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# Growing an Alberta Brand One Pint at a Time

Some businesses sell a product. The best ones build something people want to return to.

That has always been the bigger vision behind Cowboy Trail Brewery. In a world that moves quickly and constantly chases what's new, the brewery has chosen a different path - one grounded in tradition, consistency, and a deep respect for the province and the communities that shape its identity. Built locally and guided by family leadership, the brand has grown with a hands-on commitment to quality and long-term relationships rather than short-term trends.

From the beginning, Cowboy Trail Brewery was never meant to be just



another name on a shelf. It was built to reflect Alberta's character - honest craftsmanship, balanced flavour, and quality that doesn't need to be overcomplicated to be appreciated. Beers designed to feel familiar in the best way. Approachable. Reliable. Made with care.

This philosophy is gaining real momentum.

Across Alberta, more restaurants, bars, and liquor stores are bringing Cowboy Trail Brewery onto shelves and tap lines. More customers are discovering beers that fit naturally into real moments - after a day outdoors, around a table with friends, or during a quiet evening that calls for something well made and dependable.

Today, Cowboy Trail Brewery is a brand gaining traction through experience. First pours are turning into repeat purchases. Recommendations are being shared. Familiarity is growing. That kind of progress doesn't come from noise or novelty - it comes from consistency, reputation, and a clear sense of purpose.



The long-term vision remains rooted in Bragg Creek while supporting communities across Alberta - not just to sell beer locally, but to stand behind the people, businesses, and events that give each place its strength. Because in this province, the brands that matter most are the ones built patiently and authentically, until they feel like they've always belonged.

That is what Cowboy Trail Brewery is working toward - not just expanding reach, but building something lasting.

Something people keep coming back to.

**Written By: Chloe Traviss,  
Head of Sales and Marketing,  
Cowboy Trail Brewery**

Cowboy Trail Brewery products are proudly available at local establishments in Bragg Creek, including Bragg Creek Distillers, Creekers Liquor, Spirits West, and many restaurants. You can also find us at liquor stores across Alberta such as Co-op, Sobeys, Safeway Liquor, Wine and Beyond, and more.



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## LETTER FROM THE EDITOR

Happy Easter! It's officially spring, regardless of the snow that seems never to stop falling from the sky. As my son complained of the ongoing task of shovelling our driveway, I reminded him that this is a normal Alberta spring. I agree that it's difficult to grow flowers, plant trees, and get started on all the things we associate with spring. An instantaneous transition would be appreciated. Reality is otherwise. Transitions can be slow and frustrating. But there's much to be done in preparation for a new season of life, and if we're too focussed on what's next, we'll miss doing what's needed to be prepared.

I like the analogy of a backpack. If we've been on an expedition, we will have accumulated things associated with our past journey. It's a good idea to fully unpack the contents and take inventory of what we have. As we identify the next journey, these contents can't always get repacked. We can't just add more to the backpack as it will become heavy, cumbersome, and a hindrance to our new journey. Somethings we may have to replace, leave behind, or re-stock supplies. In one sense it's the four

R's of transition. Rest, repair, replenish, and refocus. (Note that I don't know if there's an official "4 R's" of transition – I just thought it sounded cool).

To refocus is something I would like to highlight as our past patterns and values may need adjustment. Our new chapter may need a different approach than we used to have. We may need to adopt a new culture. This will impact my use of time and prioritization of energy. It takes courage to recognize and embrace these changes. Regardless if it's just the natural spring transition, or a seasonal life change, you can enjoy the "in-between" time and be ready for those spring flowers just ready to grow.

I trust you will enjoy this month's paper and stay engaged with your community.

We want to thank the many people who write and contribute the various community updates and articles on a regular basis. As we don't rely on any government funding, your financial support is and has been appreciated in order to provide the not-for-profit organizations an effective means of reaching their community.

*From my family to yours,  
Lowell Harder*



## COVER ARTIST PROFILE

I am a retired Calgary high school teacher, now living in Diamond Valley, who has been bitten hard by the landscape photography bug. As an amateur photographer, I shoot in Alberta during spring, summer and fall, and then in Utah and the American Southwest during the winter. I especially enjoy hiking to unique locations, camera in tow, in search of landscape photo opportunities. I can be reached at my email address ([andrewm.gage@gmail.com](mailto:andrewm.gage@gmail.com)), and would love to meet up with other landscape photographers in the Diamond Valley/ Southern Alberta region. My advice for/to other amateur photographers... "Get out and shoot!"  
-Andrew Gage-

*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.*



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We are turning 40 this year! Did you know the Springbank Heritage Club is not just a place to vote during election time?

Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. We are located at 244168 Range Road 33 and you can find us online at [www.springbankheritageclub.com](http://www.springbankheritageclub.com).

New members are always welcome! Ready to engage in old or new activities and meet some new friends? Each month members enjoy regularly scheduled activities as well as special events and outings – we even have our own bus to shuttle members to these off-site events!

- Mondays for Fitness Class and Pickleball
- Tuesdays for Games/ Pool, Singing, and monthly Potluck
- Wednesdays for Fitness Class, Crafts, and monthly Trivia Night
- Thursdays for Pickleball and Sewing
- Fridays for Fitness Class and monthly Book Club,
- Special events and outings, and more!

The Tuesday morning singing group is looking for more singers to join in the fun! No experience needed. The singing group meets every Tuesday morning from 10:00 – 12:00pm.

Time to register for Spring Senior Fitness classes! Classes are low impact/ co-ed with a variety of exercises to increase muscular strength, range of movement, balance, and activities for daily living. Equipment is provided including weights (3, 5 and 8 lbs.), bands, and balls. Sign-up sheets for the 2026 Spring session are at the Springbank Heritage Club, or send an email plus e-transfer to [springbankhkc@telus.net](mailto:springbankhkc@telus.net) noting “Exercise”; member or non-member, and which days you will be participating. There is no drop in or prorated fees. Fees must be paid before first day of class. Note you are only allowed to attend on the day/days of the week that you sign up for. Classes run for 11 weeks from 9:00am to 10:00am.

Mondays: April 13 - June 29 (no class May 18, Victoria Day)

Wednesdays: April 15 - June 24

Fridays: April 17 - June 26

1 day per week as registered: \$78.00 for members | \$88.00 for non-members

2 days per week as registered: \$156.00 for members | \$176.00 for non-members

3 days per week as registered: \$234.00 for members | \$264.00 for non-members

#### Upcoming Special Activities

- Wednesday, April 8th at 7:00 pm – Trivia/ Name that Tune. Our professional host, Ryan, from “Out of Our Heads Productions”, will entertain us with three rounds of Trivia, and two rounds of Name That Tune. The cost is \$10 per person, payable in cash at the door.

• Thursday, April 9th from 7:00pm to 8:30pm – Pie and Presentation: Cochrane and Area Hospice Society. This will be an informative, engaging discussion about Advanced Care Planning.

• Saturday, May 9th – Rosebud Theatre. Trip to Rosebud, Alberta for a Saturday matinee of “Hurry Hard”, a heartfelt comedy about love on the rocks and overcoming impossible odds. It promises to be a treat for curling fans who also enjoy live theatre.

Ready to join us? You can sign up at the Club or by emailing [springbankhkc@telus.net](mailto:springbankhkc@telus.net)



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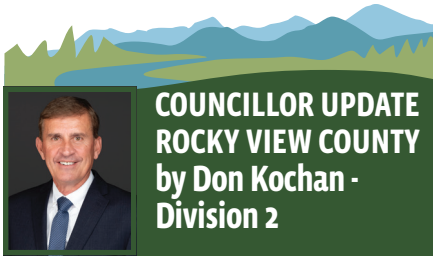
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**COUNCILLOR UPDATE  
ROCKY VIEW COUNTY  
by Don Kochan -  
Division 2**

**RVC Division 2 news items for  
your information:**

**80+ Hockey Hall of Fame** – a well know resident in division 2, Wayne Burwash has been inducted into the 80+ Hockey Hall of Fame. Beyond Wayne’s distinguished career in Veterinary Medicine and Officiating, Wayne has been recognized for his contribution to, and continuation in, senior recreational hockey in the Springbank community. A group of hockey peers from the Springbank Oldtimers and Springbank 55+, have submitted the nomination that outlines how Wayne continues playing hockey into his 80th year, and beyond. Wayne will join a small group of some 500 or so Canadians who have been able to accomplish as much. The induction ceremony was held on March 11th at the SPFAS facility. Congratulations Wayne on such a noteworthy achievement.

**Springbank Transfer Site** - Starting March 1, the following additional disposal programs will be available to County residents at the Springbank transfer site: - Household and bulk waste (fees apply) - Refrigerant and freon appliances (fees apply) - Electronic recycling - Household and automotive battery recycling - Household paint and aerosol paint recycling - Household lightbulbs and residential fluorescent tubes - Propane tanks, 30 lb. and under - Fire extinguishers - Grain bags (must be rolled and secured with twine) - Plastic twine (must be free of debris and in clear bags; bags are available from site staff) - Wire (must be rolled and

free of debris) The following items will not be accepted at the transfer site: - Non-paint related aerosols - Household hazardous waste - Used motor oil, containers and filters (will be included later this year).

**Building Permit Notices** - Rocky View County has updated the way building and subtrade permit expiration notices and closed permits are sent. Previously, when multiple permits within a project shared the same expiry date, you may have received one combined notice or report. With the new automated system, notices and reports will be sent individually for each permit, improving accuracy and ensuring no permit is missed. Click here for more information, and if you have questions regarding these changes, please contact [building@rockyview.ca](mailto:building@rockyview.ca).

**Special Community Support Project Funding** - Non-profit organizations that enhance the social well-being and improve the quality of life of individuals and families

in Rocky View County are encouraged to apply for Special Project Funding.

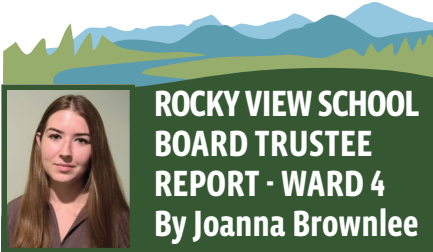
Through the Family and Community Support Services (FCSS) program, organizations can apply for up to \$7,500 for one-time, short-term, or capacity-building projects.

The funding can be used for programs and projects that support families, strengthen connections, build resilience, boost social wellness, and help residents feel supported, connected, and included.

Applications for FCSS Special Project Funding will be reviewed, and funds will be distributed in March and June.

For more information, visit the FCSS Funding webpage, reach out to [fcss@rockyview.ca](mailto:fcss@rockyview.ca), or call 403-230-1401.

*Don Kochan  
Division 2 Councillor  
kochandiv2@gmail.com*



**ROCKY VIEW SCHOOL  
BOARD TRUSTEE  
REPORT - WARD 4  
By Joanna Brownlee**

Rocky View staff and students alike have been hard at work as our second semester reaches its halfway point. I want to thank all of our families and staff for all the volunteering and time spent on running programs, supervision and all the many more things that could not happen without the willingness and care of our community.

The RVS board and superintendent has been busy making their way all around Rocky View, getting to know each of our 53 schools and their staff. Every school has their own unique culture and it is incredible to see how administration continues to find innovative ways to improve their schools each year.

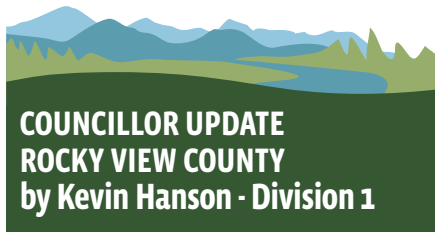
The board has also made a decision regarding Chestermere's Christian program. Due to the lack of new enrolment in the program, and the schools growing populations, the decision was made that the program was no longer sustainable, and to eliminate the Chestermere Christian Program beginning for the 2026-2027 school year and beyond.

This will be beneficial for the schools in Chestermere, where the program was occupying classrooms that would have otherwise been very needed in a school of over 110% capacity.

On March 5th at Cochrane's Bow Valley High School, premier Danielle Smith announced that RVS would be receiving design funding for a new high school in Cochrane as part of the 2026 Budget. The capacity for this school is set to be 1525 students making it the largest high school in Cochrane. The school will be built on land adjacent to the future Horse Creek Sports Park, located just north of the community of Heritage Hills. This milestone was also made possible through strong collaboration and partnership with the Town of Cochrane to secure and prepare the site. Once built, the high school will offer career-focused learning spaces, modern environments and advanced technologies within a facility intentionally designed to meet the education needs of students today and into the future.

Rvs is also pleased to announce the results of the 4 engagements done throughout RVS regarding the switch to full day kindergarten was accounted. 3 schools in Rocky View are going to transition from a half day to a full day kindergarten program beginning September of the 26/27 school year, these schools include RanchView

School, Prairie Waters Elementary School, and Fireside School. At each of these 3 schools, over 80% of parents votes "yes" to the proposed shift. If there is sufficient interest, any school is eligible to make the shift. Should you have a desire



**COUNCILLOR UPDATE  
ROCKY VIEW COUNTY  
by Kevin Hanson - Division 1**

**Quick Bits**

I cannot talk about it in any detail, but just to inform Division 1 residents that Westridge Utilities Inc., a private water utility company operating in the Springbank and Elbow Valley areas is involved in several legal proceedings within the Alberta Court of King's Bench. This includes challenging the recent enforcement order by the County and Westridge's unsuccessful Enforcement Appeal Board application regarding the maintenance, testing, and inspection of fire hydrants in the Swift Creek Estates subdivision. More information is easily available in the public domain.

**Inter-Municipal Regional Pathways**

I recently attended an intermunicipal committee meeting with Staff and Councillors from both Rocky View and Calgary. The high-level talks included a discussion of intermunicipal regional pathways. This included connecting Airdrie to Calgary along Nose Creek, and I provided background and context for the Griffin Woods to Clearwater Park connection along and over the Elbow River. Currently there is a notice of motion in front of Calgary Council, with sponsoring Member(s) of Council: Councillor Andrew Yule, Mayor Jeromy Farkas, and Councillor DJ Kelly, scheduled for debate

on March 31st. The motion seeks to work with the new "Regional Table" (partner municipalities) and requires a scoping report and recommendations by Q3 2026. Rocky View County participates in this new Regional Table. The end goal is that by working jointly with neighbouring municipalities, it is easier to attract Federal and Provincial funding for such regional infrastructure.

**Bragg Creek FireSmart**

The committee met March 9th, and there were a number of what I would call "good news" topics covered. This included updates that Council approved an application to seek Provincial grant funding for a study for a potential Fire Guard for the community of Bragg Creek. The agenda and minutes of the meeting should be on the RVC website shortly, in the "Meetings and Hearings" area.

Bookmark your calendars, there will be a FireSmart Community Education Event the evening of April 22nd at the BCCA Community Centre. More details will be available on the RVC and BCCA websites, closer to the meeting date, but should include:

- Presentation of the newly updated Bragg Creek Wildland Fire Mitigation Strategy by forestry management professional Josh Hoddinott.

- Updates on current and upcoming vegetation management projects, Mr. Hoddinott and Steve Hulsman, RVC
- FireSmart practices for local homeowners – John Morris (level 1 FireSmart certified and has completed FireSmart inspections in the community)
- Emergency Management and evacuation planning for Bragg Creek, including emergency alerts via Safe & Sound – Pauli Kruger, RVC

**Rocky View Foundation Land Use and Master Site Development Plan**

At the March 24th Council Meeting, Council unanimously voted to adopt the "Bragg Creek Affordable Independent Seniors Villa Master Site Development Plan" which provides a policy framework to guide senior housing development within the Bragg Creek Hamlet, and to amend the Greater Bragg Creek Area Structure Plan to include the proposed Master Site Development Plan, which makes it a statutory document.



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Council also unanimously approved Rocky View Foundation's application to redesignate the subject land from Commercial, Local Urban District (C-LUD) to Residential, Multi-Residential Urban District (R-MRU), in order to facilitate the development of a senior housing project comprising a maximum of 32 dwelling units.

The foundation's next steps are to seek additional grant funding to move towards final designs for the site, now that the project is closer to shovel-ready. The foundation promised to continue to engage with residents as the project moves forward. The hearing is available on the

website, for those that wish to watch the 2+ hour proceedings.

**2026 Capital Budget Still Work in Progress**

Council is still work-shopping with Staff to understand in detail what we need to juggle for short-, mid-, and long-term capital needs for Fire, Recreation, existing Asset Management, and new Infrastructure commitments. As I have mentioned before, Rocky View is at an inflection point, and this is a super-tough decision that Council will need to make as budget is finalized later this spring.

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## MLA UPDATE - BANFF/KANANSKIS By Sarah Elmeligi

With April underway, it finally feels like spring is here. Whether you're making the most of the last few weeks on the slopes or eagerly awaiting warmer weather, I hope this new season is off to a great start for you. March is budget month and as such was very busy for me! In between getting used to the regular drive back to Edmonton, I was madly reviewing the budget documents and preparing for bill debate. As the Shadow Minister for Environment and Protected Areas and the MLA, I spent quite a bit of time meeting with stakeholders, Municipal elected officials, and many residents at MLA on Tour events to ascertain how your priorities were Budget 2026.

### Budget 2026

There were many troubling aspects of the budget, particularly a \$9.4 billion deficit, which risks making Albertan's lives

even more unaffordable, from increased property taxes to more fees for small businesses. The current government has somehow managed to waste a boom during the boom and the budget was full of disappointments. Urging the government to put resources where they matter most – into our healthcare system, education, and solutions that enhance the health of ecosystems and headwaters while also ensuring high-paying jobs – is central to my role as a member of the opposition.

### Environment and Protected Areas Budget 2026

The budget for Environment and Protected Areas sustained an \$80 Million cut this year, which I found very concerning. In a year of record revenue and record government spending, the government chose to cut programs that serve as the foundation of our economy, culture, and way of life. We are reliant on a healthy environment for all things – clean air, clean water, biodiversity, industry, recreation, and more. The consequence of these cuts can be far reaching. In budget estimates, I asked about programs that restore wetlands that make our communities resilient to food and drought, land stewardship programs

that protect our grazing lands for ranching, and caribou recovery. I asked about how the government is partnering with First Nations to integrate their wisdom into land use planning and cumulative effects management.

This reduction affects several programs that make a big difference on the ground that often have a return of investment magnitudes greater than the funding. If we let nature do the work for us, we can literally save Albertans billions over the long term. I was disappointed that the Minister couldn't answer the questions I posed and appeared to lack the understanding of how we can work with the environment to enhance our economic success.

In the legislature, I will continue pushing for answers on what's on the chopping block: Which programs are being affected? When will these cuts take place? And what plans are in place to fill the gaps they leave behind?

### Headwaters Protection

Protecting our headwaters remains one of my top priorities. These waterways are the starting point for the clean water our



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BEFORE



AFTER

communities, farmers, and wildlife rely on every day. Ensuring responsible water licensing, safeguarding wetlands, and incorporating nature-based solutions are all central to keeping our watersheds healthy for the long term.

In legislature, I have continued to raise questions around coal-related proposals on the eastern slopes. Many of you have told me how worried you are about the risk of contamination — especially selenium — entering our waterways. I share that concern deeply. Our communities and our wildlife deserve and need clean, safe water. We must take every necessary step to protect our most precious resource.

**Land Use Planning and the All-Seasons Resorts Act**

This past month, the government demonstrated its intention to expedite development and land-use decisions by limiting opportunities for public input, Indigenous engagement, and the use of detailed scientific review. There is no doubt that we need comprehensive and thoughtful land use plans. I support getting these plans done, but I am concerned that expediting these plans will sacrifice quality

in either the data analysis or consultation required. Making these plans without lack of proper and equitable processes can lead to bigger problems down the road.

The new All Season Resort Designated Areas have raised many questions from constituents. I share your concerns around changed park boundaries without public consultation, and the lack of transparency around how these decisions are being made. It is so critical that you participate in any and all public consultations for these proposed resorts in our riding. In budget estimates and question period, I have asked the government for more transparency and consultation with our communities about these resorts.

I encourage any of you with thoughts, questions or concerns surrounding these boundary changes to email my office at [Banff.kananaskis@assembly.ab.ca](mailto:Banff.kananaskis@assembly.ab.ca). It is so valuable to bring your concerns with me in debate.

**April Looking Ahead**

While I will be spending much of April in Edmonton, analyzing and debating legislation, I cherish my constituency weeks where I am able to spend valuable

time at home, and with so many of you, in our communities in Banff-Kananaskis. Please stay tuned for my MLA on Tour dates for April in a community near you. And lastly, I wish the most wonderful Easter, filled with family, friends, and chocolate, of course, to all who celebrate.

*Sarah Elmeligi*



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E-mail us anytime at:  
[banff.kananaskis@assembly.ab.ca](mailto:banff.kananaskis@assembly.ab.ca)

**MLA ON TOUR**

Mabel & Marie's  
 Bragg Creek  
 April 9th  
 12:30pm-2:30pm

Beaure Community Hall  
 Beaure, AB  
 April 30th  
 4:00 - 6:00pm

Facebook Live (Online)  
 May 1<sup>st</sup>  
 12:30pm -1:30pm

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## Be Prepared for Emergencies & Opportunities

**Randy worked for a small business. When the owner died suddenly, the business accounts were frozen and it took several weeks before they could be accessed to meet payroll. Randy had trouble meeting his financial obligations and had to find a new job.**

Jane worked at a small company for many years. When the owner decided to retire, she offered to sell the business to Jane. As she didn't have the funds available, the business was sold to someone else. The new owner let Jane go shortly after taking over.

Joe and Gayle had been renting a house for several years. When the owners decided to sell, they offered it to Joe and Gayle first. Because they didn't have enough for a down payment, they couldn't afford to buy the house and also had to move.

It seems that many people today are so busy living a lifestyle, they forget that emergencies and opportunities need to be dealt with. Randy, Jane, and Joe and Gayle would have been able to deal with their situations more favourably if they had established emergency and opportunity funds.

It's all too easy to start taking one's cash flow for granted and get lulled into the belief that it will go on uninterrupted. Many fall into the trap of trying to save money after all other payments are made. Usually, there is little or nothing left to save this way. Those who are best able to handle emergencies and opportunities that arise are in the habit of paying themselves first. How do you pay yourself first? There are many ways and they include:

**High Interest Bank Accounts** – This may sound like an oxymoron, but there actually are a few banks that offer high interest savings accounts; some with chequing privileges, too. Bear in mind that any interest earned on money in these accounts is fully taxable. However, most bank accounts are readily accessible, so it can be easy to withdraw funds for things that aren't really emergencies or opportunities.

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These investments, listed above, are non-risk with guaranteed rewards, albeit with less reward than higher risk investments, but no worry of future loss.

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Also, visit my business website ([myfinancialsolutions.ca](http://myfinancialsolutions.ca)) for additional financial information on insurance, retirement/estate planning, investments and whole host of other financial topics.

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P. Eng., CFSB, CFP, CPCA

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**I'mmmm baaaack!**

Not that I ever left. But some folks took my last article as a "sign-off". Not so. But now that I've officially entered the chronological age of "retirement", that doesn't mean it's time to be put to pasture. At this point in my career and life, I've never felt more mentally and physically stimulated to push my boundaries to see how the next few decades take shape. And having reached this milestone feeling decades younger, I feel it's time to add another chapter to my "Book of Knowledge" as I'm planning on many more decades prancing about on this planet.

While some consider retirement as a time to take a long vacation, I'd like to think I've lived to now as if I've always been on vacation. Whether I'm creating ads, playing in a band, mentoring young minds, acting in front of an audience, or soliciting "When I was your age blah, blah, blah" advice to anyone who would listen, I'm always

seeking ways to better myself and others who will listen.

I've never felt more confident in advising folks on their branding. Afterall, I have 40+ years of hands-on, award-winning proof in the advertising-design profession. If you're a geezer like me, you should also be proudly shouting from bridge decks that you have information and stories of life experiences to share. This brings me to my next occupation on my to-do list before I'm "dust in the wind".

In my life, I've had the privilege to be a blueberry picker, deckhand, encyclopedia salesman, janitor, community centre sports manager, lifeguard, graphic designer, clothing designer, creative director, ski instructor, inventor, husband/father, teacher/professor, musician, politician, actor, and now at 65... wait for it.

Each of these "learnings" has led me to where I am today. They are all interconnected. All pages of history in my memoir. And my next chapter is no different. I'm about to add a new drop-down menu item to my list of accomplishments, taking advantage of what my life's "vacation" has taught me. It has taken years of research, commitment, sweat and dollars to be able to seriously give this a shot. And to reflect this new direction,

I'm creating a new sub-brand for myself and creating a package to go with it. A lot of "networking" via social media, advertising and shaking hands is also required if this new direction is going to succeed. But I'm not scared. I'm really, really excited.

I know I will face some teasing, ridicule, support and congratulations. It's a calculated gamble but I have nothing to lose. I will take that first step. I've been tripped many times in life but have never fallen so hard I couldn't get up (it just may take a few extra seconds and a couple of grunts).

As of this writing, I have completed training for my new goal and I'm about to buckle up and study for my exams (written and practical) which I hope to pass before my next article. Once this step is completed, I will bring you in on my new secret "talent" as a...

So, to all of my loyal High Country News followers (thank you both). If you see yourself in the same boat, wondering what to do next in life, lets chat over some caffeine. Whether you're fresh out of school or fresh out of a career, continuing to move forward is essential to a life full of purpose. Perhaps I can help.

*Stay healthy. Cheers, mark.*

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## BRAGG CREEK COMMUNITY ASSOCIATION

April is finally here! Time to breathe in deeply and energize ourselves inside and out with the freshness and colour of spring.

We have already started on the right track with the great time everyone had at The Turkey & Pistols Travelling Medicine Show on March 7th. The place was packed with people smiling, laughing, dancin' and hootin' & hollerin'! Many thanks go to the planning committee and all the wonderful folks who stopped by, offered to help, and pitched in big time at the end of the evening. This might just go down in the books as the smoothest takedown ever!

Since the event also gave us a chance to dust off and bring our concert stage back to life, we're feeling a great deal of gratitude for the community pillars before us who cared for and nurtured this venue with such pride and purpose. Because of their efforts, we are fortunate to be able to carry that tradition forward today.

### Igniting Volunteerism:

National Volunteer Week takes place across Canada from April 19–25. The theme from Volunteer Canada this year is “Ignite Volunteerism”, encouraging us all to reconnect with community through acts of service, civic action, and mutual support. As we look ahead to that week of recognition, we want to extend heartfelt gratitude to all of our volunteers who help make this place special all year long. Whether you help at events, share your talents, serve on a committee, or simply step forward when help is needed, your generosity and contributions make a meaningful difference in the lives of so many.

Thank you to our volunteers! We value you, your time, energy and talents.

### Get Ready for an Action-Packed

**Summer!** The Bragg Creek Community Centre is offering Summer Kids Camps (ages 5-13) from June 28 to August 27th. With a focus on big adventures, skill-building, and real summer fun, this is the ultimate camp experience! This year there are discounts for community membership and siblings, plus daily drop ins available. Find out more and get registered at [braggcreekca.com/summer-camps/](http://braggcreekca.com/summer-camps/)

### On the Horizon:

**Taste of Bragg Creek:** A favourite with locals and visitors alike! It runs on April 24th this year.

**Farmers Market:** Our popular Farmers Market will be back on June 14th and run until Sept 20.

**Bragg Creek Days:** SAVE THE DATES! July 18 and 19 will be a fantastic weekend to STAY in Bragg. Planning is underway and we can always use help on the committee. Contact Ramonde via the Community Centre to get involved in the up front work. For volunteering on the day, shifts will be available via SignUp on our website closer to the date.

Next time you are out and about, stop by the Community Centre to see how we can help you get energized this Spring.

Happy Easter to all.

Your BCCA

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## BRAGG CREEK PHYSIO

### What Is Scapular Dyskinesia?

Scapular dyskinesia refers to abnormal movement or positioning of the scapula (shoulder blade) during shoulder motion. The scapula plays a critical role in shoulder function. It acts as the stable base upon which the arm and neck moves, providing both mobility and stability.

In normal shoulder function, the scapula and shoulder joint must work together for full range of motion. This coordinated pattern is called scapulohumeral rhythm. When this rhythm is disrupted, due to tight muscles, joint dysfunctions in the neck, shoulder or ribs, the scapula may move too early or too late. This altered pattern is called scapular dyskinesia.

This is typically not due to a specific injury or trauma (though it can be!), but rather a movement impairment and muscle imbalance that may happen over time. It is often caused by repetitive activities or postural habits and compensations. It is important to identify these movement dysfunctions early on to prevent secondary shoulder injuries.

Several factors can contribute to abnormal scapular movement patterns. Muscle imbalances such as tight chest (pectoral) muscles can pull the scapula forwards, or tight posterior shoulder muscles can pull the scapula laterally (out to the side). Similarly, weak muscles in the rotator cuff or mid back can “allow” these tight muscles to dominate. Poor postural positions can be a factor, as we tend to round our shoulders forward and have a head forward posture. This can alter the scapula alignment with

adapted muscle compensations. Shoulder injuries, tendonitis, labral tears, and muscle impingements can both CAUSE poor scapula control or BE CAUSED by poor scapula control. Neck joint dysfunctions or osteoarthritis in the neck can cause nerve impingements that may lead to a neuropathy to the shoulder muscles. Most shoulder and scapular muscles are innervated (supplied nutrition) by the nerve roots exiting C5 – C7 in our lower neck. When our muscles, tendons, and connective tissue are not getting sufficient nutrition and blood flow, they can become weak, tight, and painful. This may also be associated with referred pain down the arm, such as pins and needles, numbness, achiness or shooting pain,

Having said all that, many observed scapula dyskinesia cases can be normal, healthy and pain free! Just because you have some asymmetry in your body, does not always mean there will be pain. An MRI study of healthy adults and seniors found that 98% of persons with no neck pain had evidence of “degenerative changes” in cervical discs. For most people, joint degeneration / arthritis and mild disc bulges are part of the NORMAL aging process (Advanced Physical Therapy Education Institute (APTEI), 2015). Similarly in the shoulder, rotator cuff abnormalities are nearly universal after age 40 and should be considered normal age-related changes. Another APTEI study showed that for those over 60 years, MRI studies showed that 50% of individuals with no shoulder pain or injury, had rotator cuff tears on their MRI they did not know about. The point being – what results show on X-rays and MRI tests are not necessarily associated with your pain!

When shoulder and scapular related issues do become a problem, some signs you may notice are pain with overhead activity, decreased shoulder strength,

fatigue, clicking sensations, decreased range of motion or visible “winging” (lifting) of the shoulder blades. In more serious cases, after illness, surgery, or trauma - if you notice marked muscle wasting (atrophy), obvious/ drastic asymmetry, sudden onset muscle weakness, or symptoms worsening quickly - this may indicate a more serious nerve lesion and should be investigated promptly.

Diagnosis is primarily clinical. A physiotherapist observes scapular motion during dynamic movements such as arm elevation or push-ups. They assess posture, muscle activation patterns, and strength deficits. Sometimes imaging may be used to rule out other shoulder pathologies.

The goal of treatment is to restore proper scapular positioning, strength, and coordination. Targeted exercises may include serratus anterior strengthening (e.g., wall slides, push-up plus), lower trapezius strengthening, scapular retraction drills, rotator cuff strengthening and closed-chain stability exercises. Education on posture and ergonomic adjustments can reduce strain on the shoulder. This may include workstation modifications and movement breaks throughout the day. Manual therapy may be used to improve joint mobility and release tight soft tissues, particularly the pectoralis minor and posterior shoulder structures.

Preventing scapular dyskinesia involves maintaining balanced shoulder strength and good posture. Regular shoulder and upper back strengthening, stretching tight chest and anterior shoulder muscles and taking breaks from prolonged sitting are helpful tips to integrate. Physiotherapy plays a vital role in restoring movement, reducing pain, and improving quality of life.

*Jennifer Gordon*  
(BSc.PT, GunnIMS, AFCI)  
Physiotherapist - Bragg Creek Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

## Let's work together to get you on the right path

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## THE LITTLE SCHOOLHOUSE

Happy Spring! In April, all our classes will celebrate the Earth, explore the wonders of spring, learn about the weather, and discover ways to care for our remarkable planet.

This month, our classes will have the exciting interactive experience of witnessing chick's hatch. We are thrilled about this unique opportunity to explore life cycles and welcome the spring season.

It's hard to believe we are in the final months of school and already preparing for the 2026-27 school year. At The Little Schoolhouse, we offer a nurturing, creative, and educational environment centered around play and exploration. If you're seeking a supportive program with a small teacher-to-student ratio, we would love for you to join us—registration is now open! Please visit our website at [[www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)] for more information, and don't hesitate to reach out with any questions.

Wishing you all a wonderful month!

*Ms. Shelley and The Little Schoolhouse Team*



## SWAMP DONKEY MUSICAL THEATRE PRESENTS:



### PERFORMANCES: May 1-3 & 8-10, 2026

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## Fins & Feathers working together

On 25th February the inaugural “Fins and Feathers” event was held at Bragg Creek Centre. We were thrilled to bring together a great crowd for an evening of connection, education, food, and fun. Fins and Feathers was organized by BCEC Bird Club and Freshwater Friends Club (our collaboration with Elbow River Watershed Partnership), and we were joined by fourteen additional conservation organizations and local vendors – all united by shared commitment to protecting and preserving our natural assets.

The evening featured two engaging presentations highlighting both avian and aquatic conservation in our region.

Bird biologist Millie Coleing shared exciting updates on the new Bragg Creek Northern Saw-whet Owl (NSWO) Banding Station. Her presentation deepened our understanding of the NSWO’s range, behaviour, and breeding habits across North America, while offering a fascinating behind-the-scenes look at what it’s like to safely capture, band, measure, and determine the age of these adorable little owls. Millie also interpreted data collected during the fall 2025 banding season, helping attendees



better understand migration patterns and what the findings reveal about local owl populations.

Conservation fish biologist Elliot Lindsay (Freshwater Conservation Canada) brought equal passion to the aquatic side of the watershed. His enthusiasm for fish life in the Elbow River is truly infectious. Throughout the summer and fall months, he spends countless hours snorkeling in the river, surveying fish populations and monitoring habitat conditions. We learned about the surprising diversity of fish species that call the Elbow River home, as well as the precarious status of two native species — the Bull Trout and the West Slope Cutthroat Trout. Elliot encouraged us to protect these precious remaining populations by supporting conservation efforts, advocating for practices that minimize environmental impacts, continuing to educate ourselves and our communities, and getting involved through volunteerism.

These presentations reminded us that healthy watersheds sustain both fins and feathers — and that community action is essential to their future.

There was also ample time to connect with and learn from the many visiting environmental organizations. BCEC and ERWP gratefully acknowledge the vital contributions of our partner groups — we are truly stronger together.

Sincere thanks to ABI Environmental Services; Bragg Creek Trails Environmental Stewardship Committee; Bragg Creek Wild; Calgary Area Nest Box Monitors; Calgary Bird Banding Society; Cows and Fish; Fish Creek Watershed Association; Friends of Fish Creek; Freshwater Conservation Canada; SAIT eDNA Lab; and You Betula Inc. for expanding our community’s understanding of local and regional conservation efforts.

We also extend our appreciation to local vendors Branded Visuals, River People, Bragg Creek Bakery and Mabel & Marie’s for helping make the evening welcoming and memorable.

Protecting the natural assets of Bragg Creek, the Elbow River watershed, and eastern Kananaskis has never been more urgent. Our wild places, intact ecosystems, and rich biodiversity face growing cumulative pressures from development, resource extraction, recreation, and climate change. The success of Fins & Feathers was made possible by dedicated volunteers — and continued conservation success depends on more community members stepping forward to join us in this vital work. Please check out the work we do at [braggcreekenvironmentalcoalition.ca](http://braggcreekenvironmentalcoalition.ca), follow us on Instagram [@braggcreekenvcoalition](https://www.instagram.com/braggcreekenvcoalition) and email us at [braggcreekenvcoalition@gmail.com](mailto:braggcreekenvcoalition@gmail.com)



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#### Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

#### First Wednesday each month

1:00pm Book Club - bring a book to share with the group

#### Third Thursday each month

7pm: Open Mic Night  
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#### Fridays

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## BRAGG CREEK PERFORMING ARTS

With over twenty years on the road and fifteen albums to his name, Nova Scotia's Dave Gunning is one of Canada's most respected folksongwriters. A multiple ECMA and Canadian Folk Music Award winner, he's celebrated for his warm stage presence, sharp wit, and songs that honour everyday heroes while speaking honestly about the world around us. Deeply rooted in Pictou County, Gunning's music tells the stories of working people, small-town resilience, and community pride. His live performances weave heartfelt storytelling with perfectly timed humour, creating an intimate, engaging experience that feels both genuine and profoundly human.

Having shared stages with legends like Ron Hynes, Rita MacNeil, and Matt Andersen, Gunning continues to forge his own path, grounded in craftsmanship and connection. His upcoming album, *Field Notes*-recorded in Point Lonsdale, Australia and set for release Feb. 20, 2026- returns to the stripped-back, emotionally rich songwriting that has long defined his work.

Join Dave for an evening of stories, songs, and songs of life lived fully, as he celebrates the release of *Field Notes* with a performance that promises to be heartfelt, moving, and memorable.

Catch Dave at the Snowbirds Lounge in Bragg Creek on April 11, 2026. Tickets at [www.braggcreekperformingarts.ca](http://www.braggcreekperformingarts.ca)

# DAVE GUNNING DINNER CONCERT



Bragg Creek Performing Arts

**Saturday April 11, 2026**

Doors 5:00 | Dinner 6:00 | Concert 8:00 | Tickets \$75

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Dave Gunning is a Nova Scotian folk singer-songwriter with over twenty years of touring and fifteen albums. He's known for his warm stage presence, sharp wit, and songs celebrating working people and community life. Join Dave for an evening of heartfelt stories and songs as he celebrates the release of *Field Notes*.



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## We're teed up for Spring

That's right it's golf season again, and what better way to cap off an early round than a delectable meal of rouladen or schnitzel from our lounge or dining room. If Mother Nature co-operates, you'll be able to dine on our patio too. Book your table by phone or online today before our 'tee sheet' fills up.

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## BRAGG CREEK TRAILS

With winter trail grooming behind us as of March 31, it's time to give a shout out to the BCT volunteers who did their best to keep up with West Bragg Creek's ever-changing weather "personalities".

True to form, March had us snow farming early on to prepare for the Alberta Youth XC Ski Championships, only to deliver the best ski conditions of the season a week later thanks to a sustained heavy snowfall. Through it all, our volunteer grooming crew showed up with dedication, flexibility, and a lot of heart.

Thank you to every volunteer who helped keep the trails running this winter!

With April here, we are officially in transition season for BCT and for your trails.

While we begin winterizing grooming equipment, we're also turning our attention to spring trail conditions. The freeze-thaw

cycles of early spring can have a big impact on trail surfaces, so timing, terrain aspect, and mode of travel are especially important when planning your outing. This is the time of year when trails are most vulnerable to damage.

Responsible trail use can make a big difference;

- Ride or travel early while the ground is still frozen
- Later in the day, stick to dry, South facing trails
- If you are leaving deep ruts, it's a sign the trail is too soft

Ruts prevent trails from drying properly by trapping water and impeding drainage.

With 170 km of trails to care for, BCT is often stretched to reach every trouble spot quickly. We ask everyone in the trail community to do their part to help protect the trails we all enjoy.

Better yet, consider giving back. Volunteer opportunities abound for those who want to support the epic riding and recreation that West Bragg Creek provides.

### Employment Opportunities at BCT

BCT currently has three exciting employment opportunities for individuals interested in joining a dynamic team of trail builders, environmental stewards, and community builders.

The positions include:

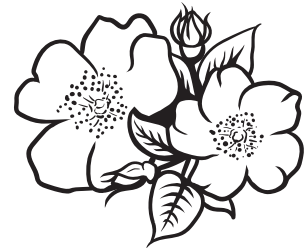
1. Trail Operations Manager (full-time)
2. Equipment Manager (part-time)
3. Volunteer Coordinator (part-time)

All positions are posted on our website at [braggcreektrails.org](http://braggcreektrails.org).

If you're passionate about trails and community, we'd love to hear from you.

See you on the trails!

*Con Schiebel*  
BCT President



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## BRAGG CREEK & AREA CHAMBER OF COMMERCE

### Building Momentum Together:

#### Bragg Creek Chamber's Vision for 2026

As we look ahead in 2026, the Bragg Creek Chamber of Commerce is continuing its commitment in supporting events, strengthening local businesses, and creating meaningful experiences that draw visitors to our community year-round.

Our calendar builds on the success of beloved local events that have become pillars of the Bragg Creek experience. From the magic of Winter in the Woods in January, to the culinary celebration of Taste of Bragg Creek on April 24th, and the ever-popular Bragg Creek Days in July, these events do more than entertain—they drive visitation, increase exposure for local businesses, and reinforce Bragg Creek as a destination worth returning to.

Behind the scenes, the Chamber plays an active role in supporting these initiatives through promotion, coordination, and collaboration with local partners. In 2026, we're introducing new community banners designed to enhance the visual identity of Bragg Creek and create a more vibrant, welcoming atmosphere for residents and visitors alike.

But the success of these efforts depends on more than events alone—it requires participation from the entire community.

#### Are You Showing Up?

When visitors search for what to do, where to eat, or where to shop in Bragg Creek... are you there?

One of the simplest and most effective ways to ensure your business is visible is by keeping your listing on the Visit Bragg Creek directory up to date. Make sure your profile includes current hours, high-quality photos, and accurate contact information. These small updates can make a big difference in helping visitors choose your business.

As we head into the busy summer season, visibility is key—and this is a quick win that benefits everyone.

#### A Collective Effort

Driving business to our community is a shared responsibility. The Chamber can lead initiatives and create opportunities, but it's the collective effort of business owners and residents that brings them to life. Supporting local events, promoting



## Canadian fare or not, we'll have something to satisfy your taste buds.

This year's Taste of Bragg Creek takes flight on Friday, April 24th from 5pm to 9pm. Participating Bragg Creek & Area restaurateurs and liquor merchants will feature their culinary skills and products. Bring the entire gaggle and make it a Bragg Creek date. This year's event raises funds for our local Swamp Donkey Musical Theatre group.

#### NEW THIS YEAR

- our complimentary shuttle service will be a Horse Drawn Wagon
- participating vendors will showcase Taste of Bragg Creek features from April 25th to May 3rd to continue the festivities

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

[facebook.com/tasteofbragg](https://www.facebook.com/tasteofbragg) [@tasteofbraggcreek](https://www.instagram.com/tasteofbragg)

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one another, and encouraging visitors to explore more of what Bragg Creek has to offer are all part of building a thriving local economy.

We also encourage residents to participate—attend events, invite friends and family, and consider enjoying your own backyard as a “staycation” destination. The more we show up for our community, the stronger it becomes.

#### Join the Conversation

Our next Chamber meeting is on April 15 at 7:00 PM at The Post House. It's a great opportunity to connect with fellow business owners, share ideas, and gain insights to support the season ahead. These

meetings are casual, collaborative, and always worthwhile.

And while summer may feel far off, now is the time to start thinking about Bragg Creek Days (July 18–19). This is one of the biggest opportunities of the year to showcase your business—whether through special promotions, extended hours, or unique experiences.

Together, we can make 2026 a standout year for Bragg Creek.

Your Bragg Creek & Area Chamber of Commerce  
We would love to hear from you!  
Questions and ideas welcome:  
[office@braggcreekchamber.com](mailto:office@braggcreekchamber.com)



## REDWOOD MEADOWS EMERGENCY SERVICES

As the snow melts away and the first signs of spring begin to brighten our community.

Spring is a natural time to reflect on the resilience and generosity that define our community. Over the past months, we've seen neighbors helping neighbors through winter storms, being snow angels, and supporting the #RebuildRMES fundraising initiative. That spirit of care is the foundation of our work as volunteers. Every call we respond to, every training night, and every community event is strengthened by the trust and support you show us.

Easter reminds us that even after the longest winters—literal or figurative—light returns. We see that same spirit in the way our community rallies around one another, and we're grateful to be part of it.

### Spring Safety Reminders

As the weather warms and people begin tackling spring cleaning, yard work, and outdoor projects, we want to share a few seasonal safety tips:

- Clear dry brush and debris. Early spring can still bring elevated wildfire risk. Removing dead vegetation and firesmartering around your home helps reduce hazards.
- Use caution with fire pits and outdoor burning. You will need to secure a burn permit in advance of burning, keep water nearby, and never leave a fire unattended.
- Inspect extension cords and tools. Frayed cords and damaged equipment are common causes of springtime electrical fires.
- Plan your escape routes. Easter gatherings are a great time to review home safety plans with visiting family members.

Small steps now can make a big difference as we move into the warmer months.

### Gratitude for Your Support

RMES is made up of volunteers who live and work right here in the community. We train hard, respond day or night, and take pride in serving our neighbors. But we couldn't do it without your ongoing support—whether through attending events, donating, offering kind words, or simply slowing down when you see us working on the roadside.

This Easter, we want to express our appreciation for the trust you place in us. It's an honor to serve a community that values safety, compassion, and togetherness.

### Wishing You a Safe and Joyful Easter

As families gather, children hunt for eggs, and the first flowers of spring begin to bloom, we hope your Easter weekend is filled with warmth, laughter, and connection. From all of us at Redwood Meadows Emergency Services, thank you for being part of a community we're proud to protect. We wish you a happy, healthy, and safe Easter.

*Until next month, stay safe!*

### DONATIONS ACCEPTED

Help rebuild RMES after a fire in December 2025 destroyed infrastructure and equipment.

For more information contact:

[RebuildRMES@redwoodmeadows.ab.ca](mailto:RebuildRMES@redwoodmeadows.ab.ca)



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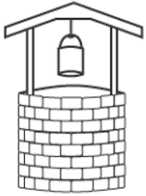
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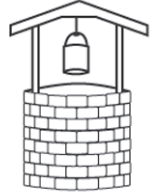
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<b>Equipment/ System</b>	<b>Maintenance Required</b>	<b>Recommended Frequency</b>	<b>Risks/Results if Neglected</b>
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure,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

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## HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

### Spring Time; Crime Time

At the March 9th AGM meeting held at Priddis Greens, the RCMP warned of higher crime rates in the warmer months. As predictable as bears coming out of hibernation.

While there is still crime in the winter, car thefts made easy because people leave them running while they run a “quick” errand. It doesn’t take an Einstein to know that you move up the ladder of theft probabilities when you engage in such behaviour.

As with the changing of the earthly seasons, crime has its seasons too. Winter is vehicle theft season, summer is everything-else-theft season. Armed with this knowledge, what can you do about improving your odds of NOT being a victim of crime?

The first and most basic thing you need to do is make the mental shift acknowledging a couple of realities. One is criminals are going to be more prevalent and active. Two, you are more liable to leave stuff out for criminals to swipe.

Another basic tenet you need to follow is “Do the Right Thing” if you want to decrease your chances of being a victim. It is no different from doing the right thing for diet, exercise, finances, etc. It’s usually the little things done daily that add up to big things in the end. (e.g. keep the gate secured/lock the door at night.)

One of the things that makes living in a rural area different from living in an urban environment is that out here criminals need to drive to get around. What are they seeing when they drive past your property? Are there easy pickings lying around, is the gate locked, a dog(s) present, security cameras and warning signs posted.

It is important to report suspicious vehicles. Police will investigate them. At the Foothills County Policing Committee, we receive stats on how many suspicious vehicles they investigate – it’s a crime category.

Most suspicious vehicles are benign, but some are very valuable crime “scenes”. Vehicles are a choke point for rural thieves, their Achilles heel. It’s basically their mode of access into our world. In contrast with urban settings, there are a significantly smaller number of vehicles on our rural roads so the chances of discovery of inappropriate vehicles are higher. A fact in our favour.

Even if they don’t catch a thief in the act, police can stop a vehicle and potentially discover individuals with arrest warrants, B & E tools, stolen property in the back seat or the trunk, drugs and other evidence of crime. How many times have you seen news articles where routine traffic stops result in the discovery of the above-mentioned items?

In the warmer months people leave the garage door open more often and for longer periods of time. A couple of things are happening in this situation: one is you’re advertising. Look at all this nice stuff I’ve got in my garage – like an Eaton’s window display; second, it’s a quickie for thieves. You bring the lawnmower out, cut the front grass, then go around the house/

outbuildings to cut the back all the while leaving a yawning garage display tempting potential thieves.

At the AGM, on at least two occasions people complained about specific traffic problems. The first question officers asked in return was “did you call it in?” Both times the answer was no. How are police supposed to know about a problem if you don’t bring it to their attention?

Police want to hear about these situations. That’s their job and they need your help in determining the problem spots. Ordinary citizens can be very significant additional eyes and ears for the police. Observe, Record, Report is the universal Rural Crime Watch mantra.

Police and the county will also use various methods to try to assess troublesome areas such as employing “Armadillos”. An armadillo is a black box beside the highway/road that uses lasers to record each vehicle going by. It’s direction, speed, time of day, etc. It cannot read licence plates, but the data can alert them to areas needing their attention.

Do not approach suspicious vehicles. Rather get as many facts about the situation as possible – the time, description of the vehicle, licence plate number, specific location. The police will do their part. They are the ones with the training and authority, the body armor, weapons, and body cameras.

It’s tough to beat Canadian summers with the nice temperatures and long daylight hours. Enjoy the summer but keep your guard up against the unsavory things that may come with it.

*Dave Schroeder*  
HCRCWA Board Member

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Hello Priddis!

We are offering an exciting array of programs for community members at our Hall this month. We hope you will consider joining some of them.

**Yoga for all levels.** Monday and Thursday from 7:30-8:30pm. Email [lorichinnery@hearttomwellness.com](mailto:lorichinnery@hearttomwellness.com) for more information

**Pickleball for PCA members.** Free indoor court use on Thursdays between 10am and 7pm. You can find the sign up link on our website under the 'programs' tab

**NEW PROGRAM - Martial Arts for all ages and levels.** M/T/W evenings. Choose between 1, 2, and 3 classes per week. Classes begin April 6. More information is available on our website. Questions and registration can be directed to [yus84635@gmail.com](mailto:yus84635@gmail.com)

**NEW PROGRAM-** We are pleased to have Amy from One Tree Pottery hosting 2

**Pottery Classes** at our hall in April. Join her on April 9 to make flower vases and/or April 30 to make planter pots. More information and registration instructions can be found at [www.onetreepottery.com](http://www.onetreepottery.com)

**NEW PROGRAM-** Join Patrick from Hidden Hills Tours as he teaches a **Photography 101 class.** You will learn how cameras work, how to take amazing photos and much more. Email [hiddenhillstours@gmail.com](mailto:hiddenhillstours@gmail.com) for more information or to reserve your spot.

We also have a few of our popular annual events coming up. Please save the date!

Our long standing Community Garage Sale will take place on Saturday May 9 (donation drop off Friday May 8). Consider donating items in good working order (no helmets, car seats, mattresses or old electronics) that you no longer need on Friday and then return to shop on Saturday. All proceeds from this event support the Priddis Community Association. This event requires many volunteers. If you are interested in helping out, please email Arlene at [aljelfs@gmail.com](mailto:aljelfs@gmail.com)

We are pleased to announce that our annual Stampede Breakfast will take place on Sunday July 5. Back by popular demand, we will have live music by The Type, horse and wagon rides, face painting, a petting zoo and a vendor market. Enjoy a great breakfast, visit with friends and neighbors and stay for the shopping and entertainment.

Interested in having a table at our Stampede Breakfast Market? Email [priddismarkets@gmail.com](mailto:priddismarkets@gmail.com)

Interested in providing a donation or sponsorship for the breakfast? Email [priddisalberta@gmail.com](mailto:priddisalberta@gmail.com)

*The Priddis Community Association  
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**COUNCILLOR UPDATE  
FOOTHILLS COUNTY  
By Suzanne Oel -  
Division 4**

**Greetings! Sharing my News Update...**

**Community Standards Bylaw Review:**

On February 11, 2026, a request came in from Administration to review the Community Standards Bylaw. The Bylaw currently in place was authored in 2013. Since that time, some new types of concerns and associated enforcement have come up. The Bylaw requires a review to ensure relevancy. Council has requested the review of this Bylaw and awaits the report to provide further input. Public involvement will be invited when ready.

**Finding More Efficiencies:** Foothills County is investing in software programs which will help services to be more effective, cost efficient and timely. These will help with information management, with reporting and presentations to residents, and will save staff time and consultant costs. Areas that will be enhanced: policies and procedures, budget and finances, water utilities, burn permits, resident/business emergency pre-planning through the new "Community Connect" Fire Department platform (soon to be linked to the County's website), and resident reporting through the new "FC Connect" service request portal accessed through the County's website.

**FC Connect - New Way to Report a Concern:** "FC Connect" makes it quick and easy to report non-emergency issues directly to Foothills County. Submit service requests online. Add helpful details

or photos. Track the status of your request in real time. Access County information and resources. You will see a tab on the top of the County's website page: "Submit a Service Request". Click this button and choose a request category, then select the type of request to submit. Enter the details. Contact the County if you need any assistance. [www.foothillscountryab.ca](http://www.foothillscountryab.ca)

**Crime Watch News:** The High Country Rural Crime Watch AGM was held in March. Thank you to everyone who was able to attend! We appreciated an excellent turn out of our local and neighbouring RCMP members who shared updates and policing top requested priorities: traffic safety and police presence. We heard from the County's Enforcement Services Manager about the department and top calls for service: traffic safety and dogs. Both reminded us to call in complaints in order to get a response. RCMP 24/7 non-emergency: 403.933.4262. Foothills County Complaints Line: 403.603.6300.

**Cyber Security Tips:** At the HCRCWA AGM, we also learned about technology, social media, and AI risks from our Cyber Security presenter. We were reminded of key take-aways for questioning email, phone or other contact that may be fraudulent: Why me? Why now? Stay calm. Consider multi-factor authentication for accounts. Scrutinize the email address from an email sender. Beware of the risk of identity theft when using social media (photos and location can be taken, enhanced by AI and used for ill, etc.) If it is too good to be true, it is likely a scam. QR codes can be intentionally setup or altered to send you to a criminal's location. Free wifi networks can be fraudster-setup with seemingly legitimate names, such as "airport" free wifi, etc. Have a healthy skepticism of AI accuracy/adjusted photos/adjusted videos – its

hard to tell which are real and which are fake. Stay alert! See more here: <https://antifraudcentre-centreantifraude.ca/index-eng.htm>

**Officially in Wildfire Season:** As of March 2026, the overall wildfire danger in the Calgary Forest Area, west of Foothills County, is low. Fast moving grass fires are of particular concern in late winter and early spring. Seasonal staff are now on board, including: wildland firefighters, dispatchers, patrol staff, information officers, warehouse support, lookout observers and airtanker base staff. Firefighters from the Calgary Forest Area, along with municipal partners, have responded to and extinguished 9 wildfires as of March.

**Alberta Wildfire:** Eight new helicopters have been added to the province's fleet, including three equipped with night vision to assist with 24-hour operations. A five-person crew will be added to the hoist program's four existing crews. This program allows helicopters to drop-off and pick-up firefighters in areas that are difficult to access. Plus, the Government of Alberta recently announced a \$400-million agreement with De Havilland Aircraft of Canada to acquire five new Canadair 515 amphibious firefighting aircraft to strengthen the province's response to wildfire seasons.

**For Other News & Updates:**

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>  
Email: [suzanne.oel@foothillscountryab.ca](mailto:suzanne.oel@foothillscountryab.ca)  
Please visit High Country News online for my previous articles: [highcountrynews.ca/?s=suzanne+oel](http://highcountrynews.ca/?s=suzanne+oel)

*With Best Regards, Suzanne*



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## RED DEER LAKE UNITED CHURCH

Join us at 10:30am every Sunday – onsite or online (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together.

We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

### Special Events

- April 1, 10:00 am – Coffee with the Minister
- April 2, 6:00 pm – Community Art Gallery (FREE)
- April 2, 7:00 pm - Sound & Soul – 'Good Friday'
- April 3, 10:30 am - Good Friday Service with Joint Lenten Choir
- April 5, 10:30 am – Easter Service
- April 15, 10:00 am – Coffee with the Minister
- April 24, 7:00 pm – Community Dance and Games Night
- April 25, 9:00 am - Men's Breakfast
- April 26, following the Service – Lunch and Learn regarding AISH to ADAP

### ON THE EDGE CONCERT SERIES

Experience an unforgettable season of live music at Red Deer Lake United Church! Enjoy a lineup of talented performers spanning a variety of genres, and share in an evening of music, community, and connection. Learn more and see upcoming concerts at [reddeerlakeuc.com/concerts](http://reddeerlakeuc.com/concerts)

### COMMUNITY DANCE AND GAMES NIGHT – April 24, 7pm

Get ready to move, mingle, and enjoy an evening of music, dancing, and community at Red Deer Lake United Church! Tickets

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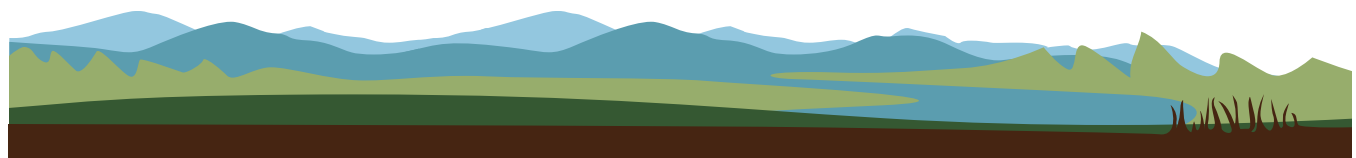
### WEDDINGS & EVENTS CENTRE

Meadow Green Wedding and Events Centre, is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church—perfect for weddings, workshops, performances, art shows, and more. Visit us at [www.meadowgreenevents.ca](http://www.meadowgreenevents.ca) or

contact the office (403) 256-3181 to book your tour today!

Stay connected and explore all upcoming events and sign up for our weekly newsletter at [www.reddeerlakeuc.com](http://www.reddeerlakeuc.com)

*\*Red Deer Lake United Church is in a shared Ministry with McDougall and Ogdan United Churches.*





## MILLARVILLE COMMUNITY LIBRARY

Did you know that we are part of the Marigold TRAC Library System that is used throughout Alberta?

You can access books, e books, video's, magazines etc from all over.

We get many new books arriving weekly too.

We are your community library and we look forward to seeing you soon.

Have you been in to see the latest artwork on display yet? Best hurry as the display will be changing soon.

The Millarville Historical Society's display in the front entrance looks great hey? So much interesting history in our community.

### Upcoming hours for Easter/Spring break are;

Mon March 30th - Closed

Tues March 31st - 9-12

Wed April 1st - 9-7:30

Thurs April 2nd - closed

Mon April 6 - closed

Back to regular hours again on  
Tues April 7th.

### Do you have a craft that you like to do?

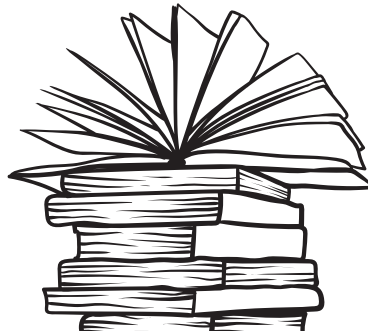
Or could teach? Or would like to learn about? Reach out. Let's have a discussion. Our website is [millarvillelibrary.ca](http://millarvillelibrary.ca). Our email is [amclibrary@millarvillelibrary.ca](mailto:amclibrary@millarvillelibrary.ca)

We always look forward to hearing from you but love to see ya!

### Book Review for Nora Roberts' Identity.

This novel is a thriller, a real page turner. One man's violent action and a woman determined to fight to reclaim her life. This was a great read!! - Shawna Gilks

Kindly, Sheila H.



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm. The meetings are held at the Millarville Anglican Church House on Hwy 549 East

Our next meeting is April 14, 2026 at 7 pm. Serena Martindale will be speaking on woodland management. As well we are updating plans for the 50th anniversary of the Millarville Horticultural Club. Some great ideas include work of local artists.

New members always welcome at our upcoming meetings:

May 12, 2026 | June 4, 2026 Our plant sale at the Millarville Racetrack 7 pm sharp!

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new President) at [louisepattersonbruns@gmail.com](mailto:louisepattersonbruns@gmail.com) or at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well.

[millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com)  
[millarvillehortclub.com](http://millarvillehortclub.com)

## Spill the Tea Fashion Show

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De Winton Community Association  
in support of Rowan House

Enjoy an afternoon  
of tea and desserts

Come dressed in your  
spring finery along with  
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## SQUARE BUTTE COMMUNITY

### May 9th - SAVE THE DATE

Good Old-Fashioned Square Dance  
Details coming soon!

### May 21-22 - Casino Fundraiser

Calling all volunteers....we NEED your help! Our casino fundraising event is on May 21 and 22nd. This is a huge fundraiser that earns our community association between \$40-60K, and we REALLY NEED YOUR HELP!!!! No previous casino experience is necessary, a food allowance is provided, and the best part is you get to hang out with a great group of people! Visit our website to learn about the various positions that need to be filled (...and then

sign up for a shift and start feeling good about helping your community!).

### Casino fundraising event - Cash Casino Calgary

Daytime & Evening shifts available.  
The volunteer schedule is posted on our website. If you've still got questions, please reach out!

### June 14 - FireSmart

Thanks to Councillor Laura Kendall, we received a grant to host another FireSmart event. Stay tuned for details!

[www.squarebuttehall.com](http://www.squarebuttehall.com)  
[info@squarebuttehall.com](mailto:info@squarebuttehall.com)  
Facebook @squarebuttehall



## LONGVIEW LIBRARY

Our Seed Library is open for the coming season. The West Coast Seeds have made a generous donation. The seed library is a seed exchange. Bring in your seeds and get some that you don't have, but wish you had. There is no charge.

Please take advantage of our interactive offerings. They are scavenger hunts, craft tables, computers/wifi, games and toys, puzzles and lego. The Brown family won the estimation jar for February. Tracy, at the post office, kindly donated a diamond painting to our library

New books in the library are: Reminders of Him by Colleen Hoover and Beautiful Ugly by Ice Feeney. A wonderful read is All the Broken Places by John Boyne, author of The Boy in the Striped Pyjamas. Ariel Lohan, author of The Frozen River, writes that it is a complex and beautiful novel that she couldn't put down.

"There is no friend as loyal as a book"  
(Ernest Hemingway)

Sylvia Binkley  
[sliv@telus.net](mailto:sliv@telus.net) 403-933-0139

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Hello, Diamond Valley. Well, if you're like most people, we are just waiting for Spring to come. We sure had a lot of snow in March, some days with multiple shovelling needed. The first official day of Spring was March 20, so the countdown to Summer begins!

To help you get in the mood, there will be a Spring Tonic on April 18 at 7:30, which is just what the doctor ordered. Doc Mehl and Doris Daley will entertain you with original music and western poetry. These two are quite famous around Alberta and the Foothills. The show will be held at the Turner Valley United Church located at 125 Royal Avenue, for tickets, stop by the Church or they are also available at Blue Rock Gallery or Sheep River Library.

The Diamond Valley Singers invite all to their Upcoming Spring Concert. Join them for a lively afternoon of music featuring popular favorites, classics, and Canadian folk songs performed by their community choir, which was founded in 2014. Admission is free but donations are gratefully accepted. Light refreshments will follow the concert. Bring a friend and welcome Spring with a song! The concert will be held at the Sheep River Library on April 12 at 2pm.

The third annual Dinner for a Dog Gala is coming up very soon. Held by the Veteran's Service Dog Society of Alberta, this important event raises funds to

supply a service dog to a military veteran. The event will be held in Okotoks at the Viking Rental Centre, with dinner, a silent and live auction, and DJ. Tickets info is [VSDSofAlberta.com](http://VSDSofAlberta.com). If it's sold out by the time of printing, please consider a donation anyways as this is such an important organization. Together, we can turn courage into comfort.

Beneath the Arch Concert series presents Scott Nolan, an amazing storyteller and a man of many instruments on April 25 at the Flare and Derrick. The Arch's annual bursary is also available to apply in April. This bursary enables young performing artists to enhance their experiences and skills. It is available to grades 4-12 students who reside in or attend school in the Foothills. For full details, or to get tickets for the Nolan show, please visit [beneaththearch.ca](http://beneaththearch.ca).

And for the classical music lover, Trio Fibonacci is performing at the High River United Church on April 10. As part of the Gift of Music Concert Series, this trio of violin, cello, and piano will captivate their audience with vibrant and engaging pieces. For tickets and info, you can go to [highrivergiftofmusic.com](http://highrivergiftofmusic.com).

Foothills Country Hospice's annual Hike for Hospice is scheduled for May 3. This important fundraiser is for walks/runs around Sheep River pathways in Okotoks. You can sign up for a 2 or 5K walk or a 5 or 10K timed hustle run. Proceeds go towards the Hospice. To find out more or to register, please visit [countryhospice.org](http://countryhospice.org).

Gardening season is here! Both Black Diamond and Turner Valley have community gardens, in which you can rent a plot if you don't have space where you live. Most gardening tools are available as are workshops and special events. BD's location is 2 Ave. and 1 St. NE, and TV's location is 625 Calkins Place if you want to check them out. To find out more or to get your own plot, please visit their Facebook page.

For the rest of the Foothills, there are a variety of Gardening Clubs available depending on where you live. The Millarville Horticultural Club meets the 2nd Tuesday of the month at the Anglican Christ Church on Highway 549 at 7pm. And the Foothills Horticultural Club meets the 3rd Tuesday of the month at 9:30am, please check out their websites for more details. These clubs offer garden tours, workshops, and some have discounts to local gardening centres. Happy gardening!

The Foothills 1st Scouts are holding their bottle drive on Saturday, April 18. They will be going door to door but you can leave your bags of empty bottles and cans by your front sidewalk, with "Scouts" labelled on them. The bottle drive will be held from 9am-1pm. Proceeds go to the troop and help them with summer camps and activities.

If you have any events or news for the month of May, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is April 15.

Happy Spring and Easter everyone!

*Elaine Wansleben*

**BENEATH THE ARCH CONCERT SERIES**

**SCOTT NOLAN**

**AND BAND**

**SATURDAY, April 25, 2026**

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

**Adult: \$30 / \$35 at the door**

**Child (6-12) \$12 / Kids under 6yrs - Free**

Flare & Derrick Community Hall, Diamond Valley

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

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## SHEEP RIVER LIBRARY

**Hollywood Got It Wrong** got off to a great start in March. In April three more movies will be examined by professionals in their field. On April 11, publisher Margaret Curelas looks at *Miss Potter*. African Studies professor, Motilola Akinfemisoye-Adejare will take on *Black Panther* on April 18. The series ends on April 25 with Chemistry professor Amanda Musgrove discussing *Elemental*. All expert talks begin at 3:00 pm and movie times vary depending on the length of the movie, but they are all listed on our website.

**On Saturday, April 18** we have Bertrand Beckersteth speaking at 10:30 am. Bertrand is a poet, playwright, essayist, and educator. He was the Athabasca University Writer in Residence for 2024-2025. His poetry collection, *The Response of Weeds*, was the winner of several awards. His forthcoming collection, *Canadian Colored*, will be published by NeWest Press in 2027. *Numinous Animal: Tracing the Afrofuturism of Black Cowboys* will be published by Athabasca University Press in the fall of 2026. His current project features

poetry about Black cowboys from Alberta. In his talk Bertrand will share some discoveries he has made of cattle brands registered by Black cowboys in the late 19th and early 20th centuries, as well as some details of their lives. These cowboys and the poetic language of their brands has served as an inspiration for his most recent poetry manuscript. Bertrand will read a very brief selection and discuss how he forged a very powerful and very unexpected collaboration with these cowboys from long ago. If you are planning to attend both the poetry session in the morning and the *Black Panther* movie and talk in the afternoon, we invite you to stay for lunch in between. There is no charge for the lunch but you must register online by clicking on the link in this month's newsletter at [www.sheepriverlibrary.ca/news](http://www.sheepriverlibrary.ca/news).

One of the things we value highly at the library and in our wider community is the role of volunteers. This year the library is hosting a **Volunteer Appreciation Event** for anyone who volunteers for any local organization on Thursday, April 16, 5:00-7:00 pm. Come for a light meal catered by Frosted Fern, some entertainment and the chance to win a fabulous door prize. More details are available on our website.

## Emergency Preparedness and Personal Safety returns in May.

We have seven sessions planned: Wildfires and FireSmart (Monday, May 4, 7:00 pm), Flooding and Floodplain Awareness (Wednesday, May 6, 7:00 pm), Communications and Evacuations (Saturday, May 9, 1:00 pm), Self Defence (Sunday, April 26 and May 3, 2:00 pm), We can do it! Adult Children with Aging Parents (Saturday, May 23, 2:00 pm), Standing Strong Together: How Insurance Helps Our Community Weather Life's Storms (Saturday, May 30 10:30 am) and Online Safety and Fraud (Saturday, May 30 1:00 pm). More details regarding the content of each session can be found on our website. Sign up is strongly encouraged. Many sessions have hand outs we need to print for attendees.

Summer is approaching fast. **We have seven summer camps confirmed:** Dungeons and Dragons, Kids' Choir, Nature & Outdoor Play, STEAM and Art Camps. More details will be appearing soon on our website. In-person registration opens May 1.

The library will be closed Friday, April 3 for Good Friday but open on Saturday April 4 and Monday April 6.

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## FOOTHILLS LAND TRUST

### Looking for President and Board Chair (Volunteer)

Foothills Land Trust (FLT) protects ecologically significant lands in Foothills County southwest of Calgary primarily by working with private landowners to establish conservation easements. FLT currently protects nearly 1,650 acres of land across nine conservation easements and owns one 45-acre property outright. Further information is available on our website: <https://foothillslandtrust.org>

FLT is looking for a volunteer President and Board Chair to assume office in June, 2026. Alternatively, the successful candidate could join FLT's Board in June, 2026, learn more about us for a year, and then assume the Presidency in mid-2027. If you have a passion for nature and conservation and enjoy both leading and collaborating, you will find this position very rewarding and a great opportunity for professional development and personal growth.

#### Responsibilities:

- Lead and inspire a team of dedicated volunteers
- Support and supervise the work of our part-time Executive Director (ED)
- Chair meetings of the Board of Directors
- Ensure that the organization remains financially sustainable
- Together with the ED, meet with landowners to explore conservation opportunities
- Provide strategic direction to the organization
- Commit between 5 and 10 hours per week

#### Qualifications:

- Experience with not-for-profit organizations in a leadership role
- Experience with an environmental NGO is preferred but not essential
- Experience managing people and projects
- A background in business or in one of the environmental sciences is preferred
- Residence in Foothills County or the Foothills region (Okotoks, High River, Diamond Valley, Calgary)

#### Why Join Foothills Land Trust:

- Opportunity to help protect important local landscapes, watersheds, and wildlife
- Gain leadership experience in a respected conservation organization

- Make a meaningful community impact
- Collaborate with experienced conservation volunteers and professionals
- Flexible volunteer schedule

To learn more about this opportunity, please contact:

**Sandy Bruce, President of FLT**  
403-949-2112 | [sandybruce80@gmail.com](mailto:sandybruce80@gmail.com)  
Sandy was FLT Treasurer between 2011 and 2019 and has been President since then. He is stepping down at our AGM in June, 2026 but will remain as a resource to the new President for a year.

**Spring is Hatching!**

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## What do you hope that we're saying?

Among businesses along the Cowboy Trail from Priddis to Longview, there is a lot of 'passing along' of visitors from one business to another. It could be called "Tag Team Tourism."

Tag Team Tourism: - a conversation between business owners to clarify your message and share ideas to coordinate efforts.

This happens every day at every business during the 'tourist season'? Something like this....

Guests at Todd & Jaxy's River Retreat Kananaskis ask about local attractions, places to eat, where to have their vehicle repaired...what would you like them to be saying about your business?

Tim at the historic Millarville General Store and Miss Marple's café pass people along to Anchor D Guiding & Outfitting, or the award-winning Eau Claire Distillery, or Spirit Hills Winery;

Tarek at Blue Rock Gallery pass tourists along to The Westwood or Mike at The Stop, or Danielle at Enlightened Herb, or Krista at Sweet Briar Goods, or the Black Diamond Hotel;

...who recommend that people would really enjoy a stop at the Twin Cities Saloon - Hotel and Restaurant, or the Water's Edge Pub & Café in Priddis.

Many fans of Heartland and Amber Marshall, from far and wide, come to see Marshall's Country Store.

They often ask about other Western-style experiences.

Bohemia has customers from many countries in the world. Some of these come and visit the area.

What would you like Maureen and her team to be saying about your business?

People stop in at Rona, or Hard Knox Brewery, and often ask about things to do in the area. Or who could repair their RV? Or where to get a haircut? Or who are Ruby and Ross? Or who to call if they were interested to buy property in the area.

These conversations happen all the time!

**You can't buy advertising like this, and nothing is more effective.**

If other business owners in the area haven't met you, you won't be mentioned.

Affirming one another's businesses builds local pride, optimism and even resilience.

Most local business owners that we talk to bring up this issue - cooperating with one another to help visitors have a great experience while they are here. A little coordination and communication would step things up a lot!

**Bring your Ideas** - what you wish would be happening in the region on this issue;

**Bring Your Message** - we'll pull your business name out of a hat, and you'll have up to 2 minutes to tell us all what you would like us to be saying about your business.

### Time and Place:

Tuesday, April 14, 2026 at 6:45pm.

Hard Knox Brewery building

Hosted by the Diamond Valley Chamber of Commerce

Come on out...and be the talk of the town.

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## Hold On

I'll never forget that interview.

I had traveled six hours the day before, bought a new suit, studied relentlessly, got a haircut, and went to bed early—ready. Ready to interview for a master's program I wanted with all my heart. It felt like the beginning of a new chapter.

The next morning, as I stepped out of the car and looked toward the building, my heart fluttered. Here I am. I made it. Dressed, prepared, nervous—and ready.

But when I checked in at the front desk, the woman looked confused.

I wasn't in the right place.

The correct building was twenty minutes across town, and my ride had already left. My heart sank. I'm going to miss it. I'm going to lose this opportunity.

She kindly called me a cab, the wait felt endless. My heart pounded in my throat. It felt like it was already over.

Fast forward a few hours later. I had made it across town. I sat for three more hours

because the delay had pushed everything back. By then, my anxiety had built so high I could hardly stand. When I finally did the interview, I held it together—but not well. With everything swirling inside me, I walked out knowing I hadn't done my best.

Life is like that.

We prepare, we plan, we do everything “right”—and still, things go wrong. We live in a world full of unpredictability: conflict, loss, rising pressures, and constant change. No matter how many strategies we gather or lists we follow, nothing fully prepares us for every turn life takes.

So what helps when life doesn't go as planned?

Sometimes, the most important resources are already within us.

Our tears are one of them. Emotions—fear, sadness, frustration—tell us what matters. They give us a way to process what's happening inside. When we allow ourselves to feel, we begin to release. When we shut it down, it often finds other ways to surface. So let yourself cry. Talk it out. Make space for your emotions.

Play is another quiet gift. It gives us a way to feel difficult emotions without facing them head-on. Whether it's shooting pucks, painting, or engaging in something imaginative, play helps move what's stuck inside.

Our bodies also know what to do. Movement, rest, even the urge to sleep more—these are natural ways of coping. Listening to your body can be one of the most grounding responses in uncertain times.

Kindness matters too. Small acts of care—given or received—helps release dopamine and oxytocin. Kindness shifts something in us and softens the edges.

And finally, we hold on.

When life feels uncertain or painful, holding onto others can steady us. Connection creates a kind of safety—a reminder that we don't have to face hard things alone. Whether it's a friend, a family member, or your faith, leaning into connection matters.

So instead of trying to be ready for everything, look at what you already carry.

Let yourself feel.

Make room for play.

Offer kindness.

And hold on to your people.

Because when life doesn't go as planned—and it won't—these are the things that carry us through.

*Dana Owen, M.A.,  
Counselling Therapist*

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**STEPHANIE GILKER**

## When Did Wine Stop Being Social?

At a recent tasting I hosted, I watched something happen that reminded me why wine matters in the first place. Two guests had arrived separately and ended up seated beside each other. At first the conversation was polite but minimal. They compared structured notes on the first wine, then the second. By the third glass they were laughing, debating which bottle was their favourite, and sharing stories about trips they'd taken. By the end of the evening, they exchanged numbers and made plans to meet again.

The wine was good, but that wasn't really the point. What mattered was the moment when strangers became people who suddenly had something in common.

For most of human history, that has always been the role of wine. In ancient Greece, gatherings called symposia were built entirely around the idea of sharing wine and conversation. Guests would gather to drink, debate philosophy, tell stories, and exchange ideas. Wine wasn't served as something to be analyzed. It was simply the centrepiece that brought people together.

Roman meals followed a similar pattern. Wine was poured generously, often diluted with water, and shared throughout long communal dinners. Across Europe, wine was historically something that sat in the middle of the table, poured for everyone present rather than treated as something rare or intimidating.

The point wasn't the wine itself. The point was the gathering. Somewhere along the way, that spirit got a little lost.

For many people today, wine can feel like something you need to understand before you can enjoy it. Labels seem complicated. Restaurant wine lists can be intimidating. Even the language around wine sometimes sounds more like a lecture than something meant for a dinner table.

But wine was never meant to feel like a test. Wine simply gives people a reason to gather. It becomes the thing that sparks conversation. Someone says they taste cherries, someone else insists they're getting herbs, and another person across the table shrugs and says they just think it



*Saint Wine Society specializes in private and corporate wine tasting experiences to bring the social club back to wine*

tastes good. All of those reactions are part of the experience.

Recently, it feels like wine culture may be rediscovering those roots. Across North America, wine bars, supper clubs, and smaller tasting gatherings are quietly having a moment again. Instead of formal tastings or classroom-style wine education, these spaces focus on shared tables, good food, and a handful of thoughtfully chosen bottles. The goal isn't to memorize grape varieties or recite tasting notes. It's simply to create an environment where people can slow down and spend time together.

After years where much of our social life moved online, people are craving experiences that feel personal again. Dinner parties are coming back. Supper clubs are appearing in cities around the world. Even something as simple as meeting friends for a glass of wine feels more intentional than it once did.

Wine fits perfectly into that kind of evening. It slows things down. It encourages people to stay at the table a little longer, to open another bottle, to keep the conversation going.

In my work hosting wine tastings in Calgary, I see that moment happen all the



time. The minute people stop worrying about whether they're "doing wine right," the entire room relaxes.

Conversations start flowing between tables, glasses get compared, and the evening becomes less about analyzing the wine and more about enjoying it together.

It's the same idea behind a new gathering I'm hosting this spring called Saint Salon, an evening built around wine, food, and conversation.

Because in the end, the real magic of wine has never been what's in the bottle. It's what happens around it.

*Cheers!*

*Stephanie Gilker is the founder of Saint Wine Society, curating polished wine tasting experiences and Champagne service across Alberta. She holds WSET Level 3, French Wine Scholar, and Master of Champagne certificates, bringing expertise, creativity, and elegance to every glass.*

*Article Sources: Wine by André Domainé, The World Atlas of Wine by Jancis Robinson and Hugh Johnson, The Experience Economy Report by Eventbrite.*

*Photo Credit: Stephanie Gilker*



# Stephanie Gilker

**saint wine society**

[saintwinesociety.com](http://saintwinesociety.com)

[@saintwinesociety](https://www.instagram.com/saintwinesociety)

**Website**



**Instagram**





## The Power of Circuit Training: A Smarter Way to Burn Fat and Build Muscle

If you're looking for a workout that's efficient, effective, and anything but boring, circuit training might be exactly what you need. It's one of my favorite training styles to recommend because it combines strength, cardio, and endurance into one workout—making it a powerful tool for improving fitness and supporting weight loss.

Let's take a closer look at what circuit training is and why it can be so effective.

### What Is Circuit Training?

Circuit training is a style of workout where you perform a series of exercises in sequence, moving from one exercise to the next with little to no rest in between. Each exercise targets a different muscle group or type of movement, creating a "circuit" that you repeat multiple times.

For example, a simple circuit might include: • Squats • Push-ups • Lunges

• Plank holds • Dumbbell rows • Jump rope or jumping jacks

Each exercise is typically performed for a set amount of time (such as 30–60 seconds) or a certain number of repetitions before moving to the next exercise.

Once you complete all the exercises, you rest briefly and then repeat the circuit again.

A benefit of circuit training is its flexibility. It can be done with bodyweight exercises, dumbbells, resistance bands, or gym equipment, and it can easily be modified for beginners all the way up to advanced athletes.

### Why Circuit Training Is Great for Weight Loss

One of the biggest benefits of circuit training is that it combines both strength training and cardiovascular exercise in a single workout. This combination plays a key role in supporting weight loss. Further reasons why circuit training works well include:

#### 1. It Burns More Calories in Less Time

Because circuit training keeps you moving with minimal rest between exercises, your heart rate stays elevated throughout the workout. This increases the number of calories you burn during your session compared to traditional workouts that include longer rest periods.

In other words, you're getting more work done in less time.

For people with busy schedules, this makes circuit training an excellent option for efficient workouts.

#### 2. It Builds Lean Muscle

Strength exercises are a key part of most circuit workouts. These movements help build and maintain lean muscle mass.

This matters for weight loss because muscle tissue burns more calories than fat tissue—even at rest. The more lean muscle you have, the higher your resting metabolism can be, which helps your body burn more calories throughout the day.

#### 3. It Improves Cardiovascular Fitness

Because circuit training keeps your body moving continuously, it challenges your cardiovascular system as well. Your heart and lungs work harder to supply oxygen to your muscles, improving endurance and overall fitness.

This means you're not just building strength, but you're also improving heart health and stamina at the same time.

#### 4. It Keeps Workouts Interesting

Let's face it: doing the same workout over and over can get boring.

Circuit training solves that problem by constantly changing exercises and movements. This variety keeps workouts



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engaging and can help people stay more consistent with their exercise routine—an important factor when working toward weight loss goals.

### 5. It Works for All Fitness Levels

Another advantage of circuit training is how easily it can be modified. Exercises can be adjusted in intensity, duration, or resistance to suit beginners, intermediate participants, or advanced exercisers.

For example, someone new to fitness might perform bodyweight squats, while a more experienced person could add dumbbells or increase speed and intensity.


This makes circuit training a great option for group fitness classes or at-home workouts where participants may have different fitness levels.

Circuit training is a time-efficient, versatile, and highly effective workout style that combines strength and cardio into one powerful session. By keeping your heart rate elevated, building lean muscle, and burning calories efficiently, circuit training can be an excellent tool for supporting weight loss and improving overall fitness.

Best of all, it can be adapted to fit almost any schedule, fitness level, or workout environment.

If you're looking for a workout that challenges your body, keeps things interesting, and delivers results, circuit training is definitely worth adding to your fitness routine.

*Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at [www.jarilove.com](http://www.jarilove.com). You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.*



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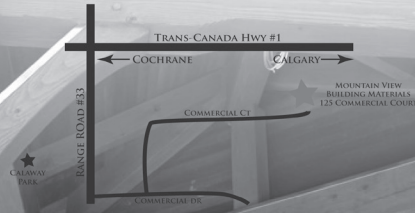
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### HOW TO APPLY FOR PATENTS Part I

#### WHAT IS A PATENT?

A patent is the exclusive right granted by the government to manufacture, import or sell a product or to use a process (a manufacturing process). A patent prohibits anyone else other than the patent owner or anyone authorized by the patent owner, to manufacture, make, import, or sell the product or process described in a patent.

Patents may be sold or licensed to other parties. Licensing a patent involves granting authorization to someone other than the owner of the patent with the right to use the patented product or patented process.

Once the patent has expired, anyone can make use of the patented product, idea or process. You can not patent a hypothetical idea, that is, an idea without a final result (this is what is known as the physical embodiment of the idea) or something which is tangible.

#### WHAT CAN BE PATENTED?

For a new product or process to be patentable, the product or process must be unique, inventive and new, on a worldwide basis. Your product or process must be useful, that is, it must be functional and have a purpose or a benefit which will be derived by the user of the product or process. The invention cannot be known previously anywhere else in the world. It also must not be obvious to anyone else who has experience in the area of the invention.

#### CAN I PATENT AN IMPROVEMENT ON AN EXISTING IDEA?

For your idea to be patentable, it does not need to involve a brand new product or process. Instead, it can involve an improvement to an existing product or process, where that improvement is not obvious to someone else having experience in the area of the invention. As well, to be patentable, your idea for an improvement must not be a mere combination of features or components which are already in existence in products or processes which have been previously patented.

#### WHAT IS THE TERM OF A PATENT?

Prior to October 1989, the term of a patent in Canada was seventeen years beginning with the date that the patent was issued by the Patent Office. In the US, the term of a patent prior to June 1995 was also seventeen years from the date of issuance. This term was changed in Canada and the US to twenty years from the date you file your application.

It is not relevant how long your application may take until it is approved (known as patent pending), since the term of any patent, at least in Canada and the US, is now twenty years.

If your application takes one, two or three years to issue, the same twenty year period will apply.

In the next issue we'll get into patent searches and how to find out if your idea is in fact new or unique.

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**FREEDOM 8848**

This August 30 hardy souls with big hearts will once again arrive in the Rocky Mountains of Alberta and participate in the 7th annual Everest Freedom Challenge to combat the evil of sex trafficking in our world.



Run by an organization called Freedom 8848, it's a true good news story in a world that desperately needs one right now. Participants young and old climb mountains over 3 days to symbolically MOVE the mountain of injustice that sex trafficking represents. They climb the mountains with strong legs and strong hearts, while moving them with faith and perseverance.

Each participant climbs according to their own ability, and some even choose to climb up to 3 mountains a day, eventually reaching the height of Everest, 8848M, by the end of the last day! They do this to raise awareness of the issue of sex trafficking and funds for some amazing organizations dedicated to fighting it.

The determination and self-sacrifice it takes to complete this gruelling challenge is truly inspiring, with some amazing results. Climbers face blisters, sore muscles, sunburns, and sometimes even snowstorms for something they believe in. As a result the Canadian spirit of generosity and desire to help kicks in and to date climbers have raised over \$600,000!

To learn more and maybe even get involved, check out [freedom8848.ca](http://freedom8848.ca)

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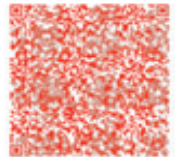
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## MORTGAGE MATTERS by Candace Perko

### When Does a Second Mortgage Make Sense?

For many homeowners, their property represents their largest financial asset. As equity builds over time, a second mortgage can become a powerful tool for accessing additional financing.

A second mortgage is a loan secured against your home that sits behind your existing mortgage. The lender providing the second mortgage takes a secondary position on the title, meaning the primary mortgage lender is paid first if the home is sold or foreclosed. Because of this added risk, second mortgages typically come with higher interest rates and shorter terms than traditional mortgages.

Despite these differences, there are several scenarios where taking out a second mortgage makes sense.

#### Consolidating High-Interest Debt

One of the most common reasons homeowners use a second mortgage is to consolidate high-interest debt. Credit cards, unsecured loans, and

lines of credit often carry significantly higher interest rates than mortgage financing.

By using a second mortgage to consolidate those balances, borrowers may be able to lower their overall interest costs and simplify their payments into one manageable monthly obligation. This strategy can be especially useful for homeowners who have strong equity in their property but need help restructuring their debt.

#### Accessing Equity Without Breaking a Low Rate

Many homeowners currently hold mortgages with very competitive interest rates that they secured in previous years.

Refinancing the entire mortgage to access equity could mean giving up that favourable rate and replacing it with a higher one. A second mortgage can allow homeowners to access a portion of their home equity without disturbing their existing mortgage terms. Instead of refinancing the whole balance, they simply add a second loan on top of their current mortgage. In a higher-rate environment, this approach can sometimes make more financial sense.

#### Financing Home Improvements

Another common use for a second mortgage is funding renovations or home improvements. The improvements may

even increase the home's market value enough to offset the cost of borrowing. For homeowners planning significant upgrades, a second mortgage can provide access to larger amounts of capital than unsecured financing.

#### Credit Challenges or Unique Income Situations

Traditional mortgage refinancing often requires strong credit scores, stable income, and strict qualification standards.

Some borrowers may not meet those requirements due to temporary credit issues, self-employment income fluctuations, or recent financial setbacks. Second mortgage lenders sometimes use more flexible qualification criteria, focusing heavily on the amount of equity in the home rather than just credit scores. This can make a second mortgage a viable option for borrowers who need financing but don't qualify through traditional channels.

#### Short-Term Financing Needs

Second mortgages are often structured as shorter-term solutions, sometimes ranging from 6-months to 1-3-years. This can make them useful for temporary financial needs, such as covering a tax obligation, funding a business opportunity, or bridging a gap while preparing to refinance later.

#### Next Steps

Speak with an experienced mortgage professional that can help you evaluate whether a second mortgage is the best option or if alternatives such as refinancing, a home equity line of credit (HELOC), or restructuring existing debt might be more suitable. For the right borrower and situation, a second mortgage can be a practical way to unlock the equity in a home.

*Candace Perko, Mortgage Broker*

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## BUSINESS PROFILE

### From Hive to Innovation: Beekeeping Innovations Ltd. Is Redefining Canadian Apiculture

In the heart of Alberta, a quiet but powerful revolution is underway in the world of beekeeping. Beekeeping Innovations Ltd. (BIL) is a Canadian startup tackling one of the most pressing challenges facing agriculture today — the queen bee crisis — through a bold, vertically integrated approach that is turning heads across the industry.

#### A Vision Rooted in Purpose

Founded by Herman Van Reekum, BIL was born from a recognition that the global bee population is in crisis and that innovation, not convention, holds the key to its survival. Together, the BIL team operates with a heart-centred philosophy: that sustainable business and ecological responsibility are not competing goals, but one and the same.

#### Four Brands, One Mission

BIL operates through four distinct yet complementary subsidiary brands. Bee Cube® offers climate-controlled, modular apiary systems that allow beekeepers to maintain healthy colonies regardless of Alberta's unpredictable weather. Alberta Rose Queens is the company's queen breeding operation, future production between 5,000 and 10,000 locally bred, cold-hardy queens and nucleus colonies (nucs) annually — purpose-developed for Canadian conditions. Be the Bee™ Hive Management System is a SaaS app launching in 2026 that delivers hands-free hive inspection technology, bringing smart data to everyday beekeepers. Rounding out the family is Bee Cube Bear Bait Honey, a premium honey product line that reflects the company's commitment to quality from hive to table.

#### What Sets BIL Apart

Unlike most beekeeping operations, BIL controls the entire lifecycle; from queen genetics and nuc production to climate-managed apiaries and digital hive management. Alberta Rose Queens are specifically bred for local resilience, giving Alberta beekeepers a meaningful advantage over imported stock. The upcoming Be the Bee™ app will make professional-grade hive

monitoring accessible to hobbyists and commercial operations alike.

#### Community at the Core

BIL is committed to strengthening Alberta's beekeeping community through education, knowledge-sharing, and accessible local resources. Through Substack articles in "Bee Spaced: The Global Beekeeping Digest," BIL shares research, industry news, and practical guidance with beekeepers at every level. The team believes that a thriving bee population benefits every Albertan; farmer, gardener, and community member alike.





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ANDREA KIDD

### Ladybird, Ladybird, Fly Away Home!

Tommy came in from recess and walked carefully to the hooks at the back of the classroom. He clutched at his breast with one hand and hung up his spring jacket with the other.

Soon he was sitting on a small chair in his reading circle. Readers open to begin a new story, I quizzed the children about the pictures and coached them as they read aloud around the circle. Tommy fidgeted, lost his place, and didn't know what the story was about. I was surprised. Tommy always paid attention. He wanted to read. Something was different that day.

"Tommy, are you okay?" I asked.

"Yes," he mumbled, and so we tried to carry on. Soon other students were looking at Tommy and losing their place.

"There's a ladybug on my leg!" said Susan.

"Oh," I said. "How many spots does he have?"

"Seven," said Tommy. "They all have seven."

We counted.

"Susan," I said, "take him back outside. He will be happier in the grass."

I tried to divert attention back to the story, but another ladybug was crawling in Kenny's hair. Tommy tried to hold his reader on his lap with one hand as he fiddled in his shirt pocket with the other. We laughed as we realized he was desperately poking ladybugs back down into his pocket.

"Oh, Tommy!" I said, "You'd better go outside and let them go!"

Laura Griffin's article, *Ladybugs Love Clusters* (HCN February 2026), triggered this memory for me. I chuckled. Tommy's ladybugs did not love being clustered in his pocket.

When I was Tommy's age we used to sing, *Ladybird, Ladybird!* Why 'lady'? Why 'bird'? This insect is not a 'lady' or a 'bird'. I discovered that this rhyme has been around for centuries. Ladybirds were named in honour of Our Lady, Mary, Mother of Jesus when science was in its infancy. The nursery rhyme is not scientific; it deals with things we cannot quantify, like fear, joy and sadness.

And why, "Fly away home, your house is on fire"? Ladybugs eat millions of aphids which decimate crops, so, in autumn, farmers used to warn their ladybug friends to flee from the stubble fires they lit. And was it also a code to warn a neighbor to flee from persecution for holding to a faith that was not sanctioned by the government?

At Easter, the seven black spots on the ladybirds' backs were said to have reminded people of the seven sorrows of Mary. I prefer to deal with only one sorrow

at a time. As Jesus died, I believe Mary was sustained in her sorrow by three things. First, she had accomplished the task God had given to her. Second, Jesus gave Mary to John to care for in his home. (John 19:26, 27) And third, Mary saw her son after he rose from the dead. In the midst of great sorrow, no one is alone because God is always present. He provides comfort and blessing.

When I see a ladybug with seven spots I will think of one of my sorrows because Jesus said, "Blessed are those who mourn, for they will be comforted." (Matthew 5:4) Then I will think of six things I am grateful for.

All these years later, I wonder whether Tommy still delights in ladybugs and whether he now tells his children and grandchildren about the day he came into his Grade One classroom with a pocketful of ladybugs.

*If you enjoy my High Country News submissions, please see my substack for more: [andreakidd.substack.com](http://andreakidd.substack.com)*

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## OUT OF THE RUT by Kat Dancer

### Chapter 188

There's been a slight increase in group size... my brother and wife arrived from Ireland, so now we are five. Meandering the shore beneath occasionally cloudy sky, enjoying the warmth of the sun for most of the day. We leave the parents behind to head off on a longer walk, then meet up again on the rebound. Interesting to be walking with my brother, he's such a large human, I feel shrunken beside him. His build is so different from mine, he's made of much sterner stuff. Calves like my thighs... bones of steel, and about a foot taller.

We explore the coastline, driving through supposedly protected areas where the skeleton of a half-built abortive hotel mars the beauty of the wild coastal hills. The road winds back and forth, improbably appearing above and below us, a conundrum of twists and turns that seem to defy logic as one tries to wrap one's head around the where and how all the pieces fit together yet form one continuous looping trail that brings us down towards the sea.

Again leaving parents behind on gentle paths, we hike off over a hill following a dry rocky trail that glitters with scintillating shards at every step. Intense wild flowers remind me of the brilliance of blooms in the foothills. Deep red tiny wild gladioli, vivid blue pimpernels and purple irises sprout forth from barren rocky ground. They seem emboldened by the lack of nutrition. There are blue 'everlasting' flowers, golden daisy-like flowers (yellow sea asters), dozens of clusters of colour amid wild herbs, fantastic scents.



We follow the trail over the hill and down to the rocky shore. Here, a "Hippie Temple" has emerged from and within the rocks, built up over many years by folks unknown. Legend has it that this was started by one woman – well, everything has to start with one woman. There are cairns of rocks across the shore, sandy trails demarcated by smoothed boulders and pebbles, a trail walled by white quartz rocks that morph to igneous black. Many travellers from Spain and afar, have painted rocks and flat stones and brought them here to leave. There are stories in many languages, names of people who love, have loved, remember, hope, and wish for the future. The local icon, the Indalo Man, is picked out in one wall by white stones against black, rocks have been carved as owls or faces, stacks of white rocks amid black borders form a giant star. There are improbable oval balancing acts - stones standing vertically upon tiny feet. Trails wind back and forth, into dead ends and new ones and back to the sea. There are rocks with holes, a rainbow-painted frame through which to view the mercurial Mediterranean Sea, and everywhere the wind curls about these mementos, drawing the scent of wild things growing through the air.

Beyond this conglomeration, a large boulder about 20 feet high stands isolated on the beach. Indentations of this erratic rock are marked by pebbles stacked in pillars, small cairns attesting to the many hands and hearts that have passed through this place. Not far away I build an Inukshuk, a piece of Canada.

A small cave, a shallow relief against the cliff-face, a meeting place where green rock meets orange. The cliff above is pitted and water-smoothed, swirled tunnels excavated by rain sink toward the sea. To the left the cliff is a different colour, gritty, hard, unyielding. Below are agglomerates of green, black, red, orange, white and yellow. Igneous particles dropped into swathes of sedimentary, I imagine a great volcanic explosion raining down fragments of obsidian black into green silt that over time hardens to become the extraordinary surface we now traverse.

And then to lunch. A delectable series of delicious delights. Sensory explorations for the tongue after physical explorations for the body. This is a fortunate day indeed.

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**LAURA GRIFFIN**

### **From the Land of the Midnight Sun**

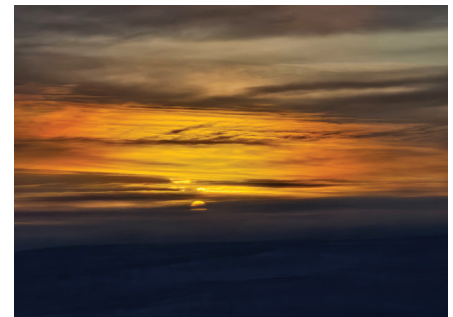
My love of the cold winter and darkness has drawn me to Alert, the northernmost continuously inhabited settlement on the planet.

There is a certain beauty in the vastness of tundra, the snow and ice stretching out for as far as the eye can see. The sun, barely breaching the horizon, casts shadows that stretch between the fields of crumbled sea ice in the distance as I gaze out, longingly searching for an Arctic creature, knowing full well that their camouflage would not reveal them to my probing eyes unless they moved. But merely a few weeks ago the horizon was nothing but darkness and stars shone throughout the day.

The winter world was waiting for the sun that had not been seen in its entirety since the end of September. It felt like a landscape of anticipation. As the earth travels in its orbit around the sun it is tilted at a 23.5 degree angle. This leaves the northern hemisphere pointing away from the sun, and if you are at a latitude of 82°30'05" north this means you are pointing away from the sun in total darkness for the whole winter. You can get the sunlight that reflects off of the moon's surface, but other than that the world goes dark, many of the animals migrate further south, and the tiny plants that manage to live here are buried beneath the snow. For days the people on the station (some who had endured months of darkness) looked out on days of beautiful twilight until finally the sun crested the hills. There was a sunrise ceremony to welcome back the glowing orb which makes any life possible at all up here.

The arctic is a place of scarcity. Despite being surrounded by ice and snow, it is classified as a desert with less than 16 cm of precipitation in the year at Alert, that's about half a ruler for perspective. The land of the midnight sun receives just as much daylight as elsewhere on the planet, albeit at different times of year. But the sun is so low on the horizon that the rays of sunshine hitting the ground do so at a smaller angle spreading out the radiation making it harder to warm the ground. The rays also spend a longer time traveling through the thick atmosphere which in

*Photos by Laura Griffin*



turn absorbs more of their energy before it even reaches the ground. This is part of the reason why the Arctic is known for being so cold. There is nothing quite like a minus 40 day with winds gusting over unbroken tundra to make you appreciate your parka's oversized hood.

I look forward to April 7 when I will see my first midnight sun, as it will no longer

set behind the northern horizon. The tracks, which are becoming more plentiful with each passing day, indicate the animals are starting to reappear and perhaps soon I will have more than a fleeting encounter with my new arctic neighbours. The silent Arctic darkness is receding and with it my ability to contain my excitement for an Arctic Spring.

# KIDS ZONE

Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

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## April Showers Word Search

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- Snow
- Bunny
- Lambs
- Spring
- Eggs
- Chocolate
- Flowers
- Allergies
- Rain
- Birds
- Babies
- Buds
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**ROCHE HERBST**

## Managing ADHD and the Workplace

### WHAT DOES ADHD LOOK LIKE AT WORK?

You are overwhelmed and feel disorganized with a lack of focus. Buried in to-do lists, while fluctuating between 'catch-up' or 'cover-up' mode. You can never get ahead of deadlines and are always late. Does this sound familiar? Well, from time to time we all run into these types of challenges. For the person with Attention Deficit Hyperactivity Disorder (ADHD), it can be a constant struggle. On the other hand, your ADHD can be the source of creativity, innovation, productivity and a unique set of problem-solving approaches. One sure thing is that it has a significant impact on your professional life.

### WHAT'S THE SECRET?

Let's face it – the ADHD brain is wired differently. Often times, the people I see are smart and capable enough to do their jobs. They will do really brilliant, amazing and cool things, but at times feel that they need to work a lot harder to achieve their goals. It all starts with self-awareness. Be honest about the unique challenges and opportunities within your work environment so you may unlock your hidden strengths. Navigate your work with the right accommodations (formal or informal), tools, strategies and a dash of self-advocacy.

### YEAH, BUT...

Figuring out which tools and strategies are going to be best for you, can feel overwhelming. You may wonder if it is necessary to disclose your ADHD. Well, others may already notice that you forget deadlines, miss important details, have trouble focusing during meetings, or do not follow through. Ideally, by telling your boss you may gain an ally in helping you set up the optimal work environment. Alternatively, you could simply tell your supervisor that you've learned the way your brain works best, when you have let's say, a quiet space (early mornings, away from high traffic areas, etc.). Another reason to let your company know that you have ADHD is to foster an inclusive workplace and to legally protect yourself.

### WHAT ENVIRONMENTS ARE BEST SUITED?

When placed in the right environment, your unique strengths become valuable assets. Your creativity, energy and fresh perspectives can bring enthusiasm to the team. Your ability to hyperfocus on tasks of interest can lead to exceptional productivity and high quality of work; resilience and adaptability mean that you thrive in fast-paced settings where quick decision-making is needed; strong communication or story-telling skills are great for spontaneous, engaging conversations; risk-taking, seeking novelty, curiosity, passion and flexibility fuel your entrepreneurial drive.

### STAY POSITIVE!

ADHD has its drawbacks and positives. Refer to your list of accomplishments once in a while. Notice all the tick marks and realize that you ARE getting work done.

Administrative tasks may be hard, but integrate those things that you excel at. It will improve your mood. Try to make a list of five happy work-related things every day. This is so easy to do and really makes a difference. Know that you will NEVER be done... and that is a good thing. Your mind may run a million miles a second to generate ideas like crazy. You are going to come up with so many possibilities and you won't achieve them all. Don't let this be a bummer! Remind yourself of how much you are doing and the fact that you have some perpetually unfinished items on your to-do-list just means that you have a lot of ideas. Take pride in it.

### BOTTOMLINE

Keep thinking critically about what is working and what is not. It is absolutely within your power to make your job tolerable, successful and even enjoyable.

*Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.*



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