



PHOTO BY NICK THORNTON

FLY FISHING THE DEEP SOUTH

By Andy Cotter

As opening day of our mountain streams approaches, excitement and anticipation begin to run wild. We start assembling our fishing gear, and begin mapping out the summer fishing season. For some this can be a daunting task, but let me reassure you that all fly fishermen/women have struggled at some point or another. Be it managing awkward fly rods, spending days catching nothing but trees, or getting snagged on everything except a trout, we have all been there. That's what makes it so rewarding when you finally land a fish on the fly rod!

Trout typically overwinter in the deeper pools of rivers. As the runoff begins, they start to dis-

perse throughout the system, and once opening day hits you can find fish almost anywhere in the river. Deciding where to begin your journey is half the battle. Finding those deep pools and connecting the dots between them is the best advice I can give you when planning your day. There is great joy in exploring new water. Sometimes you will be right beside the road, but most times the adventure begins with a bushwack or river walk.

Choosing flies can also be a challenge. Luckily, the Beaver Mines General store has a great selection of flies and beef jerky to get you on your way!

When exploring the Castle system, have your bear spray close and make sure to constantly check your flies, knots and line. Keep fish in the water as much as possible with your net, and pinch the barbs on your hooks to ensure the longevity of the fish. Always check the regulations before you head out and... when you find a great spot keep it a secret, don't give it away on social media! You can post pictures of your fish without giving away the location!

Happy fishing everyone!



PHOTO BY BEV EVERTS

CALENDAR OF EVENTS

JUNE

T-Bar Pub opens for Summer 18
Friday evenings, Saturdays & Sundays

Haig Lake High Country Horseback Experience 27

Beginner Navigation 4-5/11-12
(currently all sold out) 18-19

Technical Navigation 6,13,20

JULY

Haig Lake High Country Horseback Experience 18

AUGUST

Haig Lake High Country Horseback Experience 22

Annual Huckleberry Festival 27-29

SEPTEMBER

Haig Lake High Country Horseback Experience 12

Castle Alpine Trail Race 25

Flies:

- Dry - Elk Hair Caddis, Orange Stimulator
- Nymphs - Prince, Pheasant Tail
- Streamer - Anything heavy to get it down to the bottom
- Beef Jerky - Honey Pepper, Sweet Chili :)

@ Andy Cotter
@slowwaterdrifting - @elkrunriot

CMCA PRESIDENT'S LETTER SUMMER'S LOOKING BRIGHT

By Kevin Finn, President, Castle Mountain Community Association

I went to Castle on Sunday for the first time since the season ended. I could hear water flowing everywhere. The air had that crystal clear blueness you only see in the alpine. And it was great to feel the heat of the sun on my face. I love Castle in the summer so I'm planning critical cabin projects and bike rides to parts of the Castle I've never seen before to motivate my return. I suspect it might be busy around the Hill this summer. People are tired of Covid restrictions and a walk or ride in the wilderness is a

safe and fun way to burn off excess energy. A new hiking book, Popular Day Hikes: The Castle and Crowsnest by Andrew Nugara, makes it even easier to find your way around. It's full of maps, descriptions and quality photographs of the best hikes in the region. It has a separate section on Castle Mountain Resort which it describes as a "goldmine of terrific summer hikes". I got my copy at Crockets Trading Company in Bellevue but it is also available in Alpenland Lethbridge, Blairmore and Castle Mountain.

Finally, tying up a loose end, the winner of the \$50,000 prize in the Mackenzie Top Peak contest was Mont Ste-Marie, a Quebec based hill located about 60 km north of Ottawa. Their plan is to use the funds to improve the only FIS Giant Slalom run in their region. I want to thank all the many Castle supporters whose efforts and enthusiasm got our teams to the final. From the beginning our goal was to put Castle on the map of Canadian skiing. From that perspective, I think we won. Congratulations!

NEWS FROM THE CMR BOARD

By Brian McGurk, President

We had a great season at Castle and a big thank you goes to the CMR directors, managers, and the entire team for working every day to keep us open, safe and successful. This was our longest season on record at 130 days, which is quite amazing for such a challenging year.

As we transition from winter to spring to summer, CMR management and the Board of Directors is busy working on several exciting initiatives:

Castle has now opened in November two years in a row, thanks in large part to our new snowmaking system. Watch for more activity this summer as the next phase of our snowmaking system is developed, which will include additional storage capacity, increased water availability when the timing is right to make snow, additional pumping capacity (getting more water/snow on the mountain faster), and coverage of additional terrain completing the snowmaking line from the base of Green Chair up the North Road to the Base of the North Bowl. The water line is complete, and water is flowing from the 3 Rivers Reservoir to our cistern and supplying the community with water. Details on water meters, rates, billing, and phasing was provided in an update to the community on April 14 and another update is on the way. Even though we now have more access to water, let's continue working together to conserve water.

Shareholders can expect to see a new Castle Mountain Resort Business Plan at the fall AGM. This plan is being developed collaboratively with representation from the CMR Board, management, and community members, and will identify business priorities for the Corporation for the next 3 to 5 years.

We look forward to seeing you around Castle this summer enjoying this very special place.

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PARKING, PLOWING... AND PLAYING

By Karen Harker

We saw some major improvements in our parking and plowing this winter thanks to everyone who moved their vehicles after it snowed so the snow plows could work more efficiently. Thank you also to those of you who unloaded and then parked in the community parking areas. This really helped to reduce congestion along our fire lanes and around fire hydrants. We learned a lot and we have more work to do next winter to make it even better.

Watch for an updated Summer Village Map to be distributed to all residences and posted online in

June. You'll notice a couple new things on the map, including a no parking zone around the playground to increase safety and designated "Green Spaces" with no motorized vehicles allowed. A dust control program is also scheduled again for this spring. As in winter, rather than parking on our narrow roadways, please unload and then park in one of the community parking zones to reduce congestion and keep the fire lanes and hydrants clear. Remember - If there is a barrier or fence on or along a roadway, don't move it. It's there for a reason!



OUR HOUSE POND

By Caralee Marriott

We woke up at 5:30am to the sound of spraying water. What the #\$\$#!? Our kitchen & bathroom floor were both flooding. Dave ran down the stairs to shut off our main water valve. Upon investigation, we found our toilet hose had burst, spraying water onto the ceiling. The water then ran down the wall, through the floor system and poured out of our light fixtures downstairs. We had just had the ceilings soundproofed six months ago!

Our insurance company responded quickly, sending out a restoration team to, thankfully, take over the cleanup and repairs. Looking back, we believe the water was only spraying for two hours but created a \$19,000 repair bill. We can only imagine the cost if a leak was left undiscovered for days or weeks.

Be Aware:

1. Dishwashers, ice makers & toilet hoses are the top plumbing failures.
2. You must have your home regularly checked to claim insurance. The time frame varies with each provider.
3. The safest thing to do is to shut off your main water supply when you are gone. If you have a heated floor, you can shut off a secondary valve to allow for the floor heat to stay on.

Incredibly, we had no plans to be at Castle that night. In the past our ice-maker hose has broken so we are already in the habit of shutting it off when we leave. Now we shut down the whole water system.

If you are interested: For peace of mind and for a fee, Castle Accommodations does offer a home-check service.

FROM PEAK TO PRAIRIE: AVOIDING INJURIES

By Kelda Lundmark, MScPT. Peak to Prairie Physiotherapy, Pincher Creek

As the seasons change and we all jump back into summer sports and activities, many of us may discover new aches and pains. Often the body seems to adapt as we get more used to these activities, and the pain goes away. Sometimes the annoying pain becomes a nagging injury that continues to invite itself to our hikes, bike rides, and trail runs. The most common cause of these injuries is simply overdoing it. It seems to be human nature to pick up where we left off, but we forget that it's been 6+ months since we packed away our hiking boots and running shoes. Different activities have different requirements of muscles and joints. Even though we've been active in skiing over the winter, that doesn't completely translate to our summer pursuits. In addition, we may have been less active recently throughout the "shoulder season".

So, what can you do to help support your body through the changing seasons?

- Start small and gradually increase the length/duration and intensity of your activities,
- Vary your types of activity to challenge different parts of the body while still having fun and improving your fitness,
- Listen to your body and take rest days as needed,
- Include some gentle stretches after your activity, and
- Stay hydrated.

If you still find yourself with a nagging injury, don't ignore it. Your friendly local physiotherapist can assess and provide you with specific advice and exercises.

Happy trails!

MEET THIS YEAR'S WRIGHT STUFF AWARD RECIPIENT: SKI PATROLLER IAN MACPHERSON

By Caroline Wright



PHOTO IAN MACPHERSON

Ian MacPherson moved west from the small farming town of Alliston, Ontario. An avid skier through his youth, he had always been drawn to the mountains. Ian finally made the leap out west in the fall of 2016, when he enrolled in the Mountain Adventure Skills Training program (MAST) in Fernie, BC. This program taught Ian how to safely recreate in the mountains all months of the year. During their ski touring course, the MAST program came to Castle to check out their avalanche control program and cat

ski/ touring terrain. It was then that Ian, as well as a few of his classmates, decided that Castle was the place they needed to be.

Ian reflects on his connection with the ski hill: "I fell in love with the community feel of Castle. The old school lifts and the lack of lines in the base. It is amazing to know most of the skiers at the mountain, and know who is benefitting from our hard work opening the mountain each morning." Ian has just completed his third year as a pro patroller. He has loved every moment of it so far, and is looking forward to seeing everyone's smiling faces (hopefully) on the slopes again next season!

Background: The annual recipient of the Wright Stuff Award is selected by a group of senior patrollers. Many years ago, my husband, Kevin, and I created the Wright Stuff

Award to acknowledge the critical role the CMR Ski Patrol played in response to our daughter's ski crash. The award served as an outlet for our immense gratitude for keeping our daughter safe but also as a way to raise the profile of these talented, dedicated individuals. Many of us at CMR are risk takers who love to play on this magnificent mountain. The Professional Ski Patrollers tend to our safety, whether it is avalanche control or stepping up to be first responders. And this year, the Covid-19 pandemic added a whole level of responsibility for safety that is hard for many of us to grasp in terms of its impact. This was a challenging ski year (perhaps the most challenging?) and I am grateful for the incredible work of the Pro Patrollers during these especially difficult times.

BIKING AT CASTLE

By Kevin Finn

There are a lot more bikes at Castle these days. Makes sense, right? Biking, like skiing is about "flowing" through time and space. Whether on a set of Volkls or a mountain bike, the thrill is the same; playing with gravity and speed.

Biking is enjoying a renaissance, driven by specialization and innovation and accelerated by the pandemic. It's not just road bikes and mountain bikes anymore. Now there are downhill bikes, uphill bikes and gravel bikes too, and all of them have the option of being "ebikes".

I love exploring the backcountry and a bike provides low impact transportation to some of the best trails and attractions the Castle parks offer. You can pick up a copy of the Alber-

ta Parks Summer Guide to the Castle Provincial Park and Wildland Provincial Park for a complete listing and map of bike accessible trails. In our neighbourhood my favorites are the Westcastle Valley Trail – also known as the Great Divide Trail South, the South Castle Valley Trail, the Syncline Trail Network and Gardiner Creek. Hiking opportunities abound off the Westcastle and Southcastle trails. The Syncline Trail Network provides great single track skills development. The Gardiner Trail, combined with the Great Divide North Trail and the Gardiner Great Divide Connector makes a worthwhile 50 km circuit.

Remember to take bear spray, a tube repair kit and a small saw to

remove deadfall. All of these trails are designated as multi-use so be considerate of other users, especially horse parties. Slow down and alert them before you pass.

Happy riding!



FIRE SMARTING

around the base area will continue through this summer, furthering work from the fall.

THANK A VOLUNTEER FIRE FIGHTER THIS SUMMER!

They spend their free time protecting our community.

HAVE YOUR VOICE HEARD...

MD PLANNING AND FALL ELECTIONS

By Bev Everts, Division 3 Councillor, MD of Pincher Creek

The MD of Pincher Creek Council continues to meet virtually, as we all do what we can to Stop the Spike, while still doing our work. Our meetings have seen a focus on completing the draft changes to the Municipal Development Plan (MDP) for our MD. The MDP is a statutory plan identified in the hierarchy of plans within the Municipal Government Act. For it to be adopted by bylaw and have the necessary public input that ensures collaborative long-range planning, an online public review/input process is currently being developed. Please

watch the MD webpage, social media and local papers for information about how you can participate in this current community planning process.

The other important Council news I would like well communicated is the upcoming municipal elections this October. I have made the difficult decision to not seek re-election. As your Division 3 Councillor, it has been a true privilege to bring your voice to the Council Chambers. We have accomplished a great deal these past four years, and are certainly in a good position to move forward.

One of the key priorities for the new Council likely will be to facilitate a broad community Strategic Planning process. Bringing the community voice to Council has been hard work and a very fulfilling opportunity. I thank you for your support. Let's continue to ensure we build a positive future for this great place we all get to call home. Please visit the MD website for further 2021 election information or give me a phone call.

Bev Everts,

Phone: 403-627-3130

Email: CouncilDiv3@mdpincer-creek.ab.ca

GOATS FOR WEEDS

By Claire Clarkeson



PHOTO BY DANIEL FELDMAN

The new advertising on chairlift towers for "Goats For Weeds" has sparked curiosity, conversations and eyebrow lifts across the Castle community. The Lifeline had the chance to stop in at the Goats for Weeds ranch to catch up with owner and Chief Goat Officer, Daniel Feldman, to hear more about himself and his company.

Goats For Weeds is a small, local, family run company based outside of Beaver Mines, that uses goats as a form of regenerative agriculture to manage noxious weeds without harsh pesticides. The

goats not only eat noxious weeds, but promote soil regeneration by aerating, mulching and fertilizing the land too. This type of agriculture is described as a practice that centres around soil health, by restoring the soil's organic carbon which ultimately supports a healthier ecosystem.

Daniel was drawn to Southern Alberta two years ago by the natural beauty of the land, the recreation opportunities, and dreams of ranching. Through conversations with some local ranchers, he quickly realized that creating a business with goats around weed management, was a unique and progressive way to connect with the land and the community, while supporting environmental values.

When working a contract, Daniel and his team of staff, horses and dogs shepherd the goats and

work through the land, with the goal of revitalizing the soil and renewing the native plant life. Their usual clients include municipalities or big industries looking to manage weeds, while reclaiming and nurturing the land. In fact, The City of Calgary and Canada Olympic Park also have goats on their radar, and have been contracting the company Baah'd Plant Management and Reclamation, using their goats as a natural method to manage weeds.

The city of Kamloops also uses goats for weed control and Fort Saskatchewan has used sheep for about 25 years. It seems that Southern Alberta is hopping on the goat band wagon as well!

For more information, check out the Goats For Weeds website!

<https://www.goatsforweeds.ca/>

LOCAL CASTLE RESIDENTS SUPPORTING NEPAL PROJECTS

By Murray Pritchard



Kristina working with the kids after the earthquake

Long time Castle residents, Murray and Nevenka Pritchard and their family, have extended their love of the mountains across the world.

It started with a father daughter trek to Nepal in 2005. What began as a trip to view those magnificent mountains on the other side of the world, took a turn when they saw the challenges faced by the people in remote mountain communities struggling to provide for their families.

In the years following that first trip to Nepal, family members decided to once again travel to Nepal and to raise money for education projects. Through donations, sales of toques made by a group of young Castle skiers and support from many individuals in the Castle community, over \$5000 was raised. These were sufficient funds to provide desks and benches to be delivered to a remote mountain village, and supply over a hundred students with much needed supplies.

Following the success of that trip, a decision was made to form a Not For Profit organization in order to formalize the fundraising efforts. Thus, UpHill Both Ways Education and Relief Fund (UBW) was established. This organization started importing Nepalese handicrafts and for several years held annual pre-Christmas sales in Lethbridge, Calgary, Edmonton and Castle, which raised the

majority of the funds to support new and expanded projects. In addition, UBW was successful in partnering with the Rotary Club of Lethbridge and the Rotary Foundation, the University of Lethbridge, the Province of Alberta and the Government of Canada to receive funding for several of their major projects.

In 2010, the first construction project was undertaken, which was a two classroom addition to a school in the village of Buddheshwari. That project was followed by a 6 classroom school in the village of Janaluhar, which included desks, school supplies and 3 years of salaries for additional teachers. In 2014, UBW assisted with funding of 6 communities to undertake a micro hydroelectric project which brought reliable power to 240 households in the Ghandruk district.

Following the 2015 earthquake, which devastated many areas of Nepal, UBW was successful in delivering over \$14,000 in food supplies into the epicenter of the earthquake's most devastated areas. These immediate relief efforts were followed by the construction of an 8 classroom school, replacing one which had been destroyed in the earthquake.

In between these major construction projects, the organization has continued to support communities by funding medical outreach camps and supplying educational materials, women's basic first aid training, and access to medical supplies and equipment. The most recent project has been a partnership to fund a Covid-19 Isolation ward at a maternity and pediatric hospital in Bhaktapur. Throughout these projects, the family has been able to keep the administrative costs to a minimum

by volunteering their time and covering their own costs on the many visits to Nepal. They thank the residents of Castle Mountain Resort and Southern Alberta who have supported their projects and have travelled with them to Nepal to experience the beauty and magic of this spectacular mountain landscape.

YES YOU CAN



Pick up garbage bags at the Wee Library located on Alpenland's deck, collect litter and weeds, deposit full bags in the dumpster



Clear all oxeye daisies and other noxious weeds off your properties (they may look pretty, but they have devastating effects)



Use the large dumpsters, not the public garbage bins for unwanted items around your home



Donate usable items to the Pincher Creek Emergency Shelter, the Thrift Store in Coleman (Bagatelle), or the Family Resource Centre in Blairmore



Thoughtfully pick out a toy or book and put in the Wee Children's Library (at the playground) for the children to enjoy



Rake your lawn of debris and pine needles to encourage fresh growing grass.



Post some photos in Social Media & tag: @castlemountaincommunity Share your good work & encourage others.

MOUNTAIN MOMENTS OF THE PAST

The following excerpts are from Kenworthy S (2014), *The History of West Castle to Castle Mountain Resort 1965-2007*, Pg 29. **Castle Mountain Community Association**

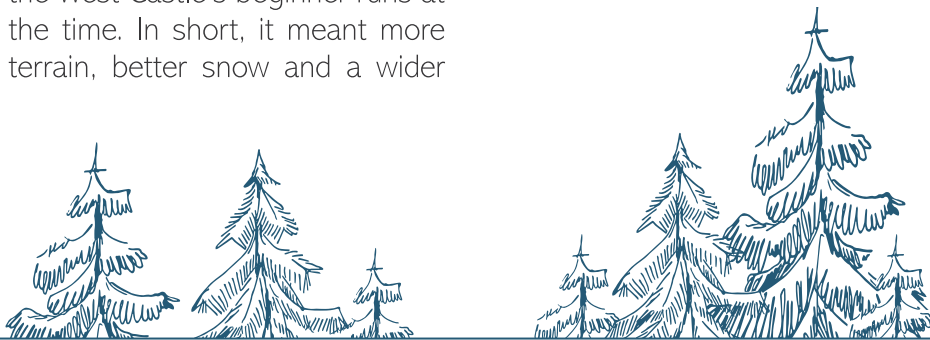
After the first two seasons of operation (1965-66), West Castle had a completed daylodge and the three lower lifts were in place and operating. While not on completely stable financial ground, the resort appeared to be on its way to becoming a viable, even profitable operation.

The next move Paul Klaas made - installing a T-Bar to the top of the mountain - was something he had promised from the very beginning... For skiing reasons, the decision to go higher was obvious. From the unloading area of #3 T-Bar skiers could see the top of the mountain but could only get there by hiking. The upper terrain was also laden with deep snow and relatively easy, wide open terrain meaning beginners wouldn't be relegated to the lower areas of the mountain or struggling down from the top of #3 T-Bar on the collection of narrow summer roads and switch-backs that constituted much of the West Castle's beginner runs at the time. In short, it meant more terrain, better snow and a wider

range of skiing for all ability levels... and in the summer of 1967 the installation of Lift #4 to the top of the mountain began.

The upper T-Bar's path roughly followed the run that is today known as Bandito. The loading area was positioned in the bottom of what is known by many as "Jumper's Bowl", located north of the current base of the Red chair, and ended just above the Skyline Traverse. Today, the lift line for the upper T-Bar is still visible through the trees to the south of Bandito and cement pilings from the top station are still in place just above the entrance to Bandito off the Skyline Traverse. The clearing and leftover cement at the top of Lift #4 are now used for the communication towers and patrol toboggan storage.

"Lift #4 was a dream for us," said David Balfour, one of the few experienced skiers in the area at the time. "We would pack a lunch, go up first thing in the morning and stay up there all day, then ski down in the spring slush sunburnt at the end of the day."



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President: Kevin Finn	Treasurer: Glenn Downey	Director: Caralee Marriott
Vice-President: Julie Heinrich	Director: Glenn Armstrong	Director: Fraser Stewart
Secretary: Tara Garratt	Director: Judy Clark	Director: Ray Bussey

Looking for a challenge while supporting the community at Castle Mountain?

Castle Mtn Community Assoc. is looking for new members to serve on its Board. CMCA is involved with shaping how we can improve the quality of experience for residents & visitors. You can help shape the future for the community while having a bit of fun along the way.

Contact Glenn Armstrong at armstrong.gs@gmail.com or Kevin Finn at kvn.finn@gmail.com

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If you love Castle, The Lifeline keeps you up to date with what's going on here.

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LOOK FOR THE
FALL EDITION
SEPTEMBER 3RD 2021

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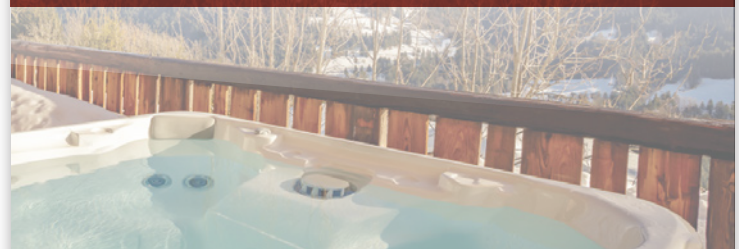
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