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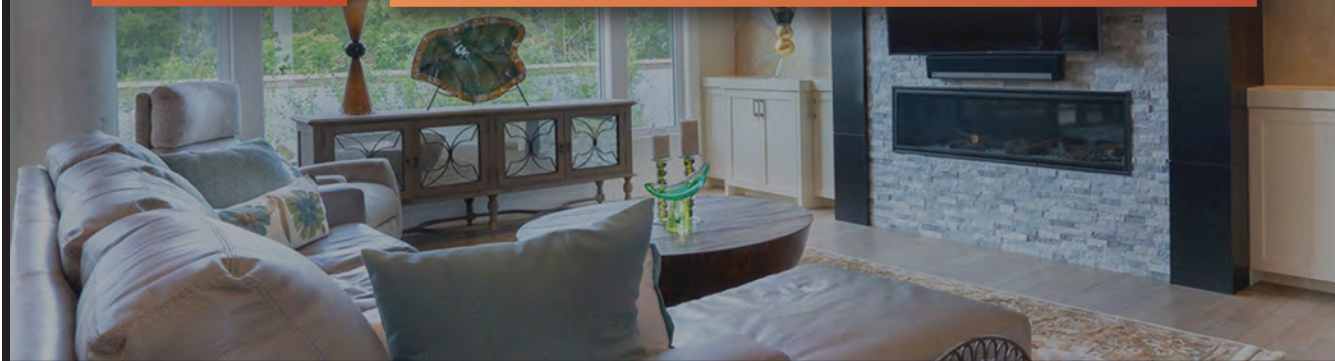
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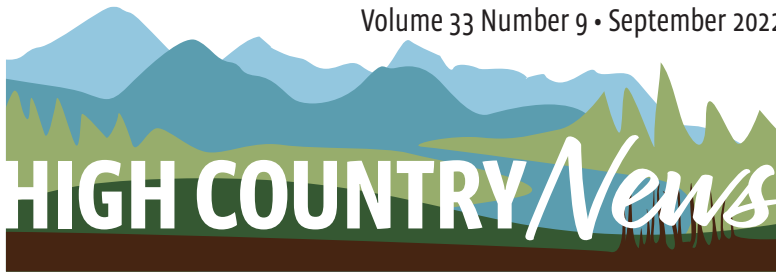
Bragg Creek's first distillery is just around the corner

Okay. Maybe the physical distillery is still on paper but the spirits aren't. Until then, come in for a tasting and sample what's soon to be produced here in Bragg Creek. Gins, Vodka, and single malts, in whatever concoction you desire, are here for the tasting. Take some home if you want. You'll find our hours at braggcreekdistillers.ca



27 Burnside Drive,
Bragg Creek, AB





IN THIS ISSUE...

Communities:

Bragg Creek/RedWood Meadows.....	14/16
Priddis/Millarville/Red Deer Lake.....	26
Black Diamond/Longview/Turner Valley.....	34
Square Butte.....	35

Articles:

From the Editor	4
Bragg Creek Performing Arts	4
Artist Profile	5
Bragg Creek Wild.....	6
High Country Rural Crime Watch <i>Dave Schroeder</i>	7
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	10
Make Your Mark <i>Mark Kamachi</i>	11
Jennifer Gordon <i>Bragg Creek Physiotherapy</i>	12
Judy Hunter	14
RockyView County.....	15
MLA Update <i>Miranda Rosin</i>	17
A Taste of the High Country <i>Renée Delorme</i>	18
Art Tour in Alberta.....	20
Councillor's Update <i>Suzanne Oel</i>	30
Councillor's Update <i>Barb Castell</i>	31
Alberta Health Services.....	33

Lifestyle:

Daune Harder.....	36
SAC LAW	37
Karen Horte	38
Mortgage Matters <i>Candace Perko</i>	40
Out of the Rut <i>Kat Dancer</i>	41
ADHD: Now What <i>Roché Herbst</i>	42
Andrea Kidd.....	43
Laura Griffin	44
Kids Zone.....	45
Classifieds.....	46
Business Directory.....	Back Cover

HIGH COUNTRY NEWS is published monthly by:

High Country Business Services Ltd.

Box 476, Bragg Creek, AB, T0L 0K0

Editor: **Lowell Harder**

Layout & Design: **Sam Richey**

ADVERTISING RATES:

Circulation: 12,500

Front Page Banner: Colour Only \$227.50 Min 3 mo booking

Inside Cover Full Pg: Colour \$773.50/ B&W \$624.75

Index 1/4 Pg: \$227.50 Min 3 mo booking

Full Page: Colour \$702.50/ B&W \$567.00

2/3 Page: Colour \$494.00/ B&W \$399.00

1/2 Page: Colour \$377.00/ B&W \$304.50

1/3 Page: Colour \$260.00/ B&W \$210.00

1/4 Page: Colour \$201.50/ B&W \$162.50

1/6 Page: Colour \$149.50/ B&W \$120.75

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LETTER FROM THE EDITOR

Back to school, the anticipated fall colours, and hopefully the enjoyment of some typical Albertan warm fall days. We have a packed September edition with fall programs, events, and great articles to read. Please enjoy.

Just as we have a natural seasonal change, so our world is changing. We can anticipate the consistency of the seasonal change; we can't always anticipate the changes we are experiencing in the world around us. Our natural world reminds of this. There is a consistency to what we see; the trees, mountains, and rivers seem like they stay the same. Yet you can tell they have gone through violent upheaval. Despite the change, it transforms itself to a renewed place of beauty amidst the scars of the past. The past few years has brought significant change into our communities, and with it, a few scars. Hopefully we can find new points of beauty and relationship that will carry us forward.

*From my family to yours,
Lowell Harder*



BRAGG CREEK PERFORMING ARTS PRESENTS

JUNO-nominated Alberta singer-songwriter John Wort Hannam is bringing his band and genuine stories of Canadiana to the Redwood Meadows Community Centre on Saturday, September 17th at 7:30pm.

This respected Alberta musician has released seven full-length recordings and has a few feathers in his lucky hat; feathers include a JUNO nomination, a Canadian Folk Music Award for Best Album of the Year, a CBC Galaxie Rising Star Award, a Kerrville Texas New Folk win, and numerous Western Canadian Music Award and Canadian Folk Music Award nominations.

These days, John Wort Hannam has the same lucky hat but a new sound, a new band, a new confidence, and a ton of new songs. And it's coming across loud and clear in his live show.

Please join us in welcoming John and his band to the Redwood Meadows Community Centre. For information and to preview music visit bcpa.ca

Tickets are available online for \$35 at bcpa.ca or call Ticketpro at 1 888 655 9090.

Youth under 18 years old \$25
Maximum 120 seats

Doors open at 7 PM
Performance at 7:30 PM

REDWOOD MEADOWS
COMMUNITY CENTRE

1 Manyhorses Drive, Redwood Meadows,
Alberta T3Z 1A4

ABOUT THE BRAGG CREEK PERFORMING ARTS MUSIC SERIES: The Bragg Creek Performing Arts is delighted to be once again presenting live concerts. We plan to bring more artists to town for the 2022-23 season. Mark your calendar for our next event on October 30, 2022.

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




BRAGG CREEK PERFORMING ARTS PRESENTS

JOHN WORT HANNAM

SATURDAY SEPTEMBER 17 2022 7:30 PM

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1 Manyhorses Drive, Redwood Meadows, Alberta T3Z 1A4

TICKETS & INFO
braggcreekperformingarts.com
\$35 • Max 120 tickets
Youth under 18 years old \$25



ARTIST PROFILE

Lisa de Haas is a stained glass artist. Her company is called 3 Dog Glass. She has been creating stained glass for about 8 years now. "I love creating original pieces and turning them into copper foiled stained glass pictures or sun catchers". Lisa lives in Springbank and has a studio set up with some inspiring views out her window! Her 3 dogs keep her company as she works, hence the 3 Dog Glass! Lisa can be reached at: 3dogglass@gmail.com

Or you can follow her on Instagram @3 Dog Glass.



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A New Milestone for Bragg Creek Wild!

Just over two years ago, a group of concerned residents connected over Zoom in the midst of COVID lockdown to discuss common concerns about wildlife-vehicle collisions and other wildlife-human conflicts. The concerns were as much for our wild neighbours as for local residents and visitors, who were inadvertently putting their safety and that of wildlife at risk. Luckily for us, many wildlife and land experts joined in and informed us on the issues and helped us find a way forward. That's how Bragg Creek Wild came to be.

In mid-August this year we became officially incorporated as a not-for-profit Society with a clear mission and structure. We've structured our grassroots organization to be simple, nimble and effective.

Our vision is "to create a space where wildlife and people can co-exist in community."

To achieve this, we advocate for the protection of wildlife and their habitats by:

- Preserving connectivity;
- Promoting safe wildlife routes; and
- Providing public education to reduce human-wildlife conflict.

We do this through awareness-raising, advocacy and solution-focused activities. We are also committed to being evidence-based in our approaches.

We now have two levels of membership:

"Contributors" are those who volunteer on the Society's committees or working groups and generally are active members.

"Fans" are those who follow and support the work of the Society and on occasion may volunteer on projects or attend events.

Both levels of membership can include individuals, organizations or businesses, and we welcome new members in both categories.

We've been very busy in the past year reaching out to the community. We currently have more than 400 followers on our Facebook Page, 100 people on our e-list and had the pleasure of collaborating with many organizations including Alberta Environment and Parks (on hosted expert Zoom presentations), with Redwood Meadows, Bragg Creek Ladies' Auxiliary, Banded Peak School, Rockyview County and Experience Journeys.

We're also very grateful for corporate and private sponsorships and donations that we've received since we started our activities.

Find out more by visiting our website www.braggcreekwild.ca and by following us on social media. Keep abreast of the latest by signing up for our Newsletter or reading our monthly article in the High Country News or Chatter in the Wood. We also would welcome opportunities to present to organizations and groups who wish to learn more about us.

To become a fan or contributor please email braggcreekwild@gmail.ca or connect with us on our Facebook page.



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Stopped School Bus Failures

It's September and it's Back-to-School time. It means there will be school busses on the roads and there are some very important things I don't think drivers are aware of when it comes to stopped school busses. This ignorance can cost you – a lot! Both in terms of out-of-pocket and possibly a lifetime of emotional distress.

One of the things most misunderstood is that vehicles are required to stop behind or in front of a school bus that is stopped with red lights flashing and stop sign out. I believe the misunderstanding comes from the fact that many motorists believe it only applies if you are behind the bus. But the law also applies if you are approaching the bus from the opposite direction.

A good explanation of what you need to do when approaching a stopped school bus can be found at www.alberta.ca/school-buses.aspx. This website has diagrams that illustrate the proper stopping procedure for the various types of highways: 2 lane, 4 lane, median present, etc. Here is a direct quote from the website:

On an undivided highway (not divided by a median), do the following:

- When you approach a school bus from either direction (from the front or the rear), and it has the alternating amber

lights flashing, you must be ready to stop. This is a warning that the alternating red lights are going to begin flashing and the school bus is stopping to allow students to get on or off.

- If you pass a school bus that has its alternating amber lights flashing, pass with caution.
- When the school bus stops to let students on or off, its alternating red lights will begin flashing. You will also see a stop sign extended from the left side of the school bus. You must come to a full stop about 20 metres (about 4 to 5 car lengths) away from the school bus. This distance allows drivers of other vehicles behind you to see the flashing lights and students crossing the highway.
- You must remain stopped until the alternating flashing red lights are turned off and the stop sign on the driver's side is no longer extended.

On a divided highway you are only required to stop if you are travelling in the same direction as the school bus. If it is a 4-lane divided highway, the stopping requirement applies to both lanes in the direction of travel. If you are travelling in the opposite direction on a 4-lane divided highway you do not need to stop but you should use caution and be aware of the stopped school bus.

The stop sign on the bus is not a "stop and go" situation like a roadside stop sign. Do not proceed until the red flashing lights are off and the stop sign is no longer deployed. Many vehicles come to a stop, then crawl past the bus while the red lights are still flashing. That is illegal, and dangerous.

While the practice is to let kids off on the right side of the highway/road so they do not have to cross the highway, there are exceptions, especially on secondary roads, and "Stuff Happens". For example, a child gets off the bus and the wind picks up their homework and blows it across the highway. They are going to chase after it. Or it's a ball they drop, or it's bad weather, or they forgot something.

If you are caught passing a stopped school bus with red lights flashing, you will be charged under sec. 72(1) of the Alberta Use of Highway and Rules of the Road Regulations. Clayton Terletski Director of Emergency Management Foothills County Patrol outlined the procedure is as follows:

"Video, photos and statement from the bus driver are sent to us. The file is assigned to one of our officers and they review it and see if there is enough evidence to charge. They will even speak to the bus driver. If there is enough evidence, a ticket is mailed to the registered owner of the vehicle with a photo of the vehicle."

Some school busses have cameras that record vehicles which do not stop, and additional cameras are being installed. If an Officer personally witnesses an infraction occurring, they can stop the vehicle and issue a roadside ticket as well.

Foothills RCMP issued 27 tickets for this infraction. Last school year Foothills County Peace Officers issued 9 tickets. The fine is \$567, and if you are caught by an officer (and not just by camera) there are also 6 demerits. That would be the best outcome for you. The worst is if you did not stop, and you killed a child crossing the road. It has happened in Foothills County.

The RCMP provided a breakdown of the violators' addresses, and of the 27, all but 5 are local addresses. Illegal passing of a stopped red-lights-flashing school bus is unfortunately a daily occurrence. There are also a lot of "near misses".

So now you know, and incidentally, what is it you plan to do with that 30 seconds you're trying to save?

Dave Schroeder
HCRCWA Board Member

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There are 4 outdoor Recreational Leagues based in this area. Bragg Creek/Redwood Meadows, Priddis, Black Diamond and Millarville. The Leagues welcome all abilities and newcomers, even on the older teams! Registration is open to anyone aged 4-17. We typically have 1-2 practices a week depending on division and 1 game on the weekend. For years now, the towns work together to create an awesome season of camaraderie and sportsmanship while ending it with a super fun tournament together! The focus of the recreational hockey is on having a blast while making new friends and learning the game.

We'd love to have you join us! Check out your local town recreational contact for more details!

Cynthia Brocklebank



Register Now for This Season 2022/2023

Summer won't last forever, and it's time to start thinking about activities for the winter. Why not curling? You can expect to enjoy some physical activity and friendly competition, as well as to get out and connect with friends and neighbours throughout the winter. Curling is easy to learn, and Springbank has a fantastic curling facility with openings for players of all skill levels to get out on the ice and play.

Beginning in late September, the Springbank Curling Club hosts league curling every weeknight, as well as drop-in curling one Saturday night each month. Signing up for league curling involves weekly games as well as social events throughout the season. We can accommodate your entire team or can also hook you up if you're looking to join a team as a single or a couple. Check out www.springbankcurling.com to learn more about our options for Ladies, Men's, Mixed or Open League Curling, and follow along there to stay informed about the next opportunity to drop-in on for a social game on a Saturday night.

Our popular Junior Curling Program runs on Saturday mornings from 10 am to noon. It's open to anyone from age 8 to 18, and is a great way to introduce young players to the game and others their age. The program is led by qualified instructors who provide coaching and skills training, and each week concludes with a game to practice the skills and have some fun along the way. Springbank Curling Club is an enthusiastic supporter of the Calgary Youth Curling Association and our coaches are available to support Junior teams in these and other events throughout the winter as well.

Curling is a great way to meet people and make friends while playing a sport you can play for a lifetime. Please visit www.springbankcurling.com to find out more or to sign up!





BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Hello Bragg Creek!

Are you ready for our 'Arts, Eats and Beats' event this Sept 16th and 17th? Grab your passport, collect your stamps, and put your name in for a prize while strolling around Bragg to take in, well, Arts, Eats and Beats!

We will have live music throughout the hamlet at different venues and stages and post the schedule of all performers on our site, www.visitbraggcreek.com, closer to the date. Our site is where you can also find when and where to pick up your passport.

We are sending a call out for any youth who would like to participate with your artwork or music talents to join the event. We have a special room set aside for you to showcase your work and share what the future of arts in Bragg Creek looks like! Contact office@braggcreekchamber.com to sign up or for more information.

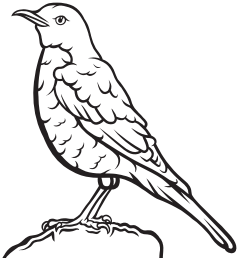
Additionally, a call out for sponsors for the event. We have tiered sponsor packages with great value-added benefits of FREE homepage advertising on www.visitbraggcreek.com, FREE advertising on our event passports and promotions for your business, and more in exchange for your generous participation. For more information and tiered sponsorship package breakdown, contact office@braggcreekchamber.com.

We will have a Members Meeting on Wednesday, September 21st, from 7:00-8:00 pm at 'The Post' (formerly 'The Trailhead') located at 36 White Avenue in Bragg Creek. Wine and appetizers to be provided. Our Guest Speaker is Nick DeRuter, Program Director of WildSmart based in Canmore, Alberta. He manages all aspects of the WildSmart program. Nick enjoys delivering educational programming to diverse residents and visitors, including students from daycare to university, local businesses and staff, youth and seniors' groups, professional associations, national/international tour groups and the general public.

Nick is passionate about the mission of The Biosphere Institute of the Bow Valley/WildSmart, which believes in 'empowering community leadership to address environmental challenges'. To learn more about this topic, visit www.biosphereinstitute.org/.

If you would like to participate in one of our member meetings as a guest speaker or have ideas to share with us, please call our President Sherri Olsen at 403-519-5998 or email office@braggcreekchamber.com at any time.

Have a great kick-off to fall!
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Cycle of Market Emotions

Getting emotional about investments can easily lead to poor decisions as investors fall prey to negative thoughts and fears. The chart to the right helps to illustrate the emotional aspects of investing.

The human **brain constantly searches for trends or patterns** in things, trying to make sense out of even random events and data. This essential life skill is not very helpful when it comes to investing.

Investment (stock) markets tend to follow random walks, most, but not all of the time, and therefore often have no predictable patterns. The patterns and trends that investors think they see are only in their minds, not the data. Over the short and long term, investment prices are formed by investors reacting to new (often unpredictable) information making it impossible to accurately forecast before the fact.

Many studies have clearly demonstrated that individual investors, *on average*, tend to purchase shares near market highs and sell shares near market lows. This behavior is the reason why the returns that individual investors receive tend to be less than the aggregate returns reported by the funds.

Many observers attribute these results to the emotional reactions of individuals to the ups and downs of markets and corresponding prices.

Rather than riding the emotional roller coaster in the chart above, it makes more sense to develop a sound investment policy and stick with it. In times of uncertainty, a wise financial strategy can provide guidance and perspective.

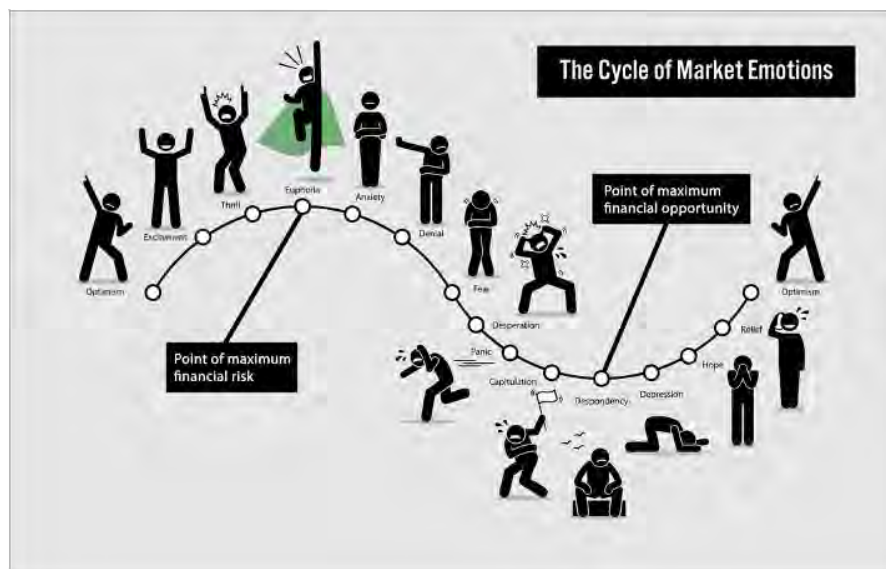
Do you have questions about your financial strategy?

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Contact my office to begin the process of getting comfortable with and in control of your financial situation, now that we are likely in a **"New Normal,"** where many of the old approaches, to investing, no longer are viable.

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MAKE YOUR MARK By Mark Kamachi

Should you advertise year-round?

What a wonderful summer we've had. Warm sunny days, very little smoke in the air and fewer budworms to contend with. All in all, I give this summer an 8 out of 10. If not for the ruptured Achilles tendon I suffered being a "weekend warrior" playing softball with Millennials, I would give this summer a perfect 10.

As a business owner, how was your summer? The trails, golf courses, local events, shops & eateries were packed with visitors so hopefully your advertising efforts were successful in attracting customers and growing your business. And your bank account.

Last month I questioned whether businesses should seek creative expertise in brand building and name recognition from an advertising design agency or graphic design studio. I hope whichever direction you applied, your "creative team" steered you right. With the

shoulder season at your doorstep, what's your advertising strategy now that fall approaches? A question often asked by our clients at this time is, "Should I be advertising year-round?"

The easy answer: Absolutely. Whether you're a year-round or seasonal business, keeping your target audience within ear's reach 24/7 is critical. If you don't, your competition will gain an upper hand if they continue to advertise and grow their audience.

If you're a seasonal business, understandably, most of your ad budget was spent preseason generating awareness for your business. Now that customer traffic has slowed down, I hope you've allotted some of your revenue to continue advertising in the shoulder seasons. It doesn't have to break the bank.

Focus your spending on local traffic instead of tourists now that summer is over. Maybe shift what products/services you have to offer? Instead of souvenirs, offer day-to-day items. Just make sure your product/service aligns with your brand and your most loyal customers. Regardless, you'll always want people to know that you're "open for business". Nothing kills your brand more than being perceived as "always closed".

If you can't make a seasonal change to your product/service, stay connected by running smaller ads in local publications, use social media platforms or get involved with the community on a volunteer basis to increase organic marketing (efforts that generate word-of-mouth). Just make sure you're visible. Sponsor an event, join a local volunteer board, or offer your time. You'll make connections, start conversations and these initiatives won't cost you a dime. It's all in effort to establish, build, and maintain your brand recognition 365 days a year.

Take out a calendar and look up events, holidays, special occasions, etc. that might generate sales opportunities. For example, Halloween generates a lot of local excitement. Plan your advertising around that special day. Long weekends attract tourists so offer up something a visitor would appreciate. With the help of your advertising-design agency or graphic design studio, you can create and deliver messages that are in line with your brand, you'll stay in touch with your loyal customers, grow your customer base, and be profitable all year. Just don't become invisible.

Until then, keep it raw.
Cheers, mark.



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"When you speak to everyone, you speak to no one." Coined by marketing guru, Seth Godin, this quote says it all. Focus your brand's product or service on your target audience, one customer at a time. One story at a time. Remember your brand is your reputation.



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THE BEES KNEES

By Jennifer Gordon

It seems like summertime and all the activities we enjoy this time of year can really take a toll on our knees. The clinic has been full of sore knees recently! Hiking, golfing, gardening, biking, hilly walks, tennis. All these activities put more load and different forces through our knees. Knees can present with a variety of problems that may come from several 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. Muscle imbalances from the hip and how they pull on the kneecap, is one of the most common sources of knee pain.

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. Baker's cysts – a pocket of swelling at the back of the knee is a common sign associated with a meniscus injury.

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 degenerates. 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 weakly associated with radiographic findings of OA. This means that even though an

X-ray may show you have OA of the knee, it doesn't mean that is the main source of your pain.

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 or a source coming from your back.

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

The practitioners at Bragg Creek Physiotherapy are equipped with the tools to help you find the source of your

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knee pain. The physiotherapists, athletic therapist and massage therapist would love to help get you moving again before the snow flies! 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.

Jennifer Gordon (BScPT, GunnIMS, APCI)
Physiotherapist
Bragg Creek Physiotherapy
www.braggcreekphysio.com



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REDWOOD MEADOWS EMERGENCY SERVICES

September Newsletter

Your ability to get out of your home during a fire depends on advance warning from smoke alarms and advance planning. Pull together everyone to make a plan:

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- If any of your second exits are through an upstairs window, make sure you have an escape ladder in that room.
- Make sure your home has smoke and carbon monoxide alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home.
- Everyone will meet at the meeting place. Make sure your house or building number can be seen from the street (day or night).
- Once everyone is outside, make sure no one goes back inside for any reason.
- Talk about your plan with everyone in your home (especially babysitters and visitors).
- Make sure everyone in your home knows how to dial 911.
- Practice your home fire drill!
- Modern homes burn very quickly so you have a very short time to get out!
- Draw your Home Fire Escape Plan and post in on the fridge.

Until next month, stay safe!



JUNE NEWSLETTER Judy Hunter -Ward 5 Trustee

August Newsletter

As summer holidays wind to a close, families turn attention to the beginning of a new school year. This year classes begin September 1, 2022 for all students. Please check your child's school calendar for staggered entry for kindergarten, grade 5 and grade 9 students.

Springbank student Jordan Inverarity was one of 25 students selected to participate

School Calendar 2022-2023

School Holidays	Starts	
First Day of School	1 Sep 2022 (Thu)	
Thanksgiving Break	7 Oct 2022 (Fri)	10 Oct 2022 (Mon)
Fall Break	11 Nov 2022 (Fri)	14 Nov 2022 (Mon)
Christmas Break	23 Dec 2022 (Fri)	6 Jan 2023 (Fri)
Family Day Break	20 Feb 2023 (Mon)	24 Feb 2023 (Fri)
March Break	17 Mar 2023 (Fri)	20 Mar 2023 (Mon)
Spring Break	7 Apr 2023 (Fri)	14 Apr 2023 (Fri)
Last Day of School	27 Jun 2023 (Tue)	

in High School Youth Researcher Program at the University of Alberta. Through this program, Jordan was able to participate in a six week current research project alongside a faculty member. This program allowed participants to learn about the innovative scientific and biomedical research being conducted at the University of Alberta and share their understandings at a presentation August 15. Jordan will share her presentation in the September newsletter.

Mark you calendars, the Springbank Community Association is holding a family dance September 10 at the Springbank Park for All Seasons. It promises to be an evening of family fun. Information available on www.springbankcommunity.com

Traditional Tae Kwon-Do for kids, adults & families





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 *Lil' Kickers - Mondays only (6-week session)

redwoodtaekwondo.com



ROCKY VIEW COUNTY

Opportunity for Residents to Serve Their Community

Rocky View County is seeking members for the following boards and committees: Assessment Review Boards, Bragg Creek FireSmart Committee, Family and Community Support Services and Subdivision and Development Appeal Board/ Enforcement Review Committee.

All applicants, except for the Assessment Review Boards, must be residents of Rocky View County to be eligible for appointment. The term of appointments are 3 years, expiring in 2025.

If you are interested, the application for and more information are available at www.rockyview.ca/boards-committees or by emailing legislativeservices@rockyview.ca

The deadline to submit your application is Friday, October 7, 2022

Appointments will be made at Rocky View County Council's organizational meeting on Tuesday, October 25, 2022.

Members are expected to follow Code of Conduct Bylaw C-7855-2018 which can be found at www.rockyview.ca/bylaws or by emailing legislativeservices@rockyview.ca



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For more information contact
Jane Morgan 403.680.8683
www.quilterspalette.ca

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Bragg Creek Centre

We were pleased to welcome two production crews to the Centre this month: Ride (Hallmark Channel's new, original primetime series) and My Life with the Walter Boys – Season One (Netflix series). Filming for both productions could be seen at various locations throughout the Bragg Creek area during the first week of August. We look forward to seeing this beautiful community represented on the big screen! We are working to bring programming back to BCCA in the fall. Please contact the office at 403-949-4277 if you are interested in adding classes to our line up. We are hopeful to offer a wide array of programs for toddlers to seniors! Our Rink Committee is already hard at work prepping for the upcoming winter season! Rink boards are available for rent. Please email braggcreekrink@gmail.com if you are interested in advertising at the BCCA River Dragonfly Community Rink. Any interested volunteers may also contact Brian at this email address.

Our outdoor Farmers Market will continue to run every Sunday until September 25. Join us from 10 am - 3 pm, enjoy some coffee or lunch and browse from our 20+ vendors.

Save the date! The Bragg Creek Artisans and BCCA have joined together to offer an exciting new Christmas Market for 2022! Please join us November 18 - 20

for Christmas in the Creek. Watch our social media pages for more event details. The BCCA is looking for board directors who are interested in having a positive impact on the community. We welcome all interested individuals to email president@braggcreekca.com for further consideration by the nominating committee, prior to the AGM to be held

on October 28th, 2022 at 7:00 pm. Hope everyone had an amazing summer! Fall, sweaters and pumpkin spice everything are just around the corner!

*Kim Perraton
General Manager
Bragg Creek Community Association*

WE APPLAUD YOU!!

THE POWDERHORN SALOON	HIGH COUNTRY NEWS
DICK KOETSIER	MABLE AND MARIE'S BAKERY
ADMAKI	THE HANDLE-BAR
ATB FINANCIAL	SANDSTONE PHARMACY-BRAGG CREEK
ROCKIES TAVERN AND GRILL	SHERRI OLSEN BRAGG CREEK AREA REALTOR
THE LITTLE SCHOOL HOUSE	RAVEN'S CALL MARKETING
BRAGG CREEK TRADING POST	TIPI THERAPY
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Bragg Creek Days


Bragg Creek Centre

BRAGG CREEK FARMERS MARKET

SUNDAYS 10AM - 3PM

JUNE 19 - SEPT 25



MLA UPDATE - Banff/Kananaskis

Miranda Rosin

By early next month, Alberta will have a new Premier. Whether you will be participating directly in the voting process throughout this month or not, it is important to be aware of what is at stake.

After two years of pandemic policy making, our world appears to be entering a state of economic chaos.

It should have come as no surprise that printing trillions of dollars of imaginary money and injecting it into the economy would result in soaring inflation, or that prolonged shutdowns and operational restrictions would result in the devastation of countless businesses and the global labour market. Yet it is 2022, and here we are.

Governments now face a dichotomous decision: continue to falsely hold up their reeling economies with additional spending and financial aid, which are sure to naively cause worse economic damage and inflation in the long run, or return to the ideals of responsible governance and fiscal responsibility to ensure social supports can be sustained for those who truly need them. Governments everywhere must recognize that a welfare state funded solely by debt that cannot be repaid is sure to crash one day, and when it does, the crash and inevitable disappearance of its supports for those who need them most will hurt far more than measured restraint ever would have. We are perhaps already beginning to see that collapse in our federal government, whose budget documents quantify the “cost savings” achieved by providing medical assistance in dying to those living beneath the poverty line as opposed to providing them with continuous and lifelong social supports and housing. Despite the seemingly obvious, I fear many governments around the world will use the pandemic to embark down an irresponsible path of no return, establishing a financial reliance upon the government amongst their citizens that will never be dissolved.

That is why it is paramount that Alberta maintains our responsible fiscal and economic trajectory.

Alberta is, and has always been, a brilliant place of optimism and opportunity, where our only limitations are the size of our dreams and the caliber of our work ethic.

The generational prosperity of our province can be largely attributed to the fact that Alberta people - coming from agricultural, entrepreneurial, and industrial backgrounds, have engrained in our culture the values of hard work, individual responsibility, and compassion for community. Naturally, over the years, those values have translated into a government model which, through intentionally limited interference and targeted social supports, has managed to empower a uniquely Albertan spirit of self-determination amongst its people.

My conservatism is rooted in a belief that those of us who inherited this world as we know it have a duty to preserve the foundations upon which it was built, and pass down the shared values, beliefs, and institutions that created it. In Alberta, our culture and economy were built upon limited government, individual liberty, personal responsibility, faith, family, and community. I am proud of those things and consider them to be as much a part of my personal identity as my province's. My home is an extension of myself.

Many of you have been asking me about the upcoming leadership election, and what I will say is this: in the next Premier of our province, I will be looking for someone who understands the importance of keeping our Alberta, Alberta, and who can articulate the importance of maintaining our free-market economy and strong fiscal position. Our western way of life is under attack, and we must protect it. This vision may not seem flashy, but at a time of such global instability, and at a time when so many wish to convince us that the only solutions to our problems are even bigger government, a message of stability and confidence is the vision our future needs. Within these parameters, we can still do much. We can fortify ourselves against Ottawa; grow and diversify our economy; maintain strong health and education systems, and protect our most vulnerable. To be done successfully, however, this work must be guided by a fundamental set of principles and uncompromisable beliefs. The world, and even our own country, has too many ideas of who Alberta should become for us to elect a leader who lacks steadfastness.

Whether you will be voting in the leadership race or not, I encourage you to discuss it in your homes. The successor will not just become the leader of the United Conservative Party in the next election, but will immediately become the Premier of our beloved province. If you want more information on any of the candidates, feel free to contact me and I can either provide you my perspective, or connect you directly with their campaign resources. If you want to know who I'm voting for and why, I'd be happy to provide you that information as well.

At a time of such global uncertainty, Alberta has an opportunity to establish itself firmly within financial and capital markets as the safest economy to invest and do business in, long into the future. More importantly, Alberta has an opportunity to establish itself firmly, once and for all, as the best place in the world to live, work, and raise a family. But we need to get this right.



MLA MIRANDA ROSIN Banff-Kananaskis

Bragg Creek Office:

226-7 Balsam Avenue

PO Box 313, T0L 0K0

10:00 am - 4:30 pm

Monday-Wednesday, and by appointment

Canmore Office:

206-1080 Railway Avenue

T1W 1P4

10:00 am - 4:30 pm

Thursdays, and by appointment

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





A TASTE OF THE HIGH COUNTRY

Whispering Dutchman Distillery Revealed

Bruce Van Leeuwen was perplexed when Sue Ransom from Krang Spirits told him that selling his first batch of gin would be a big mistake. He thought his gin was excellent. Still, he yielded to her advice, and now he is forever grateful for it.

As a producer of anything, you need to be excellent from the get-go to succeed, or your reputation suffers and remediating it can take precious time and resources away from your core business. And so, when Bruce finally released his first spirits in 2020, he was ready. So much so that he even entered the Alberta Beverage Awards competition. This bold move earned him the Judges Selection award for his Lemon Lavender Gin and his Tripled Distilled Double Century Vodka.

Located in Cochrane, next door to the Half Hitch Craft brewery, Bruce, his son, and a couple of colleagues are busy meeting the demand of a growing clientele. A year into it, and they are already considering increasing production and buying another pot still.

Bruce is the Operator/Promoter of the distillery, and Mitch Klassen, the Head Distiller. They both stumbled into spirit making, like so many Canadian distillers, winemakers or brewers - by chance and passion. With little heritage and formal training to draw from, many in the industry must rely on smarts, guts and entrepreneurial spirit to succeed. Bruce was in the eyeglass business by day, and Mitch Klassen was a computer programmer. By night, they were both gin aficionados. Done with successful careers, they are now focusing on distilling alcohol and concocting their versions of yummy spirits.

Whispering Dutchman distillery purchases Canadian rye, the base grain for their spirits, from Red Shed in Innisfail. The sugar comes from sugar beets in Taber, and the aromatics (junipers, spices and botanical) come from Silk Road boutique in Inglewood, Calgary. A mash of rye, water, sugar and yeast is first made and allowed to slowly ferment for 30 days to reach 17% alcohol. The brew is then distilled in a 250 litre Copper Pot Still for 8 hours resulting in approximately 30 litres of alcohol, also called Moonshine. This alcohol can then be distilled again (once or twice), charcoal filtered and finally diluted to give you vodka. Each pass refines the flavours and textures further. The gin is

created the same way except that flavouring (i.e. junipers, spices, herbs, citrus fruits, etc.) is added to the product after the first distillate. The products are bottled or can be further modified to become ready-to-drink cocktails.

WD offers a wide range of gins, vodka, moonshines and prepared cocktails. The style of the spirits is delicate in textures, soft with no harshness. The aromatics are natural, adding complexity and refinement. Such is the case for their classics - the Tripled Distilled Double Century Vodka and Signature Gin. But, the team at the distillery enjoys experimenting resulting in a Lemon Lavender Gin that is refreshing, especially when made into a lemonade cocktail. I was also drawn to their Winter Spice Gin, a classically made gin infused with a subtle blend of juniper, baking spices and orange. But, if you like Irish Cream, you should try Whistling Willems Dutch Coffee Cream. Crazy as it may sound, Moonshine is added to 18% pure dairy cream and espresso, chocolate and baking spices. The flavours are decadently rich, silky, and creamy. I felt like drinking this warm as I would hot cocoa or over ice.

Visiting the distillery is fun and can be arranged with a quick phone call. The distillery is small and budding. It will be fun to follow its progress over time. Bruce is engaging and inviting, walking you through the spirit-making process and their products. Gins and vodka can be sampled and purchased on site. You can also buy them by visiting a Safeway, Sobeys or Co-op Liquor store in the area and Calgary. Back home, check out the cocktail recipes on their website and experiment as well. That makes for fun cocktail hours.

Cheers!

Whispering Dutchman Distillery
403-614-1446
wddistillery@gmail.com
Whisperingdutchmandistillery.com
105 - 12 Griffin Industrial Point
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THE MOST BEAUTIFUL ART TOUR IN ALBERTA

July 26, 2022, Foothills, AB – Your favourite cultural journey through Alberta's scenic foothills is returning for Alberta Culture Days 2022. The Most Beautiful Art Tour in Alberta is part cultural exploration, part road trip, all fun!

We are a community collective of art galleries and art studios in Southern Alberta's foothills - a feast of beautiful sights and interesting people to meet. The tour includes the best art galleries on offer, as well as an insider's look at private studios that open their doors to the public especially for these all-access events. What will you find? So much inspiration!

Discover diverse collections of local fine art in gorgeous historical homes; contemporary exhibitions in a circa-1929 CPR Railway Station; a centuries-old method of paper decoration in a studio with one of the region's best views; glassblowing demonstrations by award-winning glass artists - to name just a few.

New to the tour this year is Stone Wood & Steel, offering the experience of the ancient craft of blacksmithing in a modern, family-run forging studio.

Spend a day - or both days - taking a self-guided tour along highways 22 and 2A, stopping to take in each venue and enjoying the gorgeous scenery along the way!

September is Alberta's Month of the Artist, the official recognition of the many valuable contributions that artists make to our society - as creators, as teachers, as visionaries. How better to take part than by experiencing The Most Beautiful Art Tour in Alberta?

Galleries:

Leighton Art Centre

Lineham House Galleries

OAG Okotoks Art Gallery

Bluerock Gallery

Private Studios:

Mady Thiel-Kopstein

Kristoferson Studio

Firebrand Glass Studio

Stone Wood & Steel

This is a self-drive tour. Admission to each venue is free.

Outside of tour events, all tour galleries are open to the public during their regular operating hours and private artist studios welcome visitors by appointment - visitors should contact them directly about booking appointments outside of official tour dates.

About these venues and who to contact for more information:

Bluerock Gallery, Black Diamond: A gem of a destination gallery – with stunning art, discerningly curated, and impeccably presented. Fine art and fine craft, in almost every media, created by (mostly) Alberta artists. Offering complimentary gift-wrapping year round!

Tarek Nemr
tarek@bluerockgallery.ca
403-933-5047
www.bluerockgallery.ca

Firebrand Glass Studio, Black Diamond: Home to award winning artists Julia Reimer and Tyler Rock, whose work is in the collections of the Emperor and Empress of Japan and the Prime Minister of Canada.

Julia Reimer
Julia@firebrandglass.ca
403-933-2264
www.firebrandglass.ca

Kristoferson Studios, Turner Valley: Another spectacular location with stunning views of the Kananaskis area, this is the private studio of Susan Kristoferson, an accomplished fibre artist who creates paintings from paper.

Susan Kristoferson
kristudio@xplornet.com
403-619-6875
www.kristoferson-studio.ca

Leighton Art Centre, Foothills: An unrivaled location with pristine foothills and mountain views, this museum and gallery also offers a wide variety of art and nature educational programs, fostering creativity for generations to come. Over 45 years as a non-profit organization!

Amanda MacKay
communications@leightoncentre.org
403-931-3153
www.leightoncentre.org

Lineham House Galleries, Okotoks AB: A destination urban art gallery in the heart of Historic Okotoks featuring Southern Alberta artists of all kinds in a beautiful

heritage home built by the founding family of our town in 1906. Rotating art displays, Alberta Pottery Pantry, local artisan General Store Gift Shoppe and a special gallery devoted to art for children's spaces.

Cheryl Taylor
cherylltaylor@me.com
403-917-1445
www.linehamhousegalleries.com

Mady Thiel-Kopstein, Turner Valley: Mady's paintings, frequently inspired by her time spent in nature, conjure up the atmosphere and depth of multiple layers of colour and light, stirring a certain familiarity and a strong connection with the natural world.

Mady Thiel-Kopstein
mtkopstein@gmail.com
403-462-1610
www.mady.ca

Okotoks Art Gallery, Okotoks: Located in Okotoks' historic 1929 CPR Railway Station, the Gallery includes two gallery spaces for exhibitions, a gift shop featuring local and Canadian artisan wares, and also serves as the Visitor Information Centre for Okotoks.

Okotoks Art Gallery
culture@okotoks.ca
403-938-3204
www.okotoks.ca/culture-heritage

Stone Wood & Steel, Millarville: Located on an organic garlic farm bordering Kananaskis Country in the foothills of the Canadian Rockies, Stone Wood & Steel is a family-run blacksmith studio offering hands-on experiences to forge contemporary and traditional pieces with steel and fire. Inspired by nature, architecture, music and culture, lead Blacksmith James Greisinger has been creating metal artistry for over 25 years.

James Greisinger
stonewoodandsteel@yahoo.ca
403-607-3907
stonewoodandsteel.ca



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

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Can't make it on Sundays? Tune in to our mid-week services with a new service available on our YouTube channel each Thursday to help continue your spiritual journey in the comfort of your own home, at a time that works for you.

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Speaking of concerts, we are thrilled to be chosen to host another year of great concerts with our Rocky Mountain Symphony Orchestra (RMSO) and On the Edge (OTE) concert series! Our first concert this season is Nordic

Masters featuring Ian Robertson on piano accompanied by the RMSO on Oct 07. Our second concert is in the OTE series featuring the Over the Moon Band, an award-winning vocalist and instrumentalist husband and wife duo. They will be performing on 21 Oct with both concerts starting at 7:30 pm. To purchase tickets or for more information about either concert series, check out our website at reddeerlakeuc.com/tickets.

We've got space to rent, concerts to enjoy, and a lot of great programs coming this fall to expand your faith. For more information, please check our website at reddeerlakeuc.com, call us at 403-256-3181 or visit our Facebook page at facebook.com/reddeerlakeuc.

Don't forget to sign up for our newsletter for the latest events or updates; remember, you're welcome, wanted, and accepted. Come join us on the journey.



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Adventures *in* Ancient History

Homeschooling families

are invited to join this year-long education program that takes a chronological journey through ancient history using *The Story of the World Volume 1* by Susan Wise Bauer. Weekly meetings are filled with art, crafts, science activities, themed food, music, and costume experiences, group discussion, optional written and oral reports and more! This hands-on program will engage students (and parents!) to learn more about history, geography, mythology, and culture in a fun and supportive group setting.

When: Thursdays 1pm - 4pm
September through June (total of 37 meetings)

Where: De Winton acreage
(address and directions given upon registration)

Cost: \$450 per child and \$400 for each additional child in the same family.

(Payment options and discounted rates also available)

This program is designed for students in grades 1-9 together with their parents.

For more information and to register for the 2022/2023 school year, please contact:

foothillshomeschoolers
@protonmail.com



PRIDDIS NEWS

Here is what is happening in Priddis this September.

Fall Supper

The Priddis Fall Supper will be on Friday, November 4th at the Priddis Hall starting at 5:00 pm. Tickets can be purchased online through Communal on our website: priddisalberta.com Check out our website for the menu and pricing, cash bar, and kids ages 6 and under are free! See you there!

Nature Nuggets Preschool

Rediscover Play Nature Programs is excited to be part of your child's early learning education. Offering nature-based learning classes with an outdoor focus from 9am to 12pm at the Priddis Community Hall for children ages 3 & 4. Staff are trained in emergent curriculum, following the children's lead in curiosity.

Fall 2022 registration is now open. Please head to www.rediscoverplay.com for more information.

Communal:

We are very excited to introduce Communal, an online booking platform, to the Priddis Community. Communal will manage our memberships, hall rental bookings, program registration, and event ticket sales. If you haven't had the chance to activate your 2022 membership, please visit: pca.getcommunal.com, and navigate to the memberships tab.

Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: priddisassociationpayments@gmail.com In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family, Business etc.

Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Own your own business? Purchase a membership and receive the added perk of free advertising on our social media pages twice a year. NOTE: Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities.

Priddis Library:

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

Booking the Hall:

We are taking bookings for the Hall for 2022/2023. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your

convenience, we are now able to take deposits and make payments online. To view or book the Hall, contact the Hall Rental Director at PCAhallrentals@gmail.com Check our website www.priddisalberta.com for availability, pricing, and updates.

Staying Connected

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

- @Priddiscommunityassociation
- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms



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MILLARVILLE COMMUNITY LIBRARY

September already! Back to school and back to regular hours for the Millarville Library. We look forward to seeing you all in the library and online as you order library materials through Marigold.

Our little library, run with the help of one energetic and enthusiastic part-time librarian (Natasha Grusendorf) and many equally energetic and enthusiastic volunteers, is looking for a bit of help. A decrease in grant money and an increase in insurance and utility costs has made a bit of a hole in our budget. We are certainly not in dire straits but in order to bring you the materials and services that you expect we are embarking on some fund-raising ventures.

Bottle Drive! A bottle trailer will be parked outside the school/library from September 7-9, so save all your bottles and cans and fill that trailer to bursting! We thank Square Butte Ranches for donating all their bottles collected in August and library volunteer Ada Morgan for her help with this project.

We will be offering our first workshop for the fall on September 10 at the library. We are privileged to have Paula Kroeker from the Sheep Creek Weavers facilitate **Needle Felted Landscapes**. Paula will guide you in creating landscape pictures together using beautiful shades of lovely soft wool. Kits will be provided at a reasonable cost for all the materials necessary, you need only bring your imagination. Paula is donating a portion of her fee to the library - thanks! For more information please check Facebook, Instagram or call the library at 403-931-3919. Class size will be limited to ten people so register as soon as possible.

All donations to the library will receive a tax receipt! There is a donation book in the library and at the store!

Once again our library ran a successful summer drop-in program for local kids. Everyone had lots of fun playing with airplane designs as well as doing crafts and science experiments. Thanks to our librarian Natasha Grusendorf and her two student assistants Hannah Mortimer and Chris Grusendorf!

As always check our Instagram and FB pages for more information including upcoming workshops in the months leading up to Christmas.

Welcome back to school and the library!



MILLARVILLE HORTICULTURAL CLUB

Meetings are held at Ranchers Hall located beside the school in Millarville on the second Tuesday of the month, September to May, at 7:00 p.m.

Our September meeting will be on Tuesday, September 13th at 7:00 p.m. The Wild Bird Store will be bringing their truck for you to make purchases and doing a presentation on birds and feeding them.

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

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



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Tutz & Dudz (4 - 6)
My First NUVO: Pre-Band (5 - 8)
My First: Flute, Guitar, Violin, Ukulele, Drum (5 - 9)
Musical Theatre (7 - 16)
Generations Choir (7 - Adult)
Group: Flute, Guitar, Violin, Ukulele (9 - 15)
Music Theory (9 - adult)
Band Together (NUVO) (10 - 18)
JazzJam & RockShop Bands (10 - 18)
YYC Community/Concert Bands (10-adult)
Chamber Ensemble & PianoBand (12 - 18)
Dust Off Your Flute! (18+)
Adult Ukulele (18+)

(Register Now for 2022/23 Classes)
(Open House: September 1, 2022)
(Free-4-All (trial classes): September 5-10)

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We are currently replacing some power lines in your rural area that are at the end of their life cycle, after 50 years of exposure to wind, ice, temperature changes, corrosion, and other environmental conditions.

These upgrades also give us with the opportunity to replace damaged power poles, and other devices as needed and, in some cases, relocate the line to a right-of-way with better access.

To ensure the safety of our employees and contractors working on the system, power outages may be required. If you will be impacted by a planned outage, you will receive an automated phone call at least three days in advance. Please ensure that your retail service provider has your current phone contact information.

FortisAlberta owns and operates more than 127,000 kilometers of distribution power lines throughout 240 communities in Alberta.

Please call us at **310-WIRE** (9473) with any questions you may have. Thank you for your cooperation and understanding as we build and maintain our system with your safety and service reliability in mind.

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Suzanne Oel - Division 4

Pathway Opening EVENT on September 17: The North West Foothills Recreation Board (NWFRB) invites you to join us on Saturday, September 17, 2022, from 12:00 noon to 2:00 pm to test out our new pathway at Seaman Sports Park! Stop by after the Millarville Market. Meet the Board, go for a walk and enjoy a refreshment with us.

Pathway Location: Our pathway is situated on 30 acres in the Seaman Sports Park, which is located directly south of Highway 549, approximately 0.8 km east of the intersection of Highway 549 and Highway 22 (Street address: 192133 Hwy 549 W). Parking is available at the site.

Park photos can be viewed on our Facebook page: www.facebook.com/NWFoothillsRec

For background info, visit our webpage:
www.foothillscountyab.ca/community/recreation-boards/north-west-foothills-recreation-board

Project Update: NWRFB is pleased to announce that our pathway project is open for use! Since 2010, our recreation board, volunteers, donors and partners have planned and built Phase 1 Outdoor projects in the Seaman Sports Park, including two regulation ball diamonds, access roads and a parking lot. As we continue to develop Phase 2 Outdoor facilities, our latest endeavor features this 1.2 km long, 2 m wide, leveled, shale-surface pathway in a beautiful mountain-view setting. Enjoy the pathway for walking, running, biking, snow-shoeing and cross-country skiing! No horses or motorized vehicles are permitted on the pathways or park grounds. Dress for the weather. Please keep pets on a leash and under control at all times, and please clean up after yourself and any pets.

Next Steps Together: We hope the community enjoys this facility while working together towards the next phase of the Seaman Sports Park! We invite you to become involved and join us as we begin

planning and fundraising for a picnic area, a specialized accessible playground area, a multi-sport field and other upgrades. Please see our draft site plan, printed here, which shows our pathway and the proposed future project locations on the site.

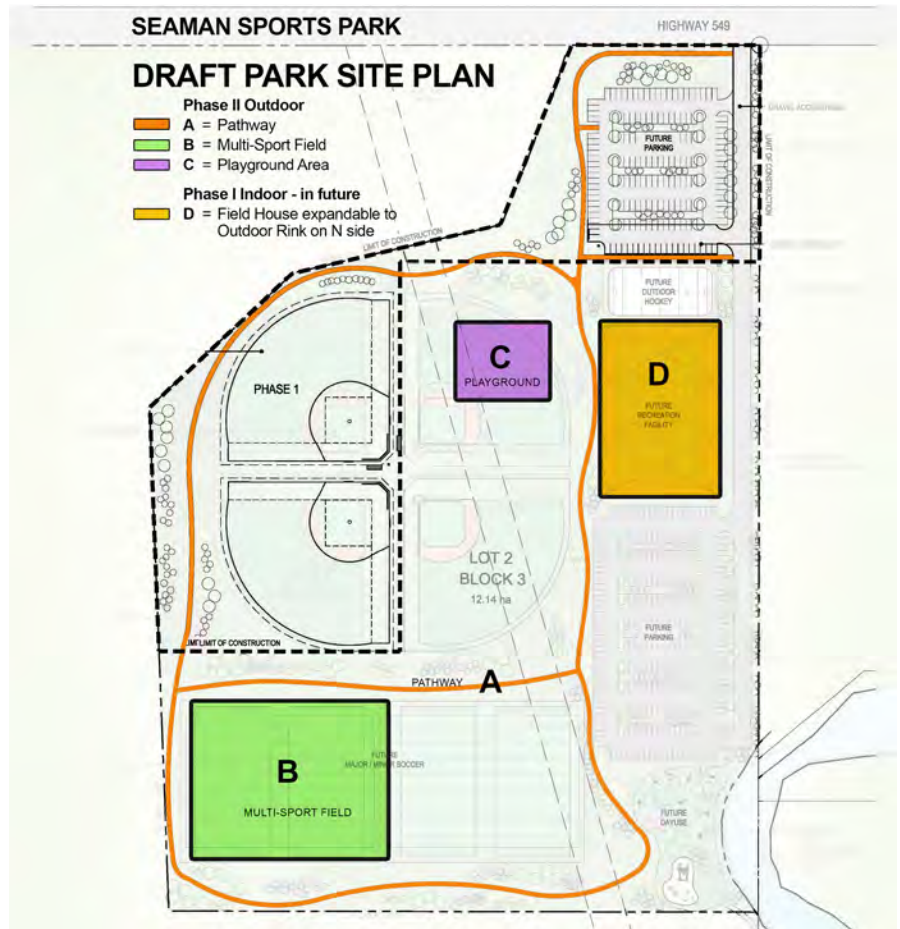
Let's Make It Happen: Your involvement is welcome! Help us plan these projects to build out our park. Help us with your tax-deductible donation (receipts available for amounts over \$100). Your support is our future!

Contact The NWFRB Regarding
Information or Donations:

Phone: 403.603.6244

Email: NWREC@FoothillsCountyAB.ca

For Other News & Updates: Facebook:
www.facebook.com/CouncillorSuzanneOel/
 Email: Suzanne.Oel@FoothillsCountyAB.ca
 Hope to see you on the 17th!
 Suzanne





COUNCILLOR UPDATE Foothill County

Barb Castell - Division 3

Happy Alberta Day!

Foothills County recently sent out a Summer Newsletter to all residents in Foothills. It is full of information and a good resource to save for future reference.

Public Works

You have probably encountered many road-construction sites as you make your way around the County these past few months. Often it looks like it is unfinished when in fact it needs time to settle before the final work can be completed. Public works is grateful for your patience.

With this hot, dry summer, the road crews have had many challenges. It is proving to be particularly hard where the roads are wash-boarding. Public works is trying to get to all the areas as quickly as possible.

Foothills Cemetery Board

Foothills Cemetery Board took a tour of the cemetery with staff so that we could be brought up to speed on what happened in the last year. There is some land up there that has to be planned for and we, as the Board, have been tasked to come up with ideas for the remaining areas.

North West Foothills Recreation Board (NWFRB)

The NWFRB met with staff at the Seaman Sports Park for a tour of the new walking path. There were a lot of birds, ground critters, flowers, grasses, and mosquitoes that kept us company. Councillor Suzanne Oel, Councillor Alan Alger, other members of the board, and myself planned how to celebrate the new walking path. We have planned an event for Saturday, September 17th from noon to 2 p.m. For more details see Councillor Oel's Councillor report in this issue.

For more information go to:
www.nwfoothillsrec.com



Rothney Astrophysical Observatory Howdy Neighbour BBQ

The RAO's annual community BBQ:

- Beef on a Bun and sky science on the bbq
- Free to our neighbours from the surrounding community
- Learn more about the latest research conducted at the observatory.

Observing with the telescopes if the sky is clear.

Thursday, Sept 15 from 5 p.m. to 8 p.m.

RSVP: jihouse@ucalgary.ca or
403.931.2366

www.science.ucalgary.ca/node/472472

Millarville Historical Society

I attended a wonderful celebration at the Millarville Racetrack on Sunday, August 7, celebrating 130 years of the Hamlet of Millarville, the Millarville Store, and the Millarville Post Office. Master of Ceremonies Gene Blakley introduced invited guests and regaled us with the history of the hamlet. The famous Millarville Store and Post Office was the focal point, with all the former owners or their descendants entertaining the group with stories amid laughter and tears.

Millarville Racing & Agricultural Society - Events

Make sure you add these to your calendar:

- Summer Farmers' Market
June 18th - October 8th
Saturdays, 9:00 AM – 2:00 PM
Admission: On Donation

- Chuckwagons, Chariots, & Bulls Under Lights
Chuckwagon & Chariot Races - Friday, September 9th at 5:00 PM
Chuckwagon & Chariot Races - Saturday, September 10th at 3:30 PM
Bulls Under Lights - Saturday, September 10th at 7:00 PM
Chuckwagon & Chariot Races - Sunday, September 11th at 3:00 PM
Get your tickets online at:
www.millarvilleracetrack.com/chuckwagons-chariots-bulls-under-the-lights

Volunteers are needed for all events.

For more information go to:
www.millarvilleracetrack.com/get-involved/

Millarville Community School

As we start the school year, I would like to congratulate Ms. Karla Davis, who has been appointed as our new Principal. I would also like to congratulate Ms. Julie Julian, who has been appointed as the Acting Vice-Principal.

For more information go to:
www.foothillsschooldivision.ca/millarville

*Have a great Fall everyone,
my favourite season of the year!*
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SHEEP RIVER LIBRARY

Out Loud Series Returns!

Third time's the charm! Yes, Our Out Loud Series will run this year, after attempting to do so in 2020 and 2021. We have a great line up that should have something for everyone. First up on Friday, October 14 is Sheri-D Wilson. Sheri-D was the Poet Laureate of Calgary from 2018-2020. She is the award-winning author of 13 books and four albums which combine music and poetry. She received an honorary Doctorate of Letters from Kwantlen University in 2017 and was awarded the Order of Canada in 2019. Known for her electric performance-style and surrealist perspective, she is a favourite of festivals around the world. Sheri-D will also be teaching a workshop From Creation to Oration the following day, October 15 at 1 pm. Anyone interested in writing or performing poetry is welcome.

Saturday, October 22 sees Notable Exceptions arrive from south of the border. The Notable Exceptions sound is a potpourri of Folk, Western, and novelty tunes. From house concerts to concert halls, Judy Coder and Jennifer Epps are known in the world of western music for their finely crafted vocal harmony. Their original tunes are lighthearted and conversational. For accompaniment, Judy's tasteful rhythm guitar is right on the button; Jennifer sweetens the sound with tidbits of harmonica, rhythm instruments, flutes and whistles. To round out our series we have The Best of the Storytelling West Show with Bj Smith and Ol' Ugly (John Clawson) on Saturday, October 29. Bj Smith is a winner of the Academy

of Western Artists Will Rogers Award for best cowboy poetry CD of the year. His performances have been featured at Cowboy Poetry Gatherings and Festivals across western Canada and the USA. John Clawson's clean, hilarious stories about his older brother, Blue, his eighty-six year old, Aunt Tilley, and her boyfriend, Creaky Olson has earned Ol' Ugly the reputation, throughout Western Canada and the Northern USA, as 'One of Canada's Funniest Storytellers.' For more information, pick up an Out Loud brochure at the library or visit www.sheepriverlibrary.ca.

Free tickets for all Out Loud events will be available September 15.

Most of our programs will be gearing up this month. Qi Gong starts September 6 at 2 pm. Back by popular demand, How to Solve Cryptic Crosswords is on Thursday September 15 at 7 pm. A late addition to our line up is Middle Eastern Dance which will begin on Wednesday September 14 at 7 pm. Join Sorcia Amor for 10 weeks of this Egyptian style dance. There will be a fee for this class.

For pre-schoolers, we have a boat load of classes focussed on literacy, the natural world and creativity. Parent support is available in the weekly Mom's Coffee/Playgroup Time on Monday mornings and a monthly session offered by Greater Foothills Family Centre. Most of the monthly groups start this month as well: Drumming Circle, book clubs, genealogy and Poetry by the Fireside. Diamond Valley Songwriters will start again on October 12. All details are on our website.

To register for any programs, either call (403-933-3278) or drop in and see us.



LONGVIEW LIBRARY

Patrons of our library often ask what our Take and Make kits are and what our Story Walks entail. I asked our librarian, Lynda Winfield, if she could tell us about them.

Story Walks are the reading of illustrated books that have been enlarged and laminated and hung on the fence posts along a favourite pathway. Take a walk and read a story at the same time!

From games to crafts and even baking, our Take and Make Kits are prepackaged kits for you to take home or do in the library. Each kit includes supplies and instructions. They are free and can be picked up at the library for free. They are very popular.

Now that the school year is approaching, it is wise to remember the importance of having your children cultivate the habit of reading. Their performance at school is much improved. But most importantly, reading provides them with quiet pleasure in a stress filled world.

New to the library is What Strange Paradise by Omar El Akad. It is a powerful novel that looks at the Global refugee crisis through the eyes of a child. El Akad is the author of American War.

Happy Reading, Sylvia Binkley
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Is it time for your mammogram?

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Thank you for supporting Screen Test over the past 30 years. It has been our pleasure bringing screening mammography to you. Together we are saving lives, one community at a time.

Screen Test is a free service provided by Alberta Health Services that offers screening mammograms. Our mobile screening units travel to 120 communities throughout Alberta to provide convenient access to breast cancer screening.

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

Who should have a screening mammogram?

If you're 50 to 74, you don't need a referral to have a mammogram. Make screening part of your regular health routine. Plan to have a mammogram every 2 years or as decided by you and your healthcare provider.

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



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Appointments are required.
Please call

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(toll free)

screeningforlife.ca

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

If you're 40 to 49 or over 75, discuss the risks and benefits of screening with your healthcare provider. You will need a referral if you're 40 to 49 and it's your first mammogram, or if you're over 75.

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

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

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

Dense breasts are only one of many risk factors for breast cancer. Other factors, such as age and genetics, have a bigger impact

on your overall risk. You can't tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.

Talk to your healthcare provider about your breast density score and your personal risk of breast cancer. Learn more about breast density on screeningforlife.ca.

Is it safe to go for screening mammograms during COVID-19?

Enhanced safety measures are in place to keep patients and staff safe and help prevent the spread of COVID-19. Details will be shared when you call to book your mammogram.

For more information on Screen Test and breast cancer screening, visit screeningforlife.ca.




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HELLO DIAMOND VALLEY

Hello, Diamond Valley. I just got back from spending the weekend at Longstock, and what a great weekend it was! It was so good to see old friends that we haven't seen for a few years, and the volunteers did such a good job of organizing everything. The Fire Department did the beer gardens and kept the area nice and clean. The bands were amazing, and the weekend was topped off by the Levesque Family Band, always a favorite at Longstock. Well done and I look forward to next year!

Speaking of seeing old friends, there will be a Homecoming for Diamond Valley and Area on September 10. If you were born in the 40's and 50's and raised in Black Diamond, Turner Valley, Longview, Millarville and area in the 50's and 60's you are invited to attend the Homecoming of 2022. It will be held at the Flare and Derrick on the 10th from 2:00 in the afternoon. The evening meal is provided by the Legion. There will be special entertainment in the afternoon and a DJ in the evening for dancing to those 50's and 60's tunes we all love. For more details contact Glenis Currie at gleniscurrie@msn.com. The first Homecoming in 2017 had 250 people attending and was a great success.

My brother recently came for a visit from Ontario and we did the touristy thing. We went to High River to see the sets from the show Heartland, and visited the Museum in the old train station. Then we went to Chinook Honey Farm and saw how bees produce honey. After then we walked around the Big Rock and learned the story of how it got there, all the way from Jasper. It's nice to visit these interesting places that are so close to home.

High River also is hosting their annual River City Car Show on Sunday September 25. There are blocks and blocks of the coolest cars, trucks, and bikes around, and lots of vendors, music, and food. Saturday night there will be a burnout show as well. And this year I certainly plan on checking out the annual Balloon Fest, where from September 21-15 the big hot air balloons take to the sky. Visit High River's website to find out more details.

Over in Millarville, the Alberta Chuckwagon and Chariot Association Finals will be held at the Millarville

Racetrack on the weekend of September 9-11. Saturday night they also show Bull Riding at 7:00 pm with a Cabaret to follow. Sounds like an awesome time, for more information, millarvilleracetrack.com.

The 13th annual Kidney March is set for September 9-11. This is a 3 day, 100KM walk from Kananaskis to Calgary, and the March will pass through Turner Valley on September 9 as marchers kick off their epic journey. This is a major fundraiser for Kidney Disease and Organ Donation, as one in ten Canadians has kidney disease. To donate or become involved, visit KidneyMarch.ca.

The Griffiths Quilt and Craft Show will be held on October 1st from 11 to 4 at Griffiths Centre in Black Diamond. There will be several vendors with items for sale and lots of beautiful quilts to view. Admission is free.

It's time for Fall Registration for Foothills residents. Sports, fitness, arts, culture, general interest and swim lessons are just some of the classes offered. Log in to activeokotoks.ca to find out more. And keep an eye out in Turner Valley's news as there is usually a Joint Registration Night here for all the youth and adult clubs and classes as well.

Alberta Transportation has a long-term plan to widen Centre Avenue and Government Road in Black Diamond from 2 to 4 lanes to provide additional vehicular capacity. This widening, should it happen, could have significant impacts on the character, functionality, and economic viability of Downtown Black Diamond. The Town has developed an Area Development Plan to address these concerns, mainly of parking and walkability, and safety. For updates, please go to the Town's website.

Condolences to Erma Brown's family and friends on her passing, at age 108. I had the pleasure of interviewing Erma a couple of years ago on the history of our towns and boy was she ever a wealth of information, and a very pleasant afternoon it was sitting and chatting with her. She was instrumental in bringing about good changes for our towns and will be missed.

If you have any news or events for October that you would like to see in the High Country News, please drop me a line at elaine.w@telus.net. The deadline for this issue is September 15.

Happy Autumn!
Elaine Wansleebe



DIAMOND VALLEY CHAMBER OF COMMERCE BOARD

All Treats and No Tricks!

Good Morning Members and Friends,
Happy Friday! We hope everyone is well and we'll get straight to the treats!

If you only play one round of golf this year, let the joint Chamber "HALLOWEEN IN SEPTEMBER" TOURNAMENT be that one!

Don't miss your chance to DOUBLE UP on CANDY! Make sure to mark the day, September 15th at the beautiful HIGHWOOD GOLF COURSE!

A fun tournament of amateur players, teams, and sponsors from the Foothills business communities of Okotoks, Diamond Valley, and High River.

Games, Costumes, Dinner, Surprises and PRIZES ... lots and lots of PRIZES!

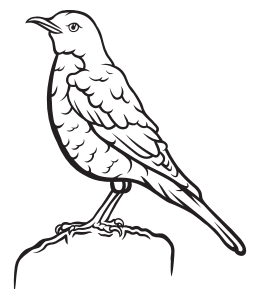
Of course, let's not forget the candy and DRINKS while NETWORKING with local businesses!

Visit the Okotoks Chamber Golf Event to learn more or contact them to sign you and/or your team up. There are limited sponsorships left and golfers are starting to go, don't miss this chance for a wildly fun day of tricks and treats!

Our July board meeting was held July 12th, 2022, you can see the meeting minutes here and our next meeting is tentatively scheduled for August 30th at a TBD time and location - let us know if you'd like to host one soon!

Enjoy the rest of the summer and stay tuned for some special events coming up in the Fall!

Sincerely,
Diamond Valley Chamber
of Commerce Board





SQUARE BUTTE COMMUNITY

The SBCA has had a quite summer with a few weddings and events. The board has hired Prime Painting – Maria Vanderham to paint the main floor of the hall. By September 1st the job should be done and the hall will look fresh and inviting. The hall was looking rather shabby after many different colors and patch ups over the years. A small group of volunteers got together and did the paint-prep so that the painting could get underway immediately. More good news the Handicap parking, area at the north end of the hall will be paved before September rolls around. Yeh!

Upcoming Square Butte Hall Events:

Sunday, September 18th, 4:00 pm.
Annual Family Potluck, Games, and Quilt Raffle Draw put on by the Square Butte Ladies Group

September, 24th. Country /Western dance. Live Band, "Spur Crazy" \$15.00 each for members and \$20.00 each for non-members, including a evening lunch, a licensed event with door prizes and a 50/50 draw.

Sunday, October 2nd, 1:00 pm -5:00 pm
Pie Making Class with Mary Ann Watson. Learn how to make pastry or improve your existing skills. It is a dying art, so come join in a fun afternoon of learning. To book a spot call 403 931-2098.

September 10th, 9:00 am to 2:00 pm Final market date at Millarville Racetrack. Great baking at reasonable prices.

Sept. 12th, 7:30 pm Business meeting at the SB Hall.

A Moment in History! Johnny Nylund 1938 – 2020. Left behind are his wife Marie, children Leo (Shelley), Nancy-Lee (Bill) and Guy (Hannah).

Johnny's family were our neighbors living on the Jim Ward place (corner of Hwy. 549 and Hwy. 762.) We shared many wonderful times together as we grew up. The Nylund kids went to Square Butte School, riding on horseback the 2 miles west. Johnny gained excellent horsemanship skills having spent countless hours on horseback while hunting, chasing wild horses or simply enjoying the country west of Millarville. For many years he worked for John and Isamay Ballachey at the Chinook Ranch at Square Butte. He and his wife Marie (Merryfield) lived at the ranch for 4 years before moving to Lake Louise where Johnny had accepted a job with Parks Canada on Trail Crew, a job that took him and his horses over many backcountry trails and mountain passes in Banff National Park. He also worked his winters as a Snow Cat operator at Lake Louise and later as a speed plow operator on Hwy. 93 north for Parks Canada. He accepted a position with Banff National park as Barn Boss in 1977. He also took care of the Buffalo Paddock herd. Many times he would say, "I have the best job in the park."

In 1996 an opportunity came to manage the Ya Ha Tinda Ranch. He and Marie

moved to the ranch and remained there for 7 years. Johnny's time there was the highlight of his career with Parks Canada. He took great pride in the ranch and managed it as if it was his own. The ranch is located west of Sundre, bordering Banff National park. It was established to raise horses for the Parks Canada, a spectacular oasis of a sort with a large open valley sweeping towards the west, with a backdrop of majestic mountains. Johnny retired in 2003 after 30 years with Parks Canada. They retired to Bergen and Water Valley where they spent 14 years enjoying retirement and building several log buildings, an art he acquired while in Lake Louise. In 2017 they moved to Turner Valley where they were close to the special places that they had grown up enjoying.

There are so many stories of very close bear encounters, horse wrecks and personal mishaps along the way. There are hair raising stories of a group of Millarville cowboys that ended up having careers in the National Parks. In those days a degree in Higher Education was not required, only skills learned in the back country were required to work for Parks Canada. This group of young men were known as the Millarville Mafia, and they were Johnny Nylund, Perry Jacobson, Donny Mickle, Keith Foster and Bob Haney. Wouldn't you love to sit around the campfire with this group and listen to the stories. Many of them have been told a hundred times but they still bring laughter and memories of a time gone forever.

Information provided by Marie Nylund.

Submitted by Mary Ann Watson
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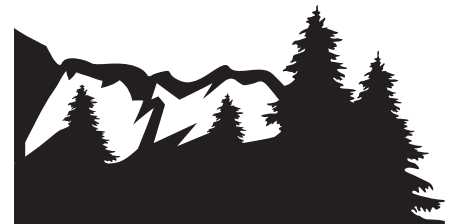
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Sage Advice From Lucy

In a classic "Peanuts" comic strip, Charlie Brown goes to Lucy for psychiatric help. He says, "What can you do when you don't fit in? What can you do when life seems to be passing you by?" Lucy leads Charlie away from her booth and says, "Follow me. I want to show you something. See the horizon over there? See how big this world is? See how much room there is for everybody? Have you ever seen any other worlds?" Charlie replies meekly, "No." She continues, "As far as you know, this is the only world there is... Right?" Even more meekly, Charlie says, "Right." Lucy presses on, "There are no other worlds for you to live in... Right?" Charlie admits, "Right." "You were born to live in this world... Right?" "Right," says Charlie. Lucy then explodes, "Well, live in it then! Five cents, please." While we may disagree with Lucy's counseling technique, we recognize she is on to something. We need to make the most of our lives and really live.

Charlie Brown is asking two very fundamental questions. In other words, "Why am I here?" and "What is the purpose of my life?" In one study, 3000 people were asked those two questions. 94% responded with "I don't know!"

According to Gallup polling sponsored by the United Nations, North Americans have seen a significant drop in happiness from 2005 to the present. So why is everyone so unhappy? The authors of the

report attribute our unhappiness to lack of institutional trust, income inequality, obesity, the opioid epidemic and a "depression epidemic." Are these really the causes of unhappiness or are they symptoms of a more serious malignant cancer?

Thousands of hours of counselling have led me to the conclusion that misplaced fear robs us of peace, purpose, and productivity. It leaves us in the doldrums with "just enough to get by."

The Path of Misplaced Fear

Timidity — I view my present circumstances through the lens of past failure. There is a distracting nervousness that says, "It could happen again!" There is an excellent lie detector that offsets timidity. Start from childhood and write all the events of success: tests you passed, skills you developed, friendships you developed, and the list goes on. Do the exercise and like many patients, you will be amazed at how successful you are.

Fainthearted — Our outcomes in the future are predicated by our present ability. That tells me you have suffered brain damage and have lost the capacity to learn. Our future is not capped by the ability that got us to the present, it is stalled by our lack of will to keep learning.

Anxiety/Worry — We allow our minds to calculate possible outcomes. Worry/anxiety is not founded on objective empirical evidence, it rests on the quicksand of subjective, emotionally induced possibilities. Looking at worry through the lens of faith, worry dethrones God and makes me king and at the same time it makes me king and God incompetent.

Panic — Our will is paralyzed, and we are enveloped with a cloud of hopelessness. We become victims of the relentless wheel of fate. We see ourselves as incapable of making a difference. We are simply a small cog in the machine of fate.

Terror — The final disaster is already determined. We might as well "eat, drink, and be merry for tomorrow we die." We search out the anesthetics of life to dull the pain of our hopelessness.

My yesterday is filled with "if only" and my tomorrow with "what if!" When those two dominate, my today is clouded with paralysis of the will, despair, and fear.

Let me take you down another path. It has brought me great freedom.

Trust — View your circumstance through the lens of your Creator. He is greater than any circumstance you could possibly face.

Rest/Peace — Whatever your hand finds to do, do it with everything you've got but take your hands off the controls. We do whatever we have committed ourselves to do but we leave the outcome in the hands of our Creator. He alone can make all things work together for good.

Commit to the Law of Love

"Do all the good you can

By all the means you can

In all the ways you can

In all the places you can

To all the people you can

For as long as you can."

(John Wesley)

Keep climbing and I'll see you at the top.

Duane Harder

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Help! I have been appointed an executor!

Have you been appointed an executor? Initially it seems like a compliment but once you see the various things you must do and the decisions you must make, you may feel overwhelmed. It is a big responsibility!

An executor has the responsibility to carry out the wishes of the deceased. Beneficiaries are entitled to question whether the executor has done this right and often do. Disputes about the estate can turn into litigation, so you want to make sure you have done everything properly. Family disputes may further complicate matters. It is wise to get advice to make sure you have carried out your duties correctly and completely.

Experts suggest there can be up to 250 tasks as executor! A well drawn will generally authorizes the Estate to

hire someone to assist you in many of these tasks.

Even if the estate seems relatively simple, you need to make sure you do your duties correctly. But there is help!

The Certified Executor Advisor is the one to call. These professionals have taken an in-depth and comprehensive course about the diverse issues you have as an executor. After successfully completing an examination, they receive the designation of "Certified Executor Advisor or C.E.A."

A Certified Executor Advisor is often also a lawyer, a financial advisor, an accountant, a life coach, or psychologist already with extensive professional knowledge and experience about some of the areas involved in administering an estate. In addition to providing advice, a C.E.A. can assist you with knowing who you may need for assistance in areas other than their own and then helping you find that right person.

For instance, did you know that there are up to 6 tax returns that can be filed as an executor? At least two are mandatory. Not doing these right can cause penalties or additional taxes, which sometimes the executor may personally have to pay, either

to reimburse the beneficiaries or to pay taxes to Canada Revenue Agency. You don't want that!

Also, there is an increasing need to obtain appropriate appraisals before distributing any non-monetary assets. How do you obtain the best value for items that are not delivered to family members? A C.E.A. can advise you on this.

Do you know how to keep appropriate records to support what you have done in case the beneficiaries dispute what you have done? A C.E.A. can advise you on this.

There are many areas in which you may need advice when you acting as an executor. A C.E.A. can be a valuable resource. Testators may also wish to consult with a C.E.A., either before or after your role as executor arises. If you have been appointed a Power of Attorney a C.E.A. may also be a valuable resource.

This is just an introduction but you can find out more about the Certified Executor Advisor and what they can do for you at Canadian Institute of Certified Executor Advisor | CICEA.

Sylvia Carruthers



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DESIGN WITH PETS IN MIND

Responsible pet parents prioritize safety, comfort, and happiness for their animal friends by creating pet-friendly homes. If you have pets, particularly cats and dogs, here are some tips for making your home both attractive and functional for all family members, whether two or four-legged!

Pet-friendly flooring

Pets can be hard on floors. Sharp claws and nails, and dirt and grit on paws, can scratch veneer and so, if you have pets, your flooring should be durable and easy to clean. Common choices include luxury vinyl and tiles, with vinyl being the most popular because it is 'softer' underfoot than tiles.

Fur-resistant furniture and upholstery

You may think you have trained your pet not to sleep on the sofa, but it is wise to ensure your furniture is pet resistant. Your best choice for upholstery is durable weave fabrics, such as microfibre, acrylic, and crypton, that resist claw marks and stains. Pleather and leather are easy to clean, but they show scratches. Avoid corduroy, velvet, and other delicate materials. They retain hair and stain easily.

Designated pet spaces

Creating a dedicated space for your pet helps it understand boundaries and makes it feel safe. Pick a low traffic spot that is not hemmed in by furniture and equip it with

a luxurious pet pillow that complements your décor, and an attractive basket or storage box filled with your pet's toys, and then enjoy playtime with your furry friend in that space!

Pet dedicated cabinetry

No one likes tripping over pet food bowls before the morning's first cup of coffee! Avoid this by creating feeding drawers, low-level drawers containing built-in food bowls. You can also install a pet-specific pullout cabinet to keep pet food, grooming items, and other pet accoutrements out of sight, but within reach. Modifying existing cabinetry is an inexpensive job for a contractor or cabinet supplier.

Windows

Pets love looking outside, so you should account for this when treating your windows. Start by thinking about where your pet sits. Does your cat like the windowsill? Then protect the windowsill from scratches with an attractive pillow or decorative covering. Does your dog like basking in the sun? A low bench or

coffee table in front of the window with a pet cushion on it will let your pet admire the world in comfort, and the bench can double as overflow guest seating!

Window Treatment

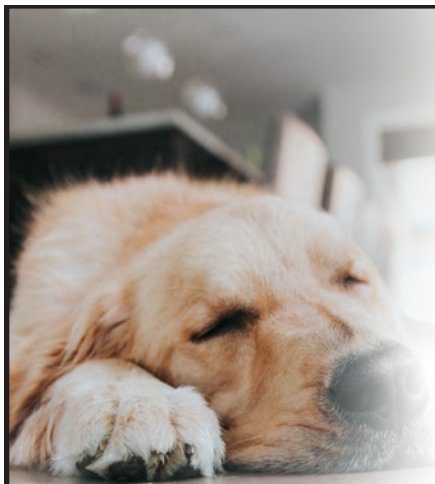
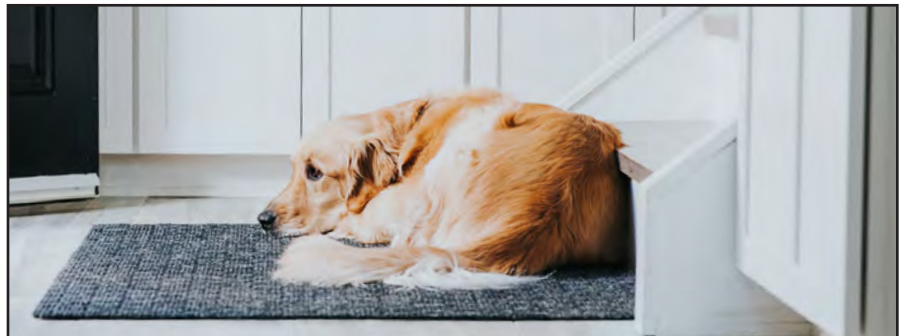
Appropriate window dressing is important when you have pets. Avoid low hanging blinds, as pets can get tangled in them, and stay away from fabric drapes and curtains, because playful cats will not only rip them to shreds but can bring curtain rods crashing to the floor! Instead, try roller blinds or screen shades. They are durable; can be pulled down for upper window privacy and sun protection; and can be adjusted so the bottom is open for pets to look through.

If you address your pet's needs when designing your home, your reward will be endless purrs, wags, and cuddles! Who wouldn't want that?

Karen Horte, DID

karenhorterinteriors.ca

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You Have Options!

The traditional approach to obtaining a mortgage, whether it be purchasing, switching or refinancing your home, is to go to a bank. But did you know there are several other options available to you? Especially with rising interest rates and large rate differences between lenders, it is important to know you have options.

"A" lenders

A lenders or traditional/prime lenders, generally refer to banks and approve customers with credit scores in the minimum acceptable ranges, debt servicing within allowable ratios, verifiable income, and meet all the standard "tick-boxes." To deal with these lenders, you must be considered an "A" client. These lenders are subject to OSFI federal regulation, which means that you'll be stress tested when you apply for a mortgage. The stress test requires applicants to qualify at time of underwriting paying interest at either the five-year benchmark rate (for insured files), or the five-year benchmark rate or your

contact rate plus two percent — whichever is higher (for conventional files). However, when you are an A client meeting the criteria as above, there is a wide variety of A lenders. The big banks are not the only option, rarely the most competitive, nor do they offer the unique products & conditions you may need. Mortgages are not one size fits all. Mono-Line Lenders are an excellent alternative to any bank.

Mono-line refers to the practice of specializing in a single discipline of the financial services business, such as mortgages in this case. Because of this defined focus, they offer more variety of products and routinely lower interest rates.

"B" or "Alternative" lenders

B lenders are lending institutions that provide options for clientele that do not fit the A mold. These institutions offer modified criteria to qualify for their products. Some B lenders have rates very similar to A lenders; some not as they offset additional risk with higher interest rates (+ fees). B lenders accommodate applicants who may not qualify for an "A" mortgage for any number of reasons.

Private Lenders

Private or unregulated lenders is anything from individual lenders like the Seller of a

property, a friend, or most often a business that specializes in providing private mortgages. These lenders are not subject to the same federal regulations that A (some B) lenders are. Their lack of regulation mean that they can close a file very quickly and with very little qualification standards being met. Private lenders aren't overly interested in debt servicing ratios, your credit score or verifiable income, and they are not required to stress test mortgage applicants. Your property value & equity is most important with them - but you pay the highest interest costs & fees. Getting approved for a mortgage with a private lender is much easier than getting approved at an A or B lender.

Always Reach Out To A Mortgage Broker

The best way to find mortgage options that may provide lower interest rates and a wider variety of mortgage products is to reach out to a Mortgage Broker. A knowledgeable and competent Mortgage Broker will know the market and all the financial solutions available to you. Mortgage brokers are independent and work for you, and as such their goal is to find you the best possible rate & terms for your mortgage. There are many alternatives to the big banks as you see above. Dealing with each lender individually is time consuming and difficult to navigate. A Broker will do the research and shopping for you, so it's the best way to save both money and time.

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OUT OF THE RUT

Chapter 145

My Mum is freakin' awesome. What should I write about this month? I muse...she's got a pot plant. It's kinda weird to be writing that. My Mum has a pot plant. It's bigger than she is.

How the world has changed now the misguided misinformation about the magical properties of Marijuana has been somewhat dispelled. In the household of my formative years, the spectre of the black sheep of the family was wafted over our heads on occasion. My beloved and bizarrely absent uncle was a fascinating focal point in my young life. No-one really spoke about things in front of the whippersnappers, so it took a couple of decades to work out what a black sheep is and why he was one. I guess the ridiculous practice of putting addicts in prison was in its heyday then.

Back then, Marijuana was the first step on the slippery slope to utter devastation through cocaine, heroin and the like. This was well before the advent of E / MDMA / Molly, Crystal Meth and all the other manufactured stimulants or escape avenues that have been widely distributed in the subsequent decades. There have been countless discussions in our family about the various claims by suspiciously-motivated politicians and their exhortations to just say No, across the board without the essential ingredient of intelligence. It's been very entertaining at times.

My parents come from a fairly straightforward background... from which they launched themselves into an unsuspecting universe and tossed a couple

of occasionally unusual offspring out into the mix. They followed the periphery of the main stream most of the time, but in later years, began to go more off-piste in their reading, activities, healthcare and other aspects of life.

Dad avoided the drugs the doctors were insisting essential for at least ten years before he finally had to succumb to the delights of western medicine. Prior to that however, my parents were firmly in the western medicine camp. My brother is so scientific that most of my work with massage, yoga and so on, is a complete puzzle to him, even after I've subjected him to some of it. Memories fade so quickly when obscured by new pains!

Meanwhile... back with my illustrious mother... she began using cannabis cream for something and the company she bought from sent a complimentary single marijuana seed. In Spain where the esteemed parents reside, it is perfectly legal (finally!) to grow a couple of plants for personal use. My Mum has a green thumb, fingers and other digits! The thing is a monster.

When they came over to visit, the expertise of neighbours was called into play: a family is looking after the plant. First there was a discussion on security – it must not be visible to idle eyes. The awning/sun room was rearranged so the plant is hidden at the back. The mother of the family will be watering, while the son of the family will be tending to the details of nurturing a cannabis plant that no-one else knows what to do with. It's a great adventure.

There are salves and tinctures in the making. The use of the salves on pre-cancerous and cancerous growths is amazingly effective. Using cannabis salves on aches and pains, arthritis, bursitis and more... all helpful pain relievers. CBD for anxiety, stress, depression... so much to love about this plant.

When Mum sent my nephew Oscar a photo of her with her huge plant so he could gasp in awe of its size, he asked for a full-resolution file so he can enlarge it and put it up on his bedroom wall! It's kinda cool to be that cool turning 80.

As ever, a delight to have my folks here again. They have been visiting pretty much every year since I arrived, so there are a few friends here that they know well...and places to which they love to return. Today's excursion included a trip to Kananaskis Village to walk the rim of the village and admire the incredible mountain views... somewhat obscured by hoops of smoke today from the fires in BC. My Mum's Mum is up there in Kananaskis. She used to love to go to the village, walk the flat trails up there and sit and gaze out over the mountains.

What lucky folk we are to be here now.

With gratitude and love, Kat Dancer
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ADHD: NOW WHAT?

How to move ahead

Receiving an ADHD diagnosis can change your life for the better. People want to know what exactly they are dealing with, to what degree and what they can do about it. Most can relate to the symptoms by referring to pop-psychology, a conversation with another parent, a friend, family member or a co-worker. When you hear others say: "You might have ADHD" or perhaps suspect it yourself, then it is time to get a proper evaluation.

Phase One: Strong Emotions

First, there are all the feelings that come along with getting a diagnosis of a condition you dealt with all your life, but did not recognize. When you receive a diagnosis, it can trigger strong feelings. These vary from shock, to tears of relief or joy, while some choose to keep it to themselves. Some people need to forgive themselves for fear that those close to them may not accept or believe them, but instead will judge and criticize them. Finally, there is an explanation for why you think, feel and behave the way you do. More importantly, there are starting points to improve your life and to move forward in a practical way. These include skills and strategies to manage your time, tasks and emotions.

Phase Two: Exploration

There is now a basic explanation of how your behaviours make sense in your life, work, studies and relationships. Don't panic. If a child is old enough to understand, include them in any considerations in a positive way. Aspects include how to live and learn better with the many challenges and opportunities their ADHD presents. Develop their personality by building on their strengths and talents, while mitigating their weaknesses through supportive interactions with others. You may reach out to others and look for camaraderie to share your stories, experiences and information.

Phase Three: Frustration

ADHD is a permanent, chronic condition which is a sobering fact. You may say: "Why didn't I find this out sooner?" It is important to consider co-existing disorders

such as anxiety and depression. It can also shake your self-identity as you come to grips with a new sense of self. Remember that all can be managed with interventions that are aimed at reducing the core symptoms. Once you are aware of what are primary and secondary, then treatment begins.

Phase Four: Acceptance

This is where you embrace the new part of you. You have come to terms and accept how your unique ADHD related thoughts and behaviours show up in everything you do. You have found ways that work i.e. routines, habits, dietary and lifestyle changes, medication, neurofeedback, therapy, etc. You no longer judge yourself based on the opinions of others or compare yourself to those individuals who do not have ADHD.

Phase Five: Embrace

This is the point where you have researched as much as possible about what it means to have ADHD. You have figured out your strengths and opportunities for growth. You realize that without ADHD, you would not be the person you are today.

You know how to apply them in many areas of your life. You start to advocate, learn and inspire others. You let them know they are not alone, but that they have a voice and a friend who understands.

Sources:

Hallowell, E. (2019). *Next Steps: After The Adult ADHD Diagnosis*.

Sinfield, J. *Untapped Brilliance Blog: Five Stages of the ADHD Emotional Journey*.

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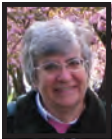
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EXPECTATIONS! by Andrea Kidd

I went on a bus trip with some friends the other day. We stopped at the Ice Cream Shop on the way home. It was a hot day and I joined the lineup. I was gazing at the long list of flavours when excited little voices joined the queue behind me. Three happy little girls who could not stand still were flitting around their mom.

Prettily dressed for summer and chatting gleefully they delighted us. Two of them were twins about two years old and another little girl was about year older.

"We can get ice cream," said their mom, "but it'll be a long wait! Are you sure you want to stay? We don't have to. We can leave if you like."

"We can wait," chirped one of the twins, and all three bounced in eagerness for the expected treat.

I turned and asked, "Do you think ice cream is worth waiting for?"

"Oh yes!" said the chattier twin. "I'm getting bubble gum ice cream!" Suddenly she wrapped her little arms around my legs and gave me a big hug. Surprised, I wrapped my arms around her and returned the favour.

"Oh I'm so sorry!" said the mom.

Don't apologize!" I protested. "She gave me a lovely gift!"

"They just seem to hug everyone they meet. The twins were born at the beginning of COVID," she explained. "They haven't seen other people except for close relatives and so they have learned to hug everyone."

She was a good mom, making sure her little girls were not exposed to the nasty flu virus. But like so many concerned moms who were caring for newborns at that time she

worried that her children would grow up socially backward, unable to relate well to others in the world. These three little girls did not appear to be socially backward at all!

Some of us look ahead to potential problems and they nag away at us. Then, when the time comes, the imagined challenge is not how we imagined it would be! We are poor fortune tellers! The problem dissolves or the problem morphs or friends come alongside to help or we let go of what we cannot manage and others, competent and willing, guide us through. Then we remember how we were that competent and willing guide for someone else and realize that we take turns in this team effort of living life together.

As my Dad used to say, "Cheer Up! It might never happen!"

Andrea Kidd

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FALL LEAVES - SEPTEMBER IN GLORY By: Laura Griffin

How pleasant it feels on the senses to take a stroll in autumn. The temperatures are refreshing, the scents stimulating, and the marvellous yellow, orange, and red colours of deciduous trees and shrubs between the coniferous greens are pleasing to the eyes. But have you ever stopped to ask yourself why is it that the deciduous trees change colour before their leaves leave? The answer is that deciduous trees are one of our wild neighbours that are great at recycling.

Leaves are usually green because they contain a chemical called chlorophyll. This chlorophyll has an important job making food for the tree through the spring and summer. To build this chlorophyll the trees and shrubs need to pull in nutrients like phosphorous and nitrogen from the soils around it, which takes a lot of work. When fall arrives the daylight hours are getting shorter, and the trees are getting the signal that it is time to prepare for winter and shed their leaves. If they were to just drop their green leaves immediately all

of the nutrients would go with them, and the effort the tree had put into pulling the nutrients out of the soil would be wasted. What is a tree to do?

One thing that they do is they start pulling the nutrients out of their leaves to store them in their roots and trunk instead. By storing them inside their toughened woody parts they are protecting them from the long cold winters making it possible to recycle them in spring. They also have to start breaking down the chlorophyll when they do this to ensure it stops making food. As the chlorophyll 'leaves' the green colour goes with it. However, the leaves don't go clear because there are tiny amounts of other chemicals in the leaves that are other colours such as yellow, orange, red and brown. Depending on the type of tree different amounts of each of these colours will be present and the leaves will become whatever colour is in the highest quantity. There are even some leaves that turn purple. Without chlorophyll in the limelight all the other chemicals are given their own moment in the sun to be the beautiful colours we see in the fall leaves.

This whole recycling process of pulling in the nutrients before the leaves fall to the ground is called senescence. Without it trees would continuously get weaker over time. I encourage you to make like a tree

this fall. Pull in the experiences from the year that have made you a better stronger person, the lessons that will serve you well in the future and store them in your core. 'Leaf' all of the unnecessary bits out on a limb and watch them blow away in the wind. The good nutrients will hold you over whatever winters you will face, and come spring when you are ready, will let you blossom and 'spring' back into action.

Before you 'fall' into your next pile of leaves, take a moment to enjoy the wonderful colours that have finally been given their moment to shine through.



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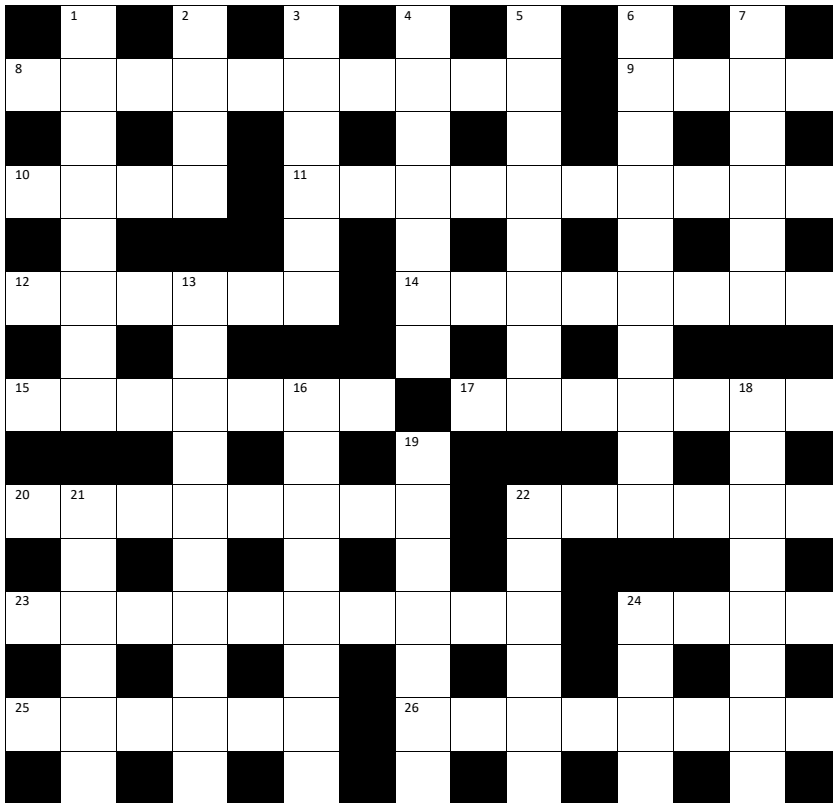
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Across.

8. For exonerations, give up before tallies lose falsehood. (10)
 9. Topless sprite is well ventilated. (4)
 10. Move from right to left in 2 down and then slaughter selectively. (4)
 11. Threw oneself down in favour of reportedly straight editor. (10)
 12. Group of actors return to port to get you before heading east. (6)
 14. Last word can be responsive to suggestion. (8)
 15. B. S. raved about these modifiers. (7)
 17. Get small green ball, ready rifle to shoot ostentatious bird. (7)
 20. Almost half of 8 across ain't made familiar with it. (8)
 22. Favourite pupil follows vehicle to get floor covering. (6)
 23. Biased information reportedly needs a proper gander. (10)
 24. Principal equine feature so they say. (4)
 25. Humiliate singer Fogelberg as he receives what sounds like a TV award. (6)
 26. Weirdly hire tins is what one does when benefactor dies. (8)

Down:

1. Start of 8 and 20 got angry but developed a skill. (8)
 2. Cold webpage address for a ringlet. (4)
 3. It holds things together by having necessary food item. (6)
 4. Pertaining to a municipal official in deep dismay or alarm. (7)
 5. I, we stare confused in a manner of speaking. (2,2,4)
 6. First man goes back to get fuel and vehicle on island off the African coast. (10)
 7. Orson Welles loses son and final directions to this dystopian author. (6)
 13. One French quid surrounds, very quietly, the 4th of June, without provisions. (10)
 16. Carrying 2nd class ring that repeats without right. (8)
 18. Expenses surrounding former partner and I mean he lives with me. (8)
 19. Listen, mix-up after university results in an implement. (7)
 21. Rush headlong into a profession. (6)
 22. Tea on the double for Latin ballroom dance. (3, 3)
 24. Second gospel written at first for many ancient Roman kinfolk. (4)

Cryptic Crossword #16 By Jan Burney

KIDS ZONE

Answers:
 Across:
 8. Acquittals 9. Airy 10. Cull 11. Prostrated 12. Troupe
 14. Armenable 15. Adverbs 17. Peacock
 20. Acquaint 22. Carpet 23. Propaganda 24. Main
 25. Demean 26. Inherits
 Down:
 1. Acquitted 2. Curl 3. Staple 4. Mayoral 5. As it were
 6. Madagascan 7. Orwell 13. Unequipped
 16. Bringing 18. Co-exists 19. Utensil 21. Career
 22. Cha-Cha 24. Mark

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PAINT



USED OIL
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WASTE

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Saturday, September 17, 2022 - 10:00 am to 4:00 pm

PLEASE BRING YOUR RECYCLABLE ITEMS TO:

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***Please note - these materials can be recycled at the
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