carbon tax scheme, skyrocketing deficits, higher payroll taxes, botched trade agreements and massive regulatory uncertainty Trudeau has put Canada's financial foundation on rocky footings. For months, Conservatives have been fighting for Canadian families and business owners and now PEI, Saskatchewan, Ontario and the Alberta UCP have joined the fight to oppose the Liberal carbon tax.

Southern Alberta has an incredibly diverse rural economy and every day I see the benefits our creative small business owners, dedicated farm families and leading-edge industries bring to our communities. That being said, our entrepreneurs can only take so much before the Trudeau tax hikes, red tape and regulatory uncertainty is a burden too much to bear. Alberta families cannot afford the Liberal carbon tax and Canada cannot afford Justin Trudeau's failed policies.

There are steps we can do now to ensure Canada's long term success such as pipelines east and west to end our reliance on foreign oil. We development our resources with the best environmental and labour standards in the world so why are we importing 750,000 barrels of oil a day, shipped on tankers half way around the planet from countries with little or no environmental and human rights standards? We can, and we should be energy self-sufficient in Canada.

Also, we need to look at greenhouse gas emissions on a global scale. For instance, Canada is responsible for less than two per cent of global greenhouse gas emissions. Therefore, by exporting our oil and LNG to countries like China and India it would reduce their use of coal. In addition, we should be sharing our knowledge and technology with other countries helping them to develop greener extraction and development methods. These steps would be a win-win for all as it would have a profound impact on global greenhouse gas emissions and unlike a carbon tax it would not cripple, but in fact bolster Canada's economy by creating well-paying jobs and ensuring Canada earned world market price for our resources.

The first act of an Andrew Scheer Conservative government will be to repeal the Liberal carbon tax. Period. However, protecting our environment will be a priority. The difference is our plan will provide a framework where businesses, farm families and our best and brightest see Canada and southern Alberta as place where they can thrive.

*Submitted by John Barlow,  
Member of Parliament Foothills  
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## Springbank Creative Arts Club Update

**T**he Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

We hope that the summer has been enjoyable, and that folks were able to get out and take vacation trips near and far or just enjoy the home yards and acreages.

Preparations are complete for the Springbank Christmas Market Nov 3 and 4th held at the Springbank High School Gym. Get some awesome products and support local artists, artisans and crafters at the same time! For more information visit the facebook page or email [yjo999@gmail.com](mailto:yjo999@gmail.com). Only handcrafted products will be offered at this event. No uplines, down lines, commercially produced items, cotton balls or popsicle sticks will be present.

Next scheduled social evening: Stoneware Mug Painting at the Long Grass Studio has been postponed until later in Sept. The club will have a table at the Springbank Fall Fair Sept 8/18, stop by and say hi. Next regular meeting - Sept 12, 7:00 pm at Harmony Discovery Centre. New to Springbank? We welcome new members to join us, this is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 3 & 4th, 2018 or membership email [yjo999@gmail.com](mailto:yjo999@gmail.com). Have a great summer everyone! Follow us on facebook. [com/springbankchristmasmarket](http://com/springbankchristmasmarket)

*Submitted by Yvonne Bamlett,  
Springbank Creative Arts Club*

*September is SHOW OFF  
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## SPFAS Invites You & Your Family and Friends to the 2018 Fall Fair

*Come for the Day on Saturday, September 8th!*

We're very close to that time again. Time for the Annual Springbank Fall Fair! It's taking place on September 8th from 9 a.m. to 3 p.m. This year's Fair is looking to be another outstanding event.

The day kicks off with the Kristen Lee Coutts Memorial 5K Walk & Run. The Walk & Run is a great way for families to start off a beautiful Fall Fair morning, especially with a pancake breakfast put on by the Springbank Lions Club, as well as opportunities to win terrific prizes, being included in your registration fee. You can find the 5K Walk & Run Registration Form on the SPFAS website @ [www.springbankpark.com](http://www.springbankpark.com).

The Horticulture Bench show is a Fall Fair favourite. This year you can expect all your favourite exhibits including sheep shearing, the human combine, pasta making, the dog and duck herding demonstration as well as other features and animals. You can also view all of the Horticulture show entries or enter some yourself! With hundreds of different categories to enter into, you are sure to find one that interests you.

The Kids Zone is back and better than ever! And the Fall Fair will also feature a wide array of terrific vendors. The Springbank Lounge will be hosting a beer garden in the main parking lot. And the Springbank Lions Club will be serving a delicious Pancake Breakfast.

A number of community groups and other organizations will also be present at this year's Fall Fair. These groups include various representatives of our local, provincial and federal governments.

There is "something for everyone" at this year's Fall Fair. There are so many reasons to attend. Come with your family and friends, meet your neighbours and look forward to a great time at the Fall Fair. Everyone is welcome! SPFAS is located approximately 1 mile south of Calaway Park on Range Road #33.

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## Springbank Robotics Team Arises, Succeeds...

In Fall 2017, the Springbank Community High School students successfully launched Rocky View County's first ever competitive robotics team: Springbank Robotics Team (SRT); despite starting late in the season and working with a very limited budget, we were incredibly successful. Thank you to our teacher Bob Matthew for guidance, principal Chalmers and our parents for support!

are the cornerstones of our team; so is entrepreneurship, planning, finance, fundraising, marketing, sales and project management. In our first year, we participated in both Skills Alberta and FIRST Robotics competitions.

We competed in the Provincial FIRST Competition in Edmonton in late 2017, placing 13th out of over 30 teams - not bad for a new team amongst long competing experts! In early 2018, we again travelled to Edmonton to compete in the Skills Alberta competitions. We fielded teams in both robotics and video production, with strong showings in both.

youth organization (\$30k+ students, 95+ countries) that operates the FIRST Robotics Competition, FIRST LEGO League, FIRST LEGO League Jr., and FIRST Tech Challenge competitions. Founded in 1989, its express goal is to develop ways to inspire students in engineering and technology fields; Strategic Partners & Founding Sponsors include Bechtel, Boeing, Google, Qualcomm, Motorola, Rockwell and many others (desiring to recruit FIRST participants into their organizations in the future).



SRT is much more than a bunch of nerds playing with robots and screens. We are a team of diverse individuals, girls and guys, united by the desire to excel at competitive robotics - we are not a casual club, we are a real competing team (thanks Bob). We are students who learn the mechanics of building robots and computer languages with which to program them. Fabrication, coding, 3D design, teamwork and communication

For the 2018-19 season, SRT is preparing to again compete in FIRST Robotics and Skills Alberta robotics tracks inclusive of public speaking, photography, video production and more. We also have plans for international competitions, including flying drones.

FIRST (For Inspiration and Recognition of Science and Technology, [www.firstinspires.org](http://www.firstinspires.org)) is an international

Skills Alberta ([skillsalberta.com](http://skillsalberta.com)) is way more than just a robotics competition. It is a multi-trade and technology competition which takes the form of a national, Olympic-style event for young students and apprentices in the country. There are over 28 different competition categories at this multi-day exhibition of skill and excellence.

Springbank Robotics Team will have a table at the Springbank Fall Fair (Sep 8) and we encourage everyone to visit us for some awesome robotics displays, and to learn more about the FIRST Robotics and Skills Alberta competitions and how these programs can inspire all to develop critical thinking, communication and team work skills! See you there or at: [twitter.com/schs\\_robotics](https://twitter.com/schs_robotics)

*by Springbank Robotics Team*

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# Springbank Bottle Depot Now Open

Springbank Bottle Depot is enthusiastic about doing bottle drives to help teams and organizations raise money to help cut costs. They have had the opportunity to work along side schools, sports teams, churches, etc. to run successful bottle drives. Money has been raised for new team jerseys, school playground equipment, entry fees and so much more. The depot supplies a trailer to load and door hangers to advertise. The depot is even tracking where and when drives are done to help maximize

returns. For a limited time Springbank Bottle Depot is offering an extra 10% for weekday bottle drives.

Springbank Bottle Depot is the second depot in Alberta to offer the Quick Drop service. This service allows their customers to drop their return and go. Signing up for a free account allows customers to print stickers for their bags and drop them in a bin to be counted and added to their account.

The depot has plenty of parking and is kept clean by it's friendly staff. The staff is always ready to teach the public about what bottles and cans can be returned for a refund. The team is so passionate about recycling they have even brought

in an electronics recycling bin, located at the front of the building for your convenience.

Springbank Bottle Depot would like to extend many thanks to their amazing community. The support from not only Springbank but the surrounding communities has been outstanding. The Depot is owned and operated by John Grimshaw. After many years in construction, John decided to try his hand in the recycling industry and is excited about this new adventure.

John, Kerri, Mark, Sara, Adam and Randi welcome you to stop in and say hi, grab a lollipop and check out their green wall.



Springbank Bottle Depot

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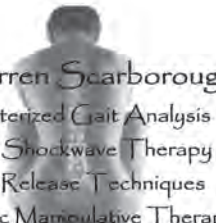
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**The Bees Knees**  
 by Jennifer Gordon  
 BSc.PT, APCI, BA Kin  
 Physiotherapist, Bragg Creek Physiotherapy  
 www.braggcreekphysio.com

This article is going to be all about knees, not bees – but I like that saying! The knees can present with many different problems that may come from several different sources in our body. I'll discuss here some of the most common and what are some red flags to watch out for.

One major complaint we see is the problem of giving way or buckling at the knee. This often occurs in weight bearing, while walking or doing stairs. According to Medical News Today, 11.8 % of people aged 36-94 reported at least one episode of knee buckling in the past 3 months. This may affect people of all ages and all levels of fitness. There are many potential causes for this issue.

The knee consists of the femur (thigh bone), the tibia (shin bone) and the patella (kneecap). There are muscular attachments at the knee that also cross the ankle and the hip joints. Joint forces from both the ankle and the hip, therefore, can affect the knee. There are tendons (connect muscles to bone),

ligaments (connect bone to bone), cartilage lining the joint surfaces and a meniscus that acts as a shock absorber. It is possible to damage any of these structures or more than one at one time!

**Some of the common causes of knee pain:**

**Patellar Tracking** – the patella that runs along the front of the knee joint can get off track. Muscle imbalances in the hip, knee or ankle can affect the patella and how it moves along the front of the knee. If this happens it can be a sharp, shooting pain along the front of the knee, grinding or a popping sensation.

**Meniscus** – a meniscus is a piece of cartilage within the knee joint that helps to deepen the socket as well as provide shock absorption. Forceful twisting motions, degeneration, or trauma can lead to a tear in the meniscus. This interferes with the normal motion of the knee and can cause sharp pain, clicking, locking or giving way.

**Ligaments** – there are four main ligaments that stabilize the knee. The most commonly injured are the ACL (anterior cruciate ligament) and the MCL (medial collateral ligament). This is typically due to trauma, but may also be sprained due to overuse and poor joint mechanics of the lower leg. When a ligament is injured, the knee can feel unstable, weak and painful.

**Osteoarthritis (OA)** – this is a condition in which the cartilage between the joint

wears away. The lack of cushion in the joint can lead to pain, swelling, stiffness and decreased mobility. The knee is one of the most commonly affected joints. According to the Arthritis Foundation, more than 27 million people in the US have osteoarthritis. Factors that may increase the risk of developing OA of the knee are age, weight, genetics, repetitive stress injuries, and other illnesses (ie. metabolic disorders). Studies have shown that the symptoms of knee pain are rather weakly associated with radiographic findings of OA. There is considerable variation between the association of knee pain and osteoarthritis of the knee.

**There are other structures that can manifest as knee or leg pain but have more cause for concern:**


**Femoral neuropathy** – the femoral nerve exits from the spinal cord in the lower back and innervates muscles along the front of the thigh. This can affect the strength in the quadriceps muscle and cause the knee to feel weak and possibly give way, or buckle. If there is associated pain, burning, tingling or numbness in parts of your thigh or lower leg, this may be a sign of a neurological dysfunction. Causes of a neuropathy may be diabetes, certain medications, arthritis, neurological disorders (ie. fibromyalgia), or a spinal injury.

**Deep vein thrombosis** – a DVT is a serious condition that occurs when a blood clot forms within a vein. They

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commonly form in the thigh or lower leg but may develop in other parts of the body. This blockage can cause pain, swelling and tightness in the leg and is typically worse while walking. One is at risk of developing a DVT after surgery or prolonged periods of sitting (ie. A long flight). If you have insidious onset calf or leg pain, heat, redness and tightness in the leg, contact your doctor right away.

**Rheumatoid arthritis (RA)** – this is autoimmune disorder that affects the lining of your joints. Unlike the degenerative process of osteoarthritis, RA can lead to bone erosion and chronic inflammation of the joints. Typically presents in both sides of the body and in multiple joints. Common symptoms may be fatigue, joint pain, swelling, redness and loss of joint range of motion. It may also be associated with a fever, numbness, tingling and a general feeling of malaise.

Physiotherapists are primary practitioners equipped with the skills to assess and screen for musculoskeletal injuries, neurological disorders and red flags that may be associated with a more serious condition. In the event we find a sign or symptom of concern we will refer you to your physician for diagnostics or a consultation with a specialist. Otherwise, we will help design a treatment plan and goals tailored to your needs and abilities. You do not need a physician's referral to see a physiotherapist. If you are struggling with an injury or are unsure what your symptoms may mean – we would love to help get you heading in the right direction.

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# FireSmart Update: Chipper Weekend Coming Up

Get ready for Chipper Weekend! On Saturday and Sunday, September 22 and 23 (10 a.m. to 4 p.m.), a wood chipper will be set up and operated by a contractor at the Hamlet water plant/grader yard

(north end of Burnside Road) – all you have to do is bring your tree trimmings and branches (less than 6 inches in diameter) and shrubs (with no root balls) and it will be handled. You don't even need to get out of your vehicle. Lumber products can't be accepted.

This FREE event is to encourage Bragg Creekers to FireSmart in the Home Ignition Zone (0 to 10 metres) around structures to improve the resiliency of your property to fire threats. Learn more at

[firesmartcanada.ca](http://firesmartcanada.ca) or pick up a FireSmart brochure at Moose Mountain General Store.

This will be the FireSmart Committee's first Chipper event. Our goal is to learn what works and what doesn't for future Chipper events.

If you'd like customized advice on how to FireSmart your property, schedule a free property assessment on the RockyView website. Search their site for FireSmart and you'll get a page with specific steps to take to improve the survivability of your property to a forest fire plus the link to book an inspection.

The Elkana Demonstration Forest has recently been FireSmarted (burn piles will be disposed in the winter), with a small parking area and some new signage remaining to be installed. Our Demo Forest is located at West Bragg Creek Road/Center Avenue & Bracken Road) and is a nice place for a walk, with a park-like setting that lets the light let in and vegetation to be re-established. This Forest is also an opportunity to see first hand what FireSmarting looks like and that it's not about clear cutting.

Finally, you will shortly be seeing new and improved fire hazard signage located throughout our community. Hope to see you at Chipper Weekend!

*Submitted by the Greater Bragg Creek FireSmart Committee*

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## Hello Community!

Can you believe that September is here already? Kids will be heading back to school, pumpkin spiced drinks will be filling our go-mugs, and fun fall programming will return to the BCCA!

Before we move on to the fall activities, we would love to thank the Ladies Auxiliary and the Heritage Festival for their incredibly generous and highly needed \$4000 donation of a new commercial fridge for the kitchen!! The BCCA's fridge kicked the bucket the week before Bragg Creek Days, and without the Ladies Auxiliary and Heritage Festival coming to our rescue, we may not have been able to serve lunch! If you see members of these local organizations, give them a big hug on behalf of everyone who enjoyed Bragg Creek Days!

This September, the Annual Community Open House will be hosted at Redwood Meadows on September 12th (see poster in the paper). This annual event allows

you to explore the programs, clubs, organizations, businesses, and other local groups who will be offering fun things throughout the fall! There are also a few spaces left for local organizations to sign up for a booth if you haven't already.

Check out the BCCA website for details on all the offerings that will be coming this fall! One change that will be happening is that the Tuesday morning Dayhomes and Playgroups Rumble & Roar will no longer be running. We are very sorry about this change. If you would like details on other things to do in the community instead, give the Centre a call or email and learn about other options: [www.braggcreekca.com](http://www.braggcreekca.com)

Lastly, next time you stop by the Centre, have a look at our new lights! With help from the government rebate program, the Centre is installing ALL new LED lights to make our facility more energy efficient and affordable! This includes the giant rink and parking lot lights.

We wish you a warm and adventurous September, and hope to see you around the Hamlet. I know I will be emerging much more now that tourist season is winding down!

Cheers,  
Shaye and the BCCA

### Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals  
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Foot Care Clinics are a Mountain Woods Health Services Community Initiative in collaboration with Care In The Creek Medical Centre & the Snowbirds Seniors Fellowship  
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## Community Open House

Wednesday, Sept. 12th, 2018  
 5:00pm-8:00pm

**REDWOOD HOUSE**

Food: Indian Cuisine, Popcorn, Hotdogs  
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Discover what the Greater Bragg Creek Area has to offer!

New to Bragg Creek or surrounding areas? Not sure on what businesses community programs or services are available in the area? Come join us on Sept 12 from 5pm to 8pm for food and refreshments, meet some program instructors, local business owners, health and wellness groups plus more

MEET & LEARN ABOUT LOCAL SERVICES, BUSINESS OWNERS, HEALTH & WELLNESS, COMMUNITY PROGRAMS

Saturday, September 22

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## Updates from Division One

### **Nooooo... it can't be September.**

I hope all of you have had a great time with family and friends during this warm, smoky summer. I can't believe summer will soon be over.

### **Speaking of smoke.**

Where there's smoke there's fire and with the unhealthy haze that has shrouded much of the summer, fire prevention should be top of mind. Let us not forget that we are one spark away from disaster whether it comes from Mother Nature, a poorly discarded cigarette butt or a campfire left unattended or improperly doused. Each of us is responsible for doing our part to prevent wildfires.

And that brings me to the Greater Bragg Creek FireSmart Committee Chipper Weekend which will be on September 22 & 23 from 10am to 4pm each day. This will be your opportunity for you to protect your home by removing combustible vegetation in the surrounding 10 meter Home Ignition Zone and having it chipped away free of charge. Green wood waste which includes tree trimmings/branches up to 6" in diameter and shrubs will be accepted (root balls, lumber products and domestic waste is not included). Bring your green wood waste to the Rocky View County Hamlet Water Plant/Grader Shed where the chipper will be set up on Burnside Drive along with volunteers to answer questions or provide refreshments. For more information please contact the Greater Bragg Creek FireSmart

Committee or stay tuned to my Facebook page for updates.

### **On a very, very sad note.**

Bragg Creek lost a very special person last month. Gail Gold. Wife, mother, super volunteer, community leader... the list goes on. Gail passed away peacefully on August 4th.

On a personal note, Gail was the definition of someone who lived and loved our community. Gail worked selflessly and tirelessly to make this community the envy of all that surrounds us. Tanya and I got to know her not only through the many volunteer efforts we collaborated on such as the Chamber of Commerce, Community Association and Spirit of Christmas but also partnering on AdMaki initiatives through Gail and Peter's studio, Gold Photography. They played a role in our advertising design work with the Chamber, Cool Little Towns and the Town of Okotoks. Her generosity, her conviction to do the right thing leaves a huge hole in our hearts and our community.

Gail, you will always be remembered in our hearts and mind as you are a pillar of strength to everyone who was fortunate to team up with you. I know I speak for many when I offer our deepest condolences to the family from everyone in the Bragg Creek & Area and Rocky View County. Rest in peace.

- Cheers, Mark

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# Arts Festival 2018 in Bragg Creek Is The Last Week of September

The art world hits the stage once again in Bragg Creek for the annual Arts Festival Sept 21-Sept 30, 2018.

This week long event celebrates and features world class artists from the Artists on Tour group, Arts in Bragg Creek, an art walk of many other Bragg Creek artists and artisans, a Plein Air event, painting and stone carving workshops, live music, entertainers and also supports opportunities for the budding creative energy.

The Bragg Creek Arts Festival is a one of a kind art collaboration put on by Art Country Canada, Artists on Tour and Arts in Bragg Creek. It can be broken down into sub programs within the event:

September 21-23 – Plein Air – Friday Sept 21 kicks off the event with the orientation party including fabulous food and wine. The exact painting location in the Bragg Creek area will be determined at orientation night. As well, supplies can be purchased on site as the Kensington Art Supply will be present. Tickets are pre-purchased through Angelo at Art Country Canada 403-949-4141 for \$85/person. Artists are welcome to have their finished Plein Air painting displayed for viewing and sale at the arts show Sept 28-30.

September 24-26 – Art Workshops – World renowned artists Brent Heighton, Jonn Einerssen, Neil Patterson and Vance Theoret will be providing instruction classes for painting and stone carving in the Bragg Creek area. They will help inspire creation of a spectacular masterpiece. Art workshop registration also provides free entry into the Plein Air Event. For registration, contact Angelo at Art Country Canada 403-949-4141 or [artcountrycanada.com](http://artcountrycanada.com) for more information.

Friday September 28 features a special invite evening. With 60 tickets available, you will have first glance at the beautiful



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*small place, Big Destination!* *\*Exclusions will apply*

## CALL TO BRAGG CREEK & REDWOOD MEADOWS ARTISTS

# SAVE THE DATE

If you are a resident Bragg Creek or Redwood Meadows artist, you are invited to participate in the 2018 Bragg Creek Art Festival, Sept 29 & 30

The Show and Sale venue will be the beautiful Snowbirds Chalet. This will be a juried show of Fine Arts and Artisan works. Space is limited. Deadline is September 3, 2018

For information please e-mail [elizabeth@heartishome.com](mailto:elizabeth@heartishome.com)





works of art for sale at the Bragg Creek Centre while listening to a selection of live music put on just for you. Cash bar & appetizers will be available.

September 29-30 – Bragg Creek Arts Tour – The Bragg Creek Community Centre will feature world class artists from Artists on Tour and Arts in Bragg Creek and will feature live music all weekend. Start the art tour at the Bragg Creek Community Centre where you can pick up a map of all the art stops in and around the hamlet of Bragg Creek including the Snow Birds Chalet and other participating businesses.

Many of the talented performing artists are our own. A few include The Waltzing Matildas, Chris Sandvoss, Rob Moss. Please go to our website to view the music line up that will perform with many Calgary area performers as well. Enjoy light jazz and classical all weekend.

Bragg Creek area artists wishing to participate are encouraged to contact Elizabeth at Suncatchers Design Studio @ Elizabeth@heartishome.com

For more detailed information on these great arts events and workshops, please visit the art group websites below.

**Arts in Bragg Creek:**

[artsinbraggcreek.ca](http://artsinbraggcreek.ca)

**Artists on Tour:**

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

**Art Country Canada:**

[www.artcountrycanada.com](http://www.artcountrycanada.com)



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# The Little Schoolhouse News



It is with great excitement and anticipation that we begin another school year at The Little Schoolhouse! We are excited to welcome many new families to our school this year and look forward to learning together. New beginnings and opportunities await!

In kindergarten, we embed literacy and numeracy concepts in all the play-based, child-centered experiences throughout our days at school. Children learn best when they are engaged and involved in the process of discovering new ideas. This drives us to create

learning environments and projects that inspire our young students. In our unique space, we explore materials and generate theories and questions that take our learning to new heights. It is always enchanting to see the 'big ideas' that our students pursue each new year.

The beginning of the preschool year is all about establishing routines, meeting new friends and building understanding about what school is all about. Everyone brings their own interests and ideas about the world around us. As the year progresses, we will observe the children working collaboratively to make meaning and learn together in a creative, supportive environment.

The documentation of learning is an integral part of our program. We use photographs, video, transcribed conversations and questions alongside students' work to tell a story of learning and discovery. The process of documentation allows us to reflect and reframe our classroom experiences. It encourages us to listen closely to the

children and to design our practice around their ideas and interests.

Thank you to our parent board, our community and The Little Schoolhouse families for the unending support and dedication to our school. We appreciate all that you do to show the value of early childhood education for our children.

Registration for the 2018-19 school year is ongoing. Please visit our website at [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca) for information and forms. We run our kindergarten program on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs on Monday, Wednesday and Friday mornings from 8:45-11:45am and afternoons from 12:15-3:15pm. For information on programming please contact me at [mscar@thelittleschoolhouse.ca](mailto:mscar@thelittleschoolhouse.ca), our administrator Catherine Watson at [admin@thelittleschoolhouse.ca](mailto:admin@thelittleschoolhouse.ca) or call the school at 403-949-3939.

*Cara Haar, M.Ed., teacher*

<h2 style="text-decoration: underline;">Wilson Plumer</h2> <p>Chartered Accountants</p> <p><a href="mailto:ben@benplumercpa.com">ben@benplumercpa.com</a> PO Box 879          Bus: 403.949.4947 3 River Drive S.          Fax: 403.949.2252 Bragg Creek, AB T0L 0K0</p>	 <p><b>DR MOWER</b>          Lawn &amp; Garden Equipment          Repair • Sales • Service</p> <p>204A River Ave.          Cochrane, AB T4C2C1</p> <p><b>Dan Smith</b>          Owner/Operator</p> <p>Ph: 403-932-9984  <a href="mailto:dan@drmower.ca">dan@drmower.ca</a>  <a href="http://www.drmower.ca">www.drmower.ca</a></p> <p> @drmowercochrane</p>
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# explore

life  
faith  
meaning

### Try Alpha

Alpha is a series of interactive sessions exploring the basics of the Christian faith. Each session looks at a different question and is designed to create conversation. There's no pressure, no follow-up and no charge; it's just an open, informal, and honest space to explore and discuss life's big questions together.

Starting 7.00pm, Wednesday 19 September  
 The Hub, Unit 224 - 7 Balsam Ave, The Bragg Creek Shopping Centre

For more information, visit:  
<https://www.alphaCanada.org/try/>  
<https://www.braggcreekchurch.ca>

Or email:  
[peterhunt385@me.com](mailto:peterhunt385@me.com)



## BRAGG CREEK UPCOMING EVENTS

- Acro Boot Camp  
September 8th
- Community Open House @ Redwood House  
September 12th
- Vancouver International Film Festival  
September 15th
- Men's Grooming Night  
September 20th
- September Family Movie Night  
September 21st
- Ladies Auxillary - Fall Supper  
September 22nd
- Bragg Creek Arts/Plein Air Festival  
September 27th- 30th

Check our website for more details on the following programs; Artsy Afternoons, Pickleball, Badminton, Rumble & Roar, Artisans Monthly Meetings and Dog Obedience



**Bragg Creek Centre**

For more details contact:  
info@braggcreekca.com | 403-949-4277  
www.braggcreekca.com

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## Youth Drop-in Sports Nights

7:00-9:45 • Bragg Creek Community Centre

Come on the first Friday of the month for drop-in floor hockey, basketball, and nine square in the air for youth ages 13-18

**Gym Nights resume in October!**

Snacks and refreshments will be provided with each evening wrapping up with a short life talk

Contact Timothy Harder for more info:  
403.477.1166  
tim.braggcreekcommunitychurch@gmail.com







## Councillor's UPDATE

*M.D. of Foothills*

Suzanne Oel, Councillor, Division 4

**Hazardous Materials and Electronics Roundup:** will be held at the Priddis Transfer Station on Saturday, September 22, 2018, from 10 to 4. You can drop off paint, household chemicals, batteries, old computers, laptops, TVs, game consoles, etc. More info on our Landfill & Resource Recovery Centre: [foothillsrrc.com](http://foothillsrrc.com)

**Water Study:** Public Works will be bringing the Fish Creek Ranch North

Distribution Assessment of piped potable water to Council in September and we will release the info to you as soon as possible. News about next steps will be shared after Council accepts the report. More soon...

**Rothney Astrophysical Observatory Howdy Neighbour BBQ:** will be held on Thursday, September 20, 2018, from 6 to 9 pm. Beef on a bun and sky science evening. Learn about the observatory and more. Please RSVP to Jennifer at 403.931.2366 or [jihowse@ucalgary.ca](mailto:jihowse@ucalgary.ca)

**Boards and Committees:** To expand on my article from last month about property assessment and taxes, including "what your taxes pay for", I'd like to share a list of the boards and committees of Council to give you a picture of the many topics that our municipality deals with and the extent of the work going on. In addition to their other duties, Councillors each sit on about 14-20+ boards and committees and our staff assists with some of them. Residents may also participate and, if you are interested to put your name forward, you can check to see them advertised around December every year.

The following is a list of the 64 current boards and committees, in alphabetical order: Annexation Negotiation Committee - Black Diamond,

Assessment Review Board, Audit Committee, Blackie Recreation Board, Blackie Seed Cleaning Plant Board, Bow River Basin Council, Calgary Inter-Municipal Negotiating Committee, CMRB - Calgary Metropolitan Region Board, CMRB - Land-Use Committee, CMRB - Servicing Committee, CMRB - Governance Committee, Calgary Regional Airshed Zone (CRAZ), Cayley Recreation Board, Crescent Point Community Foundation Committee, Community Futures- Highwood Board, Community Standards Appeal Board, Cross Conservation Area Board, Dark Sky Initiatives Stakeholders Working Group, Development Appeal Board, Dunbow Recreation Board, Emergency Advisory Committee, Family and Community Support Services Committee, Foothills Agricultural Services Board, Foothills Cemetery Board, Foothills Land Trust, Foothills - Okotoks Recreation Society Board, Foothills Regional Emergency Services Commission, Foothills Regional Services Commission, Foothills Regional Water and Wastewater Collaborative, Friends of Champion Park Society (Board of Directors), High River Regional Airport Board (Director), High River Inter-Municipal Negotiating Committee, High River Recreation Board, Highwood Management Plan - Public Advisory Committee, Highwood Management Plan Phase II - Sheep River Study Group, Historical Committee, Inter-Municipal Industrial Lands Project Committee, Leighton Art Centre Board, Longview Inter-Municipal Negotiating Committee, Longview Recreation Board, Marigold Library Board, Mayors and Reeves of Southern Alberta, Millarville Recreation Board, M.D. Cemeteries Committee (Blackie, Cayley, Pine Creek & Davisburg cemeteries), North West Foothills Recreation Board, Okotoks Inter-Municipal Negotiating Committee, Okotoks Public Library Board, Okotoks Post-Secondary Ad Hoc Committee, Okotoks Recreation Board, Priddis - Red Deer Lake Recreation Board, Regional School Site Planning Task Force, Rocky View County Inter-Municipal Negotiating Committee, Rural Fire Board, Safety Committee, Sheep River Health Trust Board of Directors, Sheep River Regional Utility Corp., Spitzee Riparian Stewardship Committee, Staff Review and Council Remuneration Committee, Subdivision Appeal Board, Turner Valley and Black Diamond Inter-Municipal Negotiating Committee, Turner Valley Oil and Gas Group (TVOGG), Vehicle Weight Order

# STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the TOP 3 THINGS that make your plumbing repair more expensive than it needs to be.

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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- 2. We don't replace parts other than what's required for a proper repair.**
- 3. Well stocked vans means we have the parts required for your repair.**

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Committee, Vulcan and Willow Creek Inter-Municipal Negotiating Committee, and Westwinds Communities (formerly Foothills Foundation). More info can be found on our website: [www.mdfoothills.com/council.html](http://www.mdfoothills.com/council.html)

**What I do as your Foothills Div. 4 Councillor:** I prepare for and attend weekly full-day Council meetings, have on-going interaction (work, support, meetings) with residents, community associations, businesses, school divisions, provincial & federal departments & representatives, attend 2 annual "Rural Municipalities of Alberta" conferences, and work on current issues... I work as a member on these Boards & Committees, which were confirmed at our annual re-organizational meeting in October 2017: Bow River Basin Council, Calgary Inter-Municipal Negotiating Committee, Calgary Metropolitan Region Board – attending board meetings and 3 CMRB Committees (Land-use, Servicing & Governance), Calgary Regional Airshed Zone, Community Standards Appeal Board, Cross Conservation Area Board, Dark Sky Initiatives Stakeholders Working Group, Foothills Regional Emergency Services Commission – Chairperson, Foothills Regional Water & Wastewater Collaborative – Chairperson, Highwood Management Plan Public Advisory Committee (voting authority), Highwood Management Plan Phase II Sheep River Study Group (voting authority), Inter-Municipal Industrial Lands Project Committee, North West Foothills Recreation Board, Okotoks Inter-Municipal Committee (Alt), Priddis - Red Deer Lake Recreation Board, Subdivision Appeal Board and Rocky View County Inter-Municipal Committee.

*For Other News & Updates:*  
Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
[www.facebook.com/CouncillorSuzanneOel](https://www.facebook.com/CouncillorSuzanneOel)  
With Best Regards, Suzanne

## You've Been Named As An Executor: What Next?

Your role begins the moment your loved one passes away so it's important to know what rights and responsibilities you have and how you should exercise those powers. They can be broken down into the following five steps:

### Step One: Make funeral arrangements

Perhaps surprisingly, there is no obligation to consult with the deceased person's family. Where practical to do so, it is still preferable to obtain their input, but the ultimate decision about what should happen to the deceased person's remains lies with you. The funeral expenses are paid out of the estate and must be reasonable in all the circumstances. Unless you get a draft from the deceased's person's bank, you may have to pay those expenses first and seek reimbursement from the estate once the grant of probate is issued. This unfortunately could take months.

### Step Two: Identify estate assets and liabilities

This is your first big task and one of the most important (and time-consuming) ones. The key thing to do is to keep a very clear, organised inventory of all the estate assets and liabilities. This is going to be vital if you are ever challenged. This could include property in Alberta, outside the province, or in another country altogether.

### Step Three – Obtain a grant of probate if necessary

It is sometimes possible to administer an estate without a grant of probate but, in many cases, a grant of probate will be required in order to withdraw assets from financial institutions, or transfer land. It is an application that

is made to the Court including the relevant forms.

### Step Four: Satisfy debts

The next step is to ensure that all debts (testamentary expenses, taxes and other debts) are satisfied before the assets of the estate are distributed. Provided you are satisfied that the estate is large enough to pay all debts, you can pay the debts of the estate in any order. If there is any concern there may not be sufficient assets to pay them all, it is vital that you pay them in the order specified by the legislation.

It is also possible to advertise for creditors and claimants to ensure you find them all. Executors can be held personally liable for debts if they start distributing the estate to beneficiaries before all debts have been satisfied.

### Step Five: Distribute the estate

The final step is to distribute the estate to the beneficiaries. You are entitled to be paid a reasonable amount for your work as an executor, taking into account various factors.

Whatever is left after the debts have been paid, including your compensation for acting as executor, should then be distributed. It is good practice to obtain a release from each beneficiary before distributing assets to them to ensure that there is no dispute at a later stage.

Whether or not that is the end of your responsibility, or just the beginning, will depend on whether there are any ongoing roles for you to fulfil, such as maintaining or administering any trust.

**We hope the above information helps to get you started in your new role as an executor. If you need any more information, or would appreciate guidance along the way, our lawyers at Mountain Vista Law would be pleased to help you.**

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# HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. For the moment, crime appears to be down here but is not yet vanquished. On 9 July, early in the morning, three persons (or possibly four), assaulted a man at Hunters Crescent in Okotoks severely enough to send him to a hospital. The attackers stole some things and made a get-away in a small grey or blue vehicle, possibly a hatchback. Nine days later the R.C.M.P. arrested Chad Allan Eroshinsky, 47, and Colton Wayne Moncrieff, 28, in connection with the incident. Still at large is a third suspect, slender, six feet tall, with medium-blond curly hair. If you have any information that could help the police in this matter, please call the Okotoks RCMP at 403.995.6400; or Crime Stoppers at 1.800.222.8477. It appears that this was a targeted assault and that the public is not at risk.

Last month this column noted how a local landowner, suspicious about a strange van parked near his property, prevented a major attempted break-in. He phoned the police, who then apprehended three persons, each charged with **forty separate cases of break-and-enter** across southern Alberta. Corporal Tiffany McGregor of the Turner Valley R.C.M.P. subsequently sent us this comment: *"We appreciate all the calls reporting suspicious vehicles, behaviour, and persons in and around the rural area. The R.C.M.P. continue to encourage residents to provide these reports to police in a timely manner, and with as much vehicle descriptors and information as possible. For matters of*

*urgency, call 911, R.C.M.P. complaint line 403.933.4262, administration line for follow up Monday to Friday 8 a.m. – 5 p.m. 403.933.7227."*

We should all remember the High Country Rural Crime Watch Association mantra: **Observe** what is happening, **Record** what you observed, and **Report** it to the police. In short, **O.R.R.** (Just think of Bobby Orr!) A security expert from our area gives more information: Notice details, interpret the intent of observed behaviours, and be able to recall information later. For vehicles, the seven important details are:

*year, colour, make, model, direction of travel, distinguishing features, and license number.*

For persons, the eight important details are:

*age, sex, race, height, weight, build, distinguishing features, clothing.*

Given the generally rising crime rates in rural areas of Alberta, should we ever think about emulating Adam and Eve and depart from our Eden? The answer is "No." I consulted some of the leading realtors in our area, and they all agree that right now it is hard to sell a medium to expensive house here. From 2005 to 2009, houses increased in value. Executive bonuses enabled many executives to purchase rural houses here, but today those bonuses are gone. After 2010, most housing prices declined by as much as 25%, and they have not yet recovered. Some recent sales of property selling for more than three million dollars were a disaster for the sellers. For example, one property was listed for \$36 million and sold for just \$8 million. On the other hand, low-end properties between

\$500,000 and a million dollars are selling relatively well for young, working couples, if the locations have easy and relatively quick access to Calgary.

A better solution to the crime problem is to join a Rural Crime Watch such as our High Country Rural Crime Watch Association, or our neighbouring RCWs: "Cochrane-Foothills Protective Association" and "Okotoks Area Rural Crime Watch Association". The R.C.M.P. repeatedly wish that everyone in the foothills were a member of an RCW. If you are not already in such a group, you should join one where you live. Thanks to the work of a few volunteers and a grant from Legacy Oil (now Crescent Point Energy), **membership in the H.C.R.C.W.A. is free. Your obligations are nil, and you will get mail or phone call fan-out messages describing recent and current criminal activity in our area.** The information I publish regularly in this column is but a small fraction of the news circulated more frequently to our membership about crime in this area. **New members to our group also get a free High Country Rural Crime Watch Association sign** if you live within our boundaries, i.e., the Turner Valley R.C.M.P. Detachment area. Otherwise you can easily purchase a sign from us for a small fee. To learn more, visit [www.mdfoothills.com/rural-crime-watch.html](http://www.mdfoothills.com/rural-crime-watch.html). RCW boundaries in Foothills coincide with R.C.M.P. detachment response areas. To join our group, phone me at 403.931.2407 or visit our website to download an application and get tips, resources, and emergency phone numbers: [www.hcrcwa.ca](http://www.hcrcwa.ca). Our Facebook page has even more information: [www.facebook.com/HighCountryRuralCrimeWatch](http://www.facebook.com/HighCountryRuralCrimeWatch). We believe in the future, and we work to make it better for everyone.

So that's the news from the High Country where all the grown-ups are young at heart, and each child is smarter than all the other children.

*John Robin ('J.R.') Allen  
Membership Coordinator, H.C.R.C.W.A.*



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## Sheep River Library Fall 2018 Programs

### Mind and Body

#### Brain and Body Fitness for Seniors

Regain the joy of movement. Improve body awareness, balance, coordination and mobility through gentle movements and exercises. Learn Brain Gym® Activities to improve focus, concentration, organization and communication and to feel calm, relaxed and centred. Instructor: Dana Luebke

\$78.75 for 10 sessions, \$10 drop in fee  
Mondays, starting Sept 10 9:00

#### Brain and Body Introductory Workshop

For those who wish to know what Brain and Body Fitness is all about, this introductory workshop will explain everything to you.

Wednesday, Sept 5 7:00

#### Craving Change™

This four-part class focuses on WHY you eat what you do. As you become more aware of your personal eating triggers, you will be able to control your food cravings and change your problematic eating behaviours. This is a cognitive-behavioural approach that encourages you to consider how your thoughts, emotions and behaviours all interact.

Instructors: Calgary Regional Primary Care Network  
Register Online at [www.crpcn.ca](http://www.crpcn.ca) or call  
403-652-1654.

Mondays, Sept 17-Oct 15 1:00-3:00

#### Inductive Bible Study

We will be starting a two- part study of the book of Hebrews, using the inductive method. No previous experience required.

Instructor: Jan Burney  
\$10 for course materials  
Wednesdays, start Sept 5 (Orientation) 10:00

#### Women's Bible Study:

##### Discerning the Voice of God

This 7- week study by Priscilla Shirer will focus on learning how God speaks. Start and end times are perfect for those who have children in pre-school.

For more information on the study or childcare provisions call Deborah McInnes 403-630-8681  
Facilitator: Deborah McInnes  
Tuesdays, starting Sept 18 8:45am

#### Encaustic Demonstration

From mid October – mid December Penny Gunderson will be displaying her Encaustic Art at the library. Penny will be demonstrating this process of painting with hot beeswax, damar resin and pigment combined in a wax stick.  
Saturday, Nov 17 2:00

#### Library e-Resources

Find out from Jan and Gita what free digital resources are at your fingertips with your library card: books, newspapers, magazines, movies, music and many more.  
Tuesday, Sept 25 7:00

#### Acrylic Landscape Painting Course

Learn how to paint a landscape using a photo for reference for beginner to intermediate painters.  
Instructor: Jenna Moore  
2 Classes  
Mondays, Sept 17 & 24 1:00-4:00

#### Make Your Own Heritage Broom

Learn how to make your own hearth, floor or cobweb broom, handwoven in the same manner used in the 1800s. Not only are these brooms fully functional, they are worthy of hanging as handsome pieces of art. One day classes are limited. \$150 includes all materials.  
Instructor: David Campbell  
Saturdays, Oct 13 or 20 9:00-3:00

#### The Three "C's" of Writing with Jim McLennan

Complete, Concise and Clear  
Perfect for folks beginning their writing journey or seasoned writers who would like to hone their craft in short non-fiction, writing for magazines and websites and self-editing. Cost \$60 + GST  
3 Sessions: Wednesdays, Nov 7, 21 and Dec 5 7:00





# Sheep River Library Fall 2018 Programs

## Diamond Valley Fit Club

Come for an hour of working out to a DVD.

Facilitator: Rachel Kates

Wednesdays

7:00

## The Wild at Heart...

### Sheep River Ramblers



We provide walking/hiking groups for all ability and mobility levels. We walk, hike, snowshoe in winter, socialize and have lots of fun. Borrow walking poles, snowshoes,

microspikes pedometers and Kananaskis Explorer Packs. To receive information about any Rambler event add your name to the Rambler e-mail list. (Must have a library membership to join).

## The Creative Side

### Q & S Club (Quilting & Sewing)

This club is open to any quilter or sewer of any ability. Participants can work on either their own projects or an assigned quilting or sewing project. Instruction and guidance will be provided by Janet Balance, Dolores Ziegler & Jan Burney.



Thursdays, starting Sept 20

7:00-9:00

### Fibre Fiends

If you like to knit, embroider, sew, crochet, quilt or any other creative endeavour you are welcome to hang out and pursue your passion with other like-minded individuals. Experts will be on hand to assist. Those who wish to stay longer are welcome to work at the large table.

Tuesdays

10:00-12:00

### Makerspace Equipment

If you wish to become proficient using our scanning lab equipment or the scan 'n' cut machine call the library and make an appointment for one on one instruction.

## Computer Courses



### Tech Talk Intro

Just getting started with technology? This is a great introductory class on the use of popular, current technology which looks at building everyday technology skills. We can help to get technology working for you! We supply laptops but feel free to bring your own as well as tablets and smart phones. The group will explore a variety of topics in a relaxed, open environment where participants share and learn from others through conversations. Wednesdays, Sep 26-Nov 28 3:00-5:00

### Tech Talk Basics

Wanting to learn more about technology? This fun, relaxed group looks at building your knowledge of everyday technology skills. We can help to get technology working for you! We supply laptops but feel free to bring your own as well as tablets and smart phones. Group will explore a variety of topics in a relaxed, open environment where participants share and learn from others through conversations. Wednesdays, Sept 26-Oct 31 6:00-8:00

### Tech Cafe

Build your technology knowledge. Offered in a casual drop-in environment where participants bring their own laptops or tablets. A facilitator is on hand to offer assistance on topics such as Windows 10, Social Media, Internet Security/browsing, Skype and managing photos and files. Wednesdays, Sept 26-Nov 28 1:00-3:00

**For the above programs registration begins Monday, August 27, 2018 online at [www.litforlife.com](http://www.litforlife.com) or phone Literacy for Life at 403-652-5090.**

### E-Reader Support

Need help downloading e-books onto your e-reader? Call 403-933-3278 and make a one on one appointment with Gita on Friday afternoons.





# Sheep River Library Fall 2018 Programs

## Career Development with McBride Career Group

### Career Planning Online

*This workshop will help you to:*

- Identify suitable careers that match your interests and skills
- Utilize the online Career Cruising assessment tool
- Explore different career options
- Find resources to education and training and financing options

Wednesday, Sept 12 1:30-4:00

### One on One Consultation

A McBride consultant will be at the library most Wednesday afternoons to meet with you. Call **403-601-2660** to make an appointment.

## Children's Programs



### Rhythm and Rhyme

(Babies 0-12 months with parent/caregiver)  
Meet new people in a relaxed space while you learn songs, rhymes and activities that fit the age of your child.

Wednesdays, Sept 26 – Nov 28 11:30-12:00

### Movers and Shakers (Babies 12 to 24 months with parent/caregiver)

Children and parents enjoy time together learning language through songs, rhymes and early learning activities. Join us for some wiggling, giggling and jiggling!

Wednesdays, Sept 26-Nov 28 10:30-11:00

### Toddler Time (Children 24-36 months with parent/caregiver)

Spend quality time with your toddler learning language through songs, activities, rhymes and stories.

Wednesdays, Sept 26-Nov 28 9:30-10:00

### Natured Kids

(Children 3 – 5 years with parent or caregiver)  
Experience nature as a learning tool. The essential skills will be introduced to families through games, songs and activities out in nature.

Wednesdays, Sept 26-Nov 28 1:30-2:30

**For the above programs registration begins**

**Monday, August 27, 2018 online at**

**[www.litforlife.com](http://www.litforlife.com) or phone Literacy for Life at 403-652-5090.**

### PD Days

Recently released (mostly animated) movies will be screened at 10:30 on PD Days.

Titles of movies will be available at the library and on our website and Facebook page one week before. Attendees can win a copy of the movie shown.



## Clubs & Groups



### The Diamond Valley Book Club

The Library Book Club meets the second Tuesday of every month. Members choose books two months in advance and these will be posted at the library.

2<sup>nd</sup> Tuesday 1:15

### The Austentatious Book Club

This group meets once a month to discuss a pre-selected classic novel. September's selection is *Sense and Sensibility*

Second Fridays starting Sept 14 10:30

### Poetry by the Fireside

Works of poets both dead and alive are shared along with original work. A non-compulsory writing project is assigned. Facilitator: Doris Daley

Last Thursdays 10:30

### Espresso Yourself

A time to socialise and connect with others in the community. Coffee and snack provided.

Facilitator: Christine Bates

Wednesdays 2:00





## Sheep River Library Fall 2018 Programs

### Conversational French

Parlez-Francais to your heart's content and improve your bilingual abilities!

First Wednesday of the month at 3:15

### Community Drumming Circle

Release some stress and unleash your creativity on a Friday night. No drumming or musical experience is required. Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together.

Participants must register at the library. If you have your own drum, then bring it along.

By donation.

First Fridays starting Oct 5 7:00

### Dogtooth Mountain Film Group

Sub-titles don't scare us! Come and see independent films from around the world that are not usually screened outside of film festivals. You will laugh, cry and be challenged by what you see.

Second Mondays \$2.00 7:00

Sept. 10: Offside

Oct 15: The Girl in the Café

Nov 12: Divines



**REGISTER NOW**

S

To register or to get more information about any of these courses please contact the library by whichever means works best for you:

- Phone: 403-933-3278
- Fax: 403-933-3298
- Mail: Bag 10, Turner Valley, AB T0L 2A0
- E-mail: abdsrclibrary@marigold.ab.ca
- In person: 129 Main Street NE, Turner Valley
- www.sheepriverlibrary.ca
- Facebook: Sheep River Library

Our hours are:

- Monday, Friday & Saturday: 10am-5pm
- Tuesday -Thursday 10am-8pm

## Out Loud 2018: Passions Pursued



### • William Thomas

Canadian author, scriptwriter and nationally syndicated humour columnist. He is the author of ten books of humour, including *Life in the Litterbox* and *The Legend of Zippy Chippy*.

### • Kristyn Harris

This Texas-bred musical powerhouse is noted for her shimmering vocals, solid swing rhythm guitar style, unique songwriting, award winning yodel and captivating stage presence. At 23, she is the youngest person to be awarded the Western Music Association Entertainer of the Year. Krysten was recently a contestant on American Idol.

### • Kevin Van Tighem

This former superintendent at Banff National Park, is the award-winning author of several books including *Bears Without Fear*, *The Homeward Wolf*, *Heart Waters: Sources of the Bow River* and *Our Place: Changing the Nature of Alberta*.

### • Authors Among Us

An informal symposium of authors who live right among us in Diamond Valley. You can meet with them one on one, listen to readings from their works and purchase their books.

### • Vintage Fashion Show

Take a trip down memory lane with this show of vintage fashions from Banjolena's Closet in Black Diamond.

### • Taleblazers

Five Alberta authors for elementary students will be brought to the library to inspire our Kindergarten to Grade 6 students.

**For full descriptions of events, dates and times please pick up an Out Loud brochure at the library or go to [www.sheepriverlibrary.ca](http://www.sheepriverlibrary.ca)**





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**September 15th**  
**10 am**

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**H**ope everyone had a great summer.

**Priddis Tennis Courts:** Anyone interested in lessons in September? Please email [prddistennis@gmail.com](mailto:prddistennis@gmail.com) and indicate whether you are interested in singles and/or doubles, social and/or competitive games, and your level of play.

**PCA Membership:** It's time to renew your annual membership. Pick up a form at the Priddis Store or complete the form on the PCA website: [www.priddisalberta.com](http://www.priddisalberta.com)

Family Membership is only \$25.00 per year. Easy to pay online, mail in a cheque or drop it off at the Priddis Store. A Business Membership is only \$50.00. To participate in any program at the hall you need to have a membership.

**Priddis Panthers Pond Hockey:** Registration is on Tuesday, September 11th from 6 – 8 pm at the Priddis Hall. This is a fun, non-competitive pond hockey for boys and girls ages 5 – 17, with all levels of experience. For more

information contact [priddishockey@gmail.com](mailto:priddishockey@gmail.com) or check Facebook for Priddis Panthers Hockey.

**Multi-Purpose Building Fundraising:** There is still time to sign up for the Fundraiser Golf Tournament at Wintergreen Golf and Country Club taking place on Friday, September 14th. Here is the link to direct sign-up:

[www.eventbrite.ca/e/tee-up-fore-the-kids-golf-tournament-tickets-46865707593?aff=ebdssbdestsearch](http://www.eventbrite.ca/e/tee-up-fore-the-kids-golf-tournament-tickets-46865707593?aff=ebdssbdestsearch)

The event is an 18 hole Scramble including Cart, Banquet with Dinner, Silent Auction and Prizes, Pro Clinic with PGA Tour Canada Winner, Win \$25,000. or New Car Prize at Hole in One Challenge! 10:30 Registration~11:00 Pro Clinic~12:00 Shotgun.

Questions about this fundraiser or the Multi-Purpose Building project, email [priddispbldg@gmail.com](mailto:priddispbldg@gmail.com) Check the website, [www.priddisalberta.com](http://www.priddisalberta.com) for more details on these events and project updates.

**Yoga Classes:** Yoga with Margit resumes on Tuesday, September 18th for an 8 week session. For details and registration, contact her at [margit.yogini@gmail.com](mailto:margit.yogini@gmail.com).

**2018 Casino: September 20 & 21:** The casino dates are Thursday, September 20th and Friday, September 21st at Century Casino, Calgary. This event is our main fundraiser and is crucial to running the Priddis Community Association. Still looking for more volunteers. Please contact Carmen and Wayne Heinen at (403) 931-3875.

**Annual General Meeting:** The AGM is Thursday, November 15th, 7:30 at the Hall. Some Board positions are open. The Board meets once a month. Contact any current Board members on the website: [www.priddisalberta.com](http://www.priddisalberta.com)

**Priddis Library:** Hours at the

Priddis Library in the old-school house are on Tuesday and Friday from 3-5:00. Borrow books or donate your used books. Thanks to Arlene, Geraldine and Carol for volunteering their time to keep the Library operational for the community.

**Priddis Early Learning Program (PELP):** The 3 year old program is now full with a waitlist. A few spaces are open in the 4 year old program. Registration is ongoing. The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. If you are interested in enrolling your child in the Priddis Early Learning Program for 2018/2019 please email [PELPpreschool@gmail.com](mailto:PELPpreschool@gmail.com). The Director is Kate Berkan.

**Parent & Tot Coffee Morning:** This local group meets once a month and is looking for a coordinator. It is a very easy volunteer position for someone looking to get involved in the community:

- Work with Jane's Cafe to find a mutually agreeable day and time;
- Advertise the event through Facebook; and
- Attend the meet ups and bring along the activity bucket for the kids

If you, or someone you know may be interested, please email [pcayoungfamilies@gmail.com](mailto:pcayoungfamilies@gmail.com)

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

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

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

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Some opportunities on the PCA Board are still available. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website [www.priddisalberta.com](http://www.priddisalberta.com)

*Have a great summer!*

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September 9th · 9:15am  
HOLY COMMUNION

September 16th · 9:15am  
HOLY EUCHARIST

September 23rd · 9:15am  
HOLY EUCHARIST

September 30th · 10:00am  
SPECIAL 5th SUNDAY SERVICE  
St. James, Priddis · Potluck to follow

October 7th · 9:15am  
HOLY COMMUNION



**Connect at**  
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**on Instagram**



Are you interested in beekeeping? Are you worried about the survival of all the different sorts of bees in our province? You can get involved. There's a new provincial bee association that would love to hear from you.

Beekeeping (and pollinators in general) are important to Alberta's crops and flowers. Alberta is the best place in Canada to keep bees. Hives make a lot of honey, beekeepers are serious about keeping bees healthy and alive, and Alberta honey is prized around the world. It's not surprising that a big new beekeeping organization has started to help coordinate the busy beekeepers. The United Beekeepers of Alberta Council (UBAC) includes all beekeepers - commercial and hobby, rural and urban - plus fans of bees and pollinators. This new bee group will hold its first general conference and organizing business meeting in Calgary on Saturday, September 29th.

Everyone is invited to attend the conference. The morning starts with bee experts talking about keeping bees healthy, ensuring good pollination for gardens and crops, using exciting new technology for monitoring and helping bees, producing organic honey production, selling honey on international markets, and much more. Throughout the conference, vendors will showcase their wares. Later in the afternoon, the UBAC will hold its first-ever business and organization meeting. Finally, the day wraps up with an informal meet, greet, and brag session.

Although Alberta has many fine bee groups, this is the first province-wide

association which is open to all hobby, sideline, and commercial beekeepers and bee enthusiasts everywhere in the province. Other organizations are designed for specific localities (city bee clubs, for example) or limited to commercial beekeepers with over 100 hives. The UBAC has attracted the attention of all friends of the bees and welcomes everyone to participate

in bee discussions, the business of beekeeping, and the ecology of the bees' environment. If you have an interest in bees - and especially if you keep bees! - the United Beekeepers of Alberta welcomes and needs your participation. To learn more, please check the council's website, [albertabeekeepers.com](http://albertabeekeepers.com), or give a call to Liz at 403-208-2475.

*Elizabeth Goldie*



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**PRIDDIS COMMUNITY ASSOCIATION**  
**2018 - 2019 MEMBERSHIP FORM**  
 Effective November 1<sup>st</sup>, 2018 – October 31<sup>st</sup>, 2019

**\*Business = \$50.00 Family Membership = \$25.00 Single Adult = \$15.00 Single Senior = \$10.00**  
**\*Business Membership includes the business listed on PCA website**

**If you & your family are new residents to the community, your 1<sup>st</sup> year membership is free. Check here**

First name: \_\_\_\_\_ Last name: \_\_\_\_\_  
(please print) (please print)

Spouse's First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Pay on PCA website or mail cheque and this form to: PCA, 178131 Priddis Valley Rd W Priddis, AB T0L 1W1 or drop it off at the Priddis General Store. Do you wish to volunteer for PCA functions?  Yes  No**  
**I would like to receive PCA emails of news and events in our community.  Yes  No**



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## We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

### Upcoming Events and Programs:

#### Qigong Drop In

*Mondays at 9:30am & Wednesdays at 7pm*

*Location: Upper Room*

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness!

#### Faith and Coffee

*Wednesdays at 10am*

*Location: Multipurpose room*

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

#### Craft Day

*Sat, September 8 from 10am – 4pm*

*Location: Midlands Link*

Please join us for some fun and fellowship while working on your todo projects. Set up a table, come and go as you like. Coffee and tea provided. Potluck meals. Everyone welcome.

#### Playtime

*Thursday, Saturday, Sept 8 at 10:30am*

*Location: Lower Hall*

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup

of coffee or tea and chat. We have a small bouncy castle and some ride-on toys for the children available. Coffee, beverages, and goodies will be available for you and juice and kid-friendly snacks will be provided for your Little Ones. It is a great way to have a laidback conversation while the kids burn off that extra energy!

#### Triple F

*Saturday, September 29 at 12pm*

*Location: Midlands Link*

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come

for - food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new).

For more info about our programs/events please call the church office or visit our website.

*Your Friends at Red Deer Lake United Church*

*403.256.3181, office@reddeerlakeuc.com*

*Instagram @RedDeerLakeUC*

*Sunday Worship: 10:30am*

*reddeerlakeuc.com*

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Every second Tuesday of the month (Sept to May) at 7:30 pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. This September meeting is at Forage and Farm hosted by Cheryl Greisinger. She will be sharing her garlic growing hints and what to do with garlic. Come for a farm tour and bring a picnic supper to eat (no cooking facilities). This will be at 6:30 pm. If you would like to come please email or phone Sheila Virgo to get directions to the farm. Also, please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information, email svirgo@mithril.ca or call Sheila at 403-931-3989.

**H**ello, Turner Valley. It's been a hot smoky summer so far. Thankfully we have the Sheep River to cool off in when the temperatures get too high. We'll see what fall brings, but I have a feeling it's going to be a fairly nice one. Hopefully BC will get a ton of rain to put out all these wild fires. I heard there was about 400 more than last year.

So here's a bit of what's going on in our beautiful community this month. The annual Ben Steiger Memorial Golf Tournament will be held on Friday, September 7th this year at the Turner Valley Golf Course. Ben was an up and coming young athlete who loved competition and was popular with friends young and old. He was a golfer, basketball player, snow boarder, motor cross rider, but most of all he loved the cowboy way. Ben was participating in a rodeo school in April of 2014 when he involved in a tragic accident resulting in his death. His family and friends have established a memorial scholarship fund at ATB Financial to help other young people reach their goals. All proceeds of the golf tournament will be added to this fund. For more information, to register or sponsor, please call DV Veterinary at 403-933-4397 or email at [dvvet@telusplanet.net](mailto:dvvet@telusplanet.net).

The Turner Valley Legion will be back in business after summer renovations and holidays. They are pleased to present a Lobsterfest and Celtic Band on Saturday, September 15th. Featured are a whole lobster, potato salad, Taber corn, and a midnight supper. The midnight supper will actually be at 9:00, but some of us can't stay up that late! Cocktails are at 5:00 with the dinner starting an hour later, and then the band starts at 7:00. They are called the Little Head Butt Band and they come all the way from the Maritimes. Tickets will go fast for this event, get yours early as this promises to be a popular event. For tickets or more information, call 403-933-4600 or 4564, or 403-805-4323. Sheep Creek Arts Council is happy to

present its selection of new art classes (painting, quilting, sculpting, knitting, and belly dancing) as well as the usual clubs this fall. Please refer to the pullout in this issue of High Country News for a description of classes. They will be holding an information and registration night on Thursday, September 13th from 7:00-8:30. Stop in, talk to their instructors, and have some coffee or tea and cookies. SCAC is located at 133A Sunset Boulevard in Turner Valley.

The annual Kidney March takes place on the weekend of September 7-9. Participants will cover 100 KM in those three days from Kananaskis Country to Calgary. There will be an orientation, opening ceremonies, camp, and hot meals and entertainment. There is also medical attention if needed along the route. It sounds like a really great event for a really great cause. Participants will raise pledges to donate to the Kidney Foundation. For more information or to register, visit [kidneymarch.ca](http://kidneymarch.ca)

September also means the annual Terry Fox Run happens all over the world. Terry was born in Manitoba in 1958, and in 1977 he discovered a malignant tumour in his right leg and they had to amputate it. The night before the amputation he read about an amputee runner and dreamt about running. He began training for his Marathon of Hope in 1979 and in April of 1980 he dipped his artificial leg in the Atlantic Ocean and began his odyssey. He ran an average of 42 KM a day and ran through six provinces. However after 143 days and 5373 KM the cancer had spread to his lungs. He died shortly afterward but wanted his run to go on, and in September of that year the first Terry Fox Run was organized. Okotoks has organized this run most years around here, it

will be held on September 16th with registration starting at 9am and the run starting at 11:00. You can run, walk, rollerblade, bicycle, wheelchair, and it is dog friendly. There will be free water and hotdogs courtesy of Fountain Tire. You can do a 2, 5, or 10 KM run and get pledges. The Run will be held at the Crystal Shores Beach House in Okotoks at 403 Milligan Drive. For more information, visit [terryfox.org](http://terryfox.org) and search the Okotoks location.

The annual Millarville Chuckwagon and Chariot Races will be held on the weekend of September 7-9. It features family friendly entertainment on the Friday night and a family friendly Cabaret on the Saturday night, featuring one of my favourite local bands, The Backroad Traveler Band. Family friendly beer gardens all weekend long along with the famous races as well. For more information, visit [millarvillacerack.com](http://millarvillacerack.com).

If you have any events happening October 3-31 that you would like to see in the High Country News, please email me at [elaine.ww@telus.net](mailto:elaine.ww@telus.net). The deadline for this issue is September 15th.

*Have a safe and happy August,  
Elaine Wansleben*



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Free to our neighbours from the surrounding community

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**HOWDY NEIGHBOUR BBQ 2018**

Rothney Astrophysical Observatory  
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## BUSINESS PROFILE:

*Foothills Energy Co-op.*

**F**oothills Energy Co-op markets electricity, natural gas, and green energy — and funds local sustainability ideas.

Foothills Energy Co-op is a not-for-profit organization. The money we make from marketing electricity, natural gas, and green energy goes into the Foothills Energy Co-op Community Fund. Support is available from that fund for community projects that advance Co-op goals for local sustainability. Find out more at [www.foothillsenergycoop.ca](http://www.foothillsenergycoop.ca).

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*That's where Foothills Energy Co-op comes in.*

Established in 2016, the Co-op is a marketer of electricity, natural gas, and green energy. You can buy energy from us just as you can buy energy from Enmax, Epcor, Just Energy, or ATCO. Our focus is on Turner Valley, Black Diamond, Longview, Millarville and the MD of Foothills -- but our service has no boundaries, as long as your services are delivered by Fortis and ATCO to your home or business.


The Co-op is guided by fair practice, accountability and transparency. We value community input, and draw on community skills and resources to further sustainable initiatives and energy conservation.

If funding sustainability projects your community strikes a chord with you, consider switching to Foothills Energy Co-op.

### **Foothills Energy Co-Op Community Fund**

Foothills Energy Co-op announced our first-ever bursary in July. We donated \$500 to the Valley Neighbours Club in Turner Valley, to help fund construction of rainwater catchment, which will maintain the Valley Neighbours' garden, reduce the club's municipal water use and monthly water bill.

Got an idea for a community project that fits the Co-op's criteria? Get information at [www.foothillsenergycoop.ca](http://www.foothillsenergycoop.ca).

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# Longview Library

The children's programs this summer have been most successful. The most popular one was Slime Sessions. Neon coloured

Elmyer's glue was mixed with borax to make a playdough. Unfortunately, the Parachute in the Park, had to be cancelled due to bad weather. A workshop on henna tattoos and body art are in the offing. Watch the board for dates and times.

There has been an exciting donation to the library of books on local history. Season two of *The Crown* has been ordered, as well as a magnetic

scrabble wall board. Two new DVDs, *Monty Python and the Holy Grail* and *Bill and Ted's Excellent Adventure* are in. The library receives new books from Marigold each month, so there is always something fresh from which to choose.

Keep your eye on the information board for the upcoming fall programs. *The Hypnotist's Love Story*, by Liane Moriarty, an Australian novelist, is a book chock full of intrigue, psychological suspense and clinical hypnotherapy. It deals with troubled relationships, loss, grief and the difficulty and importance of "letting go". Moriarty is the author author of *Big Little Lies*, which was made into a T.V. series, starring Nicole Kidman and Reese Witherspoon. It has wit and humour to lighten the mood. A good summer read.

*The Woman in the Window* by A.J. Fin is a psychological thriller, soon to be made into a movie. It takes a while to get into, but soon becomes a page turner. What is most captivating is the writing. It is both clever and beautiful. The novel is introspective and has warmth, even though it deals with loss, grief and mental illness. Fin is an Oxford scholar. This is his first novel and has been published in six countries.

The summer is almost over, but never let your reading habit be over.

*Happy Reading!*  
Sylvia Binkley  
sliv@telus.net



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# BLACK DIAMOND Digest

Hello, Black Diamond. What a nice hot summer it has been so far. Not so nice was all the smoke and haze in the air from the forest fires out in BC. We had a record breaking 37 degrees on August 10th, which drove many people down to the river to cool off.

So here's a few things which are going on around our area this coming month. The Boys and Girls Club is getting a new baseball diamond park, courtesy of a Jumpstart Accessibility Grant, a grant from the Jays Care Foundation, the Town of Black Diamond and club fundraising. The new park will have a baseball diamond, washrooms, dugouts, pathways, and spectator seating, and will be wheelchair accessible. The Boys and Girls Club take care of approximately 150 school aged children a year, so the "Field of Dreams" will be a huge asset to them. The Club is located upstairs at the curling rink, for more information on their organization, call 403.933.4066.

There will be a joint community registration night held on Sept. 11. Complete all your registrations in one night. Sign up for sports, recreation, arts, crafts, music, volunteer opportunities, local clubs and other activities. For more information or to register your club or organization, call Hazel at 403.933.4944 or email at hazelm@turnervalley.ca. The joint registration will be held at the Flare and Derrick from 6-8pm.

In recent years there has been an increase in crime in our area. There has been theft from vehicles as well as other crimes. I never used to lock my doors or my vehicle but now I do after my car was ransacked. We have an organization here called Diamond Valley Citizens on Patrol. They are a group of dedicated volunteers who live in either town. Members patrol the towns in pairs and report suspicious behavior. The key time and days are Fridays and Saturdays between 10pm and 3am. They always encourage new members. For more information visit their Facebook page or call 403.933.5818.

The annual Ride for STARS is coming up on Sept. 15 this year. It will start with a breakfast, and then the trail ride. You can take a wagon ride if you don't have your own horse, or a trail walk is another

option as well. The day finishes with a dinner and live and silent auction, with entertainment, dancing, and a bar. STARS is instrumental in equestrian accidents where an ambulance may not be able to get there. For more information, or to register, visit foothillsideforstarts.com.

Another annual event is the Grate Groan-Up Spelling Bee. This is put on by the Literacy for Life Foundation. This is the hottest competition in the Foothills. This hilarious, action packed evening has teams of three people competing in a battle for bragging rights to spelling supremacy. The Bee will be held on Sept. 29 and will be the 6th annual. Held at the beautiful Wales Theatre in High River, doors open at 12:30 with the Bee starting at 1:30. To enter a team or for more information, call 403.652.5090.

Beneath the Arch Concert Series is back after summer hiatus with one of my favourite performers, Little Miss Higgins. Born in Brooks and raised in Independence, Kansas, Little Miss Higgins brings a sassy swagger to her fast and fun performances. Old tyme country music meets modern, award-winning songwriting. I have seen her before and enjoyed such hits as Bake My Biscuits. The show will be held at the Flare and Derrick on Sat., Sept. 29. Doors open at 7 with the show

starting at 7:30. For tickets or more information, visit beneaththearch.ca.

Black Diamond September Fest is an 18+ event, taking place on Sept. 29 from 1-6pm. It will feature live music, food trucks, and craft beer tasting. Attendees will purchase 5oz. souvenir mugs for \$5 and sampling tickets are \$2 each. Bring your ID. For location and more details, give the town of Black Diamond a call at 403.933.4944.

If you have any events happening October 3-31 that you would like to see in the High Country News, please email me at elaine.w@telusnet. The deadline for this issue is September 15th.

Elaine Wansleben

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**SHEEP RIVER  
LIBRARY**

## October Brings Out Loud To The Library

October is Canadian Library month and Sheep River Library will be celebrating with the 7th Annual Out Loud Series: Passions Pursued. This year we are thrilled to have such a great line up of performers, speakers and events. Canadian author, William Thomas, who is also a scriptwriter and nationally syndicated humour columnist, will be here Saturday, October 13 at 7:00. He is the author of ten books of humour, including *Life in the Litterbox* and *The Legend of Zippy Chippy*. Although we have most of his books in our collection, there will be books for sale at this event. The following Friday night, October 19, Kristyn Harris, a Texas-bred musical powerhouse, will treat us to her shimmering vocals, solid swing rhythm guitar style and award-winning yodelling. You do not want to miss her captivating stage presence. At 23, she is the youngest person to be awarded the Western Music Association Entertainer of the Year and the only female to receive it twice. Kristyn was recently a contestant on American Idol. We have Kevin Van Tighem returning to the library, Friday, October 26. This former

superintendent at Banff National Park, is the award-winning author of several books including *Bears Without Fear*, *The Homeward Wolf*, *Heart Waters: Sources of the Bow River* and *Our Place: Changing the Nature of Alberta*. Kevin's talk begins at 7 pm. For something a little different, we have a couple of exciting events. Take a trip down memory lane at the Vintage Fashion Show on October 12, 7 pm. Join the founder of Banjolena's Closet and enjoy the fashions, music and snacks from the 40s, 50s and 60s.

Due to the anticipated popularity of these events, admission will be by ticket only.

You can pick up your FREE ticket for the above events at the library starting September 15.

We finish our series with *Authors Among Us* on Saturday, October 27. Come and experience an afternoon symposium of authors who live right among us in Diamond Valley. You can meet with them one on one, listen to readings from their works and purchase

their books. The event will run from 1-4 pm. For more information about any of these events please go to our website or pick up a brochure at the library. For our Fall program line up, please refer to the program pages in this issue of the HCN, check the website or drop into the library to pick up a brochure.

See you at Out Loud. Don't forget to get your tickets!

Doris Daley



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# HISTORIC HOMES

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## LITTLE MISS HIGGINS

Saturday September 29, 2018

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

**Adult: \$25 / \$30 at the door**  
**Child (6-12 yrs): \$10 Kids under 6: Free**

Flare & Derrick Community Hall, Turner Valley

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

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nearly  
**90%**

of seniors want to stay  
in their own homes as  
they age\*



## Life Without Boundaries - Beyond Traditional Home

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies ([www.jchs.harvard.edu](http://www.jchs.harvard.edu)) and AARP, that over 90% seniors want to live in their own homes, often referred to as “aging in place”. They already own their homes, are comfortable there, and are familiar with the neighbourhood, people, and services. This is also the most economical option for receiving care as well as taking advantage of family/friends support and informal care. Also, building enough ‘senior housing’ is costly and most people do not want to live there anyhow!

Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors. That

being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this. Planning for our homes to accommodate the challenges associated with a long term care at home strategy is something that we can start immediately. Planning will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long

term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy. Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!

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## Sheep Creek Arts Council 2018 Fall Schedule

All classes are held at 133 Sunset Blvd, Turner Valley (one block west of the 4-way stop).

To register by mail visit [www.sheepcreekarts.ca](http://www.sheepcreekarts.ca) and print off the registration form. Complete the form and send with a check for class fees to the address below. Please postdate your check for 2 weeks before the start of your class. Refunds are offered only if the class is cancelled. Payment can be made by check, email transfer or cash. Sheep Creek Arts Council is proud to offer our classes and workshops at an affordable rate.

Membership in the Arts Council is \$10.00 per year and all patrons/students/participants must become a member. Along with your registration and class fees, please send a separate check for membership or pay the membership fee at the start of the class (membership fees go into a different account).

**Information phone:** Sheila Virgo 403 931 3989

**Register by email:** [scac@live.ca](mailto:scac@live.ca)

**Register by mail:** Sheep Creek Arts Council  
Box 277, 133 Sunset Blvd  
Turner Valley, AB T0L 2A0

**Website:** [www.sheepcreekarts.ca](http://www.sheepcreekarts.ca)

### Membership Appreciation and Registration Evening

We, at Sheep Creek Arts, are delighted to invite new and existing members to join us for coffee, cakes, cookies at 133 Sunset Blvd. Meet some of the instructors, see proposed projects and register for classes in person.

**Thursday Sept 13 7-8:30 PM**

### Knitting Club

Why not join our knitting club and learn to knit at your own pace? Drop-in Fee \$2.00

**Ongoing Tuesdays start Sep. 18 12:30-2:30 PM**

### Decorative Painting Group

This method-painting program is developed to teach beautiful brushstrokes, step by step. You will learn to paint and discover a whole new love affair. Register with instructor: Evelyn Richmond. 403 933 3947

\$40/month (paint included for projects done in class)

**Monday start Sep. 17 1-3 PM**

**Thursday start Sep. 20 7-9 PM**

### Camera Club

Membership is open to anyone interested in photography, novice to professional. Exchange technical knowledge and creative ideas. The Club offers an opportunity for challenge and feedback through monthly assignments, workshops and an annual photo competition. **Membership: \$30/yr. Last Tuesday of every month. 7-9 PM**

### Diamond Valley Quilt Club

Would you like to learn to quilt? Join us on the 1st, 3<sup>rd</sup> and 5<sup>th</sup> Wednesdays of each month. Work on your own project (UFO), block of the month or charity quilts. Bring your lunch. Annual club fee is \$10.00 plus \$10.00 membership in SCAC. To register call Sheila 403-931-3989.

**Drop-in Fee \$2.00 (for non-club members)**

**Starting Sep. 5 10:30 AM-3:30 PM**

### Painting Your Way

Individual help will be provided to complete an acrylic painting of personal choice. Bring your own photo and have fun learning with others. Beginner and intermediate artists welcome. Instructor: Vivian Wiebe. Contact [vdwiebe@gmail.com](mailto:vdwiebe@gmail.com) for information on supplies. **8 Classes \$96.**

**Mondays starting Sep. 10 7-9 PM**

**Tuesdays starting Sep. 11 1-3 PM**

### Belly Dance for Fun & Fitness

**Beginner Class:** Join the fun learning the basics of middle-eastern dance. Instructor: Kim Davies

**10 classes \$80.00**

**Ongoing Wednesdays Sep. 12 5:30-6:30 PM**

**Intermediate Class:** Continue practicing moves of mid-east dance with choreography and props. (costumes optional).

**10 classes \$80.00**

**Ongoing Wednesdays Sep. 12 7 to 8 PM**



## Quilting – Get out of the Box II- Class (Intermediate level)

Sampler quilt patterns use techniques such as piecing, paper piecing, and applique to make a unique quilt top that will have you learning new techniques while using up your fabric stash. Bring sewing machine and supplies. Pattern \$25.00. Instructor: Joyce Brown. A sewing machine is available if needed – contact Sheila 403 931 3989 to reserve or to get the supply list.

**10 classes \$150 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays –  
running through to March 7:45 – 9:45 PM**

## Introduction Working with Clay

You will make a seated, squatting or kneeling Figure (male, female or game figure). Bring 1 photo, or drawings of the figure you are to do. Wear old clothes or apron. For info contact the Instructor David Barnes at 403 968 1657

**2 Classes - \$60 (includes all supplies)  
Fridays Oct. 5 & 12 6 - 9  
PM**

## Beginner Watercolour Class

Bring your love for colour and learn which tools to use to create the techniques that give watercolour paintings their freshness and luminosity. In this fun 4 hour class you will get to put them to use in a finished watercolour painting of your own. Instructor: Renee Carrier.

**Kit fee to instructor \$15.00 1 class \$32.00  
Saturday Oct. 6, 10 AM - 2:30 PM**

## Knitting - Beginner Sock Class

Now is the time to learn to make hand knit socks...winter is coming. This class is broken up into 3 weeks, covering the 3 components of socks: the cuff, heel, and toe. Participants need to be proficient at cast-on, knit and purl. You will learn how to knit in the round using the Magic Loop method in the first class. Socks make wonderful thoughtful gifts and are great take-along projects. Call instructor Laurie Bullock for info 587-215-1189.

**Kit fee \$15 for wool 3 classes \$30.00  
Thursdays, Oct. 4, 11 & 18 7-9 PM**



## Painted Fabric Angel Class

In this class we will superimpose fabric onto a wood cut out angel. After whitening out the face, hands etc., we will paint the features, leaving the fabric as the angel's garments. Come in and see the sample, you will love the finished project. Contact Instructor: Evelyn Richmond re supplies 403 933 3947:

**Weekend class \$35.  
Wood cut out costs \$10.00.  
Friday Oct. 19 7 PM-9 PM  
Saturday Oct. 20 9 AM-4 PM**

## Painting on Fabric

Learn the "Karen Sistek technique" for creating fine art on silk, without using guttas, resists or wax. A fantastic new medium for folk artists, dyers, quilters, or fine artists, and a great medium for beginning artists. Instructor Jackie Blight has been teaching Folk Art in the area for over 20 years.

**1 class \$120.00  
Saturday Nov. 10 9 AM-4 PM**

## Quilting - O Tannenbaum class

Make a Christmas Tree in your favourite colours to hang on the wall or turn this into a family tree. Come with your pictures printed on fabric to use in the centres. Bring your machine and supplies. Pattern \$10.00. Quilt project on 2<sup>nd</sup> day. Instructor Joyce Brown. Supply list available.

**2 classes \$50.00  
Saturdays Nov. 17 & Dec. 1 10 AM - 4 PM**

## Christmas Cards using Lino Printing

This class will introduce some simple techniques to create your own Holiday card using lino printing techniques. You will learn how to effectively prepare and produce a series of delightful cards using your own simple designs. With creative instruction and guidance using materials available from local craft stores in combination with lino printing, students will discover how they can personalize and tailor their cards into unique works of art.

**All supplies provided  
1 class \$100.00  
Saturday Nov 24 10 AM - 4 PM**



# Pre-Listing Property Inspections: To Do or Not to Do?

It is useful to clarify the difference between a Pre-Listing home Inspection and a Pre-Purchase Home Inspection although the difference may seem obvious.

Like the name suggests, the Pre-Listing home inspection is undertaken prior to a property being put on the market and is organised and paid for by the seller. In contrast, a Pre-purchase home Inspection is organised and paid for by the prospective purchaser of a property, usually once a purchase contract has been negotiated between the parties and is a condition of the purchase.

There is debate over the prudence of doing a pre-listing inspection by a property seller. Some brokers and agents suggest that buyers not rely on any pre-listing inspection reports made available by a seller to a buyer as the assumption is the seller may not have rectified all faults identified in the pre listing report or possibly the seller did not hire one of the better inspectors to do a thorough job of identifying problems that a buyer would expect their chosen inspector to find. Also the report may be stale-dated

if done months or even years in advance of going to market and new problems may have arisen on the property since that time. And of course the issue of air quality, mold testing etc, may not have been covered as part of a basic pre-listing inspection.

My perspective on pre-listing inspections is certainly that they can be very useful and could be informative to a prospective buyer if offered for review, but I feel a buyer should also do their own property inspection as part of their due diligence. The main reason that I suggest that a seller consider doing a pre-listing inspection is so the seller can become aware of any issues or

deficiencies in advance and hopefully rectify any significant issues as well as any smaller items as reasonable before going to market. A pre-listing inspection may surface e.g. electrical, plumbing or mechanical issues, roofing problems, potential water damage or damage behind showers & baths, and even help uncover mold or material rotting issues in older dwellings.

Another significant issue the seller needs to confirm in the selling process is the type of basement structure that exists – concrete or preserved wood. If the basement walls are completely covered this may not be obvious but if you are unsure, an inspector can verify


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this. Many a deal has gone sideways with people assuming the basement is concrete and are surprised to find out through the inspection process that the basement is a preserved wood basement.

The advantages of a pre-listing inspection and the reason it is so important to catch faulty items and correct any issues prior to listing are twofold. Firstly, it improves the chances of a deal proceeding with a buyer not backing away because of issues found. And secondly, it can avoid downward negotiations by a buyer requesting compensation for items highlighted that the buyer would need to attend to when purchased. This is important because it sometimes happens that a buyer will over estimate the costs of repairs whereas a seller can check and compare various vendors to do any repairs in advance of listing and look for the most cost effective remedies. Also, when larger issues show up on a home inspection report for a buyer, they may consider walking from the deal if a seller will not compromise on monetary compensation.

It is my opinion that a pre-listing inspection often pays for itself in being fore-warned and fore-armed about possible problems in the home itself that could negatively affect the sale of one's home.

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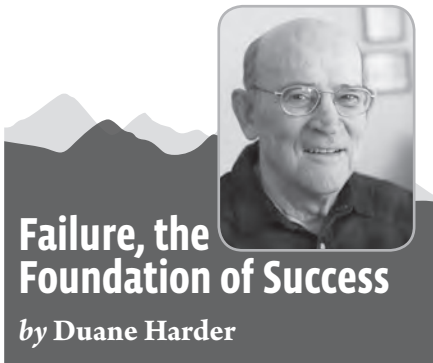
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## Failure, the Foundation of Success

by Duane Harder

There was a time when I would say “The only thing I didn’t like about school was the time between recess and lunch, lunch and recess, and recess and dismissal. I endured the classroom for the thrill of the games that filled recess and lunch breaks. As long as I could produce “B’s” on my report card, my Dad was unconcerned with my non-existent study habits. But, as I wrote in an earlier article, the wakeup call came when after midterm exams during my first year at college. I got 45% in a history exam. That was a blow. I had never failed an exam in my previous 12 years of schooling. However, that failure became the platform for future success. We can let failure define us or we can allow it to draw us into new levels of achievement.

Allow me to give you a new definition of fail:

### **Future Achievement Involves Learning**

Unfortunately, most of us have a default program that looks for someone or something to blame. Our weak egos collapse under the weight of failure. Our value is eroded, and we see others pointing the finger of scorn at us. We try to salvage respect and honor by shifting the blame. There are four primary culprits:

#### **Circumstances**

Circumstances beyond my control hit me like a tsunami. They leave me broken and powerless. There is no doubt that there are life altering events that deeply impact us. The issue is not what happens to us but rather the choices that we make in responding to the event. We will either let the circumstance bury us or stand on top of the rubble and make constructive choices to direct our future.

#### **Bad Advice**

“I followed his advice and look where it go me! I’m not to blame. It’s the wrong counsel I received.” We deceive ourselves into believing that if we would have made the decision without counsel we would have avoided the failure. The fact is that most of us act

on the counsel that most closely conforms to the internal values of the heart. We tend to avoid the counsel that is contrary to what we really want. At the end of the day we need to admit that the choice was ours, not that of the counselor. No one forced the counsel upon us, we chose to act upon it.

#### **Incompetent Workers**

At last we have found one that is legitimate. Or is it? Who hired the people? Who is responsible for their development? Did anyone research the supplier/sub-contractor, or did you just make a decision based on

cost? Highlighting the incompetence of others is just a way of blowing air into my deflated ego and making me look good at their expense.

#### **Blaming Myself**

Most self-blame is destructive not constructive. We use phrases like: “That was a dumb move.”; “How could I be so stupid?”; or “I must have been blind!” Those are seeds for future failure. They use the outcome of my choices to define the value of who I am. At their worst, they are attempts to suck affirmation from those who hear them.

*So, how can failure be the foundation of success?*

#### **Failure Helps Me Evaluate My Priorities**

Are profit, position or power tainting my priorities? Or, is my life about relationships and investment in the lives of people for their development? By human standards, Christ’s ignominious death by Roman crucifixion was an abject failure. His resurrection three days later was God’s triumphant exclamation mark of success. Two Thousand years later, 100’s of millions have been powerfully impacted and transformed by His life.

Is my life about people or profits? Failure helps me put the microscope on my priorities.

#### **Failure Helps Me Evaluate My Procedure**

Some people have a great idea but they are weak on the steps of action needed for its implementation. You may know where you want to go but do you also know what is needed to get there? I am not a person who naturally thinks sequentially. I need the input of people who do. Details are to the plan what canvas is to the portrait.

#### **Failure Helps Me Evaluate My Purpose**

What do you want written on your tombstone? Personally, I want mine to say, “He died climbing!” Life is a classroom that offers endless possibilities of growth.

Don’t let failure be a stumbling stone. Turn it into a stepping stone that will lead you through new doors of discovery: about yourself; about others; about new procedures; new products; and new opportunities that you never thought possible. Remember:

#### **Future Achievement Involves Learning**

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## Gifted Assessments

by Roché Herbst, M. A. R. Psych.



### WHAT DOES GIFTEDNESS MEAN?

Ever thought your child might be gifted and wondered what a formal assessment would reveal? For students in kindergarten to Gr. 12, Alberta Education defines Gifted And Talented as “exceptional potential and/or performance across a wide range of abilities in one or more of the following areas: general intellectual ability, specific academic, creative thinking, social, musical, artistic and kinesthetic.”

### WHAT ARE THE MAIN ASSESSMENTS USED?

A psycho-educational assessment using multiple sources of information is conducted by a registered psychologist to assess the intellectual and academic aspects of this definition. Specialized testing is required and depending on the age of your child, typical tests used are the WPPSI-IV, WISC-V, WAIS-IV, Woodcock-Johnson IV, Stanford-Binet V, WIAT-III, KTEA III or Canadian Cognitive Abilities test. Giftedness is relatively rare in the general population, with only approximately 2% of the general population having a Full Scale IQ or GAI score at or above 130 to be considered intellectually gifted.

### ARE THERE SPECIAL PROGRAMS?

While most intellectually gifted students are provided enrichment in the context of their regular school programs, many parents are interested in applying for special programs i.e. GATE program. These programs consider multiple criteria during the intake process and focus on making learning content more abstract, complex, interrelated or even constrained. Together with flexible pacing, the goal is to more deeply engage gifted students and maximize their learning potential.

### IS THERE A LEARNER PROFILE?

Each person is different with a set of unique abilities, needs, interests and learning preferences. However, there are some general characteristics and developmental issues that are associated with giftedness and have implications for learning. Typical intellectual characteristics may include:

- Advanced intellectual achievement
- High motivation and interest
- Verbal proficiency
- Excellent problem-solving ability
- Very good logical and “out-of-the-box” thinking
- Great creativity

### WHAT IS TWICE-EXCEPTIONAL?

Gifted students are asynchronous in their development. It is possible for children to be both intellectually gifted and have a learning disorder and/or ADHD. If you suspect that your child is particularly bright, but is

otherwise struggling with academic performance as opposed to achievement, then a comprehensive psychoeducational assessment would be required to determine the root cause of their academic difficulties. A Personal Development Plan (PDP) will support both their exceptional strengths and their exceptional needs.

Sources:


Alberta Learning (2012). *Teaching students who are gifted and talented*. Edmonton, AB.

Silverman, L. K. (2013). *How to use the new IQ tests in selecting gifted students*. Boulder, CO.



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# Mortgage Matters

By Candace Perko, Mortgage Broker

**S**o, you can afford your desired mortgage payment, but do you actually qualify for it?

There are a lot of factors that a lender considers when deciding to give you a mortgage. There's a difference between knowing you can afford a mortgage ... and actually qualifying for one.

Now more than ever, qualification has changed based on government legislation requiring all applications to be stress-tested. This has altered all applicant's qualification and you must ensure you're informed.

**Here are the top 5 considerations:**

**Capacity**

Can you repay the mortgage loan? This is the most important of five. A lender will look at your credit report and review your debts to see if you've paid them on time. Lenders do not like to see missed payments consistently, which sends a message that you may be over your head with your debt load. Lenders also don't like to see too much debt and/or maxed out credit cards.

**Capital**

This is the amount of money you must invest in the property yourself. Lenders don't like to take all the

risk. Make sure you have at least the minimum down payment. That down payment should come from your own sources; it may be cash/RRSP savings, a gift from a family member, or may be borrowed in certain situations as long as you can manage that extra debt.

**Character**

This is an overall impression of your trustworthiness. It's a look at the big picture. Lenders look at how long you've been employed and how secure you are. They will also look at your ability to save and manage your credit.

**Collateral**

You are important as an applicant, but equally important is the property you're buying. The house is pledged as security for the loan.

**Credit**

This is your credit history – how long you've been using credit. The more years you've been an active credit user the better.

The good news is the housing market is active; people are still buying and selling. If you're in the market, put a plan together to help you get into your new home.

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## Through A Dog's Eyes Part Two: Why Does My Dog Do That?

by Lorraine Brown,  
ISCP, Dip. Canine Prac. Canine Behaviour Practitioner

We've talked about how things can be challenging with a dog and some of the reasons why this can happen, so this time let's talk about how to create positive changes.

**The trick is to target the Reward System.**

*"The term reward system refers to a group of structures that are activated by rewarding or reinforcing stimuli. When exposed to a rewarding stimulus, the brain responds by increasing the release of the neurotransmitter dopamine ... the structures associated with the reward system are found along the major dopamine pathways in the brain. The mesolimbic dopamine pathway is thought to play a primary role in the reward system."*

But enough science talk, I'm going to describe what happens in the big picture by using an example of going to Gramma's for a visit.

Let's say we're a child going to visit Gramma. If Gramma is a kind and loving person, we like going to visit her. If Gramma cooks fantastic food and lets us play games on our phones after dinner, we're going to LOVE going to visit Gramma!

Being treated well and feeling loved are rewards. Eating Gramma's excellent food is a reward. Being allowed to play games after dinner is a reward. All these things FEEL GOOD.

But, if Gramma is cranky and crabby, going to Gramma's isn't fun. If Gramma makes us sit at the table for three hours until we've finished our Brussel sprouts, that doesn't feel good either.

If Gramma treats us well, we get excited when we go to visit, and we're going to feel happy. If Gramma

rewards us, we're going to want to help Gramma and do the things she asks because the reward system is active, and we're flooded with those feel-good neurotransmitters.

The reward system is POWERFUL!

There was an experiment done in the 1950's by James Olds and Peter Milner. Olds and Milner discovered that there were areas of the brain that rats would do things repeatedly to receive stimulation in that specific area. I won't go into too much detail here, but they discovered that *"some areas of the medial forebrain bundle were found to be so sensitive that rats would choose receiving stimulation to them over food or sex."*

*"Eventually it was recognized that dopamine neurons are activated during this type of rewarding brain stimulation."*

Dopamine, by the way, is also a significant factor in addictions. We enjoy that 'feel good hit', and that can lead to problems! One ten dollar win on the slot machines can be enough to keep you playing for another week. One hundred dollars can work for a month!

*"At one time dopamine was considered to be the neurotransmitter responsible for the experience of pleasure, but it is now thought to be involved with aspects of reward other than the direct experience of enjoyment."*

*"Some have suggested dopamine is involved in encoding memories about a reward (e.g., how to get it, where it was obtained) and attributing importance to environmental stimuli that are associated with the reward."*

*"But dopamine is not the only neurotransmitter involved. The reward system refers to a group of structures that seem to be frequently engaged in mediating rewarding experiences, but the actual network dedicated to creating the feelings we*

*associate with these experiences is likely more complex."*

On the flip side, if we don't like our crabby, control freak Gramma, it does not feel good when the family goes to visit, and these feelings can spread to other things and can even be associated with the environment we see and experience on the way to Gramma's.

When we get in the car for the trip, we may feel a little down. When we turn on to Gramma's street, our heart sinks. When we see Gramma's house, we may feel like we want to jump out of the car and run away. Going into Gramma's house could create anxiety, and we could even feel fear, anger, or rage depending on our previous experiences.

All this happens to our dogs too, and yes, they experience these emotions as well. If they've had a bad experience, which doesn't have to be a super traumatic event by the way, all those internal workings kick in.

We do not want to create anxiety, fear, or anger. We want to create happy, and we want those feel good neurotransmitters flowing! We want them to feel good while we're teaching them things, and that's why we use food and treats as rewards; why we use toys and games as a reward, and that's why we use touch and praise as a reward. Doing things that are rewarded - feel good, and those behaviours are more likely to be repeated.

Punishment stops behaviours we don't like too, but those behaviours stop out of fear, and the dog has not learned anything. Giving a dog a chance to learn, and be happy about learning, will always be more effective.

**Which Gramma do you want to be?**



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## Exposed!

by Andrea Kidd

My head surfaced again. I pushed forward for another stroke. Gasp, thrust, gasp, thrust! Determination drove me on to the goal. I inhaled a splash. Spluttering and coughing, I frantically did a panicky doggy paddle, until I could grab the side of the pool. Panting and burping, I edged hand over hand to the shallow end, clambered, exhausted, shivering and nauseated up the steps and stood with my classmates. We clasped our arms around ourselves to keep warm, attempting to cover our unusually exposed bodies, dripping while our instructor wrote the results of our efforts on her chart. At last she told us we could get our towels and go to the change room.

A few weeks later I sat comfortably in the middle of the third row of grey canvas stacking chairs in the school auditorium. The hymn had been sung, the reading had been read, the Lord's Prayer recited and it was announcement time.

"And now it is my pleasure," proclaimed Miss Pipe, "to award badges and certificates of merit to those girls who have successfully completed the requirements for swimming proficiency – 25 yards of continuous breaststroke."

I relaxed. Hands in the lap of my green gingham school uniform dress, I settled back to daydream.

"Linda White, Vivian Mountford and Edwina Philpott, please make your way forward up onto the platform," intoned our headmistress.

Each girl obediently rose from her seat, sidled down her row, walked up the aisle, climbed the steep steps, shook hands with Miss Pipe, received her badge and certificate and made her way back to her seat in the first three rows where first formers had their place.

I clapped politely for each one, secure in the knowledge I would not be called. I was content, glad I would not be exposed to everyone's attention.

"Sally Newby, Andrea McDonald and Pauline Batty, please come forward to receive your badges!" called our headmistress.

Colour flooded my face. Sweat moistened my palms. My mind froze in panic. I stood, knees trembling and grabbed the grey chair back in front of me. My brain firing in indecision and confusion, I thought, "I'll just go up and receive the honour and say nothing." I

inched along the row and the knees of the girls still sitting behind me kept knocking into the back of my own knees. As I struggled to the aisle I heard, "Riiiiiiiippp!" I glanced down to see the large pocket of my school uniform dress caught on the chair in front. Trembling, I fumbled and finally unhooked it. The torn fabric, hanging forlornly, compounded the shame I already felt.

Standing before the assembled school in front of the high platform I waited till the other girls had received their praise, craning my neck up and

back to look into Miss Pipe's face and clutching my pocket.

"I didn't do it!" I confessed, calling up to her face, which now looked down into mine.

Her eyebrows rose in surprise. "You may sit down," she said, and I began the long, difficult journey back to my seat in the middle of the third row, hoping no one was noticing my grip on my pocket. I sank back into normality and anonymity in that sea of girls.

Sally, Pauline and Vivian, do you remember that day? Did you see my shame? And where is each certificate and badge given out that day? Perhaps it is in an attic or antique store, forgotten by the one who earned it, or tossed out with the rubbish on moving day.

Today I thrust towards a different goal. Sometimes it takes my breath away. Maybe I'll reach it. Maybe I won't. Sometimes in missing a goal I am challenged to win a different, unexpected, more important prize.

*Sketch by Russ Rodman*



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### Flu Season

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The annual flu vaccine is highly effective to prevent getting sick with the flu, provided that the medical community has matched the correct vaccine to the viruses, way in advance - a tough challenge! There are a number of steps that you can take to ensure your home or office is as clean and healthy as possible, helping slow the spread of germs:

#### Keep Your Air Ducts Clean

The windows in your home remain closed more during the flu season (and wintertime in general) than most other times of the year, which means the air within your home is even more stale than usual. This lack of fresh air -

not to mention the fact that the heat is typically cranked up during these months - has the potential to create an especially hospitable atmosphere for germs, viruses and other types of particles within your spaces. Without routine cleaning and maintenance, your heating, air conditioning and ventilation (HVAC) system begins to accumulate unhealthy amounts of germs, dust, other pollutants. These particles do not just sit in your ducts; the U.S. EPA estimates that they circulate throughout an entire home 5-7 times per day. Clean your ducts well, then install an ultraviolet (UV) lighting system to kill the bugs (UV is what many cities use to treat water without harmful chemicals; other broad range of uses are in commercial, industrial and healthcare settings).

#### Keep Your Floors Clean

Another factor that contributes to the quality of the air within your home or office is your flooring, especially carpet, which is just as susceptible to gathering germs, dust, allergens and pollutants as your ducts. While vacuuming/cleaning on a regular basis is a good habit to maintain, the particles tend to settle deep in your flooring and generally

require professional cleaning services to truly be eliminated, generally using specialized hot-water and steam extraction methods. This not only limits the spread of germs but can also help reduce the number of flare-ups experienced by anyone with allergies, asthma or other respiratory-related conditions.

#### Maintain Healthy Habits

Always cover your mouth and nose when coughing or sneezing, preferably with a tissue but at the very least by using your elbow or sleeve. Wash your hands thoroughly with soap and warm water for at least 20 seconds, especially after using the restroom, touching your eyes, mouth or nose or touching surfaces such as tables, doorknobs, sink handles, etc. Frequently clean and disinfect the objects you touch most, such as desks, tables, doorknobs, keyboards, phones, toys, railings, sink faucet handles, etc. To learn additional ways you can help prevent the spread of the flu during peak seasons, check out Public Health Agency of Canada ([www.canada.ca/en/public-health.html](http://www.canada.ca/en/public-health.html)) and from the US Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)).

by Carla Berezowski

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## Out of the Rut Chapter 96

**F**oxgloves, bees, drums and drummers, smoke and ash. It's been a wild few weeks hasn't it?

Nice to get through a summer with the garden intact. Each time those afternoon thunderstorms build up I keep a 'weather eye' on the sky, looking for that telltale greenish-grey cloud to loom over us, the harbinger of hail. The one hefty downpour we got in Bragg Creek managed to skip the garden here in Redwood, so I am happily enjoying the site of the bees buzzing in and out of the glorious golden foxgloves, deep blue delphiniums and now the bright purple thistles that sprang up in the past week. Rhubarb stocks have shot skyward like alien ships attempting liftoff and the hummingbirds have reined themselves in from their aerial acrobatics displays. I think my car may have a few new dimples though – just make him smile & they show more.

As I'm writing I'm feeling all a-quiver at the thought of Fantuzzi landing in a couple of days' time. He's been getting up at ungodly hours (for a musician) in order to talk and play on TV & radio in Lithuania, besides taking the odd afternoon off to swim across lakes to gothic-looking castles. There's never a dull moment in his life.

Last week I went into Calgary for a concert with a couple of my lovely friends, all due to my Mum's eagle eyes. While we were cruising around Calgary one day she spotted a postcard advertising Eitetsu Hayashi in concert, so tickets I bought. On the hottest day of the year, after spending a happy hour or so at the river and luxuriating in the best spa treatment on earth – an impromptu Elbow river glacial silt mudbath – we met up for delectable Thai food in town, then onto the shiny new music centre on 9th ave. It's an impressive building, worth a visit regardless of events. I believe they take tours round daily, there's so much in there to see.

Back to Eitetsu though... heard of the Kodo Drummers? Eitetsu was one of the founding members of this Taiko style. *Taiko* means *to drum* in Japanese. Eitetsu developed the post-war style of Taiko, becoming largely responsible for the now

world-wide interest in Taiko drumming. I saw Kodo in London nearly 30 years ago & the memory is still remarkably vivid. We sat in a smallish auditorium in pitch black, waiting for something to happen ... in the dark in more ways than one. Click! Click! Click! CLICK! a reverberating rhythm started up so softly, building in intensity and coming nearer in the darkness. We couldn't see a thing... the tap-tap-tap of wood on wood became more dramatic, louder, the lights softly glowed to reveal an assortment of exotic-looking drums, stunning Japanese clothes of linen and silk. The sound of a soft wooden flute circled the room and the show was on.

It's an extraordinary theatrical event, the Japanese grace and showmanship, the martial arts quality of focus, dedication and supreme mastery is absolute. The show in London & the show in Calgary were of the same calibre, the same exquisite attention to excellence, the same incredible stamina, strength, endurance, the same mesmerizing rhythms of the drums. The Kodo drummers spend two years as apprentices on Sado, a Japanese island, rising before dawn to run for miles, cleaning their house & school by hand before embarking on rigorous physical exercises both with and without drums. Sado was originally an exile island, to which the Japanese used to send all their undesirables, much as the Brits shipped candle-stealing villains to Australia during the late 1700s to 1800s. The island gradually evolved its own personality and society, revitalizing ancient theatre, dance, music... these are the origins of the current Kodo Drummers troupe.

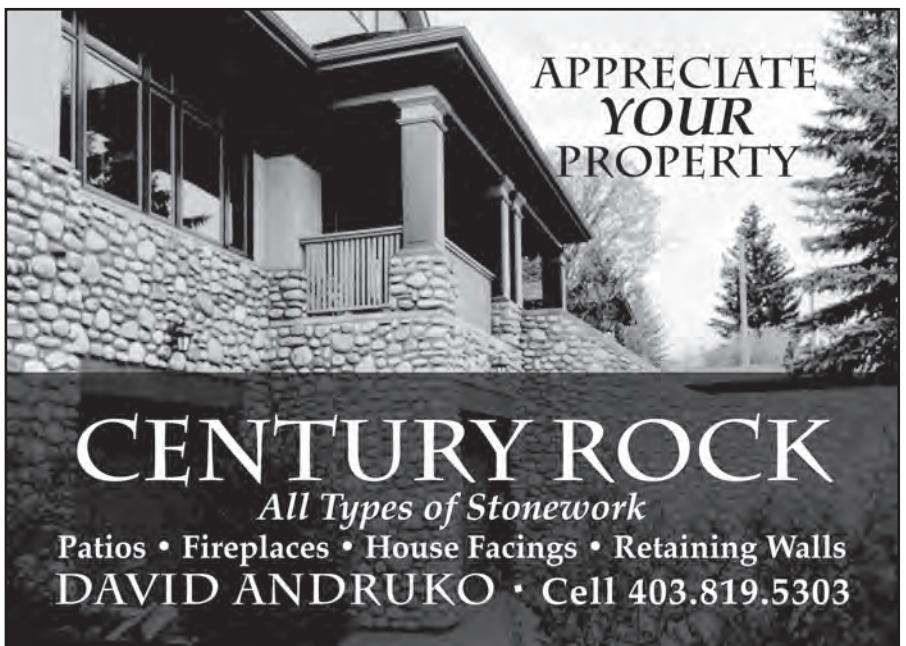
Eitetsu is now 66 years old and beat the drums almost non-stop for close to

two hours. The large drum is about 4 feet across & is beaten with thick sticks requiring enormous physical prowess. His dedication to his craft exudes through each costume change, each choreographed movement through the room, each musical piece. It's an honour to be in the same space as such a master. This performance was prefixed by some political posturing and 'glad-handing' as the Canadian and Japanese governments are celebrating 90 years of diplomatic relations, but I'm very happy they decided to celebrate in this fashion and bring Eitetsu to Calgary...as he said it's only taken him 47 years to get here. If you ever have the chance to see Kodo or Eitetsu in action, I'd strongly recommend jumping at the opportunity.

In the African Rastafarian traditions from which much of Fantuzzi's drumming stems, the Nyabingi rhythm is also known as *the heart beat*, the Nyabingi of life beats through everything. The great Powwow drums are built and played with the same love, respect and care. Everywhere in the world, the drum brings people together with a universal language that speaks to us all as the beat of our hearts and our mother's hearts, the first music we experience. The drum is sacred, the voices of our ancestors are brought back to us through the drum & through the beat and our voices, we bring healing to our selves, each other, and Mother Earth.

Let's drum together some time.

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## FAST FACTS



# ALL ABOUT WATER WELLS - PART 2 of 2



### CONTAMINATED WELLS

- **On average 37% of wells contain coliform bacteria** according to the EPA. The main cause is faulty or improperly constructed septic systems located too close to a well (a good setback distance is 150ft minimum).
- **Other causes are improperly sealed union of well casing** and smaller diameter liner allowing in contaminated surface water.
- **Loose fitting broken or improperly sized well caps** may allow rodents and such to enter and is a common occurrence.
- **The government of Alberta recommends that well owners shock chlorinate their well yearly.** Unfortunately, most people do not follow this important well sanitizing and maintenance procedure.
- **Well Shock Chlorination** commonly uses either 12% industrial strength chlorine or a granular form called calcium hypochlorite.
- **Five gallons of 12% chlorine** is plenty for most wells or 500 grams of granular chlorine. This process is best left to a professional due to the potential for damage to well pump, plumbing and treatment equipment caused by improper methods. The high concentration of chemicals used in this process can cause health risks if proper precautions are not taken.
- **A more environmentally friendly method** would be to use Hydrogen Peroxide.



### MICROORGANISMS FOUND IN WATER WELLS

- **Bacteria:** Of the Single celled microorganisms the most common found in water wells is E-Coli which can cause dysentery and flu like symptoms.
- **Protozoa:** The most common forms are giardia and cryptosporidium. They have the unique ability to become encysted to protect themselves against harsh environments and eradication efforts. They become resistant to disinfectants like chlorine. Symptoms are sometimes subtle, you may just feel a little off, but mostly diarrhea is prevalent. Children and the elderly are the most at risk of infection which can lead to serious illness or possibly death.
- **Non-Pathogenic Nuisance Bacteria** may show up in water wells that contain iron and manganese in the water chemistry. They get their energy from oxidizing one or the other mineral. A by-product of this process is reddish brown or light grey-black water and a slimy biofilm that tends to plug up pumps, well perforations and piping.
- **Sulfate reducing bacteria** are also found very frequently in wells and cause a rotten egg odor in the water from the H<sub>2</sub>S gas given off in their life cycle processes.

### TEST WATER QUALITY

- All water well sources should be tested when the supply is first connected and then on a regular basis (i.e. annually for bacteria & about every five years for chemical analysis).
- Test the water more often if you notice a significant change in the water quality, if a flood, or if your land or surrounding land has livestock.
- A thorough chemical and bacteriological analysis of water for household use can be done through your local health unit. Alternatively, water samples can be taken to private labs for testing. These labs will supply sample bottles and correct procedures for sampling.
- **IF YOU ARE DRINKING YOUR WELL WATER, TEST FOR BACTERIA SEASONALLY (TWICE A YEAR)!** Be sure to compare your overall water chemistry to the Canadian Water Quality Association guidelines ([www.cwqa.com](http://www.cwqa.com)).

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## EMPLOYMENT OPPORTUNITIES

**PART TIME PERMANENT SITE ATTENDANT** required for Bragg Creek transfer site. Must have own transportation. Wednesday & Saturday shift. Small equipment experience an asset. Email resume to [careers@awrrecycle.com](mailto:careers@awrrecycle.com) or fax to (403) 948-0153.

## SERVICES OFFERED

**JIMMYJ's TOWING - PRIDDIS**  
Cash for scrap vehicles  
Farm & acreage clean-ups  
403.891.3994/403.760.5797

**Unwanted Guns.** I am a licensed gun buyer that pays cash for unwanted guns in the High Country News area. Please call or text 306-641-4447. References available and your choice whether I pick up or you deliver.

**I-Shine!!! Commercial & Residential Cleaning and Detailing.** We use green products only, specifications of products are available upon request. 20 years experience, and many references available. Please call Leona 403-808-3089 for a free quote!

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**COMMERCIAL SPACES for LEASE**  
1100 Sq Ft (2 stories) & 1000 Sq Ft, located in the Old West Mall, Bragg Creek. Call more more info 403.949.3793

## FOR SALE

**FIREWOOD,** Pine & Birch, Will deliver and available to stack, Call Tim at 403.333.8462

**FIREWOOD SPLIT AND DELIVERED!** Bragg Creek, Purchase by the truckload, yard bag, or bundle. Text Sam at 403.861.8915 for pricing and to place an order

36" TV toshiba and custom stand. Will Consider Offers. Ross Best, Home: 403-933-3637, Cell: 403-815-0562, [rossbest@telus.net](mailto:rossbest@telus.net)

Insulation For Sale. Contact Ross Best, [rossbest@telus.net](mailto:rossbest@telus.net), 403-933-3637 or 403-851-0562, \$67. 3/4 Bundle of R12 for sale NEW - will accept offers

Two Michelin tires 205 65R 15 accepting offers, Home: 403-933-3637, Cell: 403-815-0562, [rossbest@telus.net](mailto:rossbest@telus.net), Ross Best

## FOR SALE

2009 Mercedes E300 4matic. \$10,900. Great condition and maintained per Mercedes specifications. Selling for my parents who had to purchase a handicap van. Just did the brakes and new tires in May. Comes with a full set of winter tires on rims. Contact Lowell at 403.479.9582 or [lowellharder@mac.com](mailto:lowellharder@mac.com)

Pedestal Sink. Good condition, white. Heather at 403.805.2446 or [heathershome@icloud.com](mailto:heathershome@icloud.com)

Cloverdale heavy duty stock saddle, 16", \$600. Outback Australian saddle, seldom used, 15", \$375. Call 403.247.8860 or 587.580.9277 or email [glkropf@shaw.ca](mailto:glkropf@shaw.ca)

Tires for sale: Two 235/65 18" winter studded Hankook; Four 215/60/R16 Hakkapelitta studded winter, used 2 months, paid \$1000; Four 175/65 R14 Hankook winter studded Pike. Please make offer by phone 403.949.3637 or email [jcdocken@gmail.com](mailto:jcdocken@gmail.com)

## BABY/HOUSE/PET SITTING

House/Pet/Plant sitter available. Please contact Aimee at 403.949.7741 or text 403.618.7744 for rates and availability.

Mature, Responsible Babysitter: I am fun, truly love kids and have successfully completed my Canada Safety Council Babysitters Certificate Program. I also have lots of references and can drive to/from you for cost of fuel. Please contact Aimee: Text 403.618.7744 or call 403.949.7741

House Sitter: Experienced, mature and reliable. Available this fall. Offering a worry free service for your home, animals and property in exchange for accommodation (7 yrs house sitting experience), please call or text Hugh at 403-869-1714. References available.

## WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Turner Valley. Call, email or text, Al [awionzek6@sasktel.net](mailto:awionzek6@sasktel.net), 306.641.4447

Wanted, Looking for the Owner of a 1968 Chevelle Convertible. I am trying to track down a car that is for sale but have no contact number for the owner who lives in the Bragg Creek area. The owners first name is Dan, not sure of his last name. The car is a 1968 Chevelle SS Convertible that is light blue with white top. If you know this car please contact me. George 403.280.0226 or [georgebrown@shaw.ca](mailto:georgebrown@shaw.ca)

Looking for a suitable place to rent, in the Bragg Creek area. I'm single mature working male, non smoking, non drinker, desiring a place to reside, in country setting. Please contact me for opportunity to discuss details in person. Marz at 780.239.8093.

In Search of Small Home with Property: Looking for a new home to rent. Bungalow with property. Country setting. Please contact Carolyn at 403.519.6069 or [carolynmitchgarrett@gmail.com](mailto:carolynmitchgarrett@gmail.com)

Aussies Wanting to Park Our Home: Fiancée and I in search of somewhere to park our tiny home for a reasonable monthly rent. Happy to work around the property to help out/reduce rent. We will not need any water connection or power as this trailer is self sufficient. If you'd like more info, call Terry at 587.973.1710.

**FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:**  
\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted  
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# HIGH COUNTRY News.CA

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Over the past 20 years we've evolved from sharing Yoga in homes, community centres, and a few other commercial spaces to our present location at #12 Balsam Avenue in the hamlet of Bragg Creek. We have found our home creating a cozy cafe in the old Merryfield residence and expansive yoga studio in the attached timberframe octagon.

The Heart supports building healthy and happy bodies, hearts, minds and community. We care deeply about the health of the planet, and do our best to walk our talk.

You don't have to practice Yoga to enjoy our Cafe... friendships at The Heart have created a welcoming community ... come join us! Everyone is welcomed!



Fresh baked - Organic - Inspired by local & seasonal ingredients  
 good coffee- tea- elixirs- baked goods- toasts  
 salad bowls- homemade soups & more

Cafe fall/winter hours  
 Tuesday - Friday 8:30am-4:00pm  
 Saturday 8:30am- 5:00pm  
 Sunday 9:00am-5:00pm



**FALL YOGA**  
 - DROP-IN SCHEDULE -  
 45 - 75 MINUTE CLASSES

<b>MONDAY</b>	<i>Basics &amp; Beyond Slow Flow</i>	9:30am 7:00pm
<b>TUESDAY</b>	<i>Strong &amp; Fluid The Roll Method Mindful Unwind</i>	9:30am noon 7:00pm
<b>WEDNESDAY</b>	<i>Slow Flow Registered Series (see website)</i>	9:30am 7:00pm
<b>THURSDAY</b>	<i>The Roll Method Strong &amp; Fluid</i>	9:30am 7:00pm
<b>FRIDAY</b>	<i>Yang/Yin Slow Flow</i>	9:30am noon
<b>SATURDAY</b>	<i>Basics &amp; Beyond I ♥ Yoga (guest guide)</i>	9:00am 4:00pm
<b>SUNDAY</b>	<i>Yin &amp; Mindfulness</i>	4:00pm

On-line sign-in recommended / possible class time changes or cancellations

**REGISTERED SERIES**

- BEGINNING YOGA** - Sept. 19 - Oct. 10 (Wed evenings)  
4 class series introducing Heart Yoga
- DEEP RELEASE SERIES** - Oct. 17 - Nov. 14 (Wed evenings)  
Experience the healing benefits of Yoga Nidra
- A TO ZEN** - Nov. 21 - Dec. 12 (Wed evenings)  
Restorative Yoga & Mindfulness Meditation
- HEART DAY RETREATS** - Sept 20, Oct 21, Nov 22  
Full Day Nourishing immersions -  
(join in or create your own)
- NOURISHMENT SERIES** - Fermentation, Herbs for Sleep,  
Gastrointestinal Healing, Adrenal Fatigue, Intro, Plant based  
nutrition & more (contact us for more information)
- YOUTH YOGA PROGRAM** - Contact for more details  
We focus on kindness, gratitude and a deep  
sense of love and respect for oneself and others.

**VISIT OUR WEBSITE**

We collaborate with many facilitators from Calgary and area offering Day Retreats & Workshops



403.813.8465 WWW.THEHEARTOFBRAGGCREEK.CA #12 BALSAM AVE

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