



PHOTO BY KATHERINE SELESKI

RIVERKEEPERS OF THE SOUTH

By Andy Cotter | @slowwaterdrifting

What is a Riverkeeper? In a nutshell, it is a person or group who provides leadership and inspiration to protect, promote and improve a river's ecological health and future. I have been thinking about this topic all summer while meandering along our delicate southern headwaters. A river means something different to everyone. For some it's recreational, others it's their lifeblood. Wherever you fall one thing is for sure, if you want it to stay pristine for years to come there has to be a long-term vision in order to make that happen.

This summer I witnessed it all in Castle Wildlands Provincial Park.



PHOTO BY ANDY COTTER

The good, the bad & the ugly. Like Clint Eastwood rolling into a deserted town, my eyes were never just looking for fish, but also things that could jeopardize our beloved park. You see, it's easy to take for granted, but as some old timers will tell you "the fishin' ain't what it used to be, son".

With so much added fishing & other pressures on our rivers these days, it's important to realize that things can easily go from 'good to bad' with a flip of Clint Eastwood's half smoked dry cured cigar.

So next time you're on the river, be a riverkeeper! Here are four tips:

1. **Know the Regulations for the section of river you're fishing**-different sections have different regulations!
2. **Report a Poacher**-Our Fish and Wildlife officers need our help just as much as we need theirs.
3. **Leave no trace**-Always pack out what you pack in and keep an eye out for other garbage you might find
4. **Treat the river and fish with respect**-Carry a net, keep 'em wet and use single barbless hooks. That way you can catch the same fish year after year and ensure they get older...and bigger!

CALENDAR OF EVENTS

SEPTEMBER

Drifter Day	11
Community Trail Work	
Haig Lake High Country Experience	12
Castle Alpine Trail Race	25

OCTOBER

CMCA AGM 10:00 Main Lodge	2
CMR AGM 2:00 Main Lodge	
Medicine Hat Ski Swap	15-16
Uplift Adventures Navigation Courses	15-17
Edmonton Ski Show	16-17
Uplift Adventures Navigation Courses	22-24
Calgary Ski Sale	

NOVEMBER

CNP Ski Swap	5-6
Lethbridge Ski Swap	12-13
T-Bar Opening	26-28

DECEMBER

Winter 21/22 Opening Day	3
--------------------------	---

Report a Poacher:

1-800- 642-3800

Alberta Fishing Regulations:

www.albertaregulations.ca/fishingregs

CMCA PRESIDENT'S LETTER · FOSTERING COMMUNITY

By Kevin Finn, President, Castle Mountain Community Association

Well, this has been a summer to remember. Hot, dry, smokey and too much Covid. But whenever I was at Castle it was just a bit cooler, more humid, a bit clearer and, thank god, still no Covid!

CMCA will be holding its 2020-21 Annual General Meeting on October 2 at 10:00 AM in the West-castle Room of the daylodge. This is the same day as CMR'S AGM. The information package will be emailed to members in early September with all the information you will need to attend in person or electronically. I urge all members to mark it in your calendar and try to attend. If not, please send your proxy.

CMCA is an active Community

Association, dedicated to fostering a safe, sustainable, family oriented community in our amazing alpine setting. We actively support things that bring the community together like potluck dinners and village cleanups; that make the community safer like Fire Smart and accessible defibrillators; that make the place more fun like the trail network and playground; and we contribute to many things that make our community work better like the parking plan, water conservation plan, business plan and potential micro-grid project.

Membership in CMCA is open to everyone who loves to be at Castle, and I invite all of our new residents to join (which you can

do at our AGM or by emailing us). It's a great way to meet your neighbours and to use your energy, enthusiasm and ideas for making the place we love even better.

At our AGM we will be electing four new directors for two year terms. So, if you have a vision of what Castle could be and want to work with a pretty relaxed Board to make it happen, send a short email to us at:

castlemountaincommunity@gmail.com or just come to the meeting and we will ensure you are nominated.

See you all at Castle.

CMR BOARD UPDATE · SO MUCH GOING ON

By Brian McGurk, Chair, CMR Board of Directors

If you were paying attention to CMR's FB feed in the middle of August, you will have seen the first dusting of snow on the mountain tops - enough to cover the work in progress at the top of Red. Like all skiers, the Board is excited for another ski season and appreciates the hard work of our maintenance team, brushing crews & inside operations staff ensuring we are ready for the 2021/22 winter season.

Snowmaking continues to be a priority for the team, and we are investing another \$1.5 million into snowmaking infrastructure this off season to continue to provide certainty of season for our community and pass holders. See an update on all capital expenditures at: www.skicastle.ca/castle-announces-capital-funding-projects

We are well into the Business Planning process with BDC and expect we will have our Business Plan available following the AGM, as well as updated information on Maintenance Fees & water costs prior to the end of December. As we kick off our 2021/22 operational season we have undertaken a study to replace our on-mountain diesel power generation with a new source of electricity to power our expanding infrastructure and reduce our carbon footprint. We will update the community and shareholders as we progress on this initiative in the coming months. In the month of July, the Board & Management Team hosted back to back meetings with senior management of Travel Alberta & then Minister Nixon & operational leaders

of Alberta Environment & Parks. We took the opportunity to showcase the alignment between CMR's plans & the Travel Alberta Bootstrap Plan & 2021-2024 Ministry of Environment and Parks Strategic Plan. The Board & Management were pleased with the commitment from all parties & expect further consultation to ensure alignment with the Park Plans as we continue work toward sustainability of our operations.

CMR is hiring! If you or anyone you know would like to work at Castle this season, check out our employment opportunities at:


www.skicastle.ca/we-are-hiring

On behalf of the Board, thank you for your continued support and we look forward to seeing everyone in the fall at the AGM.

YOGA ON · YOGA FOR SLEEP

By Julie Heinrich, RMT

Now that life is getting back to normal, it is speeding up and rest is once again becoming scarce. Sound sleep seems to be even more challenging to accomplish with our minds whirring over this upcoming ski season's stoke. Maybe it's just like a good start to a ski season... maybe it's all about pre-game. Pre-sleep yoga -- if I've lost you already, please let me rein you back in. I'm not talking about adding another cardio session to the end of your day when your cup is empty and your eyelids are heavy. Just the opposite.

Carve out five or ten minutes, this is all it takes to make a  difference to your sleep hygiene.

Lay on your back with your legs vertical against the wall and mentally wrap up your day. Stretch tight spots so they don't affect what position your body needs once you are asleep and no longer consciously choosing your body's posture. Take some deep breaths with long exhales, and close the book on today's page.

RESPOND TO OUR SURVEY

So we can find out what you feel is important in our Community:

www.surveymonkey.com/results/SM-CTXTRHSD9

YES YOU CAN



Borrow golf discs from the T-Bar. Deposit of \$20 required.



Put up Christmas lights but buy WARM coloured lights and put them on timers



Pick up FREE Dog Poop bags at all Trash Containers



Participate in creating Community ideas by attending the upcoming CMCA meeting.



Stack your cans & bottles at the back of the Recycling Shed. It allows SO much more to be loaded into it.



Walk to the playground instead of driving. This reduces the number of vehicles in this child-friendly area.

A BIG THANK YOU

From CMR to all Huckleberry Fest Volunteers! This was one of our best Festivals and the Volunteers were integral to it's success.

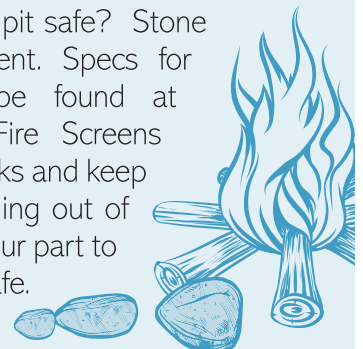


PHOTO BY SHOOTING THE BREEZE

FIRES ON OUR TURF

Are you ready for Fall's cool evenings? Despite the fire ban being lifted we urge all residents to recognize that prevention is critical in our area. Response time is 40 minutes from the Beaver Mines Volunteer Department. In addition, please recognize potential fire hazards: dry grass & leaves, dead bushes, low hanging branches, wood stacks. Is your water hose ready & visible to others for action if needed nearby? Fire extinguisher updated? Chimney cleaned?

Importantly, is your fire pit safe? Stone Circles are not sufficient. Specs for proper firepits can be found at www.pincherfire.com. Fire Screens on top arrest flying sparks and keep burning debris from falling out of the fire pit. Please do your part to keep our Community safe.



WORK BOOTS FOR ALL SEASONS

By Graham Czebere

In different seasons, I transition between Ski Patroller and Playground Installer. I trade in a patrol jacket for a plethora of old (and maybe a bit musty) t-shirts, my helmet for a hat, but most importantly a pair of Technica boots for a pair of Dakotas... I trade one pair of work boots for another!

For most readers, ski boots are solely utilized for recreation, however, for Ski Patrollers they end up being predominantly a work boot. Once I came to this realization I started to compare my winter work boots to my summer work boots to see which performs better at aspects of each job. One of the big perks of my summer

work boot, is the fact I can drive in them. I lived 300 metres from the Day Lodge at Castle Mountain this previous winter, and I still wouldn't risk driving to and from work in ski boots!

After sloshing through several muddy puddles this spring, I realized that my winter work boots are better when it comes to keeping my socks dry. This is greatly appreciated, especially during those sweaty spring laps, as I don't need any additional moisture in my boots!

Despite having a Michelin rubber base on my winter boots, I have still nearly slipped several times, when I end up placing a bit too

much weight on the frictionless external plastic. This isn't so with my tarantula grip summer boots. I've been assured no tarantulas were harmed in the making of the footwear.

Ultimately, footwear is crucial in the success of both Ski Patrollers & Playground Installers. Without good work boots, avalanches would remain un-skicut and monkey bars would remain un-assembled. Fortunately, that's not the case, thanks to the inventors of work boots for all seasons!



CASTLE ALPINE RACE

Sept 25th- 28k Solo or Relay

Castle Alpine Trail (CAT) Race combines wide open vistas, rugged single track, off-trail running, and so much delicious climbing. While it isn't an extraordinarily long race distance-wise, CAT is like a schoolyard bully - it's going to rough you up and doesn't relent the whole day.

This is a classic trail run covering two mountain summits and one of the most serene alpine valleys in the region. Each stage starts and ends at Castle Mountain Resort. Being that it is September, you can expect a chance of snow and definitely a bone-chilling wind at the top of the mountain, or it can be hot... so bring all the gear!

For more information contact:
www.sinistersports.ca



WESTCASTLE SKI CLUB: Looking forward to Races

By Kari Grandoni



PHOTO BY MOUNTAIN DRIFT PHOTOGRAPHY

Westcastle Ski Club is proud to call CMR home. Community means everything to a small club with a lot of heart. Skiing strong since 1984, we offer programs to youth from 5 to 17 years of age. Maintaining smaller coach to athlete ratios, we are able to work with athletes on building a solid foundation in controlled conditions, which gives them the skills to ski any terrain.

While it felt amazing just to be back on snow last season, WSC is

looking forward to that and a busier 2021-22 year. The entire club can't wait for racing events to return to Castle Mountain. While having the home hill advantage is always special, Westcastle Kids have the most fun taking visiting athletes for fun runs up on Red!

Follow us on Facebook and stay tuned for 2021-2022 season registration, opening some time in September.

See: www.westcastle.org

CASTLE MOUNTAIN FREESTYLE SKI CLUB A place for everyone

By Greg Stamp

The Castle Mountain Freestyle Ski Club is looking forward to the 2021/22 ski season. Our 20/21 training season was very successful in terms of gains for the athletes. Many hours were spent building the mogul course and moving snow to build the jumps at the air site – you may have noticed the big red bag when it was blown up, which helped to enhance the training of our athletes.

Special thanks to those who helped to keep the airbag cleaned off and to build the mogul course and jumps. Also, special thanks to CMR for the park. The combination of small rails and boxes, as well as the larger features, was a perfect fit for learning, and a place for the athletes to test their skills.

We are excited for another season of sliding rails & boxes, learning how to charge through the

moguls and learning tricks with a safe landing on the airbag. Watch for our Castle Mountain Freestyle athletes on the hill, wearing their navy blue jackets and snow pants with the colourful patches!

Join Castle Freestyle in one of our four programs – FUNdamentalz, Freestyler, Competitive Freestyle, and All Mountain. There will be a Christmas Camp December 29th

and 30th, with regular Saturday training starting on January 8th, 2022. Alberta Freestyle will release the competition schedule in November after their AGM on October 20.

Registration opens on November 1, 2021. For more information about our programs, check us out on instagram, facebook, twitter or www.castlefreestyle.ca

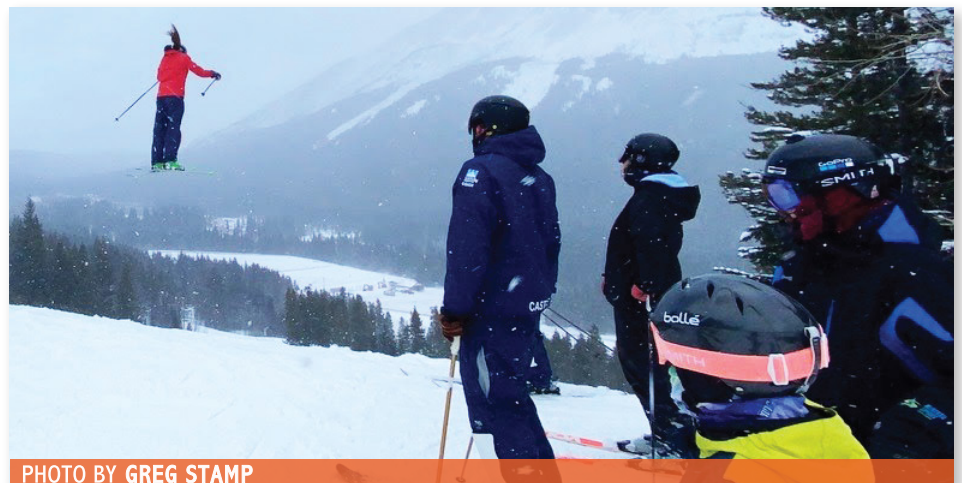


PHOTO BY GREG STAMP

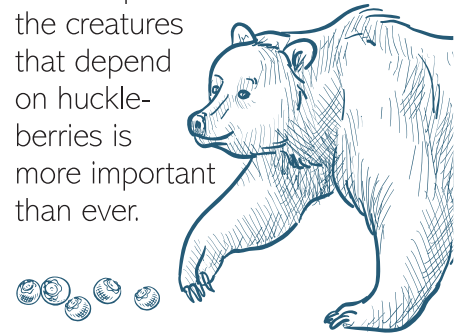
BERRY DROUGHTS & BEAR TROUBLES

By Claire Clarkson

Many of us are all too aware of the heavy heat and intense smoke that weighed on western Canada throughout most of the summer. As expected, the abnormally hot weather has taken a toll on wild vegetation including the Castle Mountain crowd favorite: the huckleberry. Research put together by the BC Forest Science program suggests that droughts & wildfires significantly impact fruit production and often impact yields in future years. Unfortunately, droughts mean fewer huckleberries will be available for the bears & foragers alike.

In the late summer, huckleberries are considered one of the main sources of food for grizzly bears as they often need up to a startling 30-60 pounds of berries per day, to prepare for a long winter. Researchers at the University of Washington, found in a 2019 study in Glacier National Park, that grizzly bears unsurprisingly follow huckleberries. Therefore, as the huckleberry distribution shifts, making them more challenging to find, there is an increased chance of human wildlife conflict as bears may move closer to urban areas to source food.

Picking huckleberries has been a long-standing tradition at Castle, which has been done in balance with the wildlife. Moving forward, as the summers are getting hotter & the droughts longer, continuing to navigate the berry patch with care, respect & consideration for the creatures that depend on huckleberries is more important than ever.



Providing the Knowledge, Selection, and Service this Fall for you and the family

New 2022 Winter Gear & Apparel arriving daily

Find Outerwear, Kids Apparel, Bikes, and more! Shop in-store and online at ALPENLAND.CA

Alpenland
SKI & CYCLE

LETHBRIDGE 403.329.6099
BLAIRMORE 403.753.5052

VISIT WWW.ALPENLAND.CA

THE OUTLANDER

A Novel about Frank & Area

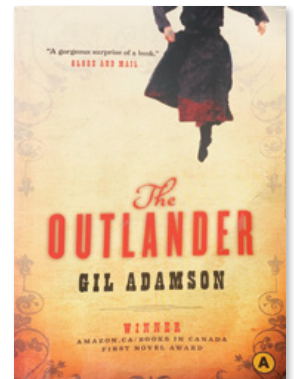
Reviewed By Caralee Marriott

"The Outlander" by Gil Adamson is set on our home turf! It was wonderful to read a book that depicts the history of the Eastern Slopes of Alberta.

(Note: This is NOT Diana Gabaldon's historical fantasy Outlander, set in the Scottish highlands.)

The story opens at the turn of the 20th Century when accused spousal murderer Mary Boulton frantically departs her pioneer life & wanders the Crowsnest Pass searching for refuge from the relentless pursuit of her in-laws. Encountering many striking characters in the area, with assorted colourful pasts, Mary struggles through a host of rigorous challenges. It's a story that clearly shows how mental health is impacted by the physical challenges of living in the area at that time, and the harshness of living in the wilds, including the massive rock slide that hit the town of Frank in 1903.

It was the winner of the amazon.ca First Novel Award in Canada and was reviewed by the Globe & Mail as "A gorgeous surprise of a book". Quite a few of us here at Castle have read it & loved it. We highly recommend it.



MOUNTAIN MOMENTS OF THE PAST: Word Travelled Fast

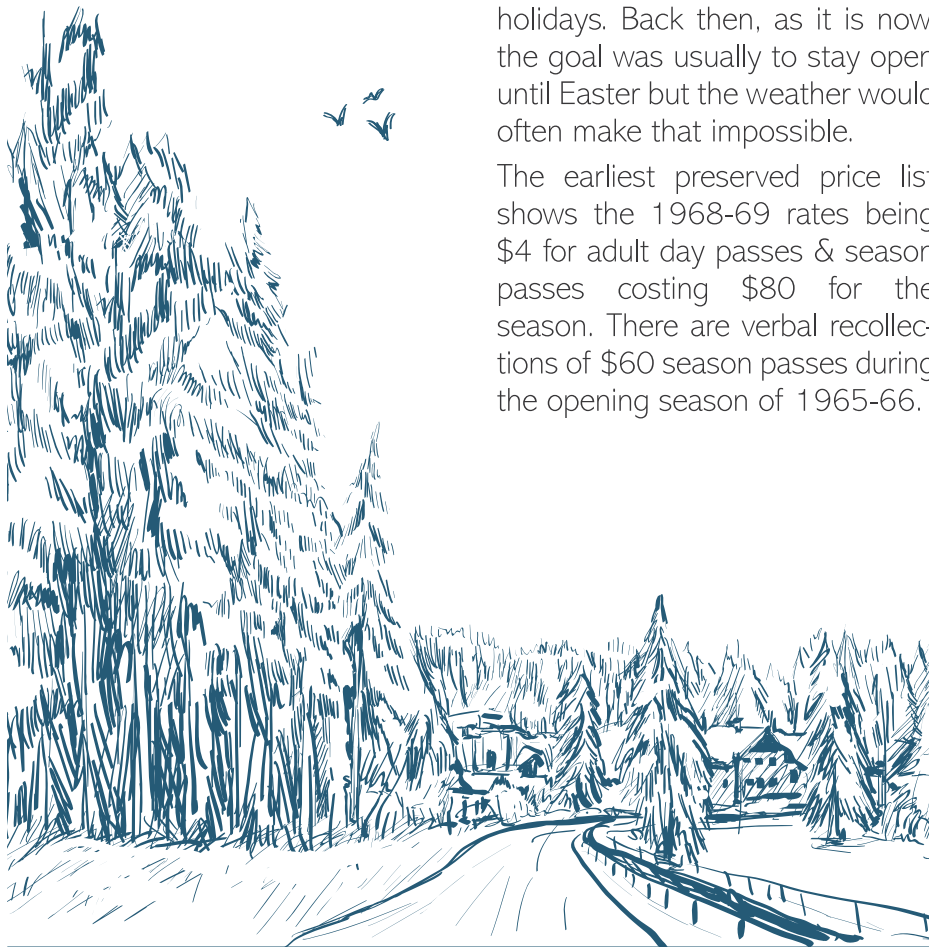
The following excerpts are from Kenworthy S (2014), *The History of West Castle to Castle Mountain Resort 1965-2007*, Pg 26. Castle Mountain Community Association

Once the hill was open and the conditions were good, word about West Castle began to spread among ski bums from outside Southern Alberta as well. Richard Mamini, a ski instructor from Banff at the time, was here for

West Castle's first year of operation. He was so impressed by the skiing that he moved down to the area the next season and joined the ski school. He recalls the run the Burn in the first year having "these soft moguls, perfect moguls. It was just awesome."

The lifts would run Wednesdays, Saturdays and Sundays (weather permitting) with every day operation over the Christmas & Easter holidays. Back then, as it is now, the goal was usually to stay open until Easter but the weather would often make that impossible.

The earliest preserved price list shows the 1968-69 rates being \$4 for adult day passes & season passes costing \$80 for the season. There are verbal recollections of \$60 season passes during the opening season of 1965-66.



CMCA BOARD OF DIRECTORS:

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

PLEASE
Close the dumpster lids!
The wind & the birds
quickly throw garbage
around our Resort.

STAY IN THE S'KNOW

If you love Castle, The Liftline keeps you up to date with what's going on here. Send your name and email to: castlemountaincommunity@gmail.com and receive a digital copy of all Liftline editions. Also consider becoming a CMCA member.

**LOOK FOR THE
WINTER EDITION
DECEMBER 4TH 2021**

Interested in being a contributor or advertiser?

Please contact:
cmcaliftline@gmail.com

Submission deadline:
Friday November 19th, 2021

Publisher & Production Manager:
Caralee Marriott

Editors: Carolyn Armstrong,
Michele Fraser, Karen Perry

Graphic Designer: Marisol Naranjo

PLEASE
Don't drive on any grass,
new or old! We want
Castle to be GREEN.

NEW PHYSIOTHERAPY CLINIC IN PINCHER CREEK!

Peak to Prairie Physiotherapy

With Kelda Lundmark, Physiotherapist, MScPT

- trigger point dry needling/IMS
- pelvic floor physiotherapy
- virtual and in-person visits
- direct-billing to insurance/benefits

CALL OR BOOK ONLINE TODAY!
(587)-801-1990
www.peaktoprairiept.com
On social media @peaktoprairiept

602 1ST AVENUE, BEAVER MINES



**MINER'S
MERCANTILE & BAKERY**

DELI - CAFE
BAKERY
CONVENIENCE
LIQUOR

GAS & DIESEL
WILDERNESS SUPPLY
FIREWOOD
PROPANE EXCHANGE

VISIT MINERSMERCANTILE.CA
FOR SEASONAL STORE HOURS AND MENU

BREWERY & TAPROOM



**OLDMAN
RIVER
BREWING**

LUNDBRECK, ALBERTA
403.751.0017

Monday-Wednesday 12 - 8pm
Thursday - Sunday 11am-10pm

WWW.OLDMANRIVERBREWING.COM



**CASTLE
Accommodations**
— Est. 2004 —

HOMES, HOTEL & HOSTEL
www.staycastle.ca

 info@staycastle.ca  403-627-5121



**BASECAMP
Snack Shack**
— Est. 2009 —

NEW IN 2020/21!

Try our Grab-and-Go eats from
the Basecamp Snack Shack



the co-operators®
A better Place For You

Kenton Farrow - Financial Advisor/Owner
Farrow Insurance & Investments Inc.

**HOME • AUTO • LIFE • COMMERCIAL
INVESTMENTS • FARM • TRAVEL**

**LOOKING FORWARD TO SERVING
CASTLE MOUNTAIN SUPPORTERS**


1300 Hewetson Ave, Pincher
Creek, AB T0K 1W0

Tel: 403-627-4211 | Fax: 403-627-4590
kenton_farrow@cooperators.ca




Arctic Spas
LETHBRIDGE

- Replace new water jets •
- Replace your damaged tub cover •
- (custom or stock sizes) •

Buy your Alberta-made Hot Tub here...

WE SERVICE CASTLE MOUNTAIN RESORT REGULARLY



 sales@energysmartcanada.com  (403) 327 4129  2825B 2nd Ave. s
(Crownsnest trail)
Lethbridge, Alberta T1J 0G8

 www.articspaslethbridge.ca  (403) 380 4745

CMCA Annual Membership Form – 2021/22



CMCA memberships are **\$20 per year, per adult**, due at the time of application/renewal. Membership is **open to all Castle residents and others with strong CMR connections**, age 18 or older. CMCA initiates and develops many projects in our community. We appreciate your membership, and your financial and volunteer support. Primary method of communication is by email. **Please email a copy/photo of your completed form, or any questions/comments, to CastleMountainCommunity@gmail.com, and eTransfer your fees and donations to treasurerCMCA@gmail.com indicating in the Notes section the name of the members your payment is covering.**

Your Name(s) & Contact Information (Please list all adults whose fees you are paying. Use back of page as needed.)

Surname	First Name	Email Address	Cell Ph #	Home Ph #	Home Location*

**Eg Home Location: Castle, Pincher Creek, CNP, Lethbridge, Calgary ... Knowing members' home locations can be useful in representing CMCA to governments.*

Your Total Annual Fees due: \$20 x #adults listed, ___ = \$ _____ **Payment Method:** Cash ___ Cheque ___ eTransfer ___ **Mail Address** Box 455 Pincher Creek T0K1W0

Your Connection(s) to CMCA (check/describe all that apply)

- Have a residence at Castle**** Cabin, suite or RV address: _____ Local ph# _____
- Work for Castle Mountain Resort (CMR)**
- Hold, or will hold, a 20/21 CMR season's pass** (Note: this, by itself, is a non-voting membership category)
- Other** (also, by itself, a non-voting membership category), please describe: _____

BACKGROUND INFORMATION (Optional)

Are you joining CMCA for the first-time ___ **OR** **renewing your membership** ___? *If renewing, in what year did you first join CMCA?* _____ (approx.)

Do you have family under age 18 who regularly join you at Castle? Yes ___ No ___ *If yes, please list their ages:* _____
(Knowing this can help us improve planning of age-appropriate and inclusive events.)

In the past few years, have you:

- Done volunteer work with CMCA? If so, THANK YOU, & please describe briefly:
- Made material donations to CMCA (eg, silent auction items)? If so, again, THANK YOU, & please describe briefly:
- Made financial donations to CMCA? If so, again, THANK YOU, & please describe briefly:

This year, are you potentially interested in:

- Doing some volunteer work with CMCA?
- Making some material donation(s) to CMCA?
- Making a financial donation to CMCA? (Note: You may add a donation to your current membership fee payment.)

Thank you very much for expressing interest in any/all of these ways of support! CMCA board members will follow-up with you.

CMCA abides by the Alberta Personal Information Act and shall not sell, barter or lease any of its membership, donor or other lists as per sections 56(1)(iii) and 56(3) of this Act.

<p>** Residents: If CMCA should resume publishing a Residents' Directory, for distribution solely among Castle residents, would you like your information included?</p> <p>Yes ___ No ___ Signature _____ Date _____</p>
