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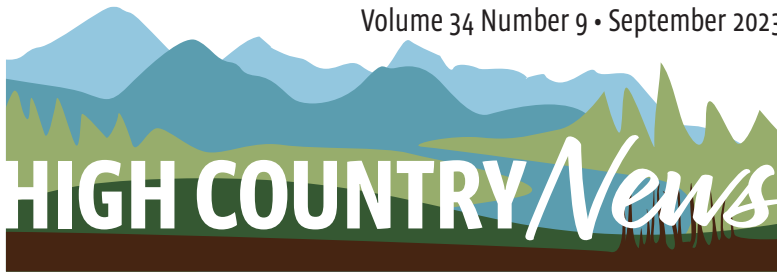
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**HIGH COUNTRY NEWS** is published monthly by:

**High Country Business Services Ltd.**

**Box 476, Bragg Creek, AB, T0L 0K0**

Editor: **Lowell Harder**

Layout & Design: **Kate Bushey**

### 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

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

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

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**NEXT DEADLINE IS  
Friday, September 15**

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## LETTER FROM THE EDITOR

Maybe it's just me, but this past month seemed to quickly disappear, and the feel of fall is in the air. With the leaves beginning to change, the prairies will be their full expression of beauty soon. I felt this art submission really captured what we see around us throughout September and, if lucky, into October. Excellent places to see the vibrant fall colours is a hike at Ann and Sandy Cross or the Leighton Art Centre which offers an excellent view of the foothills. There are many fall programs and events that will be published in the paper throughout the next few months so don't forget to read away and check our events calendar online [highcountrynews.ca/events/](http://highcountrynews.ca/events/). One such event that I didn't get material in time for publishing is that the Vancouver International Mountain Film Festival will be returning to Bragg Creek on September 16th! Details are available here: [www.bckor.ca/film-fest.html](http://www.bckor.ca/film-fest.html)

More than the incredible outdoor activities the Foothills offer in the fall, another ritual is the returning of students back to school. My wife and I are making final adjustments to our children's education plan and schedule and look forward to new rhythms. But is this ritual just for our youth? If we're

serious about it, there is something new we can always be learning. It may be tied to our vocation, or something that is more personal or recreational. Learning increases our capacity as an individual in several areas. Our brain develops new channels of thought, creativity is increased, new ideas are birthed, and our ability to reflect and make sense of our journey becomes a little less murky.

There is another type of learning that may be a bit more challenging – at least for me. I will call it the learning of the soul or heart. This is where another person not only imparts knowledge to us, but they impart the “who” of themselves into the life of another person. This type of learning requires vulnerability and openness in both parties. These types of relationships

are where things get real. It's where we can share and work through the mess and not worry that it will be posted maliciously on a social media platform. This is true community in its nature.

Hopefully this fall, we don't just learn knowledge, but we can live in a true sense of community, sharing the beauty and messiness and learn from one another.

Lastly, I want to say a special thanks to Mark Kamachi for his article last month in which he directly promoted this paper. His work with local businesses and community groups enable them to effectively reach their audience. The Kamachi team have given themselves to this community for many years.

*From my family to yours, Lowell Harder*

## CELEBRATING KAREN NORDGAARD

A Come-and-Go Tea celebrating the life of Karen Nordgaard will be held on Friday, Sept 22 from 1 to 4 pm, in Bragg Creek at the Snowbirds Chalet, 19 Balsam Ave.

A short program will begin at 1 pm.  
Please wear bright colours!



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## COVER ARTIST PROFILE

"The Birch Woods", use a variety of techniques to create a more modern, slightly abstract art piece.

Angie Denovan, an Alberta artist from DeWinton, has been painting since the age of two. Her unique style of artwork uses a variety of techniques on any surface.

Angie graduated from Acadia University with a couple of degrees and become a teacher. She has taught art in schools throughout Canada, most of that time being in Alberta. She has frequently given evening art lessons to students ranging in age from three to over eighty years old.

"Art for me has always been an addiction. I am constantly driven to create". Art is Angie's happy zone, whether it is drawing, painting, pottery or working on furniture, with gardens or fabric, all while using a variety of mediums and styles. Alberta possesses a vast resource of inspiration and she enjoys exploring new avenues to express her love of this land.

In 2006 Angie founded the DeWinton Art Show in order to promote local artists and their work. She invites a variety of presenters with various styles, techniques, and mediums. The show, named "ArtWorks" and is presented twice a year. The next show will be Oct 6th to 9th. Hours are Fri. 2pm to 8pm, Sat and Sun 10 am to 4pm and Mon 10am to 2pm.

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



## SHARON BAYER

1948-2023

Snowbirds Chalet, October 8th,  
2:00 - 4:00pm

Many people in Bragg Creek knew Sharon Bayer during her 40 years living here. She loved the mountains, wilderness, rivers, and streams that abound, and the freedom nature evoked, living a life devoted to caring, justice, and kindness. She was a hiker, cross-country skier, trail rider, and alpaca minder, to name just a few. Sharon made great contributions to the community, including her work on the Seniors Project, Foot Clinic, Tennis Club, and her business overseeing ReMax Bragg Creek. Through her good works and her business, Sharon helped others to find homes and to feel at home in the area. From young, aspiring homeowners, to those who have settled down to spend their golden years here, Sharon worked tirelessly to provide a feeling of



welcome and security for all. Many of those projects were difficult and took years to complete, but she would always do what it takes to make them happen. As a marriage commissioner, Sharon helped many folks celebrate their love and commitment to one another.

She supported local businesses, and was often seen around town with her rescue dogs, Artik and Florentina. Grannie Sharon to her grand babies, she was also a yoga teacher, a competitive tennis player, educator, hiker, equestrian, music lover, and performer. In recent years, she studied with her local First Nations community to undertake her own journey into healing and spiritual guidance. She is survived by her son, Christian (Alyson), and sister Betty (Susan), and an extensive network of cousins, community, and friends.

October 8th will be Sharon's birthday, and we invite you to join us on that day for a memorial celebration at the Snowbirds Chalet. Please bring your favourite stories, photos, songs, and remembrances to share with us there.

If you wish to contribute pictures or memories for the memorial, please feel free to get in touch with Jennifer Illescas via phone or email 403-966-4224 / [jillescas@cirrealty.ca](mailto:jillescas@cirrealty.ca)



## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

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

**Organization Change** - Rocky View County Council wants to announce that Dorian Wandzura, Chief Administrative Officer, has been relieved of his duties. Council wishes to pursue a different style of leadership to support this Council, the residents and the diversity of Rocky View County. Rocky View County Council wishes Dorian all the best in his future endeavors' and to thank him for his time at Rocky View County. Byron Riemann has been appointed as Acting Chief Administrative Officer following Dorian Wandzura's departure.

**Budget Engagement** - The County is inviting residents and businesses to share their view on the proposed 2024 budget at [engage.rockyview.ca](http://engage.rockyview.ca) where they can

take a brief survey, join an open discussion forum, or use an interactive tool to show the County how they would balance tax revenue. All feedback gathered helps the County understand residents' priorities and satisfaction levels with existing services. Comments and information gathered through budget engagement will be shared with Council, Administration, and the public to provide insight into public priorities. Online engagement opportunities are available at [engage.rockyview.ca](http://engage.rockyview.ca). Following the engagement, a what we heard report will be shared with residents. Learn more about the County's budget process, and how your property

tax dollars support County services, visit [Budget & Finance | Rocky View County](http://Budget & Finance | Rocky View County).

**Chuckwagon Garbage & Recycling Centre's** - Rocky View County has a number of recycling centres across the County that accepts recyclable materials for free. Clean out your house, yard and garage today. Visit here to learn more about hours, locations and what goes where!

**Safe & Sound** - Rocky View County has a number of tools in the toolbox to keep residents, businesses and visitors informed should an emergency happen. Visit [www.rockyview.ca/safe-and-sound](http://www.rockyview.ca/safe-and-sound) to sign yourself up as part of your own emergency

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## Foot Care In The Creek!

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

\*Clients must provide their own foot basin & towel

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preparedness action plan. Do not miss out on knowing what is going on in the County. SAFE & SOUND is a communications system that allows us to send an update to your email or phone number. The County uses SAFE & SOUND to inform you of emergency alerts as well as non-emergent information like road bans, fire bans, by-law changes or development applications. This communication will come right to you when necessary. Rocky View County wants all residents to stay connected and be prepared. One other important way is by downloading the Alberta Emergency Alert app to your phone? Take a couple minutes today to enhance your emergency preparedness efforts. Need help, contact us at [communications@rockyview.ca](mailto:communications@rockyview.ca) or 403-230-1401.

**Report Online** – RCMP - Rocky View County is policed by the RCMP from four detachments: Airdrie, Cochrane, Langdon, and Strathmore. The RCMP is responsible for keeping the peace, preventing crimes and investigating crimes already committed. New, on RVC's website, is a tool for you to report incidents online if...

- You have lost something that costs less than \$5,000.
- Someone has stolen something from you that costs less than \$5,000.
- Someone has vandalized your property or vehicle and it will cost less than \$5,000 to repair it.
- The crime happened within the jurisdiction of the Alberta RCMP.

- Thefts over \$5,000 are accepted from oil, telecommunications, and utility companies.

**Weed Control** - Regulated under Alberta's Weed Control Act, black henbane is a poisonous plant from the nightshade family, causing symptoms like impaired vision, convulsions, coma, and potentially death. Preventing its growth involves managing healthy vegetation since no registered herbicides are available. Effective control methods include hand pulling before flowering and proper disposal. For further details, please visit our website.

*Have a great summer!*

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

## Wilson & Plumer

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 DOORS OPEN AT 6:30



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## MLA UPDATE - BANFF/KANANSKIS

### Sarah Elmeligi

The air was a little crisper on my dog walk this morning and the leaves on the bleeding-heart in my garden have already turned yellow. Last week, I spent the morning with the teachers and staff at the Canadian Rockies School Board as they prepared to welcome students back to the classroom (view a video of my short speech on my Facebook page). And this week, I have seen enthusiastic students walking together to the bus stops. Fall is upon us.

September is my favourite month in Banff-Kananaskis. I love the fall colours, the cool mornings, and cozy sweaters. For me, this is the best time to be outside enjoying our beautiful landscapes.

After moving and settling into our new office, Sean, my constituency assistant, and I have been hard at work all month working to connect with folks across our great riding.

I had a great meeting with Bragg Creek Wild to discuss wildlife-vehicle collisions, logging, and wildlife coexistence in the Bragg Creek area. I also met with several stakeholders to discuss logging some more, housing, hospitals, healthcare, highways, infrastructure, and the Springbank Area Structure Plan (ASP). There are many critical issues happening across our riding and I look forward to working with you (and for you) to address them. One of my strengths is that I love complexity and I am skilled at considering the big picture to find synergies and connections to make things happen. I have started reaching out to fellow MLAs, MP Blake Richards, and other municipal elected officials to discuss the concerns you are bringing to me.

I attended some great community events in August as well. The Ghost Lake Regatta was a blast, and I honestly cannot remember the last time I laughed so much while serving burgers. What an excellent group of folks! I had a fun day at the Millarville Agricultural Fair chatting with the historical society and learning more about the long history of our communities. I also really enjoyed meeting the many talented vendors and artists who create such fantastic pieces of art to enjoy, eat, drink, and appreciate.

I had a great introductory meeting with a Councilor for the MD of Rockyview to discuss the Springbank ASP and other issues. I will be meeting with the whole Rockyview Council in September to continue these discussions. An ASP is a fantastic opportunity for citizens to collaboratively plan for their community's future. I am interested to learn more about this plan and how it can tie to other provincial initiatives and address some of the concerns you have brought to me.

Sean and I have invested considerable time in researching the current logging plans for Horse Lake in the Ghost, Highwood Pass, and West Bragg Creek. We have reviewed public consultation documents and met with several constituents. I am continuing to research these logging plans and discussing them with my colleagues.

My number one priority as your MLA is, and will always be, representing you and ensuring you have a voice in the provincial legislature. As promised, I will be "on tour" throughout the riding and I hope we can connect. You're always welcome to make a one-on-one appointment to meet with me (just email), and you can also find me here:

September 9 – Springbank Fall Fair

September 15 – Bragg Creek Bakery and Café 1:30 pm – 4:30 pm

September 17 – Millarville Historical Society queen jubilee medals ceremony at the racetrack hall

September 21 – Priddis View and Brew 11:30 am – 2:30 pm

September 25 – Beaupre Community Hall 3:00 pm - 7:00 pm

This riding is all about the land for so many of us. Join me for a hike of the Fullerton Loop on October 1. We can hike, talk, and breathe some fresh air. Meet me at the trailhead at 10am and bring a bagged lunch. This is not a guided experience. You are responsible for your own equipment, safety, and gear. My dog, Max, will also be with me. Please email our office to RSVP for the trails day and we will send more details.

I look forward to connecting with you!

*Sarah Elmeligi*



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*"Turning houses into homes,  
one key at a time."*



**MLA SARAH ELMELIGI**  
**BANFF-KANANASKIS**

#### CONSTITUENCY OFFICE

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Meet Sarah in person. See the MLA on Tour  
September schedule in our article.

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







## SPRINGBANK HERITAGE CENTRE

### On going activities for Sept:

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

Every Wednesday 1:00-4:00  
Crafts, Chat & Coffee. (it has been said that this CCC is the best day of the week!)  
Bring a project (knitting, painting, sewing etc. to work on) plus show & tell, enjoy chatting, coffee and treats. Coffee is free – bring a treat to share

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

### Upcoming Events:

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

Sept 9 - Fall Fair Booth (membership sign-ups available)

Sept 11 - Pickleball starts again on Monday afternoons

Sept 13 - Wine & Paint Night

Sept 13 - Wed Balance, Weights & Aerobic Class (Stella) 12 classes (= Nov 29), \$75 members / \$80 non-members

Sept 15 - Friday Balance, Weights & Aerobic Class (Stella) 12 classes = Dec 1), \$75 members / \$80 non-members

Sept 21 - Fall Bus Trip, Kananaskis Golf Course, Bus leaves 9:30, Lunch 11:00

Sept 29 - Happy Hour 5:00-7:00; bring appetizer to share and your own beverage

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

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

Nov 8 - Wine & Paint Night

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

Nov 25 - Gingerbread Christmas Market & Bake Sale \$5.00 for gingerbread & beverage, (accepting baking donations for the bake table – club fund raiser)

This beautiful and functional facility is also available for rent. Birthday parties, Anniversaries, Celebrations of Life, Meetings etc. Please contact Janice

Lambert via email at:

janice3Lambert@gmail.com or visit the Springbank Heritage Centre website: [springbankheritageclub.com](http://springbankheritageclub.com) for more information on events and activities

**Gingerbread Christmas Market Nov 25, 2023 vendors wanted** (hand crafted items only please) email Yvonne at [yjo999@gmail.com](mailto:yjo999@gmail.com) for applications and information

**Visit our booth** at the Springbank Old Tyme Fall Fair September 9, 2023 for sign up & for more club history and information.

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

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

Springbank Heritage Centre  
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## DID YOU KNOW THE ROUND HALL IS 100 YEARS OLD?

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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Quick Bits

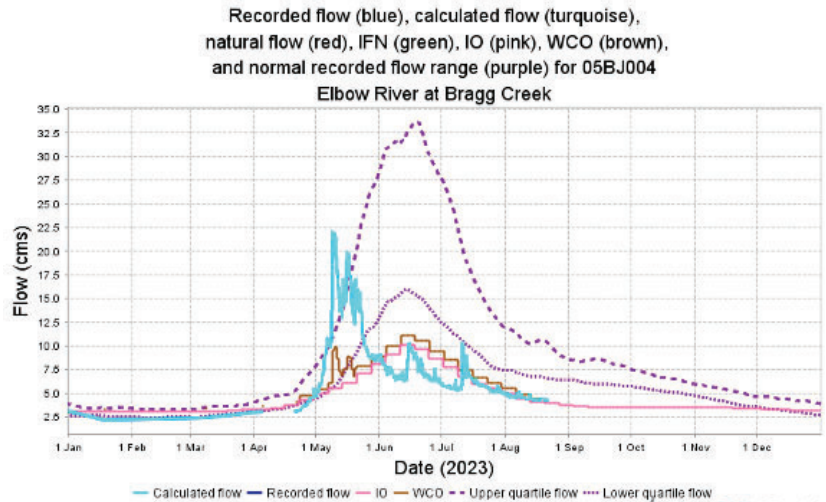
Council terminated our CAO on August 14th, after only 18-months of service. Along the way getting to that point, I did not agree with the reasoning, but it was a unanimous decision by Council in the end. I believe Mr. Wandzura brought to Rocky View's administration a new degree of analytical sophistication, level and depth of critical thinking and reporting, and broad-minded approach; to the point where we were seen to be and being treated as leaders in the region. I wish Dorian well in his future endeavours.

#### Economic Development Workshop

Council participated in a consultant-led Economic Development Visioning activity on July 6th. I was curious what a workshop focused on Council would entail, as Councillors are typically not exactly business development experts. I was quite surprised at how well it turned out, and educational from a County Governance perspective.

We covered a number of topics:

1. Review our plan for developing a complete economic development strategy.
2. Review potential approaches relevant to Rocky View County; understanding the impact Council wants the strategy to generate and tools available to drive those outcomes.
3. Linkage to the broader Rocky View County Strategic Plan; Economic Development is a major component of the County "deciding where to play" in competitive terms.
4. Explore Sectors of Focus / Areas of Opportunity:
  - a. Many municipalities are crippled by limited resources and desire to 'chase every opportunity' or engage in highly generalized economic development activity.
  - b. For success, agreement is needed on where we see the biggest opportunities, and where we think we have the tools necessary to land those opportunities.
5. Contemplate Service Delivery Options:
  - a. What services, capabilities, and tools are needed to execute properly.



b. Review Service Delivery Models that have found success in similar regions as best practice, and gain insights into what might work best for Rocky View.

c. Explore Council's ideas, and assess the appetite for using planning, policymaking, and decision-making powers to 'create the right conditions' for economic development success.

The final Economic Development Strategy report is due back to Council this fall and should help us define our competency needs and capability requirements in that area, just in time for next year's budget discussions. To put this much effort into Council understanding and overseeing our Economic Development efforts is breaking new ground at Rocky View. As the economy of the region continues to diversify, we should be in a great position to make the most of it and continue our grow with it.

#### Water Shortage Advisory for Elbow River Watershed

There has been news lately about Calgary mandating outdoor water restrictions due to the Bow River's flow being at its lowest since records were first kept in 1911, while the flow of the Elbow River is at its slowest in 23 years. This motivated me to check out [rivers.alberta.ca](http://rivers.alberta.ca) to see how our Elbow River data looked. Sure enough an advisory was issued back in mid June due to low flow condition:

#### Low Flow Condition.

*Flow is below Instream Objective and Water Conservation Objective. Licensees are advised to review the conditions of their licences. No further surface water TDL applications accepted for the Elbow River basin.*

The current status indicated a Water Shortage Advisory...

#### Water Shortage Advisory

*Stream flows and/or lake and/or reservoir levels are lower than normal, and are either*

*approaching or are currently below key water management thresholds. Depending on the severity of the conditions, water conservation measures may be recommended, or management actions may be invoked relating to angling, temporary diversion licences, or licenced water withdrawals.*

Above is a graph from the Bragg Creek station. Having a water licence is one thing, having the water physically available to withdraw is quite another. I have been told this is negatively impacting licence holders already this month, so we will see what transpires into the fall.

Contact: [KRHanson@RockyView.ca](mailto:KRHanson@RockyView.ca)  
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## NEWSLETTER

### Judi Hunter - Ward 5 Trustee

Our wonderful summer will soon be only a memory. Soon our youth will be returning to school and a year of activities and commitments begin again. I hope that each you have enjoyed some family time and the opportunity to rejuvenate in preparation for another busy school year.

The Government of Alberta is moving to a digital assessment platform. With this, students will see more multimedia-rich, interactive content and will be able to demonstrate their knowledge and skills in different ways. The new platform will offer a wider range of built-in learning supports and accommodations, resulting in an improved, more inclusive test-taking experience for students. The new platform will also streamline the process schools use to administer provincial assessments. The province is phasing in this approach. For the 2023/24 school year, school authorities can participate in a variety of optional implementation activities.

The 2023-2024 will not be without its challenges for the Board and our families. Each September, RVS welcomes between 750 and 1,000 new students. Many of our schools are already over capacity, and our students and teachers are being negatively impacted as a result. RVS continues to be creative in how we use our existing space, but the situation is rapidly becoming untenable.

Our students come from rural and urban communities, some of which have been experiencing exploding population growth for several years. For instance, Airdrie's population grew by 14.29 per cent from 2019 to 2023. With population growth comes increased school enrolment. During the 2022/23 school year, the utilization rate for all RVS schools was 91 per cent up from 87 per cent in 2021/22. The result is crowded classrooms and the need to repurpose non-instructional spaces into classrooms.

RVS is urging the Government to move all four projects approved in the Budget 2023 from the design, planning or pre-planning

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stage to construction in Budget 2024. The last K-8 school to open in Airdrie was Northcott Prairie School in 2019. W.H. Croxford High School, which opened in 2014, was the most recent high school to be opened in Airdrie. By the academic year 2022/23, it had reached a utilization rate of 109 percent. With an additional 833 students expected in Airdrie in September 2023, the Board will have to look at adjusting grade levels and attendance areas across the city to help address the space crunch. These changes will impact thousands of our families.

Another issue impacting RVS, and its students, families and staff is how funding for public education is determined in Alberta. In 2019, a weighted moving average (WMA) funding model was introduced. For a rapidly growing division such as RVS, the WMA model, with its three-year average system, leaves the division with a significant shortfall in instructional funding.

The WMA model means a total of 802 RVS students will not be funded by the provincial government for the upcoming 2023/24 school year, resulting in a loss of

\$5,625,163 for RVS. The Board approved allocating \$1 million from reserves to help offset this shortfall but is unable to do more without depleting already stretched reserves. The result of WMA is even more crowded classrooms due to a lack of funding to hire new teachers to teach those 802 additional students. In what could be described as a "perfect storm," we are also challenged to find space for these students because we have not had sufficient new schools approved for the division. RVS is working with government to address this concern.

Despite ongoing funding and space issues, each year our staff welcomes our young people and strives to provide the best learning opportunities for them. Each year, our parents work to support the efforts of our schools and each year our young people show up ready to take on another year. Educating our next generation of citizens takes the efforts of all of us. I am honored to be part of this process.

# Robert M. Hughes Financial Solutions Inc.

## Tips & Traps for Handling Estates

Here are some common TIPS Canadians should consider when assisting family members with handling their financial affairs while alive. And some common TRAPS that may occur once an Executor is working on distributing the Estate assets to the heirs.

**It is a common practice to have all of Mom's or Dad's bank accounts set up in joint name** with an adult child. This allows the child to clear out the bank accounts when Mom or Dad passes, and to avoid Probate.

However, this can lead to questions about how funds are handled and whether the heirs received the correct distributions - especially if there are several children or heirs involved.

**TIP:** Check with your financial institution regarding the account balance level where they would waive the requirements for Probate. It can often be in the \$10,000-\$25,000 range.

**Use of a Power of Attorney can be another tricky area.** When you present a POA to your family member's financial institution, they have no way of knowing if it is being properly implemented. Many banks are requiring that a third-party assessment of the Parent prepare a report to verify that the POA is being implemented legitimately.

**TRAP:** Once a POA is in place, many changes may no longer be allowed, such as the opening of new accounts, signing off on new mortgage or reverse mortgage arrangements, changes in investment holdings or the purchase of new investments, or revising or changing a Will, etc.

When a family member dies, all financial accounts are frozen as of the date of Death. Many financial institutions, even when requiring a Probated Will, may make exceptions and allow withdrawals to pay for items, i.e., funeral expenses and Probate court fees.

**TIP:** Present the financial institution with invoices for the cost of funeral expenses and other necessary Estate costs, such as Court Probate fees, and it is likely the

financial institution will allow payment from the Estate assets.

Deathbed Will changes are often done to update the individual's new goals.

**TRAP:** If beneficiary designations on assets such as registered accounts, RRSPs, RIFs, TFSA, home title registration etc. are not adjusted to reflect changes in a will, then problems may arise after Death. Many financial institutions will follow the beneficiary designations on their records which may not be aligned with the very latest will instructions.

Therefore, Wills need to be coordinated with any applicable designations on a range of assets. In some cases, the Will's instructions will prevail and in other cases, it may not.

Many banks today are avoiding setting up an Estate bank account. This may be explained by the usual regulatory hassles and the fact that the bank branch may fail to retain the assets.

**TRICK:** In the absence of an Estate bank account to handle deposits after the Date

of Death, or for cheques made out to the "The Estate of ... ..", you can speak to the bank Branch Manager and they may do a manual intervention to deposit those cheques into the regular bank account of your family member.

One of the challenges of dealing with the Estate of a loved one, is getting a proper reporting and disclosure from the Executor. We sometimes hear stories of Executors who do not provide a copy of the Will to the heirs or fail to prepare a proper Balance Sheet of Assets and Liabilities and so on.

While these situations are frustrating, heirs in most provinces have the option of filing a complaint with the Guardian's Office or Ombudsman's Office to enforce proper performance of the duties by the Executor. An Executor should know what their Duties and personal financial liabilities are if a government oversight authority is brought in to oversee an Estate. Ultimately, the Estate will pay the costs leading to less for all the heirs.

There are many more estate planning tips that we can cover in this one article. Call our office today with your Estate handling questions.

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

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## MAKE YOUR MARK By Mark Kamachi

### "Who is Mark Kamachi"

Recently, I posed this question to the free version of ChatGPT (it stands for Chat Generative Pre-trained Transformer), launched in late 2022, an AI language based chatbot that many folks use to create their advertising-design copy and more.

This is what ChatGPT spit out:

*"Mark Kamachi is Canadian graphic designer who was born in Vancouver, British Columbia in 1953. He attended the Emily Carr University of Art and Design in Vancouver and later studied at the Basel School of Design in Switzerland. Kamachi has worked in the design industry for over 30 years and has designed many notable logos for Canadian and international clients. He has won numerous awards for his work, including the prestigious Gold and Silver Cannes Lion awards. Kamachi is widely regarded as one of Canada's leading graphic designers and has*

*made significant contributions to the field of design in Canada and beyond."*

I then asked it how accurate it was and it replied: *"ChatGPT strives for accuracy, but its responses may not always be entirely accurate or up-to-date. Its knowledge is based on information available up to September 2021. It's essential to verify critical information from trusted sources, especially for medical, legal, or other important matters."*

If you're currently using AI technology to help with your advertising-design such as print ads, brochures, your website or social media posts, ask yourself if the information is factual and reflects the personality of your brand.

If, for example, you own a fine-dining Japanese restaurant, is the content that AI is generating for your ads reflective of the experience your customer will be treated to? Will the tone reflect the quality ingredients, expert preparation, or excellent service? Without accurate information, AI could generate a cookie-cutter message that paints you as a "fresh packed daily in nice plastic containers, available at your local food court" kind of establishment. Will the message be correct for your intended customers?

My query to ChatGPT generated inaccurate data. It even admits it's not accurate. Personally, it did inflate my ego but it was off. I was born in New Westminster, BC not Vancouver. I graduated from the Ontario College of Art & Design, not Emily Carr. I never studied at the Basel School of Design in Switzerland. I have won awards for advertising campaigns, logos, graphic design on national and international stages but never a Cannes Gold or Silver Lion (I wish). As for making contributions, I feel I have done so as an educator, having taught students at the Alberta University of the Arts with guest appearances at SAIT, MRU and Springbank HS. I have also spoken at professional business events. If there was one major faux pas, it said I was born in 1953 making me much older!!! So wrong.

Anyway, please consider very carefully how you use AI. It's only a tool, not to be mistaken as a replacement for professionally trained brand builders. Make sure you fact-check. That's my two cents.

Until October, be original.

Cheers, mark.

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## REDWOOD MEADOWS EMERGENCY SERVICES

We often get asked “when should I call 9-1-1”, here’s some tips:

Call 9-1-1 immediately if you experience:

- Severe difficulty breathing, especially that does not improve with rest.
- Chest pain
- A fast heartbeat at rest especially if it’s associated with shortness of breath or feeling faint
- You witness someone faint/pass out or someone is unresponsive
- Difficulty speaking, numbness, or weakness of any part of the body
- Sudden dizziness, weakness or mental changes (confusion, very odd behavior, difficulty walking)
- Sudden blindness or vision changes
- Heavy bleeding
- Broken bones visible through an open wound, or a broken leg
- Drowning
- Choking
- Severe burns
- Allergic reaction, especially if there is any difficulty breathing
- Poisoning or drug overdose
- New severe headache
- Sudden intense severe pain
- Someone is threatening to hurt or kill themselves or someone else
- Or, see an uncontrolled fire

When in doubt, call 9-1-1! If you’re not sure whether extra help is needed, call 9-1-1 and the trained dispatcher will help advise you. It is better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

### **What to do if you call 9-1-1 by mistake:**

If you call by mistake, do not hang up, just stay on the line and tell the dispatcher that everything is OK. If you hang up, they may send help to your location to investigate if there is a problem.

Finally, please do not phone the fire hall or send a social media message to alert to an emergency, call 9-1-1.

Did you know... RMES offers first aid courses in the community? If you’re interested in receiving more information, email [George.Low@RMESFire.Org](mailto:George.Low@RMESFire.Org).

Until next month, stay safe!



## Don't let your autumn chores pile up.

### **We can help you rake in every last bit of summer**

Thinking about the coming winter shouldn't be on your mind. After all, the sun's still shining. But not for long. Winterizing your property is essential to the health of your yard come spring. All the work you put into your garden this year shouldn't go to waste. By properly bedding down your plants, shrubs, and trees, you improve their chances of surviving sub-zero temperatures – and hungry spring fauna. Give us a call. We'll provide you with an autumn cleanup checklist that'll help you avoid spring miss-steps and launch you into next summer.



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## SEGMENTAL NEUROPATHIC DYSFUNCTION

By Jennifer Gordon

What does neuropathy mean?

A neuropathy refers to an issue with the nerve root. We have nerve roots that branch off our spinal cord at each level of vertebrae, one to each side. These nerve roots are responsible for our motor function (strength), sensory function (physical sensation) and autonomic nervous system function to our tissues (sweat glands, goosebumps, temperature, and nutrition to our tissues, hair, nails, and skin). Many peripheral issues in the body can be tracked back to a Segmental Neuropathic Dysfunction.

There can be a local “mechanical” insult to these nerve roots that might compress, traction or angulate the nerve at its origin or somewhere along its pathway down our limbs. This can be a spinal dysfunction – arthritis, spondylosis, degenerative disc disease or the beginning of changes in the disc or joint space that can instigate changes to our nerve roots. These early changes may not show up on diagnostics such as Xrays and MRIs. We often notice these changes initially in our periphery – the hip, shoulder, or elbow for example. A spinal dysfunction can alter the nerve root integrity and may cause motor (muscle) changes such as tight muscles that can alter joint mobility and alignment. It may cause sensory changes to the tissues that nerve

innervates, such as pain, tenderness or altered proprioception (body awareness). It may also cause autonomic changes to our tissues, such as hair loss in a certain area, goosebumps, poor nail condition, changes in skin temperature or sweat gland responses.

These changes in the spine where the nerve root originates, often manifest as peripheral conditions such as tendinopathies, bursitis, sciatica and fascial pain (ie. plantar fasciitis). It is called a segmental pattern or dysfunction because it refers to the pathway that nerve takes along the body and the certain tissues that nerve innervates and supplies nutrition to. At each level – segment – of our spine, there is a nerve root that travels down our periphery to our fingers and toes, one on each side of the body. For example, a Rotator Cuff Syndrome at the shoulder, may be considered a ‘C5 segment’ problem. In our neck, there are 7 cervical vertebrae and 8 nerve roots that exist at each segment. The nerve root at the 5th cervical vertebrae supplies nutrition and sensation to many of the shoulder muscles. The motor changes cause tight muscles and poor movement patterns, the sensory changes cause local pain and poor joint awareness and the autonomic changes may affect skin, temperature, or hair loss.

Another example could be Plantar Fasciitis. This may be considered an ‘L5/S1 segment’ problem. This level of nerve root originates in our lower back between the 5th lumbar vertebrae and the sacrum (tailbone) S1. The motor changes

may be tight calf and foot muscles, tight fascial tissue, poor joint alignment and heel spurs. The sensory issues are heel pain, tender foot muscles, poor balance (proprioception). The autonomic changes may be poor nail health and dry, cracked skin.

The source of nutrition to our tissues originate in the spine – our arteries and nerves that exit from each segment of our spinal column. There can certainly be local problems and injuries caused by trauma or repetitive stress movement patterns. However, many of the injuries and chronic pain we suffer from slowly generate over time. Unless we address both the local symptoms and the source of where our nutrition is coming from, we are missing half the picture! I like to use the analogy of a garden bed of flowers, watered by a hose attached to the house. If we see a flower has dried up, and we simply dig it out and replace that flower – it will likely dry up as well. We need to address the kink in the hose that is blocking the water supply to that flower.

If you have a nagging pain that needs attention and have had too much fun this summer to make an appointment, please call the clinic and see one of our therapists. We would love to help you get moving to the best of your potential. We hope everyone had a wonderful summer, stayed cool during the heat waves, and made some great memories.

Jennifer Gordon  
(BScPT, GunnIMS, Medical Acupuncture)  
Physiotherapist - Bragg Creek Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

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## Why Biodiversity Matters

Beginning in 1995 and by the end of 1996, wildlife biologists re-located 31 wolves from Jasper National Park in Alberta to the northern range of Yellowstone National Park. (Article titled "1995 Reintroduction of Wolves in Yellowstone" linked below) Their mission? To reintroduce these wolves to the park in hopes of restoring the long-lost biodiversity, seen in part by the overpopulation of elk, wreaking havoc on the Yellowstone rangeland. 25 years later, it can be seen that the wolves' interactions within their new environment has changed the whole balance of species in the park. The area is now a rich and vibrant habitat teeming with wildlife, with restored waterways in a thriving ecosystem.

How can that be?

This spectacular outcome exemplifies the interconnectedness that exists between all living organisms. Over millions of years, the Earth has evolved to establish balance between all life forms, from microbes to large carnivores and from fungi to majestic old-growth trees, ensuring the continuation of life on our planet. Any disruption to this equilibrium weakens the relationships between fauna and flora and results in ecosystem degradation, loss of life and eventually an inhospitable environment.

Biodiversity refers to all the varieties of life forms found in one area. These species and organisms work together in ecosystems to maintain healthy environments that we depend on to sustain our lives. For example, microorganisms enrich our soil to grow food; pollinators give us fruits and nuts; larger animals eat the fruits and nuts and then deposit the seeds - which then grow into new plants. Trees and shrubs protect our water, slow evaporation and erosion which protect our fish, while providing us with shelter from the wind and sun. We utilize plants and fungi to make medicines. People seek nature for recreation and enjoyment, which supports us mentally and spiritually. The interrelationships between fauna, flora, land, air, water and even fire create the complexity of life on earth.

Despite all the evidence of our interconnectedness in the web of the

natural world, we often and sometimes inadvertently cause irreparable damage. Pollution, overgrazing, over-hunting, poor agricultural and logging practices, negligent industrial practices, poor wildlife management practices and over-tourism contribute to weakening our environment's resiliency and capacity to react to the changes that result. Habitat becomes degraded, biodiversity loss occurs - the outcome of which is an environment that is unable to provide us with the benefits and enjoyment we have come to expect.

Now, we can make a difference and affect change! We could act globally, but it's more practical to start locally by reducing our footprint and rebuilding biodiversity in our own backyards. (Check out our sidebar for ideas on how to accomplish this). On a larger scale, you can involve yourself in conservation efforts and invite others to do the same. For example, ask your leaders to consider better land-use practices in logging, farming, extracting resources and recreating. If landusers were to work together to understand the impacts of their collective footprint then find ways to preserve and protect the health of the land, positive and healthy changes to our environment would result.

Fauna and flora make our life both possible and worth living. This is why so many of us have chosen to live in this little piece of paradise known as Bragg Creek and area. Doing our part and encouraging others to do the same - including visitors to our area - will help preserve for generations what we hold dear, so we won't repeat the Yellowstone National Park experience.

[www.yellowstonepark.com/park/conservation/yellowstone-wolves-reintroduction/](http://www.yellowstonepark.com/park/conservation/yellowstone-wolves-reintroduction/)

Bragg Creek Wild - [www.braggcreekwild.ca](http://www.braggcreekwild.ca)  
[braggcreekwild@gmail.com](mailto:braggcreekwild@gmail.com) - 403-200-9961  
*People and wildlife living in community*

## Simple, everyday actions to help Mother Nature thrive in our backyard

- ☐ Drive cars defensively to avoid wildlife collisions
- ☐ Protect wildlife from predatory cats and dogs
- ☐ Pick up garbage in your area along roads and parks
- ☐ Remove food attractants to large wildlife such as bears and ungulates (i.e. hooved animals such as deer, moose, etc.)
- ☐ Eliminate the use of harmful chemicals on your lawn and garden Garden to attract pollinators
- ☐ Plant trees and install birdhouses for migratory birds
- ☐ Install bat houses
- ☐ Build or repair fences to allow wildlife and their young to move through unharmed Stick decals on your windows to prevent birds from hitting them
- ☐ Reduce the use of artificial light at night
- ☐ Avoid using fireworks in the wild
- ☐ Place Christmas lights out of reach of deer antlers
- ☐ Limit your recreation time in wild areas to allow wildlife the space and time they need to move, feed, reproduce and thrive
- ☐ Respect the beauty wildlife brings

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## BRAGG CREEK TRAILS

With September upon us, the folks at BCT are trying to finish up the summer work before the white season starts. If you live in Bragg Creek you know that this could happen any day now.

It has been a very productive trail maintenance season for us with significant upgrades to some of your favourite trails. Special attention was paid to bringing Snowy Owl and Snowshoe Hare trails up to a more sustainable trail standard for year round use. Kudos to our dedicated team of volunteers and staff who welcomed and are mentoring the new volunteers who have joined the team this year. This was also the first year that BCT had summer students on staff to help out. Jakob and Brock were a welcome addition to the crew and we look forward to continuing this government co-funded program into the future.

With so many new faces at BCT, we know that we are doing something right. It's not all about "getting in the dirt" trail building but it certainly takes a village to build trails. There is so much going on behind the scenes that it's easy to find an activity that matches everyone's interest or passion. We host regular "Meet and Greets" with the next one on September 21st from 5 to 7 at the Powderhorn Saloon.

We would love to meet you and tell you what's going on. You can also contact us via our website – [Braggcreektrails.org](http://Braggcreektrails.org).

### BCT's position on logging in West Bragg Creek

The recent uproar over logging impacts of popular recreational trails in WBC has shown how much these trails mean to Albertans. It's been 10 years since we were at the table with Spray Lakes Sawmills (SLS) trying to mitigate the impacts of such a significant disturbance on the trails. The next round of logging is scheduled to occur within the next 2 years in the Fullerton/Ranger Ridge area as well as



westwards towards the Moose Mountain trails.

To clarify, this area is zoned as a multi-use land use zone within Kananaskis Country which is intended to accommodate recreation as well as industrial activities such as timber harvesting, oil and gas, and cattle grazing. The government facilitated forum of the West Bragg Creek Land Users Group is designed for all stakeholders to be able to address each other's concerns in a constructive and collaborative manner which is what we are doing now.

You can rest assured that BCT and the other trails organizations impacted by this logging plan will be strong advocates for trail protection while working through impacts and mitigations of proposed cut block layouts and access roads as they are presented to us. BCT's past history with this process has resulted in some lessons learned when it comes to retaining tree buffers but it has also helped us to realize ways to use the disturbance to our advantage in improving the trail system. After all, the original trail system built in WBC was based on using old logging roads and cutlines and some of our newer ski trails resulted from the last logging campaign.

Besides having trail protection as our primary focus, BCT is tuned into concerns for environmental protection which includes watershed, wildlife habitat and fire protection. These are even more pressing topics given what's happening with the



climate. Forestry practices will need to adapt along with the rest of us.

### WBC Trail Plan Update

For those of you who contributed to the public consultation of the West Bragg Creek Trail Plan and are wondering if we listened to you, we did! It's been a lengthy and intense process but we needed to get this right. This will be our guiding document for the next 10 year or however long it takes to complete it. There aren't a lot of new trails but the ones we finally landed on are considered vital pieces of the big trail puzzle out here in WBC. Along with the new build trails we've added ideas for improved signage and maps that should help use manage some of the user conflicts that have been challenging us. With any luck this plan will get official approval this fall. The next few years will be exciting as we turn all this great collaboration into reality.

See you on the trails!

*Con Schiebel (BCT President)*

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## BCCA

A slight turn in the weather, a subtle shift in focus, and a series of changes to schedule, brings us a step closer to autumn. A favourite time of the year for many, and an important turning point at the Community Centre.

### Upcoming Community Events:

- **FREE OUTDOOR Movie Night!** Join us in the Mabel & Marie's Rink for Guardians of the Galaxy Vol. 3 (PG-13). Entry at 7pm, Showtime at 8pm. A HUGE THANK YOU to our sponsors for this fun night – Bragg Creek Insurance Services and Kathleen Burk.
- **Farmers Market** – Last Sunday is Sept 24th! Be sure to get out to this before it wraps up for the season.

### Fall Programming September Startups:

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

- **Rumble & Roar** – Thursdays 9:30 am to 11:30 am – Starts on September 14
- **Pickleball** – Tues & Thurs Afternoons 12:30 pm to 2:30 pm – Starts September 19 & 21

- **Pickleball** – Tues & Thurs Evenings - 7:00 pm to 9:00 pm, Starts September 19 & 21

### Artisan Workshops: (Register and pay online at [braggcreekca.com](http://braggcreekca.com))

- **Indigo Dye Day Workshop** – Enjoy a fun and productive Saturday on Sept 9th. All your materials included for participants 16+ yrs, no experience required. Workshop runs from 10:00 am to 4:00 pm.
- **Intuitive Mandala Design Workshop** – Saturday, Sept 23, 1:00 pm to 4:00 pm. This fun and meditative workshop is a great way to hone your design, colour and value skills.

### Bragg Creek Days Acknowledgements:

This event and parade was lead by our own Dave Rupert, resulting in a day to be proud of, including the largest parade ever!

CONGRATULATIONS TO PARADE PARTICIPANTS and THANK YOU to parade security volunteers & judges.

### Equine Category:

- 1st Prize – Single Tree Ranch
- 2nd Prize – Moose Mountain Adventures
- 3rd Prize – Powderhorn Outriders

### Vehicle Category:

- 1st Prize – Don Boyce
- 2nd Prize – Gord Lucas
- 3rd Prize – Glenn Lawryk

### Community Category:

- 1st Prize – Bar K C
- 2nd Prize – Bragg Creek Snowbirds Fellowship
- 3rd Prize – The Little Schoolhouse

### Commercial Category:

- 1st Prize – Korner Kitchen
- 2nd Prize – Elsdon Excavating
- 3rd Prize – Powderhorn Saloon

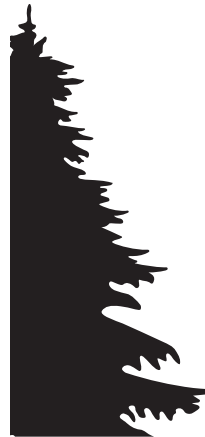
### SPECIAL THANKS GOING OUT TO:

- Rose Dallyn and the Powderhorn Saloon crew, who for over a decade have volunteered to operate our beer garden. And to Bragg Creek Distillers for their involvement this year as well.
- Dick Kostier, who for 5 years has taken care of our live music on the outdoor stage.
- Constable Clayton Gelinas of Cochrane RCMP, who for the second year in a row showed up to help with traffic AND assist in the pie eating contest. He is a credit to the force.
- The incredible crew of volunteers that set up and took down. By 7 pm the day of the event you could not tell anything had happened on the BCCA grounds. Thank you Thank you.
- And to all the local musicians who rocked the day away, good on you! A standing ovation to you; George Fox, Leanne Lightfoot, Farty Marty and the Slackers, The Band Peak, and Rick Godderis & Friends.

In closing, we want to express appreciation to all the staff and volunteers that bring us the Farmers Market and the Summer Camps for Kids. There is a great flow and energy in the Hamlet because of these activities that add to the charm of Bragg Creek.

And now, as we sit back and watch for the turning of colours outside, take good care of yourself, our environment and all those around you.

*The Bragg Creek Community Association*



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## BRAGG CREEK PERFORMING ARTS

Take a Musical Journey with Cristian de la Luna and his Band: A Night of Pop-Latin-Folk Fusion

Bragg Creek, AB - Prepare to be swept away by enchanting melodies and rhythmic beats as Cristian de la Luna and his band grace the stage at the Bragg Creek Community Centre on Sunday, Sept 10th at 7:00pm.

Cristian de la Luna's music is as contagious as it is inviting, a harmonious blend of pop, Latin rhythms, and folk storytelling.

Hailing from Colombia, Cristian de la Luna's music weaves the simplicity of folk narratives, the cadence of Caribbean percussion, and the soulful warmth of jazzy brass instruments.

Cristian's migration from Colombia to Alberta shapes his compositions, blending nostalgia and new discovery.

Don't miss this musical voyage; tickets available at [bcpa.ca](http://bcpa.ca) or Ticketpro (1-888-655-9090). General admission \$35, youth under 18 \$25.

### Event Details:

Date: Sunday, September 10th, 2023

Time: 7:00pm

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

### About Bragg Creek Performing

**Arts Music Series:** The Bragg Creek Performing Arts is committed to delivering live concerts that captivate and inspire.

Upcoming: Jake Vaadeland on October 29, 2023.

The Bragg Creek Performing Arts Society is a registered not for profit charity run entirely by volunteers. Join us in celebrating the magic of music and the arts! Contact Clint at [cgd@docken.com](mailto:cgd@docken.com)



BRAGG CREEK PERFORMING ARTS  
PRESENTS

SUNDAY  
**10**  
SEPT  
**2023**

Cristian de la Luna's pop-Latin-folk music is both contagious and inviting. This versatile artist combines the simplicity of folk story-telling, Caribbean percussion and the jazzy warmth of brass instruments.



# CRISTIAN DE LA LUNA AND HIS BAND

CONCERT  
**7 PM**

TICKETS\*  
**\$35**

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23 White Ave, Bragg Creek AB

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\* Youth under 18 years \$25.

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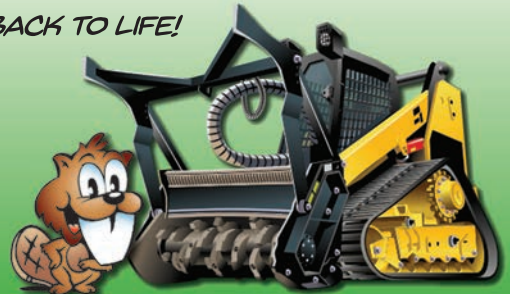
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## HISTORY OF THE CORE

In the early 1990's a group of Australian researchers (Richardson, Jull, et al) created quite a stir after publishing research about a group of deep trunk muscles that begin to work (milliseconds) before we produce voluntary movement. Prior to this news we thought the body only reacted to movement, not anticipated it. This group of deep muscles became known as "The Core" and rose to fame.

Normally the core muscles work together to create stability around the lower trunk and pelvis. The researchers noticed that in people with hip and back pain these "core" muscles weren't turning on the way they were supposed to. Some were not turning on at all, some were working too strongly, and some were turning on or off at the wrong time. The resulting stability was insufficient to control even simple leg or trunk movements.

The researchers became curious about what would happen to the back and hip pain if the muscles could be taught to work properly again. Incredibly, everyone's back and hip pain went away. At a one year follow up almost no one's symptoms had returned and this was unheard of. They knew they were on to something.

Unfortunately the results weren't broadly reproducible. In short, the muscle re-training was really hard to learn, it wasn't fixing underlying source problems, and it wasn't holding up to real life movements.

Excitement around training the core faded. Body workers and health care professionals moved on to other promising ideas. The researchers went back to researching to find missing pieces. And the fitness industry morphed the idea of deep trunk muscles

creating stability into strengthening superficial trunk muscles and pre-tightening the pelvic floor as a stability strategy, and proceeded to generate a million fitness classes with core in the name but not in the exercises.

And several decades went by.

In that time we've learned a lot more about the core. It's an extremely important idea, and our understanding is incomplete but growing. Here's an update, and a few useful things to know.

First, the morphed ideas about core and stability have had some disastrous effects. Clinicians have seen significant increases of urinary incontinence, hiatal hernias, prolapsed bladders and uterus, constipation, digestive issues, pelvic floor problems, hemorrhoids, and a host of other unpleasant things. That is a terrible price to pay for learning that with a dysfunctional core, exercising with intensity creates high intra-abdominal pressures, and this can have severe consequences.

Yet using our bodies under all manner of loads is exactly what we need them to do. The error has been to build our stability strategies around rigidity and locking when we actually require them to be flexible and instantaneously adaptable.

Second, instead of one core, modern practices now speak of two. The first is the original deep group of muscles, now called the anticipatory core because they begin to work before we generate movement. The second core uses the big skeletal muscles of the trunk, pelvis, and thighs working in specific combinations to create stability. This is called the reactive core as this system reacts to what the body is doing and the forces acting on it. We need both systems, and we need them both to work well.

Third, the core is fascinatingly interwoven with breathing, and alignment. You can't

make changes in one without creating changes in the other two.

Most importantly know this: We can not produce normal movement if the anticipatory core isn't working properly. It does not appear possible to exercise your way out of anticipatory core problems like you can with reactive core problems. Putting high loads and high velocity motions through a system unable to stabilize is asking for trouble.

Sources of anticipatory core problems are usually trauma based and complex. They often involve restricted mobility of visceral organs and their membranes. This anatomy has vagal nerve innervation and therefore substantial emotional components are possible. Solutions will be unique for each of us and related to our unique anatomy and trauma histories.

We generally need help to sort these problems out. Frequently a team is needed. Expect it to take more time, effort, and money than you think. Osteopaths, Physios, Massage therapists, Chiropractors, Psychologists, and Traditional Chinese Medicine practitioners are all potentially helpful. Be aware that not all practitioners have the skills to work with organs and deep membranes. Look for excellence when choosing a practitioner. It matters less what someone's original training was and more how skilled they are.

The payoff is enormous if you can restore your core to good working order. You'll move well late into life. You'll have more enjoyment from activity and your participation or activity choices won't be restricted from a fear of painful consequences. And if you start early enough you may not be on a surgical wait list for a hip or knee replacement.

*Jeff Harvie - Physiotherapist  
BlueWater Physiotherapy  
Redwood Meadows, Alberta  
Bluelwaterphysio.ca*



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## BRIDGE PROPOSAL

A group of Bragg Creek residents have come together to make a shared dream a reality. We are formally requesting your assistance in this endeavor.

Our goal is to instigate a process leading to the construction of a new bridge in Bragg Creek, proximate to the original site of the first government-funded bridge. This initial bridge, positioned just west of the Bragg Creek Trading Post and spanning across the Elbow River to the Round Hall, was an essential lifeline for our community until its destruction in the 1932 flood. The loss was particularly felt due to the Round Hall's significance as our community center and gathering place. However, the government at the time decided to build a new bridge downstream, near where our current bridge is located.

Despite this, the need for a bridge at the original location persisted. Jack Elsdon, the then owner of the Bragg Creek Trading Post, annually built a pedestrian bridge at the initial location from the 1940s through to the 1970s. Even though the river ultimately claimed these structures, the local memory of the ease they provided lives on, as does the desire for a permanent bridge in this location.

We have two potential solutions to suggest:

**Bridge Option One:** The prevailing community sentiment is towards constructing a new pedestrian bridge at



the original location. The road right-of-ways are still indicated on most area maps and we believe a pedestrian bridge here could serve as a significant recreational enhancement and tourist attraction.

**Bridge Option Two:** We understand that there is an ongoing review of the need for a West Bragg Creek emergency access. We suggest a solution that could cater to both needs: a bridge that primarily functions as a pedestrian walkway but is also designed to handle emergency vehicle flow and local evacuation. Recent flood mitigation measures could make this site a viable option for such an access point. The exact location may need to be adjusted to accommodate sightlines and elevations, but the general site offers ample possibilities.

We believe that there could be a multitude of local, provincial, and federal funding sources that could make this dual-purpose project a viable consideration. These may

include Alberta Transportation Funding, Alberta Infrastructure Grants and Funding, Hamlet Funding, Alberta Tourism Grants, Economic Development Funding, Emergency Services Funding, Heritage and Cultural Grants, Future Development Levies for affected areas, and community donations and fundraising efforts.

We greatly appreciate your consideration of this proposal. For further information or clarity, please feel free to contact Bob Everett at 403-803-2062.

There is an interesting story in the Bragg Creek Historic Society's Book "Bragg Creek Stories of Our Past" that talks about the original bridge and it tells about all of the bridges that Jack Elsdon built at that site over the years. The book is available for purchase at the Bragg Creek Trading Post.

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## BRAGG CREEK BEARS

Seeing sparkly snowflakes falling and being surrounded by beautiful trees. Smelling the firepit keeping everyone warm, hearing the skates and sticks on the ice and the cheering of the crowd, tasting the yummy hot chocolate and seeing the kids laughing and doing what they love together as a team. This is what the Bragg Creek Bears is all about!

The Bragg Creek Bears is a Recreational League based out of Bragg Creek and Redwood Meadows. The League welcomes all abilities and newcomers, even on the older teams! Registration is open to anyone aged 4-18. We typically have 1-2 practices a week depending on division and 1 game on the weekend. Our home rink is based in Redwood Meadows and we also play at the Bragg Creek Community Centre, both being beautiful outdoor rinks. For years we've played games against surrounding small towns including Priddis, Black Diamond, Millarville and Cochrane. 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 Bears is on having a blast while making new friends and learning the game.

We'd love to have you join us! Early Bird registration ends September 15. Register today at [www.braggcreekhockey.ca](http://www.braggcreekhockey.ca)



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## A TASTE OF THE HIGH COUNTRY

### Cooking with Alcohol

Alcoholised beverages played a predominant role in the kitchen until the advent of the refrigerator. The ethanol and the acidity in wine, beer, spirits, and fruit ciders preserve food, acting as antimicrobial and antioxidant agents keeping food fresh longer. The added bonus to these practices was the addition of flavours the alcohol would impart to the food. Marinading meat and pickling fruits and vegetables were common practices similar to how we use vinegar today (incidentally, vinegar is a re-fermented wine, or cider, with acetic acid bacteria). Nowadays, alcohol in the kitchen serves loftier purposes, such as tenderizing meat and imparting flavours and complexity to a dish. Here are a few fun facts and tips to guide you through your next culinary adventures.

It helps to think of alcohol as a food ingredient. Like tomato, lemon or vinegar alcohol adds flavour and acidity to a dish. It binds proteins, herbs and spices creating new complex flavours. The key principle is to match the intensity and the flavours of the alcohol with the other ingredients to avoid overpowering either one. For example, light white wine goes well with delicate white fish, while a robust red wine will be perfect to braised red meat.

Yes, most alcohol will evaporate when cooked. It may take about 2.5 hrs of simmering to reduce a bottle of wine to 4 or 6% alcohol. Still, I have not heard of anyone getting tipsy over a plate of spaghetti sauce or boeuf bourguignon.

And, yes, the quality of the alcohol matters - to some degree. Standard "cooking wine"



(something I have never purchased) is a sad plunk infused with additives and even salt. They are best left on the store shelves. Similarly, please do not use a bottle of wine you opened a month ago or left next to a hot stove for days on end. That bottle will be completely oxidized and akin to past-due soured milk. Try a simple, reasonably priced bottle of wine, say \$15 to \$20 a bottle or a quality box of wine.

Wine or spirits help tenderize and dissolve fats in the meat while releasing flavour molecules of other ingredients in ways not possible when using water, oil or broth. Robust red wine or fortified wines such as port, Madeira and sherry are excellent options in red meat stews, braised roast, gravies and sauces. The long and slow cooking brings the flavours together beautifully, concentrating them. Similarly, wine and tomatoes go particularly well together, adding richness and boldness to the dish. I happily pour half to two-thirds of a bottle of wine into a batch of spaghetti sauces, a stew, or chilli. Add to it sauté mushroom in butter, savoury herbs, and all those Italian and French ingredients and Voilà! You have a winner!

White wines also offer great opportunities in the kitchen. Bechamel sauces are

elevated with a splash of white wine. Poaching delicate white fish in a light wine with fresh herbs and green onion adds dimension. And if you do a risotto, please add a generous portion of that rich dry white along with the broth. It will bring complexity and bring balance to the rich buttery finish of the dish.

Of course, a meal is not complete without dessert. That is where sweet desserts and fortified wines, or spirits, shine. Poached pears in port, rum in chocolate cake or pudding, flambé, limoncello cheesecake, brandy pecan pie, orange liqueur cake ... you get the picture.

Cooking food with alcohol is easy. Match intensities and flavours, and understand how the acidic nature of the alcohol interacts with the other ingredients. I suggest you follow a few simple recipes at first to familiarize yourself with the cooking approaches. Rich of these experiences, with local autumn vegetable bounties in sight, and a glass of wine in hand, your inner creative chef will soon be unleashed.

*Bonne appétit!*



Renée Delorme, Sommelier  
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### *Invitation to food artisans, growers, producers and restaurateurs:*

*Do you produce, make or serve quality local food that best exemplifies our terroir? Interested in being profiled? Please email Renée at [mail@tastingpleasures.ca](mailto:mail@tastingpleasures.ca)*



## TO BRAGG CREEKERS:

You are invited to a trip down memory lane  
Sep 16, 2023 7:00 PM at the Round Hall.  
To those of you who have attended Round  
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especially look forward to seeing you  
and hearing your stories.

**Everyone Welcome**

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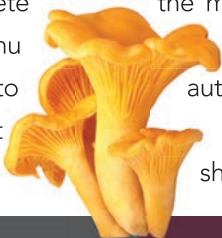
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## What goes with wild game?

Well, it starts with a room that doesn't have any windows or doors (think about it). Sorry for the dad joke but nothing goes better with wild game than a side of fresh prepared chanterelle mushrooms (get it now?). A nice wine would also complete the meal. Come taste our fall menu items today as we head into autumn. Remember Oktoberfest is almost here. Maybe you should book now?



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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
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## Putting It All Together

Readers of this column will know the last few years I have done a number of articles on how to better secure your home from potential criminal activity. This article will summarize those practices.

First off there are three main principles that you should keep in mind. The first one is to start from afar. By this I mean try to have the criminal thinking that it's going to take some effort to get into your place even before he tries to come on to your property. A good example of this is a locked and substantial gate. You can also employ the inexpensive early driveway warning systems I wrote about last month where an alarm will sound in your house/on cell phone to let you know someone is approaching.

A second principle follows up on the first principle in that your place should look like it's harder to break into than your neighbours'. As I've said before, this may not reduce overall crime, but it will reduce your crime.

Third principle is to do the things you are supposed to do to secure your place all the time. Yes, it's more work, like locking up every night, but do you want to be safe or play Russian Roulette with your security.

Here are some practices that actually work if you do them consistently:

**Don't Advertise.** Around 50% of crime is a spur of the moment thing. Keep valuables out of sight. If a thief can't see it, he won't be thinking of stealing it. This works inside and outside the home. Keep quads, bikes and your Ferrari in the garage, shed or wherever, but not out in the open. Inside the house, hide your valuables (whatever you deem that to be). You can get creative in finding hiding spots. Check out YouTube for endless ideas. If you have a safe, hide it too. I know of a case where professional thieves pulled a fairly substantial safe out of the basement and out through the door likely by hooking it up to a vehicle and pulling it up the stairs.

**Lock Everything Up.** This means your house's doors and windows, garages, sheds, other outbuildings, vehicles. Even if your vehicle is in a locked garage, lock it up. The Alberta Provincial Rural Crime Watch Association did an awareness campaign in the Red Deer area a few years ago, advocating car owners to always lock their vehicles. People complied and did lock



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their vehicles more often, and guess what, theft of vehicles and their contents went down 32% during the six-month duration of the campaign.

**Use Lighting Properly.** While local RCMP advise having everything well lit, studies have shown that lots of light doesn't really make a difference. As a matter of fact, having things lit up lets thieves know what you've got for the taking. Again, don't advertise. When you do use lighting, you should follow the three main principles of Dark Sky Lighting: 1) no light should shine above the horizontal plane, it's just wasted light. Ideally it should form a cone of light downward, 2) turn outdoor lights off when not in use or use motion sensors, and 3) use light closer to the amber end of the spectrum as it is less likely to upset the circadian rhythms of plants, animals, & you.

**Landscaping.** Keep bushes and trees under three feet so as not to provide thieves with places to hide. Plant thorny greenery, especially under windows. Keep up the yard's appearance so that it looks like your place is frequently occupied. Following proper FireSmarting should not only make your place less susceptible to fire, but also provides less cover for thieves.

**Dogs.** Studies have shown that dogs, even the little yappy ones, deter thieves. They sound an alarm that you or the neighbours can hear and let a thief know that he's been detected. If large enough, they can also act as a deterrent and protection for their owners.

**Security Systems, Cameras, & Signage.** Use of security systems, while not fool proof, will give thieves pause. If you are a thief, why would you risk setting off alarms, potentially bringing the police, or having your image identified when you can go someplace else and remain anonymous.

Your place is most vulnerable when you are away. While you are gone try to ensure the place looks lived in. Inhouse lights should be on, but on timers. Lights that are always on tell thieves you're away. Have someone cut the grass, and in winter make tracks in the snow on your driveway.

If you follow these recommendations, you can significantly decrease your chances of being a victim of crime. Use your common sense about what to do – it is your most valuable resource.

*Dave Schroeder - HCRCWA Board Member*



## PRIDDIS COMMUNITY

Hello from Priddis!

We hope everyone is well and getting settled into the routine that inevitably comes with Back to School. It was a beautiful summer in our hamlet and we are excited for what Fall has in store.

### Pickleball Extravaganza

Get your paddles ready because Pickleball is here! Join us for some friendly matches and laughter-filled rallies on Mondays from 6:30 PM to 8:30 PM and Wednesdays from 10:00 AM to 12:00 PM. Don't miss out on this energetic and social sport that's perfect for all skill levels. We have a few extra paddles if you do not have your own. Let's play ball and have a blast together.

### The Barber Bus is Rolling In!

Get a fresh haircut without leaving the community. The Barber Bus will be parked at the hall every Monday from 10:00 AM to 7:00 PM. Book your slot now through Vikram's website: [thebarberbus.ca](http://thebarberbus.ca).

Treat yourself to a stylish new look while enjoying the convenience of this fantastic service.

### Back-to-School Parented Playgroup

The Back-to-School Parented Playgroup will start on September 17th, 9:30-11:00 AM, for children ages 6 and under. This is a fantastic opportunity for both kids and parents to connect and play.

### Priddis Panthers Hockey Registration

Hockey enthusiasts, the wait is over! Priddis Panthers Hockey registration is open! Head to the Panther's website to sign up for the 2023/2024 season. Registration closes September 18.

[priddispantherhockeyassociation.teamsnapsites.com/registration/](http://priddispantherhockeyassociation.teamsnapsites.com/registration/)

Thank you to everyone who filled out our survey. Planning is underway for many great events and activities for the Fall including a community Halloween party, the annual Fall Supper, Santa Photos and much more. Be sure to follow us on Social Media to be kept up to date on all of the exciting things happening. Remember, our community thrives because of your participation and enthusiasm. Let's continue to come together, create lasting memories, and strengthen the bonds that make our community truly special.

*The Priddis Community Association*



## MILLARVILLE HORTICULTURAL CLUB

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

Our next meeting is September 12, 2023 at 6:30 pm.

### We are having a potluck.

Bring your favorite dish to share. Also bring your summer growing stories and how your entries did at the fair. A great learning event for everyone.

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

*Millarville Horticultural Club*  
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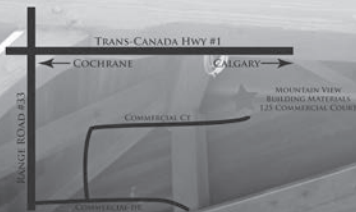
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## SQUARE BUTTE COMMUNITY

"Well the sun's not so hot in the sky today, and I can see summertime slipping on away..." Those moving words by James Taylor (October Road) inspire fond memories as summer days depart and autumn approaches. I hope you don't mind if I pour some apple wine and talk about everything that's happening this fall at Square Butte Hall. Lots of events to see and do, so 'we'll see you when the summer's through'!

### Past Events & Notables

Community Breakfast, August 27. What an amazing time! Friends, neighbours, and new community members indulged in curated comfort food and hometown hospitality against the lively background of perennial summer tunes by local talent Cadence Creek.

New Concrete Patio! The patio was renovated to improve quality and safety. We hope you like the new colour. Come check it out as an outdoor gathering space, dance floor, or bbq spot for your next event.

Defibrillator. The Hall has installed a Philips HeartStart Onsite AED (Defibrillator). AED training will help us prepare for interim response during this type of emergency until paramedics arrive.

### Upcoming Events are great opportunities to volunteer and participate!

September 17th Family Day Potluck & Games - Fun, food and games hosted by Square Butte Ladies Group.

September 23rd Fall Dance - Ages 18+. Get ready for great country music, dancing, and fun with a mix of age groups from late-twenties to over-eighties! Beef on a bun and refreshments, with licensed Bartender service.

October 21st Chili Cook Off - Think you got what it takes to win? Are you channeling the southern culinary skills of Bobbie Flay? Perhaps your style diverges from con carne and into the veggie zone? All recipes welcome!

November 11th Christmas Sip & Shop (Noon - 8:00pm) - Come have a sip of cider, tasty treats, and enjoy our festive market filled with local vendors. So many neat things to choose from for your holiday shopping!

November 23rd Annual General Meeting - Open to all. A great time to renew your SBCA Membership.



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November Concert - Details to be released in the next Issue.

December Turkey Bingo - Stay tuned as we finalize the planning for what is sure to be a great event.

I will share the history of the Square Butte Community Club and Square Butte Ladies Group in October's issue.

Book Square Butte Hall for your next event, meeting, or special occasion! Hwy 762, 3km north of Hwy 549.

Connect with us:

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Web: www.squarebuttehall.com

Social: www.facebook.com/squarebuttehall

See you next month! Lindsey Kindrat,  
SBCA - Director, Property Management and Archivist



## HELLO DIAMOND VALLEY

It sure was a nice summer. I just got back from the annual Longstock Music Festival in August, 16 bands over three days, my two favorites were the Shannon Smith Band and Silly Wrabbit, but all the bands were fantastic, good vendors and food trucks, and thanks to the Foothills Fire Division for putting on the beer gardens. Very well organized!

It's Alberta Culture Days for the whole month of September. Go to [alberta.ca](http://alberta.ca) for a list of events celebrating Alberta's art and culture, including festivals, exhibitions, showcases, concerts, and much more.

The Most Beautiful Art Tour in Alberta is happening September 23 also, as part of Alberta Culture Days. Six venues, galleries, and home studios will open their doors to the public and all are welcome. For a list of these places (including Diamond Valley and Okotoks) go to [mostbeautifularttourinalberta.com](http://mostbeautifularttourinalberta.com).

High River is hosting one of my favorite events in September, the annual River City Classics Car Show and Shine and

Burn-Outs. This is the second in memory of Brian Chipchase Sr., who was an integral part of the Car Club. This is a huge car show with the Foothills Fetal Alcohol Society doing a large part of the volunteering, and they along with other local charities will benefit from this event. The Show and Shine runs on September 24 from 10-4 in High River, downtown and George Lane Memorial Park. For full details go to [rivercityclassics.ca](http://rivercityclassics.ca), and admission is free.

Another really cool event in High River is the annual Heritage Inn International Balloon Festival. Opening ceremonies are on September 27 at 5:30, and then they will be heading over to the MacLeod Trail launch site for the first flight of these magnificent hot air balloons. The event runs Sept. 27 – Oct. 1 with daily launches at 7:30 am and 5:15pm. The event is free and is quite a site to see all these balloons in the sky. You can even buy a ride on one of them! For full details, go to [heritageinninternationalballoonfestival.com](http://heritageinninternationalballoonfestival.com).

Back in town, our own Sheep Creek Arts Council will be hosting an open house on September 7 at 6:30. Come check out the classes and talk to some of the instructors. Membership is required to sign up for classes, it is super inexpensive,

and they make their classes as inexpensive as possible for all fellow artsy people to attend. Another fundraiser for the SCAC is their casino night, the next one is November 13 and 14, if you can help out, please come in or give Sheila a call at 403-931-3989. For a full list of classes such as quilting, drawing, painting, and much more, go to [sheepcreekarts.ca](http://sheepcreekarts.ca) or drop by at 133A Sunset Boulevard in Turner Valley.

Right next door to the SCAC is the Valley Neighbours Club, and they will be hosting their annual 80 and over birthday party on September 10. Anyone 80 and over are invited to attend, if you are interested in celebrating this accomplishment with others please call Barb at 403-933-4782 or email at [bbw@telus.net](mailto:bbw@telus.net). The VNC also offers classes and programs such as bingo, line dancing, exercise classes, bridge and cards and more. The yearly membership is super inexpensive here as well, stop by and check them out!

Also in Turner Valley for the month of September, is another fantastic Beneath the Arch Concert, on September 16. They are pleased to present Del Barber and Band at 7:00pm. For tickets and more information, go to [beneaththearch.ca](http://beneaththearch.ca).

Sheep River Library in Turner Valley has a ton of fun and interesting classes



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and programs for this fall. Arts, exercise, careers, tech, children's programs, and music, book, writing, and drumming clubs, and their Out Loud Series are back as well. For a full list of all they have to offer, drop by the Library on Main Street or go to [sheepriverlibrary.ca](http://sheepriverlibrary.ca).

Please wear an orange shirt on September 30 for the National Day of Truth and Reconciliation. The Government of Canada recently passed legislation marking this day, also known as Orange Shirt Day.

If you have any events or news for October, please drop me a line before September 15 at [elaine.w@telus.net](mailto:elaine.w@telus.net)

Wishing you a fabulous start to fall!

*Elaine Wansleben*



## LONGVIEW LIBRARY

The summer programming is in full swing and the children are having a grand time. The Tiny Art Show has 23 participants, some visiting from the Okotoks library. The winners of the show will be announced in late August. Deanna Lavoie, a prolific Longview artist, is going to submit a small canvass that will be auctioned off sometime this summer, with the proceeds going to the library.

May I remind you that our boardroom is available to rent. It is a cozy, well lit room with a large table and comfortable chairs. Check this out with our librarian, Lynda Winfield.

For those of you who are following the goings on of Meghan and Harry, you will be thrilled to know they have bought the movie rights to Carly Fortune's novel Meet

Me At the Lake. This is yet another career path for the two, as movie producers for Netflix.

Carley Fortune, a Canadian, was editor in chief at Chatelaine magazine, before turning her hand to writing. Meet Me At The Lake, was listed as #1 on both THE New York Times and the GLOBE and Mail best selling lists. The book's themes: childhood trauma, the loss of a parent, a car crash, and mental health issues, mirror the lives of Harry and Meghan. The movie will be coming out in a few month's time.

We have many new books in our library after a spending spree by some very enthusiastic board members. Two of which are Fresh Water for Flowers by Valerie Perrin and The Godmother: Murder, Vengeance, and The Bloody Struggle of Mafia Women. Come and browse the others!

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



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## SHEEP RIVER LIBRARY

Out Loud 2023 approaches!

We have a fantastic line up for this year's Out Loud Series: Old Tales and New Trails.

### Skip Gorman

**Saturday, October 14, 7:00 pm**

For over half a century Skip Gorman has enjoyed singing, playing and performing an impressive and varied palette of traditional American and Celtic folk music. As an accomplished singer, guitarist, fiddler and mandolinist, Gorman has completed over 18 recordings of old-time cowboy songs, fiddle, mandolin, bluegrass and been featured on many others, and established his own record label, Old West Recordings.

His recordings have earned a prestigious NAIRD (INDIE) award and been selected as a top ten folk pick of the year by Amazon.com. Filmmaker Ken Burns has used Skip's original music on four of his celebrated documentaries. He has appeared on Garrison Keillor's A Prairie Home Companion, toured with the US Embassy in Chile, Argentina and Paraguay, performed at World Fiddle Day in County Kerry, Ireland and taught at numerous music camps in America and the British Isles. Skip currently resides in New Hampshire.

### Sid Marty

**Wednesday, October 18 7:00 pm**

Canadian Sid Marty writes mainly on natural history and western life and culture. He has published five books of non-fiction and five of poetry, some of which are based on his formative experiences as a park warden in the Rocky Mountain national parks. His new title is Oldman's River, New and Collected Poems. Sid was a park warden in Yoho, Jasper, Prince Albert and Banff national parks. He spent part of his career patrolling the mountain backcountry with saddle and pack horses. He wrote many of the poems in his first two poetry books literally in the saddle, composing them in his head while on patrol far from home. His books are about family, rangers, cowboys, homesteaders, forest fires, grizzly bears, love, death, mountaineers and wildlife conservation. Since 1978, Sid Marty has been a full-time free lance writer and part time singer/songwriter.

### Sandra Lamouche

**Saturday, October 21 7:00 pm**

Sandra Lamouche is a Cree Woman from the Bigstone Cree Nation in Northern Alberta and married into the Piikani Nation in Southern Alberta and mother to two boys with braids. She completed her B.A. in Native American Studies from the University of Lethbridge in 2007. In 2021 she successfully defended her M.A. Thesis at Trent University, titled

"Nitona Miyo Pimadisiwin (Seeking a Good Life) Through Indigenous Dance" which examines Indigenous Dance as a Social Determinant of Health and Well Being. Sandra is a multidisciplinary creator and storyteller, she is a Champion Hoop Dancer, award winning Indigenous Educational Leader, two-time TEDx Speaker, artist, and writer.

She has over fifteen years of experience in ten international styles of dance including ballet, tap, jazz, lyrical, modern, contemporary, hip hop and powwow styles, and the hoop dance. She has performed, collaborated with, studied and trained with many Indigenous Dance Companies around the world.

### Tom Cole

**Saturday, October 28 7:00 pm**

Tom hales from northern British Columbia. A little bit Haggard and a whole lot of cowboy, traditional, roots, Canadiana and western. This country gentleman has a voice you could pour on a waffle; some may remember him from his cross-Canada touring days with his band, Cole Cole Heart.

Due to limited seating, tickets are required for all Out Loud evenings. Good news: tickets are free and will be available September 15 at the library.



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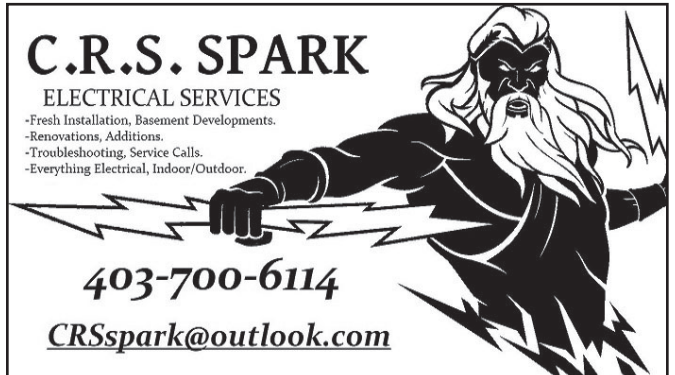
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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**WILDFIRES close to home!** In our heavily-treed west end of Foothills County, a fire could start at your own property, at a near-by property, along the highway or in the neighbouring Kananaskis, just a short distance to the west.

#### **You could be the FIRST to see a FIRE!**

If you see an active fire flame, and you are concerned that the fire has not been reported, please call it in to 9-1-1 and report it to 310-FIRE (3473) if it appears to be coming from Kananaskis. 9-1-1 dispatches our local fire departments. Reporting the fire to 310-FIRE gets Alberta Forestry involved. They are responsible for wildland fire response in neighbouring Kananaskis and coordinate response along the Foothills County/Kananaskis boundary with Foothills Fire Department and our partners.

A recent situation occurred on August 2, 2023, when West Foothills residents called in due to the smoke, not knowing where the fire was located. Three fire departments went to look for a possible fire and the Calgary Forest Area of Alberta Forestry sent a helicopter to check out Kananaskis. In this case, while the smoke appeared to be local, the fire originated in B.C.

**How to get a WILDFIRE ALERT on your cell phone:** The "Alberta Emergency Alert App" is the primary alert App for all types of emergencies. You can subscribe to notices from "Foothills" and "Kananaskis" "locations" (and anywhere else you choose). If a fire reaches a threshold where there is concern for the fire escalating and affecting people and/or structures, the municipality(s) is notified by the attending fire departments. In the case of Foothills

County, this would be the Foothills Fire Department and our partners. In the case of the Kananaskis Improvement District, Alberta Forestry provides notification. The affected municipality will immediately write an emergency alert message and send it out through the Alberta Emergency Alert App. You can download the App here: [alberta.ca/alberta-emergency-alert.aspx](http://alberta.ca/alberta-emergency-alert.aspx)

In preparation for response to fires and other emergencies, inter-municipal collaboration plans and emergency response plans are in place, where municipalities act in accordance with Alberta Emergency Management protocols. At the ground level, that shows up with fire departments and potentially mutual aid partners arriving on-scene to assist with the necessary action.

A recent fire incident in MacLean Creek occurred on July 31, 2023, directly west of Foothills County. In this case, the fire was identified on the "Alberta Wildfire App", but an alert did not go out through the "Alberta Emergency Alert App". The fire was "being held" soon after it started. The status on the Wildfire App was updated and then the fire incident was removed shortly thereafter. If there was a concern about this fire spreading and causing more harm, then the process would have occurred to get an alert message out, as outlined above.

#### **Check out Wildfire Apps & Online Maps:**

You can stay informed about wildfires in Alberta and in B.C. through their Apps or online maps via your computer. You can download the "Alberta Wildfire App" to your phone and enable push notifications. Note that the Alberta wildfire dashboard with the latest wildfire news is updated every three minutes. Be sure that you have the latest version of the Wildfire App: [open.alberta.ca/blog/?page\\_id=206](http://open.alberta.ca/blog/?page_id=206)

AB Wildfire Map online: [www.alberta.ca/wildfire-status.aspx](http://www.alberta.ca/wildfire-status.aspx)

BC Wildfire Map online: [wildfiresituation.nrs.gov.bc.ca/map](http://wildfiresituation.nrs.gov.bc.ca/map)

**Stay Informed:** You can request updates about the "Calgary Forest Area", including Kananaskis directly west of us, by signing

up for email notifications: [srd.web.alberta.ca/calgary-area-update](http://srd.web.alberta.ca/calgary-area-update)

Find road conditions: [511.alberta.ca](http://511.alberta.ca)

Find out where the smoke is: [Firesmoke.ca](http://Firesmoke.ca)

Find Fire Ban status: [albertafirebans.ca](http://albertafirebans.ca)

**Be Prepared:** Consider "FireSmarting" your home and property.

[firesmartalberta.ca](http://firesmartalberta.ca) (See the checklist & guide, here.)

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

[alberta.ca/wildfire-preparedness.aspx](http://alberta.ca/wildfire-preparedness.aspx)  
[getprepared.gc.ca/index-en.aspx](http://getprepared.gc.ca/index-en.aspx)

#### **Fire Services in West Foothills County:**

Please see my February 2023 High Country News article for an explanation about this topic.

**Other Considerations:** To ensure the best emergency service response to your property, please keep driveways clear in all seasons, visibly post your 9-1-1 Address sign, register your gate code with Foothills Regional 9-1-1, and beware of accidentally starting a fire.

**Highways 762 RCMP News Update:** In addition to a directive from the new RCMP Staff Sergeant Don Racette, Turner Valley Detachment, to step up their presence in the area, a special day-long enforcement took place on July 30, 2023. Traffic Services patrolled the area of Highway 762 and conducted enforcement for 10 hours, which resulted in 13 charges, 9 of which were for speeding. Our thanks go to the RCMP members for taking care of business and sending a clear message! See the full RCMP report in the August 2023 Mountie Moments, here: [foothillscountyab.ca/emergency-services/partner-agencies/mountie-moments](http://foothillscountyab.ca/emergency-services/partner-agencies/mountie-moments)

Just a reminder that residents can report situations to 9-1-1 as they are happening, or afterwards to share concerns through the 24/7 RCMP complaints line: 403.933.4262.

#### **For Other News & Updates:**

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

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

With Best Regards, Suzanne



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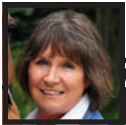
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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

As I write this, I am busy preparing for the Priddis & Millarville Fair. It has been very tricky trying to garden this summer, what a scorcher! It will be interesting to see which vegetables and flowers I will be able to enter this year.

#### Foothills County Roads

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

A few of the roads that have been identified will need to have their surfaces lifted, material added, mixed, and relayed. Public works is waiting until the majority of the extremely heavy loads to be finished before beginning the repairs. If conditions worsen, they will mobilize sooner.

To give you some comfort, the County takes substantial letters of credit that will be used to repair the roads so this will not be paid by the taxpayers.

#### Mountie Moments

As a follow up to the meeting at Square Butte Hall on July 6th, you might be interested in reading the articles posted on Foothills County website page called Mountie Moments. Some of the statistics are alarming with regards to speeding. Here is an excerpt:

*On July 30, the RCMP Traffic services patrolled the area of Highway 762 and conducted enforcement for 10 hours which resulted in 13 charges. 9 speeding (all at least 28+ over the speed limit), two mandatory court tickets for 61 km/hr over the speed limit too two motorcycles at two different times. Two motorists fined for failing to produce Insurance, 1 unregistered vehicle and one window tint for a total of \$3009 in fines.*

You can find all the Mountie Moments articles here:

[foothillscountyab.ca/emergency-services/partner-agencies/mountie-moments](https://foothillscountyab.ca/emergency-services/partner-agencies/mountie-moments)

#### Millarville Horticultural Club

The Millarville Horticultural Club meets every second Tuesday of the month from September to May at 7 p.m. at the Millarville Anglican church house. Membership for the year is \$15.

The next meeting is Tuesday, September 12, where we will share gardening stories from the summer. Be sure to bring pictures.

If you need any more information, please contact Gail Dziuba at: [millarvillehortclub.com](https://millarvillehortclub.com)

#### Millarville Historical Society

Millarville Historical Society is holding their annual AGM meeting for members on September 13, 2023, 7:00 pm at Millarville Racetrack Hall.

You can obtain your 2023/24 membership on our website: [millarvillehistoricalsociety.weebly.com](https://millarvillehistoricalsociety.weebly.com)

#### Tribute to the Millarville Racing and Agricultural Society

The Millarville Historical Society invites you to a delightful barbecue lunch and interesting program. Several community members will share how the "Racetrack" has created a cornerstone for our community for more than 100 years, providing agricultural experiences with the Races, Hall Events, and the Priddis & Millarville Fair. Local residents who were

awarded Queen Elizabeth II's Platinum Jubilee Medal will be honoured. There will be door prize draws for 2023-24 Millarville Historical Society Members.

Date: September 17th, at the Millarville Racetrack Hall

Time: Noon until 1:00 pm

Special Program at 1:30 pm

BBQ lunch \$10.00/person

#### Dark Sky Presentation (and how you can save on your Electricity Bill)

On August 10-13 the Calgary Centre of the Royal Astronomical Society of Canada (RASC) and the University of Calgary co-hosted the 8th International Conference on Artificial Light At Night, ALAN 2023.

As part of the conference, there was a public presentation on Friday, August 11 called Conserving the Wilderness of the Night Sky – Understanding Light Pollution which I watched online.

Our own Dr. Phil Langill from Rothney Astronomical Observatory (RAO) provided us with a very entertaining introduction. The keynote speaker was Dr. John C. Barrentine from Arizona. He made some very interesting points about how limiting your use of lights during the night and using the correct amount of lighting, you can save money on your electricity bill.

The video of the presentation is saved online, I highly recommend it:

[livestream.com/uofc/events/10927005/videos/237199759](https://livestream.com/uofc/events/10927005/videos/237199759)

If you want to see the impact of light pollution, here is an interactive map of the world: [lightpollutionmap.info](https://lightpollutionmap.info)

#### Millarville Community School

If you are new to the community and have children starting at the Millarville Community School, their website has plenty of good information. There will be a staggered entry for the 2023-2024 school year on August 31 and September 1.

For more information:

[foothillsschooldivision.ca/millarville](https://foothillsschooldivision.ca/millarville)

#### On a sad note...

Residents, friends, neighbours, and volunteers are mourning the loss of a fantastic husband, father, grand-father, exceptional community volunteer, Malcolm Sills. If there was a job to be done, Malcolm was there. Our heartfelt condolences go out to Suzanne and her family.

Barb Castell

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

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## DUANE HARDER

### To Change or not to Change?

#### The Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to  
peace;  
Taking, as He did, this sinful world  
as it is, not as I would have it;  
Trusting that He will make all things right  
if I surrender to His Will;  
That I may be reasonably happy in this life  
and supremely happy with Him  
Forever in the next.

Reinhold Niebuhr (1892–1971)

There are many things in our life over which we have absolutely no control. There are areas over which we have some control, and then there are fewer areas over which we have total control.

Let's start with the obvious, there are areas over which we have no control. The person who resists this fact is trying to sweep back the ocean tide with a corn broom. Worse than that, they are in danger of becoming control freaks who micromanage life and try to force others to change. Underneath they have the delusion that if they can gain enough control they will prevent bad things from happening. They are in danger

of spending countless hours worrying about the possibility of what might happen. Worry wastes my creative energy in the present worrying about all the "what ifs," lamenting over the "if only," and beating myself up with "I should have known better." There is nothing that I do today that will change what I did yesterday.

I have no control over the thoughts and actions of others. I need to accept the fact that every person has the right to be wrong. I cannot control foolish decisions that have a negative impact on my life.

Furthermore, I cannot control the structural design of my body. Yes, cosmetic surgery can bring minor changes to my appearance. Does it open the door to greater influence? Can it generate greater opportunities for advancement in my career? Would changing the size of my ears make me a better person? My dad used to remind me that God gave me large ears so that I could engage them in collecting wisdom rather than using my big mouth to dominate conversation.

I hate to state the obvious, but we cannot control the weather. Complaining about the weather is a colossal waste of energy. It is either too hot or too cold, too much rain or too arid, too windy or too much pollution, and the list goes on.

Recognize and accept that there are areas of your life over which you have no control. Now have a funeral service and bury the general manager of the universe. You may have to spend some time grieving the loss of his control, but I can assure you, your best days are ahead of you.

Now sit down and make a list over the areas when you have some control and

total control. You have some control over your schedule. At work you have control over your lunch time and coffee breaks. You have some control over your home environment. You can work with your children in establishing their priorities and then look for ways in help them achieve them.

You can block off time with your wife to discuss the needs of the family, your life goals and dreams and what steps would have to be taken to achieve them.

You are the one who is in total control of your words, actions, and attitudes. No one forces you to speak negative things about yourself or others. You can choose words that affirm, inspire, and release life. You can choose corrective words that affirm and adjust without releasing curses and condemnation. You and you alone are in control of what comes out of your mouth.

You are in total control of every choice that you make – good or bad. If it was a bad decision, what factors prompted me to make the choice, is there a character weakness that my choice has exposed and what steps can I take to correct it, and what life lessons have I learned from the decision? Allow the good decisions to reinforce and attitude of gratitude.

Remember, your attitude determines your altitude. We have the lab evidence to prove that bad attitudes tend to produce "crash landings." You are in control of your attitude.

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. I'll see you at the top.

*Duane Harder*

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## BIG COUNTRY SENIOR SPORTS SOCIETY SENDS 135 ATHLETES TO AB 55PLUS SUMMER GAMES

Big Country Senior Sports Society (BCSSS), the administrator for Zone 2 of Alberta 55 Plus, is pleased to report that some 135 residents of this Zone have qualified for the Provincial 55 Plus Games to be held this week/weekend in Brooks, AB between August 17 and 20.

"Our Zone 2, one of eight zones within Alberta 55Plus, is sending a team as large as – if not larger than – teams from Edmonton and Calgary. We're proud of that," reports BCSSS President Norma Dawson of High River.

"Our competitors range in age from 55 to 92, playing in some 17 events.

**The number of entries in each event is listed below:**

Bocce 8, Contract Bridge 4, Cribbage 6, Cycling 10, Floor Shuffleboard 4, Golf 17, Pool (8-ball) 5, Swimming 4, Horseshoes 2, Athletics 14, Pickleball 28, Cornhole 2, Slo-Pitch 27, Crafts 5, Photography 3.

### Player Distribution, by Area

**Area 8 (Foothills County, includes Okotoks, High River, Diamond Valley; Director, Norma Dawson):**

Cycling: Maggie Nichol-Bowen, Bob Wahlund, James Roberts.  
Golf: Jean Whyte, Judy Kenny, Bob Cheyne.

Pickleball: Heather Coonfer, Carrie Irwin, Carolyn Mulholland, Gail Reiss, Paulette McKinnon.

Slo-Pitch: Gary Paukert, Curtis Buck, Jack Bews, Warren Tiede, Gordon Pyle.  
Track & Field: Norma Dawson, Sandi Lightfoot, Ernie Robson, Jim Vangilst, Paul Burns.

Crafts: Nancy Neufeld, Anne Wahlund.  
Photography: Barb Larson.

**Area 7 (RockyView County west, Bearspaw, Cochrane, Springbank, Bragg Creek; Director, Doug Campbell).**

Bocce: Myrna Fink, Tracy Hindle, Sharon Barnden, Marcia Wilson, Vel Edwards, Monique MacKenzie, Bonnie Freisen, Jennifer MacKenzie, Jim Paramchuk.  
Contract Bridge: Ken Munro, Lucia Ciupa.  
Cornhole: Karl Gibbie.

Cycling: Brent Gross, Clint Docken, Bob Martens.

Floor Shuffleboard: Nancy Gibbie & Doug Campbell.

Golf: Joan and Chris Logan, Barb Gibson.

Horseshoes: Gerry Burkholder.

Pickleball: Lina Danis, Julie Clark, Lorraine

Makowecki, Catherine Burdett, Barb Imeson, Gary Hawkes, Steve Katulka, Bill Cooper, Jim Bend, Zahir Lakha, Mark Lenson, Colin Gilbert.

Slo-Pitch: Reg Macdonald, Andrew Fett, Tracy Roberts, Dan Muhlbach, Pat Drinnan.

Swimming: Joan Gunn-Allard.

Track & Field: Lynda Gross, Lyndon Emro, Brian Hill. Photography: Tracy Hindle, Myrna Fink.

**Area 9 (Canmore, Banff; Director, Susan Cowitz)**

Cycling: Earl Emberton.

Track & Field: Susan & Russ Sagert.

**Area 6 (Mountainview County, Olds, Didsbury, Carstairs, Sundre; Director, Nettie Neustaeter)**

Cornhole: Earl Markham.

Cribbage: Pat & Tom Bartholow.

Cycling: Don James.

Floor Shuffleboard: Dave & Nettie Neustaeter.

Golf: Eleanor McKenzie.

Horseshoes: Les Markham.

Crafts: Bernice Willsie, Earl Markham.

**Area 4 (Airdrie, Crossfield, Balzac; Director, Carolyn Alway)**

Golf: Lorean Lehmann.

Pool (8-ball): Lorna Scott.

Track & Field: Randy Molitor.

Slo-pitch: Bruce Hall, Christopher

Mann, Lloyd Maxwell, Terry McKechnie,

Swimming: Debbie & Frank Willoughby.

Crafts: Carolyn Alway.

**Area 1 (Hanna, Oyen; Director, Robbin Thurn)**

Pickleball: Jay & Sharon Slempe.

Pool: Cal Werner, Deb Werner.

Track & Field: Robbin Thurn.

**Area 2 (Drumheller) & Area 3 (Three Hills to Beiseker); [Director, Linda Traquair].**

Cribbage: Lloyd Laughlin, Ron Keats, Daryl Saboe.

Cycling: Tim Hodges, Jim Milman.

Golf: Keith Lee.

Pickleball: Rob Thomas, Duane & Laurie Bolin, Afolabe Otegbade, Dan Hird, Bob Chambers, Leon Berg.

Pool: Derek Campbell, Remie Defoor.

Track & Field: Wendy Laughlin.

**Area 5 (Strathmore, Chestermere; Director, Joss Binns).**

Contract Bridge: Joyce Hvingelby,

Candy Tashlikowich.

Cribbage: Brenda Blazenko.

Golf: Deb Dancey, Charlie Freemont, Marianne Pinchbeck, Christine Anderson, Michele Power, Margaret Reed, Joss Binns, Richard Walker.

Pickleball: Louise Bleier, Ron Anderson.

Slo-pitch: Rudy Dave Mayer, Carmen

Browne, Brian Aris.

Swimming: Steve Wiewel.

Track & Field: Louise Nesterenko

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## THE REAL ESTATE EVALUATION PROCESS – CONFUSION OVER METHODS by Wayne Chaulk

At times I am confronted with potential clients misunderstanding the evaluation process that Realtors employ in assessing a property's current market value. They sometimes wonder why the evaluations we Realtors conclude are different from the value given to their property by a professional appraiser, their county or city's tax assessment department or the value given by their insurance company. The differing property value numbers can be quite confusing, and, in this article, I am endeavouring to bring about some clarity.

### APPRAISAL

An Appraisal is done by a Certified Appraiser who is paid to provide an unbiased estimate of the value of a home. Lenders order them to ensure that the home is worth what a buyer is paying for it, within reason. They can also be called for when a person is looking to an accurate evaluation done for estate planning purposes, disposition of property in marital settlements, or for a revised evaluation of a property's value after significant improvements or renovations have been undertaken.

Appraisers most often use the Direct Comparison Approach and usually choose only 3 properties that have sold (up to a maximum of 6 months ago to keep current). They do pluses and minuses for differences in property characteristics to align with the subject property and conclude an appraisal number that is usually conservative and largely based on historical data. They may also use The Cost Approach where they set values on the improvements based on their current age and condition. They may then blend the values derived from both approaches to get a final number. Bear in mind Appraisers will likely not have seen the properties chosen as comparables since they are not viewing listings and past sold properties as we do as Realtors as part of our profession and ongoing market awareness activity. Consequently, I believe that Realtors' evaluations are more market sensitive relative to setting current listing values.

### REPLACEMENT COST ANALYSIS

Another significant confusing issue for sellers is the tendency to place heavy reliance on what their insurance company has presented to them in their property insurance policy. The value given by

insurance companies is to reflect what it would cost to replace a home and other structures on the property should they be damaged or destroyed. It is based on current construction costs which could be up to as much as 30 – 40% more than the dwellings actual current depreciated value.

While we Realtors need to keep in mind a home's replacement value at today's construction costs, we cannot use these figures for their current home values when evaluating a property or we would drive market values beyond current reality.

### MD OR CITY PROPERTY TAX ASSESSMENTS

These can add further confusion to a property owner. Tax assessments are usually lower than current market values and are more often than not set without an assessor actually viewing a property. They are done using averaging every year or two as the counties and city try to update their values to keep track of market changes.

However, they are seldom equal to or higher than actual, current property market numbers.

We come then, to how we Realtors assess a property's current market value:

### REALTOR COMPARATIVE MARKET ANALYSIS

We Realtors do take a Comparative Market Analysis (CMA) approach, but we will

often look at several properties, not just 3, and we do subjective overrides based on actually seeing and knowing many of these properties. We have first-hand knowledge of market trends and what is currently happening in the market such as competing offers, market euphoria, scarce listing inventory etc., all of which have an impact on what is driving pricing up or down. The challenge is to not overreach in setting a realistic market value particularly in a 'sellers market' which we seem to be still in.

One should be aware that different Realtors can come up different suggested listing prices for a property because of some having better product or area knowledge or a realtor may be too optimistic setting price to secure the listing if in competition against other agents. It is also true that a Seller may in fact influence the price based on opinions derived from internet surfing or hearing of what a friend or neighbour's property sold for.

In summary a Realtor Comparative Market Analysis should be the most appropriate of all methods in setting a current listing price and to get a proper sense of current market value as it is based on very current market sales data and market activity.



Rebecca Chaulk  
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## ADHD AND TRAUMA

### WHAT IS THE CONNECTION?

ADHD and trauma have overlapping symptoms. Both are affected by the pre-frontal cortex (executive functioning and reasoning) and the amygdala (processing emotions). Behaviours that can look the same are hyper-arousal and restlessness, difficulty with emotional regulation and making decisions. They are also associated with sleep problems, impulsivity, addictive behaviours and problems relating to others. ADHD and trauma can occur together though.

### WHAT IS THE DIFFERENCE?

Trauma is complex. Trauma can be acquired to include all different types of injury to the brain. Psychological trauma covers damage or injury to the mind. For instance, there is childhood, ongoing and developmental trauma. The exposure to traumatic events at any point in your life can trigger undiagnosed, untreated ADHD. Other times, it can make existing symptoms way worse. Epigenetics (how our genes might be turned on or off based on our environment) also plays a key role in understanding how this all works. Studies found that post-traumatic stress disorder (PTSD) can go as far as rewiring and affecting the developing brain at a very, very young age (Carey & Postel, 2012). However, when trauma happens later in life, a person might recall whether their ADHD symptoms manifested prior to the traumatic event.

### ARE PEOPLE WITH RSD MORE VULNERABLE TO TRAUMA?

Rejection sensitivity dysphoria (RSD) is an extreme sensitivity to disapproval, rejection, criticism or the perception that somehow you have failed. It is very common in people with ADHD and means they may be emotionally less resilient. Trauma in itself doesn't cause ADHD and vice versa. It is often the response to psychological trauma (related to hurtful past experiences or recreated past wounds while living with ADHD) that emerges in a person who strongly reacts in an emotional way.

### THE CHICKEN OR THE EGG?

Yes, trauma can look like ADHD. However, people with ADHD can have co-existing or past trauma. It is important to look beyond the obvious and to keep a differential diagnosis mindset when evaluating ADHD. It helps when you not only understand what is driving a specific behaviour, but when it started and how it presents itself. For example, a person who is consumed with his/her safety will be absent-minded,

easily distracted and find it difficult to pay attention to daily life activities. On the other hand, people with mental or physical 'disabilities' may be more susceptible to others in experiencing trauma. While treating both conditions at the same time can be very difficult, most people respond well to a variety of evidence-based interventions. In the end, everybody deserves the opportunity to be understood. It is important to consider any and all efforts to uncover patterns in behaviour, thoughts and feelings that can help you put a plan together for you to succeed in the face of adversity.

### WHAT CAN I DO?

- Get professional help through your physician and/or psychologist.
- Take action. Get a comprehensive assessment with someone who

can dig a little deeper, who understands overlapping symptoms and defining differences.

- Keep a journal. Explore thoughts and feelings in response to certain stimuli so your behaviour may be put into context.
- Think of your timeline. When did you notice a difference in the person's behaviour or did it get worse?

### Sources:

J. Douglas Bremner. *Traumatic stress: effects on the brain. Dialogues Clinical Neuroscience*. 2006 Dec;8(4): 445- 561. doi: 10.31887/DCNS.2006.8.4/jbremner  
Carey, N. & Postel, D. (2012) *The Epigenetics Revolution: How modern biology is rewriting our understanding of genetics, disease and inheritance.*

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## MORTGAGE MATTERS by Candace Perko

### Separation, Divorce and Your Mortgage

Separation and divorce can impact a family on many levels including financially. It's a stressful process for all concerned.

There may be the messy business of splitting the assets, including the family home and the mortgage. Many couples end up selling the house to pull out their equity, which may cause additional stress. However, there is another option.

For most couples, their home is their most significant asset and where they have the majority of their equity. If one spouse prefers to stay in the home, it may be possible to get a new mortgage to purchase the property from the other spouse for up to 95% of the property's value.

It's the Spousal Buyout Program and allows one spouse to keep the home while paying the ex-spouse their portion of the home's equity. This option can create some stability for the family during this often-trying time.

Similar to other mortgages, the purchasing spouse must qualify to carry the loan. A legal Separation Agreement and a Purchase Agreement is also required.

Each province and territory have their laws regarding the division of family/matrimonial property. Generally marriage is seen as an equal partnership in the eyes of the law, so for the most part, anything that has been acquired during a marriage would be divided equally.

The "matrimonial home" is the space where both spouses have their primary residence at the time of separation, and regardless of whose name is on the title of the house, both parties have an equal right to the home unless there is an agreement that states otherwise.

Here are a few requirements for a Spousal Buyout:

- The lender will require a signed separation agreement with the details of asset allocation.
- Net proceeds can only be used to buy out the other owner's share of equity and/or to payoff joint debt as explicitly agreed upon in the finalized separation agreement.

- The maximum equity that can be withdrawn is the amount agreed upon in the separation agreement to buy out the other owner's share of the property and/or to retire joint debts. Not to exceed 95% loan to value.
- Maximum loan to value is the lesser of 95% of property value or remaining mortgage + equity required to buy out other owner and/or pay off joint debts.
- The property must be a primary owner occupied residence.
- An appraisal is required.
- OAC.

Although 50% of marriages end up in separation or divorce, life continues. It's only prudent to understand the various options when dealing with the matrimonial home.

If you have any additional questions about this program, contact your bank or mortgage broker.

*Candace Perko, Mortgage Broker*

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## THE BRENDAN VOYAGE by Andrea Kidd

Tim and Dorothy read the ancient documents. Their eyes widened in wonder. Apparently, in the sixth century A.D., eighteen monks set sail and crossed the Atlantic Ocean in a 36 foot boat made of leather. No! That couldn't be! This was a myth. A great story, but not to be believed. Tim and Dorothy Severin were scholars studying these manuscripts. They were amazed at their findings as they translated the Latin script into English. But their minds shut down in disbelief. Pure myth! Impossible!

Digging deeper into the Latin account, they found intriguing details: it was more like a ship's log than a saint's spiritual reflections. The details of this supposed voyage brought chuckles of derision from the couple. Hot rocks flung at the sailors from an island as they were sailing by? Huge white crystal rocks floating past on the open sea? This was the stuff of legends. It was totally unbelievable, until someone mentioned the 2010 eruption of

Eyjafjallajökull in Iceland and the iceberg that sank the Titanic in 1912.

Their curiosity deepened, excitement brewed and overflowed into a plan to follow in the wake of Brendan.

A visit to Brandon Creek on the west coast of Ireland found Tim examining the construction of a "curragh", a fishing boat still used there. The wooden framework of these canoes is now covered in canvas but always used to be covered with ox-hide. Tim researched the length of St. Brendan's boat, how ox-hides were carefully tanned and sewn together, how the frame, made of ash wood branches was lashed together with leather thongs, and how the ox-skins were stretched over the springy frame. Detail after detail made Tim curious to see if these construction instructions could possibly be followed to build a boat that could sail the route suggested by the account of The Voyage of St. Brendan the Abbot.

And amazingly he did it! Tim and his crew sailed from Brandon Creek, County Cork, Ireland on May 17, 1976 and landed on the northern coast of Newfoundland on June 26, 1977. They proved that St. Brendan and his crew had sailed the Atlantic Ocean from Ireland and had reached the shores of America about a thousand years before

the Vikings did and about fifteen hundred years before Christopher Columbus sailed from Spain to the Bahamas in 1492.

Tim and Dorothy Severin read the ancient Latin document called the Navigatio Sancti Brendani Abbatis with an open mind. They believed the texts and acted upon them. Tim and a crew of twentieth century explorers risked their lives on the veracity of those words.

Could the ancient words in the texts of the Old Testament and the New Testament of the Bible also be written down because they were true? Did they write them down because they were important for showing us the way to go in our lives? Could I have an open and believing mind to consider how I might apply these truths to my life as Tim and his crew applied what they read in the Navigatio? Would I find that deep satisfaction of knowing and experiencing truth and seeing it hold firm and true in my life?

When Tim was asked whether he would want to take that journey in a leather boat again, Tim answered, "Yes!"

What a journey!



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## OUT OF THE RUT

### Chapter 157

"parting is such sweet sorrow"... whenever Fantuzzi & I parted, it was a wrench. However, destined to reunite soonish, life went on. Then it didn't. We now endure two year intervals due to stuff. I'm seeing photos from Lithuania, Estonia and Landjuweel (Netherlands) where his great friend Rudolph hosted the festival for the past 50 years. Not a week after Fantuzzi moved on after the 50th Landjuweel this August, Rudolph left his body, age 88 on the 8th day of the 8th month. An incredible artist, visionary, motivator and innovator, thousands around the world enjoy lives enriched by the creativity of Rudolph Stokvis. May he be dancing in the most amazing party of all.

Last week, my beetle died. Quite a spectacular death, revving into oblivion without benefit of a key in the ignition, belching out plumes of first grey, then white, then ominous grey succeeded by death clouds of black. I watched from the far side of the road having failed to stop its death-throws. It was having nunavit.

Huge thanks to the kind man who stopped – largely due to a slightly deranged woman wandering the road dangling a set of car keys with what looked like an imminent explosion in the background – he gave me a ride home. We both watched gobsmacked as the beetle show continued, finally wheezing into silence to await a tow truck.

Death was confirmed by experts and the hunt was on for a 'new' ride. My folks here at this time, stepped into my latest twist, happily cruising around on the hottest days, test-driving cars with me. I believe I found a replacement, though they are rare as hen's teeth, it will be a change from the cucumber beetle back to the beloved ladybug. Hopefully.

Waving a fond farewell to my green adventure-car of twenty years, I also waved farewell to my parents. A painful parting as the sense of 'maybe the last time' invades my head in our final 48 hours together in Canada.

One month with them flies past at sonic speeds. Time we have together here and gone in a flash. We sat, explored, ate, walked, swam, laughed, loved and made many more magical memories. Watching deer children grow, admiring birds more confident daily in our harmlessness. Keeping eyes peeled each time we travel, seeing moose, elk, deer, hawk and sadly this year, also driven indoors by thick smoke.

We traversed the breadth of Calgary, marvelling at the changes from year to year, and the increasing drama of driving. Three decades back Calgary felt quaint in comparison to the frenetic press of cities across the pond. Now, population more than doubled, the entire driving experience is significantly different, more intense, less tolerant.

However, today rain. I give thanks for the rain. Plunging temperatures, less welcome. Shivering horses. Far too late to save the harvests of those worst hit by the drought, but a great fire-alleviator. After the intense heat and high winds that came through yesterday, freaking out plenty of us, the rain is an answered prayer. England 1976, a famous heatwave - drought following several years of drought. The hottest, driest year of the 20th century in England. Parliament passed "The Drought Act". It was unheard of. My brother and I finally did a rain dance in our parched yard, next day the weather broke. Now, plunging down the scary time slope into the 21st century, everywhere is getting hot.

We are yet blessed to be here, if you're reading these words, you are one of the rare, fortunate Foothills folk. Aren't we lucky?

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## PATIENCE YOUNG GRASSHOPPER, FOOT FIREWORKS ABOUND by Laura Griffin

This past summer one wildlife neighbour who is a regular on my guided hikes is the grasshopper. Now most people don't go much past the big back legs, wings, and an amazing jumping ability. As I'm surrounded by hundreds daily, however, I do like to get a little more personal. There are about 85 grasshopper species in Alberta in a variety of colours from neon green to beige to dark brown. If you watch carefully when you take a step and a group of them erupt off the ground, you are usually rewarded by an abundance of colour fleeing in all directions. One family that I was guiding told me their name for grasshoppers is foot fireworks, and I have enthusiastically incorporated the term into my life.

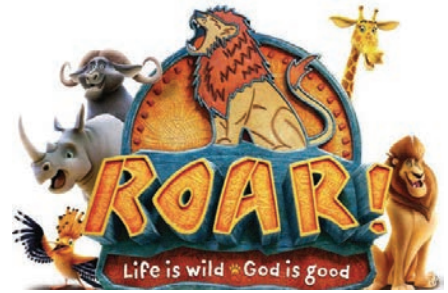
With September bringing in the cold weather, the sightings of grasshoppers are decreasing, but they are not vanishing without a trace. Before the chilly weather sees the adult grasshoppers off, the females will dig a burrow in which they lay eggs covered in a special secretion that hardens into a protective pod. The number of eggs in a pod varies from species to species, but the less eggs in one pod, the more pods the mother makes. These pods protect the eggs until the warmer weather of spring returns and the eggs hatch. Some pods can have up to 150 eggs!

The life of a young grasshopper reminds me of a Tom Petty lyric, "I'm learning to fly, but I ain't got wings." They undergo

incomplete metamorphosis, which means when they hatch from the egg they are nymphs, an insect life stage that closely resembles the adult. The only difference for a grasshopper nymph is that they lack wings and reproductive parts. The nymph gets its jump on life by having the same big back leg structures of an adult, giving it an amazing catapult ability that if applied to a human would launch you forty meters (four school buses). If you want an excellent resource on the mechanics of a grasshopper jump with diagrams, I recommend [st-andrews.ac.uk/~wjh/jumping/perform.html](http://st-andrews.ac.uk/~wjh/jumping/perform.html), an article by Dr Bill Heitler.

After the nymph goes through about five moults it grows wings and enters the final adult stage of its life. Adult grasshopper jumps can be extended through the power of flight with the new wings. The banded winged grasshopper group (one of three in Alberta) is known for having beautifully coloured wings which often resemble butterfly wings. This is thought to dissuade predators from pursuit as butterflies are much harder to catch. The wings are also responsible for the grasshopper chirps that we are familiar with as they rub those big back legs against the wings to make the sound.

Common grasshopper species that I enjoy looking for are the two-stripe (easy to find with the two yellow stripes on its back) and the big beige Carolina grasshoppers that look like black butterflies when they take off. Even if you don't know their names, I highly encourage you to take a closer look at these fascinating living fireworks and to enjoy their colour and diversity. With patience young grasshopper, you could even find a nymph.



We had a roaring good time on July 6th as BRAGG CREEK COMMUNITY CHURCH presented,

Roar Kids Camp on July 6th! Thanks also, to our amazing volunteers who made Camp such a success!



We had more than 60 kids register for a full day of camp at Redwood House. We made a total of 180 unique crafts and sang 9 LOUD songs while we danced using our 85 ribbon sticks. We ate hot dogs, freezies, chips and treats on this perfect summer day. Our leaders played 16 games with us, on the Redwood Meadows field including fun, water games. We learned how good God is and that his love for us continues forever! What an amazing time we had at camp. Everyone had fun and there were so many smiles. This Free Kids camp day was awesome! We hope you will join us next year.

Here is the link to the playlist of songs, in case you want to listen to them:

[www.youtube.com/playlist?list=PLgUmHG0GQj6TdOIbgEYsow71qzHeStPb8](https://www.youtube.com/playlist?list=PLgUmHG0GQj6TdOIbgEYsow71qzHeStPb8)



Grasshopper nymph on size 11 font for perspective

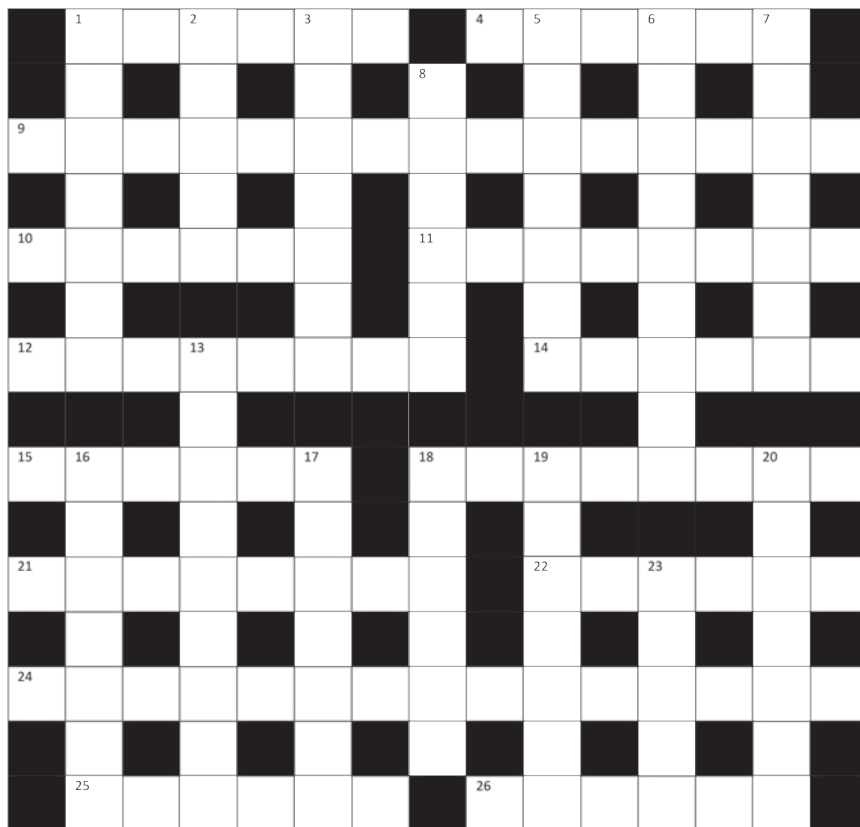


Adult Two-Striped Grasshopper with wings

Photo Credit: Laura Griffin



# KIDS ZONE



Cryptic Crossword #25 Just for Jeremie and Jenna By Jan Burney

Answers Down  
1. Ontario 2. Octet 3. Emerald 5. Whisper  
6. Pretender 7. Detests 8. Effect 13. Kale Salad  
16. Choral 17. Damages 18. Agents  
19. Perform 20: Natural 23. Amber

Answers Across:  
1. Ozones 4. Swiped 9. Statue of Liberty  
10. Protea 11. Espresso 12. Polka Dot  
14. Radish 15. Scaled 8. Apparent  
21. Consomme 22. Roasts 24. Daylight Robbery  
25. Eldest 26. Amoral

## Across:

1. Ooze spills around the north, towards the south to form unstable toxic gases. (6)
4. Pilfered and departed quickly around West Indies initially. (6)
9. Statutory belief is challenged by New York lady. (6,2,7)
10. African flower tore around inside Pennsylvania. (6)
11. Confused media on board get nothing but strong black coffee. (8)
12. Spot lively dance in front of Department of Transportation. (5,3)
14. Edible root vegetable form Royal Artillery's satellite antenna. (6)
15. Climbed up overlapping plates. (6)
18. A quiet mother is evident. (8)
21. Crumble scone around confused parent for soup. (8)
22. Criticizes meat cooked in an oven. (6)
24. Bar the girly body in unfair trade. (8,7)
25. First daughter is surrounded by disintegrating steel. (6)
26. Morning exam is unethical. (6)

## Down:

1. Stormy rain too much for this province. (7)
2. Short fall month with alien makes a group of eight. (5)
3. The French dream weirdly of a green gem. (7)
5. Wish around each murmur. (7)
6. Formerly sensitive claimant. (9)
7. Dislikes intensely rereading Ted's letters. (7)
8. Repercussion of sixth letter mirrored before arriving in Connecticut. (6)
13. A lake lads toss for a trendy lunch item (4,5)
16. In church or alehouse, singers are located. (7)
17. Injuries as river barrier gets old. (7)
18. A man's representatives. (6)
19. To carry out, reportedly, four follow hesitation in the afternoon. (7)
20. Go north at Russian mountain range to find neither flat nor sharp notes. (7)
23. Honey-yellow large room loses church affiliation. (5)

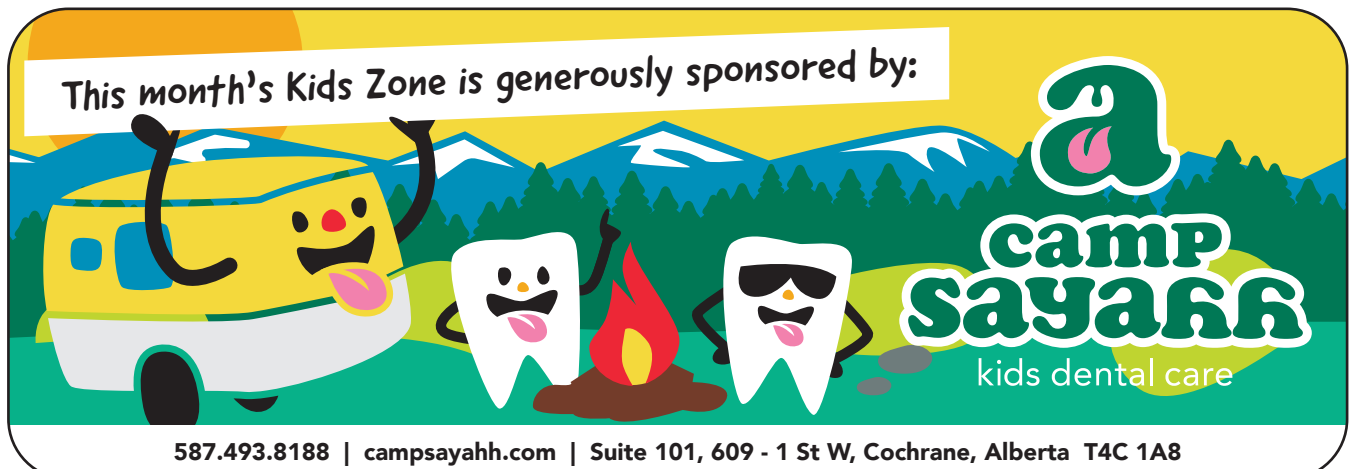
## KIDS!

Have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca) and you may see your project in print!

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

This month's Kids Zone is generously sponsored by:



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## WANTED

**LOOKING FOR AXES OR AXE HEADS.**  
Contact: Deon Phone: 403-852-6711 More Information: Hello I am looking for older axes or axe heads to refinish. Also older tools that can be salvaged to be used again. I can also refinish and return if you would like to keep them. Thanks for your time and my phone number is 403.852.6711.

**ATTENTION HORSE OWNERS:** If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-931-2457 or 403-651-5852

**WANTED FIREARMS.** Contact: Al  
Phone: 306-641-4447 More Information: I'm a licenced buyer paying cash for unwanted firearms in any condition, ammunition and accessories in Okotoks, Black Diamond, Calgary and surrounding Area, registered or not.

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**COUNTRY LANE QUILTERS GUILD** meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

**LOOKING FOR LANDOWNERS WITH PONDS/WETLANDS**  
The Miistakis Institute (www.rockies.ca) is studying amphibians in Foothills County. We are looking for landowners with ponds/wetlands that

will allow us access in May/June 2024 to test for frog, toad and salamander DNA. For more information please contact Nicole Kahal at nicole@rockies.ca or 403-440-8444.

**ANYONE NEED A HOUSE SITTER OVER THE WINTER** I am currently waiting for my house to be built in Bragg Creek and have been dog/house sitting since June in the area. I need a place to live from October through the winter and will house/dog sit for 1 month or longer. I have many references in the area and know it well. Please text me if you are interested at 5874336626. Rebecca Brickson

## HELP WANTED

**PERMANENT PART TIME SITE ATTENDANT REQUIRED** immediately for the Bragg Creek transfer site. Wednesdays 11am to 7pm and Saturdays 9am to 5pm. Must be 18 years of age and have own transportation. Email resume to michelep@awrrecycle.com.

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**MAKERSPACE GRAND OPENING** The Diamond Valley Sustainable Living Centre with host the Grand Opening of its Makerspace from 1:00 PM to 5:00 PM on Saturday (20 October) and Sunday (21 October) at 218 Kennedy Dr., SE, Diamond Valley (formerly Turner Valley). Demonstrations of laser cutting, 3-D printing, woodworking, upcycling textiles, indoor plant growing systems, and more will be featured.

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LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248

MAVERICK LAW ..... 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700

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