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## LETTER FROM THE EDITOR

I recently enjoyed the Bragg Creek Days parade. Walking with my granddaughter on my shoulders who was thoroughly enjoying throwing candy to the crowd was a special memory. Taking time to gather and celebrate what we have is an important part of being community. It could be a small group of neighbours, friends, co-workers, or just your family. Regardless, of the size and scope of your gathering, being together, sharing activity and food (or packaged candy) is important. Summer is an ideal time to do this. These times of sharing enable us to be bonded together by being part of something that is larger than us. As we allow ourselves to be bonded with our "neighbour" we can begin to see that together we are greater than the sum of our individual parts. These positive experiences bring a sense of unity and can envision us for what we can build together.

The High Country News exists to facilitate our community life. Thank you for reading.

*From my family to yours,  
Lowell Harder*

### Onlookers enjoy the Bragg Creek Days Parade



Photo Credits: HCNews



## COVER ARTIST PROFILE

This painting's title, "Days Like This" was inspired by the Van Morrison song and speaks to those days when you feel aligned, supported, and surrounded by good vibes. "Mama" in Morrison's song is symbolic of Mother Nature, who can be certain to provide these times. When you are disheartened have faith that there will be moments like this and certainly in nature, which can be grounding. More of Longview artist, Deanna Lavoie's artwork, can be discovered at [www.DeannaLavoie.com](http://www.DeannaLavoie.com)

*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.*



## LETTER TO THE EDITOR

My husband and I were at the Diamond Valley parade on June 4 on our way home from High River to Chilliwack BC. As we were standing on the side of the street waiting for the parade to start, a young couple with two small children were across the street from us. They had two lawn chairs and graciously decided to give up their own comfort bringing their chairs for us to use. They ended up sitting on the cement curb while we had the comfort of using their chairs!! We were so touched by their kindness and selfless generosity that we just had to let you know that this is Alberta hospitality at its best! So awesome that there are still great people in our world. Our heartfelt THANK YOU once again for your giving and kind spirit. We thoroughly enjoyed the parade and was the highlight of our day. This awesome young couple left an amazing impression on our lives!

*Shirley and Harry Hagens (Chilliwack BC)*







## SPRINGBANK HERITAGE CENTRE

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

### On going activities:

Every Monday 12:30-4:30  
Pickleball (Members Only) So sign up and become a member

Every Tuesday 10-Noon  
Singing,

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

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

Pop up happy hours

Bus trips

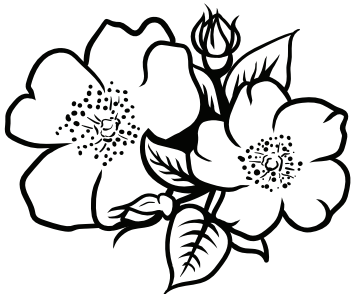
Sign up sheets are on the foyer table for additional activities, plus announcements.

This beautiful and functional facility is also available for rent. Birthday parties, Anniversaries, Celebrations of Life, Meetings etc. Please contact Janice Lambert via email at: [janice3Lambert@gmail.com](mailto:janice3Lambert@gmail.com) or visit the Springbank Heritage Centre website.

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

Visit our booth at the Springbank Old Tyme Fall Fair Sept 9, 2023 for sign up or for more information.

Springbank Heritage Centre  
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### KAREN NORDGAARD

1930-2023

Born in Denmark in 1930, Karen and her large family survived German occupation. In 1950, responding to a local newspaper ad for au pair jobs, Karen immigrated to Canada. Travelling alone by boat, speaking no English, she landed at Ellis Island, New York. Karen travelled west via train across the US, ultimately arriving in Victoria. After several years working for a wealthy family and many English lessons, she made her way to Calgary and became a passionate advocate for the disadvantaged. She devoted countless hours to these and other organizations: Calgary Welcome and Recreation Center (Founding member), Calgary Drop In and Rehab Center (President, retiring after 50 years), Lutheran Church of Our Saviour (Board member and Chair), Lutheran Church of America (Executive Council), InterFaith Youth Services Society (Director), Discovery House (Founder), Calgary InterFaith Food Bank (Founder), Bragg Creek Senior's Housing Society (Director), and Bragg Creek Snowbirds (Board). Her service

to others was formally recognized many times, and receiving the Queen Elizabeth II Diamond Jubilee Medal in 2017 was her proudest moment.

Karen was the ultimate speechmaker, with a keen ability to capture the attention of audiences and politicians. Always up for a game of cards or a shot of Akvavit, she hosted legendary gatherings and created loving memories for friends and family. The young ones who regularly visited Grandma Karen at the Forest House for a few years lifted her spirits and provided much excitement - those were her favorite days!

Karen is at peace now, survived by daughter and son-in-law Johanne and Terry, son Bill, grandson and wife Erik and Kristine. We are grateful for her hard work, sense of humour, and ever-present willingness to help others.

A Come-and-go Tea to celebrate Karen's life will be held at the Snowbirds Chalet in Bragg Creek on Friday, September 22 from 1 – 4 pm. Please dress in bright colours.



## MP UPDATE - FOOTHILLS

**John Barlow**

### Standing up for Foothills families in Ottawa

As Parliament wraps up for the summer and I head home to my family and my constituents in southern Alberta, there is a lot to reflect on from this busy session in the House of Commons. I worked hard to hold this Liberal government and the Liberal-NDP Costly Coalition to account, but this work doesn't stop during the summer recess.

Throughout the month of June, our Conservative team under the leadership of Pierre Poilievre pushed to hold this Liberal government accountable for its inflationary budget. As a direct result of inflationary spending, a further interest rate hike on June 21 brought Canada's key interest rate up to 4.75% despite promising interest rates would be low for the foreseeable future. This has left Canadian families, farmers, ranchers and businesses struggling with unimaginable financial burdens and further damaging our economy.

Heading into the summer months when so many Canadian's have vacations planned and communities relying on tourism this increase in the cost of living could not come at a worse time. This is why my Conservative colleagues and I have worked so hard to push this Liberal government to balance the 2023 budget. The Liberals knew their spending would cause higher inflation and higher interest rates yet they went ahead with their reckless budget anyway. Now Canadian families are paying the consequences of this lack of fiscal restraint.

To add on to this Liberal cost of living crisis, Justin Trudeau raised the carbon tax again on July 1. Amid record 40-year high inflation, all time high food bank usage, and food insecurity rather than offer relief the Liberal government introduced a second carbon tax, the Liberal fuel standard. This will make it even more difficult for families to put food on the table and keep a roof over their heads. Justin Trudeau's second carbon tax will cost Albertans an extra \$1,157 on average per year on top of carbon tax number one, this time with no rebate in sight. Families are struggling and this is the gift Canadians get from their

government? Happy birthday Canada, here's another carbon tax.

We know the carbon tax impacts every aspect of our economy, from the small business owner supporting their community to the family driving their kids to sports, but some of the hardest hit by the carbon tax have been rural communities, farmers and ranchers. The Trudeau Liberals have done nothing to support Canadian farmers despite food insecurity being a top priority globally and right here in Canada. Instead, they have actively worked against our producers, putting them at a disadvantage with their inflationary carbon taxes, implementing fertilizer caps

and burdensome regulations and red tape hurting efficiency and profitability, and failing to fight for our producers abroad when dealing with agricultural trade.

Farmers and ranchers are vital to our economy, and Canadian producers are some of the most environmentally friendly, efficient and innovative in the world. We should be championing this industry and all of its great people who keep food on our tables, not punish them with extra costs and needless taxes. The Liberal-NDP Costly Coalition should end both their carbon taxes and support our farmers and ranchers to help bring home more affordable food for Canadian families.

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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

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

**Costco at Bingham Crossing** - The Costco application has dealt with all appeals therefore final approval for it to proceed has been provided. The applicant will now be required to meet the conditions of approval imposed by the Development Authority before the Development Permit can be issued. There is a major concern in the community that the required upgrades to RR33 would not be completed prior to the opening of Costco. In the DP condition #28 addresses that as follows: Condition #28 of the Development Permit reads. That prior to occupancy of the site, the Construction Completion Certificate shall be issued for all off-site transportation infrastructure for Development Agreement (Off-Site Road Improvements), in accordance with the conditions of the County's file #PL20210101, to the satisfaction of the County and the Provincial Transportation & Economic Corridors (TEC). So based on this condition and the TIA requiring widening to RR 33, the required upgrades to RR33 has to be completed before they open Costco.

**County Pancake breakfast** – On July 12th, a huge turnout of approximately 1000 people showed up at RVC's annual pancake breakfast. There were many interactive activities that the participants were able to be part of. As well, various equipment that the county uses in supplying its services were on hand and provided demonstrations on their use. And of course the food was great!

### Springbank Area Structure Plan (ASP)

- Rocky View County has extended the deadline for residents to respond to the survey on the draft Springbank ASP until Monday, July 31. If you haven't already provided your input, you now have more time to be sure your voice is heard.

You can access the survey about one third of the way down the ASP page at: [www.surveymonkey.com/r/GRD83X3](http://www.surveymonkey.com/r/GRD83X3)

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The ASP page is at: [rockyview.ca/springbank-area-structure-plan](http://rockyview.ca/springbank-area-structure-plan)

If you have any additional comments, you can email them by July 31 to: [planning\\_policy@rockyview.ca](mailto:planning_policy@rockyview.ca)

**License plate protection** - Approximately 64 vehicles are stolen every day in Alberta. Rocky View County is interested in helping keep yours safe and keep insurance costs down. Rocky View County Enforcement can install a special screw on your license plate, for FREE.

- Add this special screw to your crime prevention measures.
- Make it less appealing for someone to steal your license plate or vehicle.
- Can be uninstalled when you need to sell your vehicle.

For more information, or to have your security screw installed, contact RVC at [enforcement@rockyview.ca](mailto:enforcement@rockyview.ca) or call 403-230-1401. Starting on July 12, residents will be offered the ability to swap out one standard screw with a security screw to help protect their license plates from being stolen. All Enforcement Services staff will

have security screws with them and will be able to install them at the County Hall, or anywhere they encounter residents who request one.

**Ag Roundups** - Wednesday, July 19, 2023  
9:00 AM - 3:00 PM

Ag Roundups are one-day events dedicated to collect agricultural materials for recycling. These are only held during the summer months at various locations throughout the County. Information about specific dates and locations can be accessed at [rockyview.ca/agriculture-roundups](http://rockyview.ca/agriculture-roundups).

**Gravel purchase from Rocky View County** - Gravel Sale days! 7 a.m. - 3:30 p.m. pickup. Tickets to be pre-purchased at County Hall. For more information visit: [rockyview.ca/gravel-sales](http://rockyview.ca/gravel-sales)

- July 27
- August 31
- September 28

Have a great summer!

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



## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Kevin Hanson - Division 1

#### Quick Bits

Some sad news on a personal note; my father passed away at the beginning of June. He was the first of Judy and my's parents to pass, so it was a journey into new territory for our family. On a similar note, in late April, long-time friend and supporter of the Rocky View Foundation, Karen Nordgaard, passed at her Bragg Creek home. I have been told it happened peacefully, like my father's end. For those interested if you have not read about this remarkable woman, her obituary can be found here: <https://calgaryherald.remembering.ca/obituary/karen-nordgaard-1087510400>. Karen held me accountable to move the Bragg Creek Seniors Facility forward, and I continue to do my best as a board member of the Foundation.

#### Division 1 Rocky View Open House

Turnout was moderate for the June open house - 36 people officially signed in for the opportunity to meet and ask questions of staff from 10 different county departments, all while reviewing the poster stations. I was hoping a few more folks would have taken advantage of the convenience of the county coming to Bragg Creek. Especially valuable to me and staff were the free-form comments folks were able to leave us as they left the community centre. Feedback from these houses across all divisions will be reported to Council this fall.

#### July 18 Solar Farm Hearing

Council governed a "First" for Rocky View County by holding a public hearing for a land use redistricting we were legislated to approve. Council rejected a proposed solar farm NE of Airdrie last fall. Subsequently, the Applicants escalated it, seeking approval from the Alberta Utilities Commission. This past May it was approved on the basis of the public good outweighing the desires of the locally impacted landowners.

So fast forward to our hearing... no re-litigating was allowed. Approval of a new Direct Control District was pre-ordained, and public input and council discussions were limited solely to areas of municipal interest that were not already covered in the AUC approval. I was able to ask a number

of questions related to the security bond for reclamation. During debate I urged that Admin and the Applicant continue further discussions on the form the reclamation security bonds could take, such that the County's risk remains more or less constant over the life of the power plant, despite inflation. The final details will come to light in the fall as the next step is the issuance of a Development Permit approved by Council.

On a related note, there is a very well reported article in the July 18 edition of Rocky View Weekly - on efforts we undertook this past year to map preferred sites for alternate energy projects (MLUST) and how could use this science-based work in upcoming amendments to our Municipal Development Plan. Check it out!

#### Emergency Management Plan

Council recently had a detailed refresher on our Emergency Management framework; quite timely given the wildfire situation in Northern Alberta this year. It is a sobering workshop every time, but my biggest takeaway is always how impressed I am with our level of Emergency Preparedness, training across the organization, and professionalism in our Management and Emergency Services staff.

Forest Fire (Wildfire) remains the number 1 risk for RVC; with Floods, Major Vehicular Accident, Tornado, and a Hazmat incident rounding out the top 5. Knowing that, RVC was successful in the recent past of securing granting from the Province's Communities Resilience Program.

Thanks to our dedication to Disaster Mitigation, under this program Rocky View County had facilitated more FireSmart inspections per capita than most other municipalities in Alberta:

- 255 FireSmart Home Assessments were completed
- \$184,510 in grants were paid for tree removal
- 117 Residents received the grants

A similar story was relayed to us about our Flood Smart program. The success of these two programs led to discussion of how best to initiate re-starting the RVC Firesmart efforts. If not already on our alert system – visit "Safe & Sound": [www.RockyView.ca/safe](http://www.RockyView.ca/safe)

Contact: [KRHanson@RockyView.ca](mailto:KRHanson@RockyView.ca)  
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one key at a time."





## MLA UPDATE - BANFF/KANANSKIS

### Sarah Elmeligi

I love summer. From one side of our riding to the other, the season is filled with fun community events, BBQ's and gatherings under the sun, laughter, and quality time spent with friends and family. My goal this summer is to partake in as many events across our riding as possible. These community events serve as a great way to meet you in a casual atmosphere where we can chat over a burger, and I can learn more about what's important to you.

Since becoming your MLA, I have attended various community events and meetings in the MD of Foothills, Millarville, Bragg Creek, Waiparous Village, Canmore, Banff, and Lake Louise. At each of these events, I've been able to meet many folks – from locals who have lived in our riding for generations to young families who moved here in the last few months and everyone in between. We've talked about municipal tax structure, traffic on secondary highways, infrastructure projects, schools, recreational trail development, tourism events, and so much more. Each conversation I have with you helps me to understand and appreciate this riding even more. Thank you to everyone who has reached out to share a concern or thought or feedback of any kind.

People have asked me what it's like being an MLA, what my average day is like. Here's a glimpse and a few things I've learned already:

- I have driven more in the last 7 weeks than I have in several years and I've loved it. Our riding is beautiful, and I truly feel like the luckiest MLA in all of Alberta to live and work in this space.
- The most beautiful thing in this riding is not the mountains or the foothills – it's the people. Creative, passionate, curious, and solution oriented, we like to work together, and we like to move forward. I already appreciate each of you for the talents, skills, and perspectives that you bring to our riding.
- Every single community has an awesome annual summer event that is worth attending. Whether it is a small village BBQ in Waiparous, opening a playground in Millarville, catching the tail end of the most attended Bragg Creek Days, or celebrating

our Indigenous culture with Indigenous Peoples Day in Banff, it is so great to see our communities come together to celebrate and connect. It's my pleasure to be a part of each of these events.

- I love being your champion. When I am meeting with decision makers around the riding, and in Edmonton, it is clear to me that the unique challenges that rural ridings face require different solutions than those in our major cities. You can count on me to have your back.

This job is fun and interesting... and intense. It's not all BBQs and farmers markets; there is serious work to do even during the dog days of summer. On July 23, I hosted a meeting with concerned constituents to discuss proposed logging west of the hamlet of Bragg Creek. I thank the 35 people who attended and am committed to carrying their shared concerns and recommendations forward to see if we can't find a resolution to this serious challenge.

I've also been awarded the critic portfolio for Tourism, Sports, and Recreation and have already begun meeting with various stakeholders to discuss how tourism in Alberta can grow in ways that contribute

to thriving small businesses, provide incredible experiences for visitors, and help protect the incredible landscapes and cultures that millions of people come to Alberta to enjoy.

I've also learned the importance of a good assistant and I'm excited to be welcoming Sean Tonelli to my team. Sean will be working as my Constituency Assistant and I'm sure it won't be long until you meet him or chat with him on the phone. Sean's first task will be helping me set up my office in Canmore. We're moving in on July 31st to a great space on Main Street above the Re/Max office. As promised, I will also be creating a tour schedule that will involve me coming to your community. Sean and I will be posting that on my social media channels and in this paper next month.

Looking ahead to August, I will continue to attend as many events as I can so I can meet as many constituents as possible. You'll find me at the Canmore Folk Fest and the Ghost Lake Regatta, as well as the Millarville and Priddis fair. If you see me, come over and say hi. I can't wait to meet you. If you have an event, you'd like me attend, drop me an email and I'll do my best.

*Sarah Elmeligi*



# Sarah Elmeligi

MLA for Banff-Kananaskis

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## Six (6) Estate Planning Mistakes

*Considering your mortality is not pleasant but it is necessary. Avoid the following mistakes:*

**1.** The will is not updated. There are many changes in life that can necessitate a modification to a will. For example, people get divorced, others are separated for years without being divorced, yet their ex-spouse is named as the principal beneficiary in their will. An un-updated will often name an heir that is now deceased, or directs that monies be placed in an educational trust for youth now in adulthood.

If there is no will, the government will decide how your assets are distributed.

If there are young children, and no will, who will take care of the children if the parents die? It is very important that a directive in the will establish who is to be the children's pre-arranged guardian.

**2.** Specific assets for the heirs are not articulated. It may be unwise to generalize, e.g. "I leave all my household items to my children."

Assets need not be of equal value per heir where sentimental value is high. Consider leaving certain memorable assets to your grandchildren; providing long-term income for a child with a disability or special needs; assisting the educational needs of a child or grand-child; and perhaps a monetary gift for a child who worked in the family business for years with low pay. Don't forget to consider your favourite charity, and the needs of a surviving spouse.

**3.** Current beneficiaries have not been named. You also need to assure that your beneficiaries are updated on your various investment accounts (such as segregated funds) so those assets pass directly to named beneficiaries.

Life insurance can also state specific beneficiaries, to achieve estate equalization. The beneficiaries may need to be changed over time (especially in the case of divorce) so don't make beneficiaries irrevocable. If you are the sole owner you can retain the right to change the beneficiaries and the level of coverage. Also, consider converting all or a portion of your term life insurance to a more permanent insurance plan (coverage for all of your life).

**4.** The estate is not equalized. Where one child inherits the family cottage or business, consider leaving equivalent cash assets to other siblings. If there will not be enough cash to accomplish this life insurance can be purchased to create tax-free money to be distributed amongst these siblings (those not inheriting a significant family asset).

**5.** The family's provision was unaccounted for. Some people never provide a large enough nest egg from which the surviving family can create an income for: a spouse, children, and/or aging parents who may need long-term care. Consider the financial strain if the breadwinner dies and there are outstanding balances on credit cards and loans, and there is no money from life insurance. This may force a mother, who would prefer to raise her children at home, to take a job even when the children are young. In some situations the home may need to be sold.

**6.** Estate erosion by taxation and debt. Where there is a surviving spouse, RRSPs/

RRIFs can roll over tax-free. If not, registered money will be taxed as income in the final tax return of your estate. If one is relying on the registered monies (RRSPs/RRIFs) to flow out tax free, as a bequest, the near 50% taxation may skew the equalization of assets being passed to heirs. Life insurance can replace the amount diminished by taxation.

This is also true where taxation on capital gains will erode other large bequeathed assets such as a cottage, second homes, or business shares left to children. Such assets are 'deemed to have been disposed of at death', in most cases creating taxable capital gains on the difference of the current asset value minus the purchase price.

Many people do not cover personal and business debts with life insurance, thus saddling heirs with the debt.

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

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## MAKE YOUR MARK By Mark Kamachi

### Local Rags to Riches?

Last month a reader reached out with a question. Finally, proof that someone reads these articles. Woohoo. So where was I? Oh yes. A question from a follower. This fan asked: "Is it important that I advertise in my local newspaper, this publication for example, to advertise my business?"

Whaaaat??? You're not already bending over backwards to harness local sources to spread the word of your brand? Remember from my March article how I mentioned the effectiveness of word-of-mouth advertising as being the best way to promote your brand? Well, let me give you my two cents about local newspaper advertising as it's the next best thing to word-of-mouth.

Traditional mediums such as the High Country News, Rocky View Weekly, Western Wheel, Cochrane Eagle, Redwood Meadows Chatter and other "rags" found

in our trading area provide a unique advantage in reaching audiences within a specific geographical audience. They allow you to target customers who are most likely to visit your establishment or use your services. Unlike the Globe and Mail or online platforms that serve expansive audiences, local papers have a dedicated readership base that is deeply invested in the local area and economy.

By tailoring your marketing messages to this audience via newspapers, you can maximize your reach and conversion rates, as well as foster a sense of loyalty among local customers. The conversion rate, in simple terms, is the effectiveness of your ad whether it gets folks to your booking website for golf or their feet through your swinging doors for a beverage. In combination with, let's say a digital campaign, the reach is endless.

Local ads created by professional advertising-design shops offer an excellent platform for storytelling and building your brand. Remember, your ad must resonate with your intended target audience emotionally. These personal stories aka ads should forge an emotional connection between your brand and potential customers. With a creative, thought-

provoking or entertaining ad, you can create a memorable impression and inspire loyalty amongst readers.

In an era dominated by digital noise, the "grab it with both hands" tangibility of newspapers provides a refreshing change. Readers can hold and revisit a newspaper, creating a lasting impression of your brand so long as your ad creates memorability with an emotional impact. Creativity allows your ad to linger in the minds of readers longer. In addition, newspapers often find their way into communal spaces like coffee shops, community centres, waiting rooms, etc, extending your brand's exposure to potential customers who may not actively seek out digital content.

In a world driven by digital media, local newspapers remain a powerful tool for small businesses to grow their brands. They cater to a wide range of interests and demographics within a community. This allows you to target specific niche markets that align with your small business' brand with hikers/bikers, tourists, restaurant goers, music lovers, to name a few.

Until September, soak up some heat and book an ad. Maybe starting right here.

*Cheers, mark.*

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## ALIGN YOURSELF – LOWER LEG INJURIES

By Jennifer Gordon

As all you outdoor enthusiasts in the Foothills embark on summer trail running, hiking, biking and sunny dog walks, we see an increase in hip and knee issues. These injuries may be traumatic in nature, a trip and fall, landing on a hip or twisting your knee. More often than not though, we find they are related to common muscle imbalances in the hip and lower leg.

One aspect we always assess is the alignment of the lower leg during movement, such as a squat. A single leg squat is especially indicative of alignment problems in the lower leg. This movement requires the pelvis and lumbar spine to stay neutral as the hip, knee and ankle all flex in sequence.

If there is poor coordination and alignment along these joints, we aim to determine where it may be coming from. Weak core muscles, such as the transverse abdominus – the deepest abdominal layer, and the iliopsoas – a spine stabilizer and hip flexor, can contribute by not being efficient in stabilizing the spine and pelvis during motion. The gluteal muscles (our butt muscles) may contribute as well by not being efficient at stabilizing the pelvis as the hip is in motion. If the gluteal muscles are weak, the pelvis will slightly drop on one side and cause the knee to fall inwards (which is caused by the hip adduction).

The hip is not able to maintain its neutral position. This motion of the knee falling inwards can put stress on the soft tissues surrounding the kneecap. Iliotibial Band Syndrome (IT Band), Patellofemoral Pain Syndrome, tendonopathies and bursitis are common problems that develop. This malalignment at the knee can also stress the ligaments and meniscus structures, putting you more at risk of ligament tears (MCL, ACL), meniscal derangements and bursitis issues (Baker's Cyst for example).

Locally at the knee, the inner quadriceps muscle may be underdeveloped. A previous injury, postural habits, or general de-conditioning may cause this. The Vastus Medialis Oblique (VMO) is important in the last 30 degrees of knee extension (think going down stairs, gradual downhill hiking). The VMO largely contributes to the proper tracking of the patella (kneecap) and coordinated motion throughout knee extension.

Further down the leg, the ankle and foot may contribute to hip and knee problems as well. A pronated foot, when the inner arch of the foot is flattened, may contribute to the knee falling inwards during a squat. As the body weight is shifted more onto the big toe and inner aspect of the foot, the knee is drawn towards the big toe and the whole lower leg rotates inwards. A previous ankle sprain may also contribute to this issue as the ankle joint may be stiff and prevent the knee from flexing directly over the ankle. Plantar fasciitis, achilles tendonopathies and Morton's Neuroma nerve impingements may develop.

Some techniques we use for these common problems are taping (Kinesiotape) to encourage proprioception (joint and muscle awareness) and relieve tension on stressed tissues; soft tissue stretching, massage and Active Release Techniques for tight and overused muscles; Electrical Muscle Stimulation, a current applied to the muscle to help engage de-conditioned muscles; needling techniques such as Intramuscular Stimulation or Traditional Chinese Acupuncture, to relieve tight muscle bands and restore circulation. As well as exercise prescription to restore muscle symmetry and strengthen weakened muscles. Specific exercises tailored to your unique posture are the most helpful in prevention and healing. This is what will make the difference in reshaping your movement patterns and teaching your body proper mechanics.

If you are experiencing any of the common injuries mentioned above, please don't delay coming in to see the great team of therapists at Bragg Creek Physiotherapy. Our crew includes physiotherapists, athletic therapy, massage therapy, personal training and a consultant with Orthotics in Motion. We can tailor a specific treatment plan suitable for you and the activities you enjoy.

The crew at Bragg Creek Physiotherapy wish you all a great summer!

Jennifer Gordon  
(BScPT, GunnIMS, Medical Acupuncture)  
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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## FED means DEAD

### Managing bear attractants around your home

Last year at this time, two momma bears lost their lives, leaving five cubs orphaned. A vehicle killed the first female bear on Highway 22 near the Bragg Creek turn-off. The second female bear was euthanized for having become habituated to human food sources in our hamlet.

Much was said and done to raise awareness about this and figure out ways to assist the cubs. Ultimately, these babies were left to fend for themselves and the community monitored their whereabouts the best it could. While some hoped they would return to their dens where they were born, it is hard to say if they did. Many claim to have seen them around months later. The community took the fate of these small bears to heart and hoped for the best. This desire to help is a testament to the connection our community has to the natural environment. So what is being done to avoid a repeat of this devastating story?

Limiting access to food attractants and garbage is a logical first step. Some Bragg Creek Wild volunteers are working on a bylaw proposal to be presented to Rocky View County in the near future. Under the County's guidance, we hope to share this proposal with the community and develop solutions that work - for us and our wildlife. Meanwhile, it is imperative to apply good practices commonly used in other bear country communities:

1. Keep household garbage in air-tight bags or containers secured inside locked garages or sheds. **DO NOT** leave trash out overnight under any circumstances.
2. Dispose of your kitchen scraps at our local transfer site. Please do not compost in your yard.
3. Remove bird (and deer) feed and unwanted small fruits from your yard. Birds have plenty of food between Spring and late Fall. If you must, use bird feeders in the winter months only.
4. Feed your pets indoors. Pet food will attract bears.
5. Ensure you do not leave anything with an odour outside, near open windows or in your vehicle, even if you're home. That includes scented candles, air fresheners, lip balms and lotions. Stories abound of bears sneaking into houses and cars in search of food.
6. Keep your BBQ clean of grease. Bring in dirty dishes after you are done.

[www.bearsmart.com/live/managing-attractants/](http://www.bearsmart.com/live/managing-attractants/)



Is an excellent website providing detailed information on the dos and don'ts. We encourage you to visit it and become familiar with their best practices.

We had numerous bear sightings in the Bragg Creek area this Spring and Summer. They included individuals of all sizes and colouring (from cinnamon to black). They are definitely out there and are now becoming hungry - their instinct is to fatten up in preparation for winter. With their keen sense of smell, they know where food sources may lie. The onus is on all of us to encourage them to stay in the wild areas and not become habituated to our garbage, bird feed, yard berries and small fruits.

Applying these best practices will go a long way to avoiding another round of tragedies we experienced last year.

Thank you for being Bear Smart.

If you like this article, please visit [Braggcreekwild.ca](http://Braggcreekwild.ca) and become a member.

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## BRAGG CREEK TRAILS

### Thank You to Calgary Cycle

A lot is happening this month at Bragg Creek Trails (BCT). First of all, BCT would like to thank Calgary Cycle and Norco for their help in procuring us 4 new e-bikes for our volunteers. This will greatly help the BCT trail crew in maintaining and preserving the trails for year-round enjoyment.

### Mix and Mingle

Do you love using Bragg Creek Trails and want to help ensure the trails remain fun, safe, and well-maintained throughout the year? If so, you're in luck because BCT is a growing trail organization seeking more volunteers to help with trail maintenance, guidance for our trail users, and to make an enjoyable experience for everyone using our trails.

On August 24th, BCT will host a Mix and Mingle at the Powderhorn Salon in Bragg Creek from 5 pm to 7 pm. You will have the opportunity to meet the trail crew, learn how you can contribute your skills to BCT, and enjoy a delicious meal. If this sounds

like something you want to be apart of then join us on August 24th and we can't wait to see you there!

### BCT at the Tour de Bowness Street Fair

Save the date: Monday, August 7th as Bragg Creek Trails will be at the de Bowness Street Fair, with some stylish and functional new swag.

Get ready to immerse yourself in the world of Bragg Creek Trails Swag that will help you conquer the trails! We offer stylish jerseys that not only look fantastic but are also designed to keep you at the right temperature and protect you from those unexpected falls.

But that's not all - you can proudly display your trail support and determination with BCT T-Shirts and high-quality hats,

shielding you from the sun and rain. Additionally, there will be food trucks, bike races, and plenty of fun for you and your family at the Tour de Bowness Street Fair.

### Have a Great Summer from BCT

Happy Summer from Bragg Creek Trails! Make sure you make the most of the summer trails because before you know it, we'll be back on snowshoes and skis. So push yourself on your MTB, go for a hike, and see views you haven't seen before, or try out activities you haven't tried before, such as horseback riding, skateboarding, unicycling, trail running, and much more. Have a great summer!

*Luke Aberle, BCT Volunteer Writer*




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Check out our website and see for yourself.



403.949.3442 | [info@exteriormaintenance.ca](mailto:info@exteriormaintenance.ca)  
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### BCCA

Summer Time is Bragg Time. With the Farmers Market running every Sunday, the vast array of retail and restaurant options, and the ever great outdoors, it is obvious why Bragg sees so many visitors in the summer. As residents of this community, we can be proud of the enjoyment it brings to us as well as our visitors. And there has certainly been more than enough sunshine to go around.

Many thanks to all our great volunteers and everyone who took part in Bragg Creek Days held in July. It is a prideful event to be sure, as we showcase all that our small Hamlet has to offer.

In true Bragg form, we at the Community Centre strive to enjoy. Stop by the Farmers Market any Sunday from 10am – 3pm for a visit and to pick up that special gift or something great for dinner. There is always something new to try and lots of new vendors to meet.

Our Summer Kids Camps are going strong. There is still time to take part. Visit our website at [BraggCreekCA.com](http://BraggCreekCA.com) to register.

As for a peek into the fall programming, so far we have two adult art workshops lined up for you:

- Indigo Dye Workshop lead by Siri McCormick: Sat. Sept 9th from 10am to 4pm
- Mandala Design lead by Karin Huehold: Sat. Sept 23rd from 1pm to 4pm

Visit our website to register.

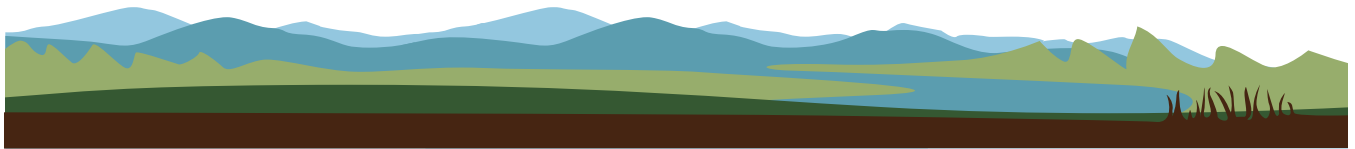
Watch for planned repairs in the upcoming months to the Cenotaph located on the Community Centre grounds by the Playground. In addition to replacing tiles and stones to restore the monument, a new decorative fence will be built to beautify and protect the area. Truly something to be proud of.

There is lots in store for you when the pace picks up again in the fall... but... for now... it's time to take it slow, take time to chat, and take it all in.

Our Pride Shines Through You.

Thank you from your Community Centre  
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## A TASTE OF THE HIGH COUNTRY

### Homemade Wine Cocktails

Cocktails are a big deal these days, coming in all shapes and flavours, influenced by trends and the creativity of mixologists. The use of wine is, you guessed it, the new trend. Wine cocktails are easy sippers, light, bright and often result in a lower level of alcohol, making them perfect for hot summer days. I searched the internet for wine cocktail recipes that can easily be made at home. Have fun creating them, experiment with the basic ingredients and see what you like. Who knows, you may discover new favourites.

#### Wine spritzer

This cocktail became popular in 19th Century Europe as a summer drink. Back then, a glass of wine would be diluted by adding 25 to 50% soda water, creating a light and fizzy drink. I suggest you use a high-acide, flavourful wine such as a Sauvignon Blanc. Finish the glass with a slice of lemon or berries for a splash of colours and flavours.

#### Spritz Aperol

A modern take on the wine spritzer is a recipe that uses three parts sparkling wine, such as Prosecco or Cava, three parts of a fruit based liqueur, such as Aperol and 2 parts soda water. Serve in a tall glass with ice and a slice of orange or lemon, or contrast with a strawberry. Once familiar with the flavour, try flavoured soda water and see if it adds complexity and a fun factor.

#### Rosé Sangria

We are all familiar with the red Spanish Sangria that delivers big, fruity, sweet citrusy flavours complete with generous levels of alcohol. I proposed a lighter version of the classic - a Rosé Sangria. Slice fruits such as strawberries, raspberries, grapefruits, lemons and oranges and place in a pitcher. Coat the fruits with a small quantity of simple syrup (1 part sugar dissolved in 1 part boiling water, then cooled off). Give it 30 minutes or so to infuse sugar with the fruits. Add Rosé wine and a dash of brandy (or Grand Marnier). Taste, adjust the ingredients to your liking and keep refrigerated for a couple of hours to allow the flavours to come together. When ready, pour the sangria into glasses filled with ice and some mint leaves. Make sure to include some of the berries in the glass and a skewer to help the guests enjoy them.

#### Frozen cocktail

How about a slushy cocktail on those sweltering days? Blend Rosé wine with a generous amount of strawberries sweetened to taste with either honey, maple syrup or simple syrup. Freeze the mixture in a container, such as a baking dish, for a few hours or overnight. When ready, crush the mixture in a food processor to make the slushy, add a bit of rosé to enhance the flavours and serve in a large glass with a garnish of mint, strawberries or citrus fruit.

The key to tasty cocktails is the balance in flavours. Too much sugar, and you get a fruit punch. Not enough, and the drink may be bitter. Too much soda, **and it tastes diluted. Fresh fruits enhance the cocktail** by adding sweetness, structure, flavours and interest. Bubbles enhance the flavours and refresh. But be mindful of sodas and tonics. They can be highly flavoured and may sometimes overpower the primary ingredients. There are no cardinal rules to making cocktails, which is liberating. It is all about experimenting and discovering what's yummy for you.

Cheers!



Renée Delorme, Sommelier  
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## A treat your feet deserve

They got you through a fun day of romping through the trails of Bragg Creek so why not treat them to one of the many delectable features on our menu from salad to schnitzel. Sorry. No shoes. No service. The folks sitting beside you may not want to see your tired tootsies. So just put your best foot forward, relax a bit and leave the rest to us. Check out our spacious patio, or dine inside. Book now.



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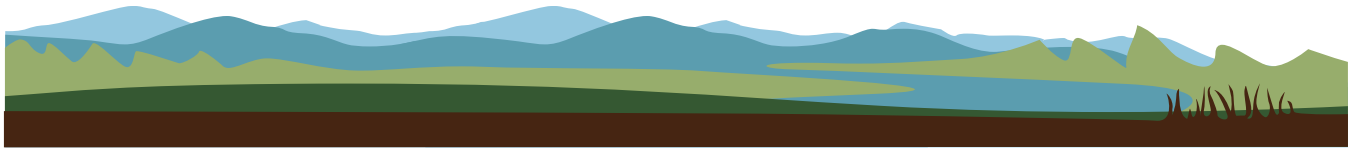
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403-949-3442



**HS**







## Sheep River Library Fall 2023 Programs

### Mind and Body

#### Qi Gong

Qigong is a moving meditation where we move the body slowly and focus on our breath. Relaxing the body and mind allows any stagnant energy to be moved throughout the meridian channels and be released. This gives us more energy and feelings of happiness, joy, peace, contentment and gratitude. Cost is \$10.00 per class.

Tuesdays, starts September 5 2:30- 3:30

#### Inductive Bible Study

We will be studying the New Testament book of Colossians. No previous experience necessary.

Instructor: Jan Burney \$10 for course materials

Wednesdays, starting September 6 10:00-12:00

#### How to Solve Cryptic Crosswords

Have you ever wondered what these puzzles are all about? Do the clues seem nonsensical? Learn the techniques for solving these puzzles in one evening from the creator of the High Country News Cryptic Crossword.

Wednesday, Sept 15 2:00 OR 7:00

#### Library Hours:

Monday 10-5

Tuesday 10-8

Wednesday 10-8

Thursday 10-8

Friday 10-5

Saturday 10-5

Closed Sundays and Statutory  
Holidays

### The Creative Side

#### Q & S Club (Quilting & Sewing)



Open to any quilter or sewer of any ability.

Participants can work on their own projects or an assigned quilting or sewing project. Instruction and guidance will be provided by experts.

Thursdays, starting September 7 1:00-4:00

#### Knitting Circle

If you like to knit or crochet, come and hang out by the fireplace with like-minded individuals.



Tuesdays, starts September 5

10:00

#### An Introduction to the Expressive Arts

Exploration and transformation through creative writing, drama, music and visual art. In the four-session course, you will delve into a grounded and mindful exploration of the expressive arts. You will be given the opportunity to reflect, explore, create, play, share and connect through a variety of expressive arts activities.

Instructor: Els Ellis

Tuesdays, Sept 12, 19, 26 & Oct 3 10:00 –11:30

### MCG Careers

#### Career Development with

#### MCG Careers

#### Resume Building Series

This series consists of four progressive workshops to help build an effective resume. Topics include: Applicant Tracking Systems, building strong master resumes, targeting resumes for positions of interest and writing effective cover letters.

Wednesdays, Oct 18, 25, Nov 1 & 8 1:30-4:00

#### One-on-One Consultation

An MCG Careers consultant is at the library most Wednesdays to meet with you individually.

Call **403-601-2660** to make an appointment.



# Sheep River Library

## Fall 2023 Programs

### Techy Time

#### Digital Photography Scanner

Put your photos and slides into a digital format that will protect their features and save space. Call the library to arrange a one-on-one session.

#### Podcast Production

Our newly soundproofed and equipped podcast space is ready for you to come and record your podcasts. Call the library to reserve a time. Some instruction provided.

#### E-Reader Support

Need help downloading e-books onto your e-reader? Call 403-933-3278 and make a one-on-one appointment with Gita on Friday afternoons.

#### Tech Talk Beginner

Just getting started with technology? This six-week course is a great introduction on the use of popular, current technology! This fun, relaxed group looks at building everyday computer skills. Fee: \$60 for six sessions.

Call Literacy for Life at 403-652-5090 to register.  
Thursdays Sept 28- Nov 2 & Nov 9- Dec 14  
10:30-12:30

#### Tech Talk Drop- In

Ideal if you have a one-off computer question or need help with a specific issue.

Call Literacy for Life at 403-652-5090 to register  
Thursdays, starting Sept 28 1:30

**REGISTER NOW**

To register, please contact the library by whichever means works best for you:

- Phone: 403-933-3278
- Mail: Bag 10, Diamond Valley, AB T0L 2A0
- Email: [abdsrclibrary@marigold.ab.ca](mailto:abdsrclibrary@marigold.ab.ca)
- In person: 129 Main Street NE, Turner Valley
- [www.sheepriverlibrary.ca](http://www.sheepriverlibrary.ca)

Facebook: Sheep River Library

### E Resource Training

Join Gita on Wednesdays to learn about the following free e-resources available through the library.

#### Cloud Library

Cloud Library content includes e-books and audio books. Learn how to download them onto your devices.

Wednesday, September 13

2:00

#### TracPac

Using TRACpac you can search a combined catalogue of 180 libraries with holdings of nearly three million books, DVDs and other material. Learn how to do a search, place a hold and access your own library account.

Wednesday, September 20

2:00

#### Hoopla

Hoopla is a great source for movies, music, eBooks, comics and audio books.

Wednesday, September 27

2:00

#### LinkedIn Learning

LinkedIn Learning is an educational and career Resource which provides online courses on software, creative and business skills.

Wednesday, October 4

2:00

#### Niche Academy

This is an online learning platform that provides tutorials for using the other e-resources available through the library, as well as online programs and computer skills.

Wednesday, October 11

2:00

#### Libby

Libby is a free app where you can borrow ebooks, digital audiobooks, and magazines from the library. Learn how to set this up on your phone or tablet or ipad.

Wednesday, October 18

2:00





## Sheep River Library Fall 2023 Programs

### Children's Programs

Parent/Caregiver must accompany children.



#### Songs and Rhymes for Toddlers (12-36 mths)

Spend quality time learning language through songs, activities, rhymes and stories.

Wednesdays, Sept 13 - Nov 1 10:30 - 11:00

#### Songs and Rhymes for Babies (up to 12 mths)

Meet new people in a relaxed space while you learn songs, rhymes, and activities that fit the age of your child. You will learn strategies to engage your child as they move through different stages.

Wednesdays, Sept 13 - Nov 1 11:30 - 12:00

Register for the following four monthly programs at: [www.greaterfoothillsfamilycentre.ca](http://www.greaterfoothillsfamilycentre.ca)

#### Little Explorers

The Little Explorers program will give children the opportunity to connect with the natural world through hands-on outdoor activities. Make sure you dress for the weather and outdoor nature play!

Location: Riverside Park

Thursdays September 14, 21 & 28  
9:30 - 10:30 OR 11 - 12

#### Community Helpers

Learn all about the helpers in your community through games, crafts, and fun activities!

Thursdays October 5, 12, 19, & 26, 2023  
9:30 - 10:30 OR 11 - 12

#### Music Makers

Does your child love to craft and enjoy music? During this program, children will create their very own musical instruments!

Thursdays, November 2, 9, 16, & 23  
9:30 - 10:30 OR 11 - 12

#### Little Carpenters – Santa's Workshop

Explore the world of building and constructing. This exciting program helps children develop problem

solving skills and fine motor skills while getting to use tools to create their very own special 'Santa's Workshop' themed masterpiece!

Thursdays, December 7 & 14  
9:30 - 10:30 OR 11 - 12

#### Moms' Coffee/Playgroup Time

Moms of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in. Facilitator: Christine Meikle  
Mondays, starts September 11 10:30-11:30

#### PD Day Programs

##### Movies

Recently released (mostly animated) movies will be screened at 10:30am on PD Days. Please register at the library to secure your spot. Children are welcome to bring snacks.

##### Art Adventures

Join renowned local artist Susan Kristoferson for a paper and origami ornament day, learning to make holiday themed folded forms.

There will be several sessions throughout the day for different ages:

10-11: 6-9 years olds  
11:30 -1: 8-10 year olds  
1:30 - 3:30: 10 years and older

Friday, December 15

Projects will range from simpler to 3D forms.  
\$10 for materials. Registration is required.





## Sheep River Library Fall 2023 Programs

First Tuesdays. Starts September 5

6:30

### Clubs & Groups

#### The Diamond Valley Book Club

Members choose books two months in advance and selections will be posted at the library and on the library website.

Second Tuesday starting September 12 1:15

#### Community Drumming Circle

Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together. Participants must register at the library. Suitable for ages 6+.

Fee: Donation

Facilitators: Laura Lagendyk and Gita Grahame  
Sept 8, Oct 13, Nov 3 & Dec 1 7:00



#### Poetry by the Fireside

Friendly wordsmiths meet to read the works of poets both dead and alive and to share their own work. Participation in a monthly writing project is voluntary. Facilitator: Doris Daley

Last Thursdays 10:30

#### Diamond Valley Songwriters

Whether you are a beginner, a dabbler or an old hand at writing songs, there is an open door for you with this group. Bring your instrument and meet at the fireplace on the 2<sup>nd</sup> Wednesday of each month. For additional information please call Al "Doc" Mehl at 403-369-7430.



Second Wednesdays, starts Oct 11 7:30

#### MCC Writers' Group

Writers of all types are welcome to share what they have written that month whether it is poetry, memoirs, fiction, family histories and/or articles. No critiquing, just sharing and complimenting.



### Out Loud 2023: Old Tales and New Trails

#### • Skip Gorman

An accomplished singer, guitarist, fiddler and mandolinist, Gorman has completed over 18 recordings of old-time cowboy songs and has been featured on many others including five Ken Burns documentaries.

Saturday, October 14 7:00

#### • Sid Marty

Friends and fans of acclaimed Southern Alberta author Sid Marty will not want to miss the launch of Sid's new book of poetry, *Oldman's River: New and Collected Poems*. Book launch, with some musical surprises.

Wednesday, October 18 7:00

#### • Sandra Lamouche

Join Cree storyteller, champion hoop dancer, artist and TedX speaker Sandra Lamouche as she takes us on a holistic journey to *Nitona Miyo Pimadisiwin* (Seeking a Good Life).

Saturday, October 21 7:00

#### • Tom Cole

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

Saturday, October 28 7:00

Six Alberta authors/illustrators/musicians for elementary students are coming to the library to inspire our Kindergarten to Grade 6 students.





### Rural DEW Line

Some folks may remember the DEW (Distant Early Warning) line. It was built during the cold war and consisted of a number of radar outposts constructed in the Canadian and US northern arctic to detect incoming bombers arriving over the north pole. The early alerts were intended to give both countries time to prepare and mount a defense. You can use this concept for your own protection.

If you have a concern with regard to people who may want to do you harm coming down your driveway or approaching your residence, you can set up your own "DEW line". There are a number of setups you can employ that will accomplish the same thing as the DEW line. Some are quite inexpensive. Think of these as a long-range doorbell.

One option is a relatively simple device which costs around \$100. It consists of a detection device which you mount along your driveway on a fence post, tree or whatever which will detect someone or a vehicle coming down your driveway to your residence. It will also work in an open field or in a wooded area. When the detection device senses, usually via heat and motion, a body or vehicle coming near it, it will send a signal to a receiver in your home that will activate a chime, flashing LED, or both to give you a heads up. Be aware though that wildlife such as deer can also set these off.

What distinguishes it from a home security system? There are a few things. One is the initial cost (much less). There are also no ongoing monitoring fees. I am aware of a few people living in rural settings who have these or something similar.

A second difference is that, using its wireless capabilities, you can set the detection device some distance from your home. It is a distant early warning device after all. A common set up distance from your home is 500 feet. But some are capable of distances of up to a half mile or

# New Summer Hours

## Now Open:

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Tuesday - 9-5  
Wednesday - 9-5  
**Thursday - 9-7**  
Friday - 9-5  
Saturday - 10-5  
**Sunday 11-4**

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more. Some can even transmit over hills, though dense woods, buildings, etc. However, you're going to pay more for that privilege.

You can also set up multiple detection zones with multiple sensors in each zone. Some devices will give you the option of different chime or ring tones for each zone. This is valuable if you have more than one avenue of access to your residence.

The devices run on anywhere from 4 AA batteries to a 9-volt battery and are effective in extreme cold (down to -40 at least). You can set some of them up to give notifications to your smartphone, which is handy if you are not at home. There are some systems you can hardwire, but these are more suitable for businesses to let you know when a customer is approaching.

There are systems that will even give you video of the approaching body (human or animal) or vehicle. One such less obvious system is a Trail Cam with a live feed. You'll need internet access, however. I personally utilize a number of trail cams which will take still pics or videos. They will take these day or night and the picture quality is quite high. I do not have real time capability however but have to go and retrieve the SD cards to see what is on them.

I have a number of Trail Cams and have utilized some to let me know the history of who has come down my lane. If you are not familiar with Trail Cams, they are relatively inexpensive cameras that you can set up anywhere. You can set the date, time, sensitivity to movement, picture quality, video length, or number of still pics at a time, as well as some other settings, so you can get a good sense (record) of who's approached your place.

There are some non-Trail Cam video systems that can also give you real-time video, but you are going to have to fork out some cash for these remote detection systems. If your belongings or peace of mind are worth the cost to invest in these, then by all means go for it.

As an interesting aside, Parks Canada and Nature Conservancy have live (or periodically updated) webcams at various locations that you can access via the internet. Banff National Park alone has almost 50.

*Dave Schroeder*  
HCRCWA Board Member



## DEWINTON COMMUNITY ASSOCIATION

### Canada Day Breakfast

We had wonderful attendance this year for our 41st annual Canada Day Breakfast, with well over 400 joining us. On Friday night our set-up crew went to work getting all the tables and chairs set up along with the Face Painting area and our new addition of a Sports area where we had Canada Cornhole competitions, hoola hoops, Spike Ball, and soccer for the young and younger.

Trudy and her crew went to work cooking up hundreds of sausages and about 30 hams and our pancake crew went to work making the quarts and quarts of our pancake batter which Dave Metcalfe and his pancake crew cooked to perfection on Saturday morning. Shirle and Corrie did a

wonderful job handing out the sausages and ham as well as directing traffic as required.

We had Mel and his coffee crew and Pat and her crew on the juice table.

Kevin from The Eagle provided great music and of course a perfect rendition of Oh Canada for us to sing along to.

We had Kay Pike (a local favourite) with Lillian, Ella and Scotia helping her create works of wonder on the over 60 children who wanted a new look for the day.

We had a great crew of teenagers who stepped up to supervise the sports areas to make sure the kids were safe and play was fun.

We had antique cars, thanks to Mia and Steve and our own Foothills Fire Department brought their trucks over for all to see. The crew of firemen were so helpful and friendly and always a crowd pleaser.

We had our welcome crew of Edith and Val. Val just stepped up to help at the front when we were a person short, and then her whole family all stepped up to help with sports, juice distribution and at the front.

We are so blessed to live in a community with people who just step up to make this annual event such a special occasion for all of us in the community. You could see our attendees loved sitting down, catching up with old friends and family, listening to the music while enjoying their breakfast and watching their children or grandchildren play, get their faces painted or just run around and have some fun. We were so lucky to have absolutely perfect weather, beautiful sunshine with a soft breeze to keep things cool.

We couldn't do this without all the special people who turn up to lend a helping hand. Thank you volunteers for taking time out of your busy days to help us with this event.

Mark your calendars for next year.

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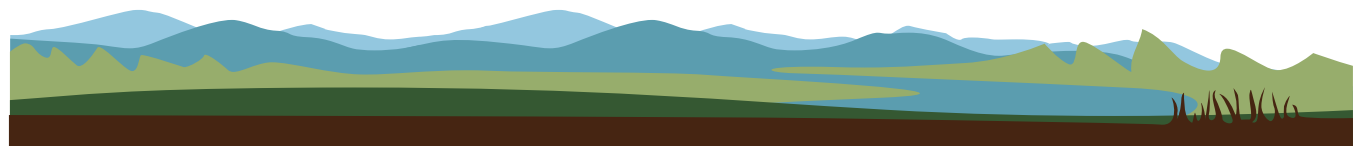
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[millarvilleracetrack.com/priddis-millarville-fair](http://millarvilleracetrack.com/priddis-millarville-fair)



## MILLARVILLE HORTICULTURAL CLUB

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

The next community event is the Priddis Millarville fair August 19 and 20. Saturday and Sunday 9 to 4 pm. Come and see the best vegetables, fruit, flowers, horses, cattle, poultry, photographs, art projects, woodworking, handicrafts and the list goes on. Check the complete schedule and details online. Search for Priddis Millarville fair.

Our next meeting is Tuesday September 12 2023. We will be sharing gardening stories from the summer. Bring photos.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com). The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well

Millarville Horticultural Club  
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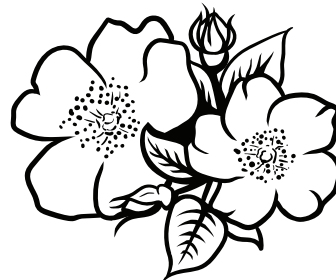
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Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	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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## SQUARE BUTTE COMMUNITY

Happy August! Feels like we are really into summer, with sun, hail, and tornadoes. But our pretty little Hall is still standing and looking great after a Spring Cleanup + BBQ. Thanks to all you Volunteers!

### Past Events

Highway 762/549/22 Safety & Rural Crime Meeting, July 6: a community open house with a guest panel of Foothills Divisions 3 & 4 Councillors, RCMP, Foothills Patrol, and local crime watch members. Residents joined the conversation with ideas, concerns, and suggestions on practical solutions round traffic and safety issues on our highways. Our MLA Sarah Elmeligi was also in attendance. Sarah listened to our concerns and committed to help move safety priorities up the government channels. Foothills County will distribute a summary of the conversation and progress/next steps to the community through their regular channels.

### Upcoming Events

Community Breakfast, August 27, 8:00am. Bring your appetites, family, and friends as we host the most delicious breakfast this side of the Rockies. This year we also have live music! Enjoy the sounds of local band Cadence Creek as you enjoy the festive feet-frolicking fun.

Family Day Potluck & Games, Sept 17. Hosted by Square Butte Ladies Group.

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

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

You may have noticed that we love hosting dances at Square Butte Hall. Here's a little history about that...

Heritage Moment: Our Hall came from Kew Knew Where (Adapted from Joan Kendall, Foothills Echoes, p.80)

In late 1959, Square Butte Community members and their friends from Kew moved the Kew Hall to the site of the old Square Butte Schoolhouse, which had to be removed due to its dilapidated state (from the ravages of 20 years of school children or numerous community dances? Maybe both!). By 1961 the new Square Butte Hall was ready for its first dance and by 1962 the late night beef supper became a staple of such events. Remember at that time there was no kitchen, no bathroom (!) and no gravel road. Some had to come by horse, some by foot, and some by car, but come to dance the people did. Rain, snow, chinook or shine, many nights of heel kicking fun were had at Square Butte Hall and continue to this day. As one who grew up with Ukrainian traditions, I fondly remember 'midnight lunch' at weddings and dances. Square Butte Hall dances, with beef on a bun late night dinner, bring me closer to my roots than anywhere I've been. It is truly fun and memorable.

Next month, I'm excited to write about the Square Butte Community Club and Square Butte Ladies Group (thanks to the fund raising walkathon of the latter, our Hall received plumbing in 1975!)

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

Connect with us:

Direct: [info@squarebuttehall.com](mailto:info@squarebuttehall.com)

Web: [www.squarebuttehall.com](http://www.squarebuttehall.com)

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See you next month! Lindsey Kindrat, SBCHA – Director, Property Management (and interim Archivist)



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## ON THE EDGE SEASON TICKETS NOW AVAILABLE

If you love music and a bang for your buck, Red Deer Lake United Church's On the Edge Concert Series is your best bet. Where else can you see top musical entertainment in an outstanding venue for only \$24 per ticket?

Consider investing in season tickets for the 2023-24 season – only \$120 per person for five shows. You will enjoy a great year of music and support the church's work while you're at it.

On the Edge has a great season lined up:

Friday, Oct. 27, 2023 - 7:30 PM – Connie Kaldor is Canada's songstress. One of Canada's leading contemporary folk artists, she is celebrating 45 years in the industry. What a wonderful way to start our season!

Sun, Nov. 26, 2023 - 3:00 PM – Over the Moon is back and we're . . . well, over the moon about it. Husband and wife duo Craig Bignal and Suzanne Levesque,

award-winning vocalists and multi-instrumentalists, are bringing us their "Christmas on the Range" show and we can't wait.

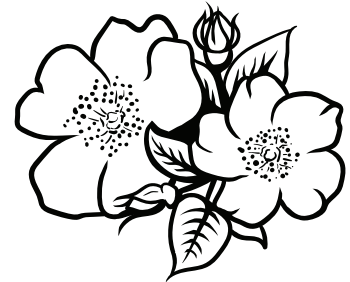
Sun, Jan. 21, 2024 - 3:00 PM – ReMix, powered by Revv52 is a Calgary-based group of talented soloists and singers who bring the incredible vocal power and beautifully-blended harmonies of the much larger Revv52 choir to smaller venues like Red Deer Lake United Church. Their pre-COVID concert with us sold out and we're thrilled to have them back.

Friday, March 22, 2024 - 7:30 PM – The Wardens' stories and songs arise from the very land they've protected as Canadian National Park wardens. With haunting three-part harmonies and chilling tales, the band's mountain music, blending folk, roots and western styles, celebrates the history of Canada's protected wilderness areas. If you haven't experienced their show, here is your next best chance!

Fri, May 3, 2024 - 7:30 PM – AV and the Inner City formed during the pandemic and the opioid crisis in Edmonton's inner city. Band leader and award-winning singer-songwriter AV (Ann Vriend), Debbie Houle, Crystal Eyo, Alenka Lundell, and

Jenn Dahlen performed over 60 free concerts on Ann's front porch during the pandemic. In 2021, they formed an official group with a repertoire of Ann's own songs, with a cover song or two thrown in for good measure. Discover AV and the Inner City for yourself!

We invite you to purchase season tickets on Red Deer Lake United Church's website: [reddeerlakeuc.com/concert-series-2023-24](http://reddeerlakeuc.com/concert-series-2023-24). For more information, email [rdluocoteteam@gmail.com](mailto:rdluocoteteam@gmail.com).



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## HABITAT FOR HUMANITY DUPLEX IN SOUTHERN AB

Habitat for Humanity Southern Alberta Foothills Chapter announced a new duplex build project at 831-6th Street SW in High River on July 26.

Applications for future family homeowners from the larger foothills area will open in September at: [www.habitatsouthernab.ca](http://www.habitatsouthernab.ca)

### Names in photo from left to right:

- Gerrad Oishi, President and CEO, Habitat for Humanity Southern Alberta
- Councillor Jenny Jones, High River
- (Hidden behind Jenny) Jim Boake, Habitat Foothills volunteer
- Shannon Kelm, Habitat Foothills volunteer
- Marilyn Boake, Habitat Foothills volunteer

### (right side of the sign)

- Terri Perrin, Habitat Foothills volunteer
- Carol Knox, Habitat Foothills volunteer
- Hal Knox, Habitat Foothills volunteer
- Councillor Kelly Smit, High River
- Councillor Brenda Walsh, High River



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Crescent Point has operations within Foothills County. The Emergency Planning Zone (EPZ) intersects the Town of Diamond Valley and the Village of Longview. Crescent Point is working closely with the local authorities and the Alberta Energy Regulator (AER) to ensure safe operations now and in the future. Crescent Point's top priority is to provide an environment that safeguards staff members, suppliers, and the communities in which they work. They take all necessary steps to minimize risks, while meeting or exceeding regulatory laws and standards. Crescent Point would like to assure you of their continuing commitment to the safety of the public, their workers, and the environment.

Crescent Point has developed a detailed Emergency Response Plan (ERP) to ensure the health and safety of the public. The ERP has three primary public safety measures:

#### Shelter-In-Place:

Shelter-In-Place is considered the primary public safety measure when the hazard is of a limited duration or the public would be at a higher risk if evacuated. The goal of Shelter-In-Place is to reduce the movement of air into and out of a building until either the hazard has passed or the appropriate emergency actions can be taken (such as evacuation).

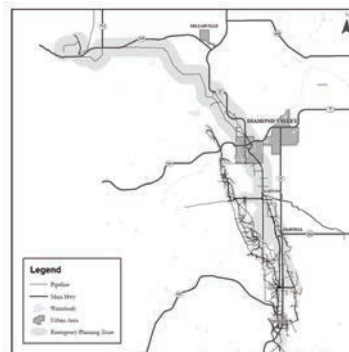
#### Evacuation:

In the unlikely event of a long-term release, it may be necessary to evacuate you to ensure your safety. At this time you would be provided with a safe route to an established evacuation centre.

#### Ignition Procedures:

In conjunction with Shelter-In-Place and Evacuation strategies, the release may be ignited at the source in order to reduce your exposure to the hazard. The combustion of gases being carried high into the atmosphere allowing additional time for the public to safely evacuate. The decision to ignite would be made in consultation with the AER.

Crescent Point has prepared a public information package outlining their operations in the area including details on the emergency response process. If you have any questions or would like a copy of the package, please do not hesitate to e-mail [info@h2safety.ca](mailto:info@h2safety.ca), contact Crescent Point, visit the Town of Diamond Valley Office (301 Centre Avenue West, Diamond Valley, AB) or the Village of Longview Office (128 Morrison Road, Longview, AB).



### DIAMOND VALLEY EMERGENCY RESPONSE PLAN

#### CONTACT INFORMATION

Crescent Point Emergency	24 Hour: 1-888-799-0043
Town of Diamond Valley	Admin: 1-403-933-4348
Village of Longview	Admin: 1-403-558-3922





## HELLO DIAMOND VALLEY

What a gorgeous summer it's been so far, mixed in with some good thunderstorms and smoke in the air. It's also Music Festival Time and I am excited to attend a few of them as is my tradition every year.

The annual Longstock Music and Arts Festival is coming up the weekend of August 11-13. They are hosting some new bands this year, 16 altogether for the weekend. The Friday night headliner is Cash Uncaged, and one of our crowd favorites, the Shannon Smith Band, is playing on the weekend as well. The Festival offers food trucks, market vendors, artists and photographers, a playground, and much more. It is held in Longview and for weekend passes and full details, go to [longstockmusicfestival.com](http://longstockmusicfestival.com).

Another great Music Festival is the same weekend, August 11 and 12, at the Aspen Crossing. This is in support of STARS Air Ambulance and promotes 12 bands, with main stage entertainment Friday from 7-11, and Saturday from 10am-11pm. After 11 The Shoplive After Party goes until the wee hours. Camping is available, to get your passes and to find out more, go to [aspencrossing.com](http://aspencrossing.com) or call 403-534-2129.

Our local Foothills agricultural farmers have had a struggle this year with more rain needed for crops. It's Alberta Open Farm Days coming up on the weekend of August 19 and 20, come and support your local Alberta farmers and see what life is like on our farms. This two-day event offers a map of participating farms in Alberta for you and your family to drop by and learn a thing or two about milking a cow, harvesting vegetables, or riding a tractor, amongst other things. There are quite a few farms participating this year, including

ones near Millarville, Nanton, Aldersyde, Hartell, and Peskiko. For full details of participating farms and a good map to plan your trip, go to [albertaopenfarmdays.ca](http://albertaopenfarmdays.ca).

Plan to include the Priddis and Millarville Fair in your farm weekend, this is the 116th annual Fair on August 19 and 20 from 9-4. Admission is only \$5 with children 8 and under free. Founded in 1907 this Fair is one of the last great traditional old-time Agricultural Fairs in Canada. Experience the ribbon winner's crafts, baking, grains, and animals or enter your own! Lots of things to see and do including a petting zoo, hayrides, horses, competitions, and tons more, with the Farmer's Market there at the same time. I'd say all this is all definitely worth \$5! For full details, go to [millarvilleracetrack.com](http://millarvilleracetrack.com).

Or perhaps you'd like to attend an Old Time Ranch Rodeo this year. The Bar U Ranch National Historic Site is hosting their annual Old Time Ranch Rodeo on August 20 from 10-5. Experience how the west was won in the old days and watch local cowboys and cowgirls do their thing. On the grounds they also have lots of buildings, like a mini Heritage Park, but it's much more hands-on and the staff are so good at explaining how things were back when and can tell a story or two. The Bar U is located south of Longview about 15 minutes or so, for more info, visit [parks.canada.ca/baru](http://parks.canada.ca/baru).

The Agricultural Service Board is offering their annual Scholarship. They will be awarded upon proof of post-secondary education registration, with criteria of being a Foothills County resident, in a field of agricultural or veterinary medicine, and is based on academic standing and financial need. The deadline to apply for the Scholarship is August 31, to apply and for full details, go to [foothillscounty.ab.ca](http://foothillscounty.ab.ca) and search for the Scholarship.

The Turner Valley Pool is a great place to spend a hot summer day, and they are open for the season. Usually they are open until the first week of September, and offer private bookings, swim lessons, and all kinds of different programs. The Pool is named after the Landers brothers who were doctors, and was built in 1963. I dug up an archived email I received a long time ago from one of our residents. He says the first pool (from the Light of the Flares book page 192) was built in 1936 by the employees of Royalite Oil Company for the staff and their families but later opened to the public, and was run by the Ladies of the W.I. The water was heated too, as it came from the gas plant boilers, which was just across the road. The pool was built by the river where the old swinging bridge was that went into Dog Town, Snob Hill, the Golf Course, and the High School. The pool was drained into the river in those days, and it was an honor to be able to pull the drain plug on Sunday nights and let her go! Our current pool is located on Main Street in Turner Valley, for a full schedule of swim times, go to [turnervalley.ca](http://turnervalley.ca) or pop by.

Residents experiencing low income or financial stress who want to participate in recreation programs such as swimming and other activities can search program eligibility at [okotoks.ca](http://okotoks.ca). You must live in Diamond Valley, Okotoks, or Foothills County in close proximity to these towns, and you could be eligible for recreation fee assistance.

Any events or news for September, please drop me a line before the 15th of August, and I wish you a great rest of the summer, and hope you can get out to enjoy the many fun and fine events the Foothills has to offer!

*Elaine Wansleebe*



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## SHEEP RIVER LIBRARY

We are thrilled to present our fall program line-up in this issue of the High Country News. Once again, we have several classes for pre-school children. This fall, we are expanding the monthly thematic sessions offered by Greater Foothills Family Centre. They will be available at two times: 9:30 and 11:00. This will allow more children to participate and also provide a bit more flexibility in people's schedules. These programs are enormously popular, so please register as soon as possible at [www.greaterfoothillsfamilycentre.ca](http://www.greaterfoothillsfamilycentre.ca). We will be offering PD Day movies at 10:30 on the three PD Fridays in September, October and December. On December 15, Susan Kristoferson will be offering Art Adventures. This is a great opportunity for children to learn from and create with a local artist. The focus of this session will be origami and 3D folded art forms focused on holiday themes. There are three sessions throughout the day for different age groups.

We haven't forgotten about the creative adult. Els Ellis will be facilitating an

Introduction to the Expressive Arts on Tuesday mornings beginning September 12. Participants will be delving into a grounded and mindful exploration of the expressive arts. This will be of interest to anyone interested in creative writing, drama, music and visual art.

Out Loud 2023: Old Tales and New Trails will take place in October in celebration of Canadian Library Month. We have a fabulous line up, including Skip Gorman, Sid Marty, Sandra Lamouche and Tom Cole. More detailed descriptions will be given in next month's column. If you can't wait that long, pick up an Out Loud brochure at the library in August. All events are free but will require a ticket for entry which can be picked up at the library, starting September 15.

We want to get back to having more regular art shows in our gallery space. To facilitate this, Chester and Andy Lees have taken on the role of being the art coordinators. If you would like to display your art: paintings, photography, fibre art, drawing etc, please call the library and we will connect you to Chester to Andy. In the meantime, you can come and look at the new quilt display by Cheryl Peterson, in the main library space.

For those of you who want to dip your toe into the wonderful world of technology, we have quite a few sessions that may appeal. Gita will be teaching a series of one-off sessions on Wednesday afternoons on how to use the various e-resources available free with your library card. This will cover everything from e-books to online learning to library apps. Knowing how to access and use these resources is a great way to get the most out of your library membership. For those who like to be hands on with technology, don't forget our scanning lab is available to turn those photos and slides into a digital format; and our podcast room is ready for you to come and make your recordings. Teagan is creating a series of podcasts about the library and our programs which you will be able to find on our webpage.

Check out the four-page pullout for a full listing of all our programs up to Christmas.

The library will be open Saturday August 5 but closed Monday August 7 for the Heritage Day holiday.



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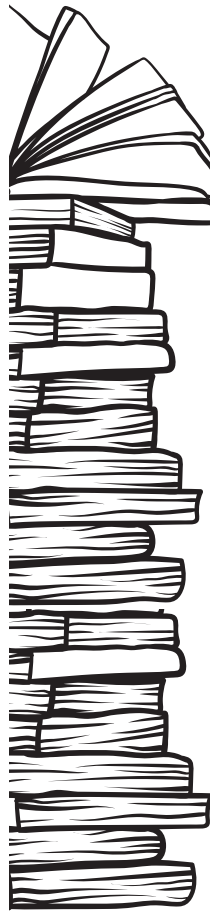
## LONGVIEW LIBRARY

The summer reading program with the adopted stuffed animals is in full swing. The children are reading to their cuddly friends each day and reporting to our librarian, Lynda, regularly. The Art Show Kits are now available and the participants can choose between canvass and clay. The artwork can be done in the library or at home, and will be judged at the end of August. The story walks will continue through out the summer.

New books to the library are: Leaving Wisdom by Sharon Butala and Homecoming by Kate Morton.

A pleasant summer read is The Giver of Stars by Jojo Moyes. It is set in a small town in Kentucky and is the story of a team of women who deliver books to people living in remote areas. They become known as the Pack Horse Librarians. Their project was inspired by Eleanor Roosevelt's Travelling Libraries Initiative. They travel over brutal, dangerous but beautiful terrain. It is historical fiction and a heart warming love story.

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



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## Memory Cafe



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Contact

Jennifer 403 969 6040



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## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

**Highways 762, 549 & 22 Community Meeting:** On July 6, 2023, West Foothills County residents gathered to discuss these highways with policing and government representatives. Our thanks go to the Square Butte community and to all who contributed and attended.

Speeding, racing, noise, multiple-user conflicts and unfortunate accidents continue to plague this popular touring area. No matter what the reasons are for the numerous incidents in this area, whether it is inexperience, driver error, wildlife encounters, poor timing, purposeful annoyance, or some riders/drivers pushing the limits without calculating the consequences... this affects the Foothills County residents, who live here and want safe community travel and decent quality of life in their home neighbourhoods.

As your local Foothills County Councillors, Barb and I have had ongoing conversations with RCMP and presented issues to Council and Foothills Patrol. Our Council met our new RCMP Staff Sergeant in April, have worked with him since and invited him to our meeting. We have collaborated with our previous MLA and now with our new MLA Sarah Elmeligi, your Provincial representative, who was also in attendance and listened to concerns.

In response to suggestions, I shared at the meeting that I have investigated the SpeedSpy radar unit and learned about the EZ STAT Data logger. I made a request

to Alberta Transportation about installing "Fatality" signs, as a pilot project on this highway. The request went through the department and the answer was "No". A study was provided that showed there was no change in behaviours as a result of posting a fatality sign. In addition, Alberta Transportation coordinated with the County to arrange a Road Tubes project on Highway 762 for the period of a week. These 2022 results showed traffic numbers and measured speeds, with averages of 139.7 km/hr (north end) and 131.4 km/hr (south end) on the straight stretches of Highway 762.

Guests shared information and engaged in a question-and-answer session with residents about their hot topics. RCMP Staff Sergeant Don Racette, Turner Valley Detachment, reported that they are stepping up their presence in the area. He added a request to keep the incident reports coming in and a promise to meet with residents. Your reports help provide data for RCMP response priorities. RCMP Traffic Services Sergeant Darrin Turnbull took care of business on the way to the meeting. In an unmarked police vehicle, he stopped and ticketed drivers travelling at high speeds, one on Highway 22 and four on Highway 762. He also reported that, on July 1, a speeder was ticketed at 170 km/hr on Highway 549. Something to look into: that legislation be enacted in Alberta to allow impounding of vehicles when drivers exceed a certain high-speed threshold. The desired effect would be to halt the unsafe driving and high speeds taking place. Foothills Patrol & Emergency Manager Clayton Terletski noted that the County has participated in joint forces operations and performs patrols in the area. Alberta Transportation Operations Manager, Fred Lee, shared the history and challenges of Highway 762 and noted that AT may support some form of seasonal electronic speed sign in partnership with the County.

As follow-up, we intend to continue discussions and seek results. I'll be writing on this topic again and will look into more homework items, such as: SpeedSpy radar, lobbying the Province regarding impounding vehicles, other potential road signage and measuring opportunities, and staying connected with residents and law enforcement. Also, Barb and I will bring forward this most recent discussion to our Council.

Thank you to all emergency responders and residents who have assisted in a time of need for all those involved in accidents along these highways. Just a reminder that residents can report situations to 9-1-1 as they are happening, or afterwards to share concerns through the 24/7 RCMP complaints line: 403.933.4262.

### Hawk's Landing Dog-Walkers Notice:

It has come to my attention that some residents continue to walk their dogs off-leash and some do not pick up after their pets. I am writing here today to ask you to please be considerate. The dog topic creates the highest complaint list within the County, because of the tension which is created among neighbours when some do not recognize the potential for dog attacks and the impact of leaving a mess. Hopefully a reminder will bring about a refreshed approach to adhering to the County's Dog Bylaw. Please keep your dogs on a leash. Please clean up after your pet and bring the mess home with you to dispose of. Help bring peace to the neighbourhood. This message may also be relevant to other residential streets in the west country, whether it is locals or visitors walking pets on the roads. Please share this reminder.

### For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>  
Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

With Best Regards,  
Suzanne



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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

Summer is here!!! Rain, heat, thunderstorms, smoke, mosquitoes, and gardening.

It has been a challenging time farming and ranching in Foothills with some areas getting no rain and others just hanging on. Southern Alberta farmers continue to contend with an ongoing drought and unseasonably high temperatures. Foothills County is the latest Alberta municipality to bring in the state of emergency amid poor growing conditions threatening this season's crop.

### Dark Skies

The Dark Sky working group met out at the Wilson Coulee Observatory on June 24th with a group of experts on the night skies. This was followed up with a Zoom meeting on July 13th with the group to find ways to build awareness of just how important dark skies are to our area and the entire world.

### 118th Running of the Millarville Races

July was filled with event after event starting with the ever-popular July 1st Millarville Races. Again, kudos to the excellent volunteers that devote hours to making this event a success. I even won \$2.60!!!

### Rural Crime Meeting

There was an excellent meeting on July 6th at Square Butte Hall with newly appointed Staff Sergeant Don Racette from the RCMP's Turner Valley detachment (they have kept that name for now) and invited guests. Community members gave input and asked questions of the panel.

Online Crime reporting is now available. For more information go to:

[ocre-sielc.rcmp-grc.gc.ca/alberta](https://ocre-sielc.rcmp-grc.gc.ca/alberta)

### 2023 Farm Family Award for Foothills County

On July 10th I attended the Family Farm Award at the BMO Centre on

the Stampede grounds, where the Seaman family along with many other Southern Alberta Farms were honoured. Congratulations again! After the awards, we watched the rodeo where Millarville's own Layton Green had an awesome ride.

### Quirk Creek Stampede Breakfast

Great mingling with neighbours at the Quirk Creek Stampede breakfast on July 12th. Great food and beautiful weather.

### Little New York Daze Parade

Foothills County entered a float in the Little New York Daze parade in Longview on July 15th. Staff and 3 councillors handed out treats and/or rode on the float. The parade was so great that parade goers got to see it twice. The parade went North on Highway 22, turned around at the school, and went South on Highway 22. It was great to see many residents from Division 3 and the surrounding area in the crowd.

### Priddis & Millarville Fair

The Fair is coming up faster than you think, August 19 & 20, 2023, but there is still time to register.

You can register right now using the entry forms at the back of the Fair Book or go online at: [primil.fairwire.com](https://primil.fairwire.com)

At the last meeting we received updates from department heads. Many departments could use more volunteers. Also, the Birds of Prey exhibit desperately needs donations.

Please call the MRAS office if you can help: 403.931.4311

There will be 63 vendors attending on Fair Day, plus so many new displays and activities planned for both Saturday and Sunday.

Be sure you come to the Information Booth south of the Arena to pick up a Fair schedule and say Hi!

I hope you are having a great summer and that I will see you at the Priddis & Millarville Fair!!!

Barb Castell

Phone: 403-931-3690

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

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## COUNTY INVITES RESIDENTS TO PARTICIPATE IN BUDGET ENGAGEMENT

Every year, Rocky View County budgets, plans, and invests for the future based on resident needs and community priorities. A balanced budget ensures the County can maintain infrastructure and provide services without overspending.

The County invites residents and businesses to share their views on the proposed 2024 budget at [engage.rockyview.ca/budget](https://engage.rockyview.ca/budget), where they can take a brief survey, join an open discussion forum, or use an interactive tool to show the County how they would balance tax revenue. All feedback gathered helps the County understand residents' priorities and satisfaction levels with existing services.

"Your Council is listening, and it is important we hear from the public on which programs and services you would like us to invest in. We ask all residents and businesses to take a moment to share your views with us through the options available in our new public engagement platform, Your View," says Rocky View County Reeve Crystal Kissel.

Comments and information gathered through budget engagement will be shared with Council, Administration, and the public to provide insight into public priorities.

### Quick facts:

- Online engagement opportunities are available at [engage.rockyview.ca/budget](https://engage.rockyview.ca/budget) and will remain open until August 21, 2023.
- Following the engagement, a what we heard report will be shared with residents.
- To learn more about the County's budget process, and how your property tax dollars support County services, visit [rockyview.ca/budget-finance](https://rockyview.ca/budget-finance)



ROCKY VIEW  
COUNTY



## UNIQUE OPPORTUNITY TO WORK WITH RENOWN HORSE TRAINER, WYLENE WILSON

The Extreme Wylene Clinic, featuring American horse trainer, Wylene Wilson, and co-hosted by two Cochrane horsewomen will be held August 16-19 at Two Jack Farm near Cremona. Regardless of riding discipline and experience, participants can excel their horsemanship skills under Wilson's expert guidance. She is known for problem solving and successful outcomes with horses, even those deemed untrainable and unrideable. Wilson was recently in Alberta at the 2023 Horse Expo in Red Deer, demonstrating her skills in the Colt Starting Competition. There she won the "People's Choice Award", which was no surprise with her charismatic personality and heartfelt engagement with the audience!

Wilson grew up in Arizona riding and competing. Now based in Texas, she has been a professional horse trainer for over 20 years. Wilson's fearless, daredevil style and effervescent personality garnered her the name "Extreme Wylene". The "extreme" comes from the change riders and horses

make under Wilson's guidance. In Wilson's words: "My goal at each clinic is to instill confidence in the horse and rider through teaching the techniques I've spent years developing. No matter where you are, who you are, or your equine background, beginner to advanced, I want you walking away with not only confidence but also the exercises and techniques to rapidly increase your horsemanship skills."

Wilson has competed in rodeo circuits, Extreme Cowboy races, and Extreme Mustang Makeovers. She has completed 14 Extreme Mustang Makeovers, capturing three Championship titles and many top finalist positions. She continues to be involved as a judge. While she still competes, she spends most of her time traveling and teaching confidence building and horsemanship clinics using her own unique approach. Wilson has been featured in films such as "Wild Horse, Wild Ride" and NatGeo Wilds "Mustang Millionaire" series, showcasing her training style. View "Wild Horse, Wild Ride" on YouTube ([www.youtube.com/watch?v=RX28swUzD-U](https://www.youtube.com/watch?v=RX28swUzD-U)).

Pre-registration required. Rider fees start at \$750, auditor fees are \$50/day.

Contact clinic hosts Sharon Crawford: 403-837-6205 / [sharonlrcrawford@shaw.ca](mailto:sharonlrcrawford@shaw.ca) and Susan Bercha 403-993-6021 / [sebercha@gmail.com](mailto:sebercha@gmail.com).



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## BIG COUNTRY SENIOR SPORTS SOCIETY SENDS 56 ATHLETES TO AB 55PLUS SUMMER GAMES

Big Country Senior Sports Society (BCSSS) is pleased to report that some 52 residents of Foothills and Rocky View County have qualified for the Provincial Senior Games to be held in Brooks, August 17 to 20.

"From within Foothills County we have 21 players, aged 55 to 84 years of age", noted Norma Dawson, President of BCSSS. Our Zone, one of eight making up Alberta 55Plus, is sending a team of 121 players, as large as – if not larger than the teams from Edmonton and Calgary. We're proud of that".

### Players by sport include:

Cycling: Maggie Nichol-Bowen, Bob Wahlund and James Roberts;

Golf: Jean Whyte, Judy Kenny, and Bob Cheyne;

Track & Field: Norma Dawson, Sandi Lightfoot, Ernie Robson, Jim Vangilst and Paul Burns;

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

Slo-Pitch: Gary Paukert, Curtis Buck, Jack Bews, Warren Tiede and Gordon Pyle.

"From Rocky View County, we are sending 40 athletes", noted Doug Campbell, BCSSS Area Director.

### Players by sport include:

Bocce: Myrna Fink, Tracy Hindle, Sharon Barnden, Marcia Wilson, Monique MacKenzie, Bonnie Freisen, Jennifer MacKenzie, and Jim Paramchuk;

Contract Bridge: Ken Munro and Lucia Ciupa;

Cornhole: Karl Gibbie;

Cycling: Brent Gross, Clint Docken, Bob Martens;

Floor Shuffleboard: Nancy Gibbie & Doug Campbell;

Golf: Joan Logan and Chris Logan;

Swimming: Joan Gunn-Allard;

Horseshoes: Gerry Burkholder;

Track & Field: Lynda Gross, Lyndon Emro, Randy Molitor, and Brian Hill;

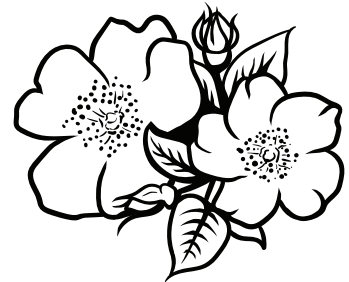
Pickleball: Lina Danis, Julie Clark, Lorraine Makowecki, Catherine Burdett, Barb Imeson, Gary Hawkes, Steve Katulka, Bill Cooper, Jim Bend, Zahir Lakha, Mark Lenson, and Colin Gilbert;

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

Our players range in age from 55 to 88, reported Campbell.

For more info contact:

Douglas Campbell,  
Director, Big Country Senior Sports Society  
403-932-6866  
dec@cabsi.ca  
or go to [www.alberta55plus.ca](http://www.alberta55plus.ca)



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## ADHD AND BIPOLAR DISORDER

### WHAT IS BIPOLAR?

Bipolar Mood Disorder (BMD) is a mood disorder where a person experiences intense feelings of happiness or sadness, high energy ('mania') or low energy ('depression'). These mood shifts can happen over a period of days to weeks to months. It would seem as if the person's mood has taken on a life of its own.

### WHAT IS THE CONNECTION?

Attention Deficit Hyperactivity Disorder (ADHD) and BMD share similar behaviour symptoms i.e. moodiness, restlessness, poor concentration and impatience. As such, there is increased risk of a misdiagnosis or a missed diagnosis. Both conditions involve strong emotions. People with ADHD can easily feel overwhelmed and know what triggered their reaction, while people with BMD go through 'rollercoaster' mood changes without a specific external event. Both involve impulsivity. People with ADHD can jump into things with little planning, while those with BMD are often hypersexual, make poor and impulsive decisions i.e. buy things they can't afford or make sudden travel plans. People with ADHD can suddenly 'snap' or 'crash', while mood shifts in those with BMD build up over time and are diagnosed through the specific duration of their mood episodes. For people with BMD, other symptoms of 'mania' also include excessive talking, a decreased need for sleep or food, and racing thoughts. Some people can feel euphoric and really productive for a while.

### ARE YOU BORN WITH IT?

Both ADHD and BMD run in families however, those with BMD are likely to have fewer genetic connections. ADHD occurs before age 12 with pervasive symptoms, while the age of onset for BMD is during adolescence into early adulthood with episodic behaviours. Childhood BMD can occur, but is very rare (and difficult to diagnose).

### ADHD AND BMD TREATMENT

Both conditions can co-exist. Treatments work differently for different people. It may include medication, therapy and a biopsychosocial plan. You have to find the right combination. Many practitioners

treat the BMD first (therapy and anti-depressants; usually mood stabilizers or anti-psychotics work well and quickly for manic symptoms), as initial ADHD treatment can precipitate mania or even worsen BMD. Alternatively, if stimulant medication treats the ADHD effectively, then there may be improvement seen in the person's lack of impulse control. No doubt, ADHD and a mood disorder can make life very difficult. Appropriate treatment can help to minimize the symptoms, provide longer periods of stability and greatly improve a person's quality of life.

### WHAT ARE SOME SELF-HELP TIPS?

- Stick to a routine. Train your brain through consistent waking times, eating habits, work schedule and sleep hygiene.
- Carve out play time. It heals part of the brain where therapy and other cognitive strategies can't get to.
- Laughter. It is suggested that laughter therapy can reverse the stress response, alter dopamine and serotonin levels and facilitate healing.

- Sweat exercise. Decreases cortisol and increases endorphins. Less depression, better memory and quick learning.
- Mood journal. Use it like your GPS to tell where you've been and where you're headed based on biodata like hours of sleep, stressors, trigger foods and day of menstrual cycle. It allows you to see basic patterns of health and illness, so you can head in the right direction.
- Eat brain foods. Fruit, vegetables, fish, nuts, yogurt, seeds and aah, yes dark chocolate!

### References:

American Psychiatric Association. (2013). *Diagnostic and Statistical Manual for Mental Disorders (5th ed.)*. Washington, DC.

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## MORTGAGE MATTERS by Candace Perko

### 2023 Mortgage Renewals

"Let's face it, we are well into a housing affordability crisis. Canadians' biggest expense every month is keeping a

roof over their head. Today, that became even more difficult. The Bank of Canada has again increased the interest

rate by a quarter point, bringing it to 5%. This could very well be the straw that breaks many borrowers' backs."

Statement by Lauren van den Berg, President & CEO of Mortgage Professionals Canada on the July 12th

### Interest Rate Increase

Interest rates are likely higher than when you first bought your home. For example, if you bought or renewed in 2018, your fixed rate would have been around 3.5%. On a \$400,000 mortgage, your monthly payments would be ~\$1997.00. When you renew that five-year mortgage in 2023

at a rate today upwards of 5.84%, your monthly payments will increase to ~\$2390. Variables are more drastic, prime-rate at the end of 2018 was 3.95%, compare that to today's 7.20% using that same \$400,000 loan amount example is a whooping ~\$2093 then vs ~\$2655 now.

Depending on how tight your budget is, hundreds of dollars in mortgage payment per month can make a big impact. If you're looking to renew your mortgage, here are some steps you can take to potentially save you money.

### Shop Around

When you renew your mortgage, you don't have to stay with the same lender. Your current lender may provide you a competitive renewal offer, most do not want to lose a borrower. However, it may not be the best rate or mortgage for you any longer and there could be promo's or other options available to you. If a competitor is offering a better rate, you can switch lenders! And (generally) at \$0 cost to you! Don't just sign the dotted line on your lenders renewal, do some research - or better yet, let a mortgage broker do it for you!

### Add more down payment

At renewal time, you can prepay your mortgage any amount without fee or penalty. If you're able to (I know, most don't have extra funds these days, but...) put down as much as you can toward the principal, this will lower your monthly payments.

### Consider extending your term with a refinance

At renewal, the mortgage is re-set based on the remaining amortization you have. If you refinance, you can extend the amortization back out to 25 (or 30 in some cases) years. If you have a longer amortization period, your monthly payments will be reduced. You may pay more interest over the course of the mortgage if you take the entire new amortization period to re-pay the loan; however, this immediate help will reduce the monthly stress on your budget (and you can use prepayment privileges when times are better to shorten the amortization and save interest costs).

### Fixed-rate mortgage

Fixed-rate mortgages offer predictable payments for a closed term. This makes it easier to budget since your rate doesn't change over time. Unlike variable rate mortgages that will change with the lenders prime lending rate.


If you choose a fixed-rate mortgage, you can lock in for \*1-10 years (\*varies per lender). Considering a 2-3 term may give you consistent payments in the meantime; but not lock you in for so long to potentially miss out on savings when fixed rates start to decrease.

Don't wait until the last minute


You know when your mortgage term ends, contact your lender/broker 90-120 days before and don't wait until the last minute.

*Candace Perko, Mortgage Broker*

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## THE ROPE by Andrea Kidd

The rope was strong. Strands of fibre, thickly twisted, resembled the rippling muscles of a prize fighter. And this rope was using all the strength it contained to resist the opposing forces on each end of it. The strain was threatening to snap it into two, to divide the two opponents from each other forever with a great chasm impossible to close.

The rope was love. The rope had withstood many strains before. Some conflicts had almost broken it, but never succeeded. Always love had been the victor.

But this time, even though the strong rope of love was now as thick as a wrist and much stronger than in previous years, the threat of snapping was evident. The threat was real.

Each opponent was fighting for survival, fighting for something they could not let go of, knowing they could not live with themselves if they let go of what was essential to their being. Oblivious to

the strain upon the rope, their faces were streaked with sweat and lines of intense effort. Sweaty hands slipped a little on the rope and the opponents became even more distant and detached from one another as they fought for their existence. Fierce concentration, intense focus on the battle between two wills drove other concerns aside. Dirty dishes piled up on the counter, the kids went to friends' homes, and the phone was unanswered. No other person seemed to exist for them, so intense was the conflict.

The rope would not give. The rope kept its integrity. It was getting frayed at the edges, but the core remained intact. The core of love had been forged by the One who is love. It could not, would not succumb to outside forces.

Each opponent held firm to their strong belief. One would take a fresh grip on the rope and yank, not wanting to let it slip; they could not walk away in defeat and despair. The other opponent also gave a great tug and took a firmer grip further up the rope. Gradually, pulling and gripping ever more strongly they came closer to each other, refusing to give in. Close enough to eyeball each other, now, one was able to see the fear written in the other's heart; fear was the reason he

would not, could not accept defeat. And, he was now close enough to see the panic in the other's heart.

Understanding began to flow from one to the other. They understood each other now, yet each could not let go of what was vital to their existence.

The job of living life still had to be done. But how? With so much fear, how can life be lived?

Together they tackled the task that had been dividing them. Recognizing the other's fear, there was a way to accomplish this work. The fear was real. They named it. This nebulous feeling became solid. It was a force to be reckoned with. They understood both the truth and the lies that their fears were founded on; and they were able to get to work and do the necessary work of living. Then, and only then did the panic begin to subside.

The rope was intact, frayed at the edges but strong, invincible to the end.



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## OUT OF THE RUT

### Chapter 156

...and out of the haze a figure approached.

Summer doing its darndest to be all things to all people. We yearn through the long months of winter, for the respite of the summer season. We all know we'll suffer through the highs and lows of sudden-onset allergy season, sudden-blooming mosquito month, not enough rain, too much rain, smokey days and nights, crazy heat and wilder storms. Onward through the ever-changing backstage shuffle of nature's evolving poetic chaos, we carry on with our tiny and yet massive lives and doings.

It's wonderful to be out doing... enjoying a walk at the end of the day, despite a body that's dragging its ass. Being in the presence of some fabulously sublimely joyful beings amid a pool of nature's glory at its Alberta finest, works wonders to perk up taxed muscles and bring a bit of bounce back into the stride. Splashes of brilliant golden yellow finches, wildly chuckling waters after some good rain, translucent blue-mauve harebells and everywhere the song of birds, while the ground yields gently underfoot and the grasses grow chest high in places. Yes.

For times when a change is as good as a rest...

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Love - not rationed

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your whisper, your burr  
your purr in their ear

A scent of freedom  
the wind in your face  
the sky in your heart  
the feeling of grace  
an immaculate start

A scent of laughter  
A feel, a touch  
Of your caring

Of your sharing  
Of your silken soul

A scent of compassion  
builds like a rose  
falls like a lark  
comforts like love's embrace  
the scent of the dark

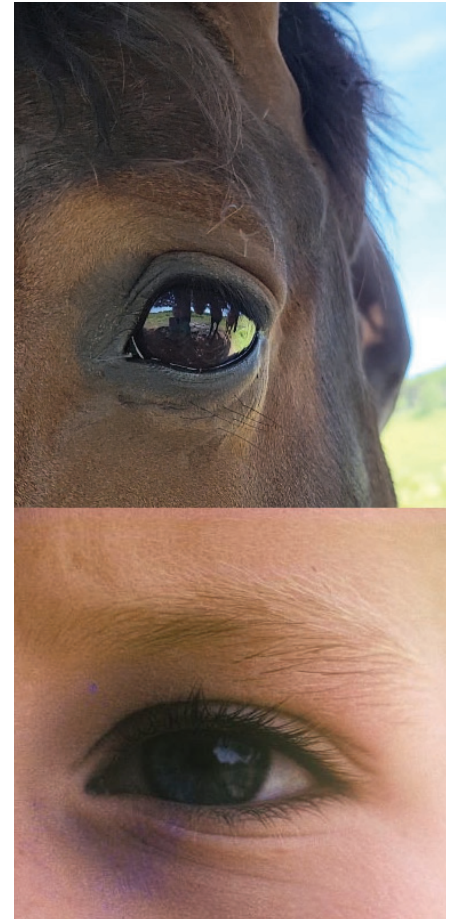
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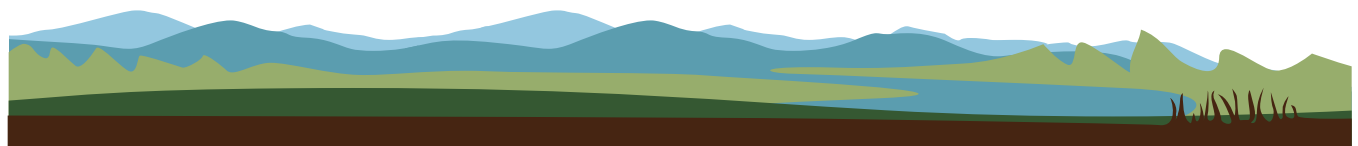
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## HIGH FIVES FOR THE SHRUBBY CINQUEFOIL

by Laura Griffin

One of the least talked about plant neighbours is the shrubs. Sure, people hug trees, they'll stop to smell the wildflowers, but shrubs are just shrubbed off, or rather shrugged off. They don't even have a pose of their own in yoga like the flower or tree. What better time to try to sway popular opinion about the shrubs than August, when one of the most brightly decorated shrubs, Potentilla, is still in bloom. The potentilla is so proud of its status as a shrub that it has even incorporated the word into its more common name, Shrubby Cinquefoil.

Here is a shrub which has beautiful little green lance-like leaves that grow in clusters adorned with yellow blossoms of five (cinque in Italian) petals that easily match the beauty of wildflowers. These bright yellow flowers are displayed not for our viewing pleasure, but to attract pollinators. Unlike the brief blooming periods of several wildflowers, the Shrubby Cinquefoil is in bloom from June until September, providing many a meal to the pollinators that are attracted to its beauty. This in turn provides meals to the animals that like to eat the pollinators such as birds, bats, and other insects.

As a shrub the Shrubby Cinquefoil plays a role in providing shelter and shade for smaller animals. Being a human, you might prefer the immense shade provided by a tree, but you also enjoy the luxury of being a large mammal who does not risk predation from aerial predators (aside from female mosquitos) if you leave yourself exposed in the open. For animals the size of mice and rabbits, a shrub, and its many stems that make it a shrub, provide a welcome refuge to hide underneath where the birds of prey cannot easily see you taking a nap. The close proximity of durable wood stems in a shrub, make it a prime place to look for the webs of opportunistic spiders as well. Even beneath the surface the Shrubby Cinquefoil serves a purpose to the ecological community by providing soil stabilization with its intricate roots, which prevents erosion.

But that is not all the Shrubby Cinquefoil has to offer. Traditionally, Blackfoot people

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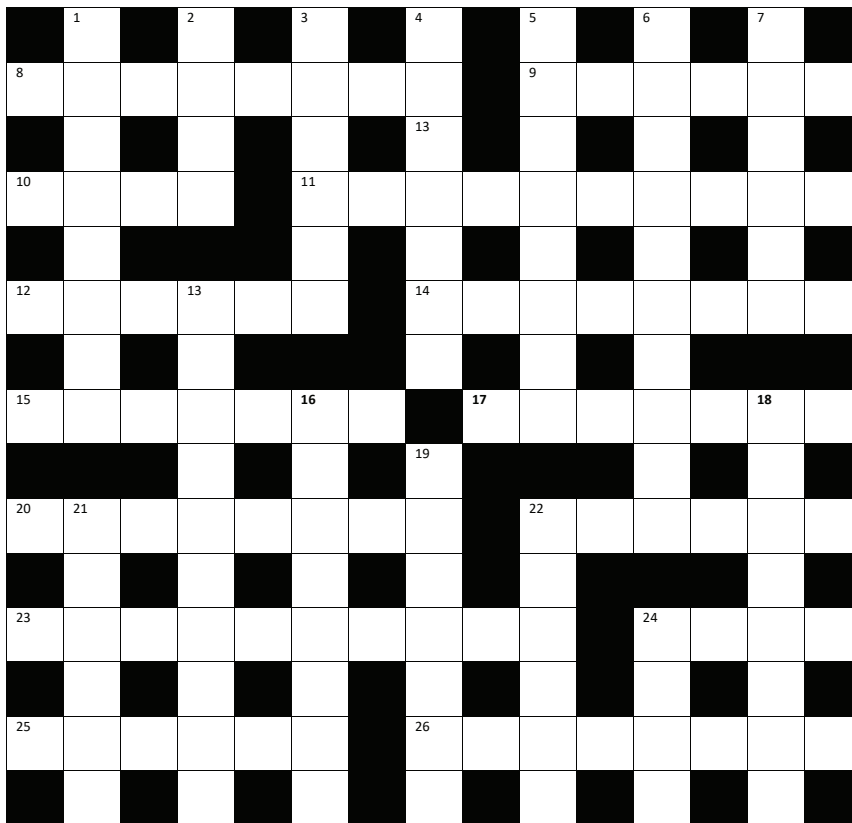
**Photo Credit:** Laura Griffin

could gather the leaves to make stuffing for pillows and dried the leaves to add to meats for a little bit of spiciness. The old flaking bark can be used to make excellent tinder for fires. The leaves and stem combined are still used for making a calcium- rich tea by other Indigenous groups and herbalists.

Shrubs may never be known for the strength like trees, or swooned over for their beauty as the flowers are, but that does not make them any less of a wonder on the landscape. The Shrubby Cinquefoil

is an excellent ambassador for shrubs, being welcomed into our gardens as an ornamental addition. They serve as reminders that there are many unsung heroes of the natural world and that shrubs deserve a cheery song or two or they'll all just be weeping willows.





Cryptic Crossword #26 By Jan Burney

#### Across:

8. Cooking container is held by weird males favouring relatives. (8)
9. Appears inadequate in extreme agreement. (6)
10. Luck drops you for I to get a taste. (4)
11. Good looking and magnetic. (10)
12. Reportedly, lets go of, can cause a chill. (6)
14. From the beginning, search for indigo rig in a lake. (8)
15. Unwrap present for a snake. (7)
17. Alternately, according to Spooner TY burns. (2,5)
20. Swindled by exploit about perverted wrongdoing. (8)
22. Levees put the last first for part of a garment. (6)
23. Demanding letter by crazy Norma's not edited initially. (6,4)
24. Languish a long heroic chronicle. (4)
25. Gown worn by saint gives a brief flash of light. (6)
26. Determined loser returns to Aussie truck. (80)

#### Down:

1. Pie greed is problematic for lineage. (8)
2. Reserve reading material. (4)
3. Constant price for a mutineer. (6)
4. Feeling when eastern moon has it backwards. (7)
5. May I trip over inequality?(8)
6. Latest possible time for changes at menu list. (4,6)
7. Endless journey via details of little value. (6)
13. Declaration when former media gets a charged particle. (10)
16. Move over in redesigned Swiss capital towards the end of the year. (8)
18. Steer the van reversing towards me at the turnstile. (8)
19. Conclude and switch around a day in France. (7)
21. Glorifies shaken NaCl following former partner. (6)
22. Oriental sauce covers eggrolls and sushi primarily without much effort. (2,4)
24. Southern alternative or partner to pepper. (4)

Answers Across:  
 8. Nepotism 9. Meagre 10. Lick 11. Attractive 12. Freeze  
 14. Original 15. Serpent 17. By Turns 20. Deceived  
 22. Sleeve 23. Ransom Note 24. Saga 25. Strobe  
 26. Resolute  
 Answers Down:  
 1. Pedigree 2. Book 3. Pirate 4. Emotion 5. Imparity  
 6. Last Minute 7. Trivia 13. Expression 16. November  
 18. Navigate 19. Adjourn 21. Exalts 22. So easy 24. Salt

## KIDS ZONE

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B	E	C	A	R	D	S	G	P	O	T	K	L	I	L
A	F	N	O	T	S	E	R	O	F	H	C	A	R	P
C	I	C	A	M	P	I	N	G	A	L	A	N	C	K
O	E	K	O	M	S	S	D	S	O	R	P	F	A	O
L	M	E	R	G	L	P	C	T	M	H	K	E	M	R
E	S	C	U	Y	O	A	I	N	R	E	C	V	P	E
T	R	L	O	E	G	T	N	E	V	E	A	R	F	V
S	A	K	O	B	S	E	G	T	A	P	B	N	I	E
E	T	C	T	G	I	R	T	N	E	A	O	H	R	T
I	S	M	O	R	E	S	A	O	I	R	Y	L	E	L
R	O	C	M	I	O	D	M	N	E	K	N	V	E	R
O	G	H	T	V	D	E	R	G	T	U	I	K	C	O
T	M	I	B	E	E	S	E	M	A	G	R	H	E	N
S	T	L	O	R	O	B	E	A	R	S	H	A	N	T
E	G	I	K	C	L	A	R	P	S	T	O	O	B	L

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### BABYSITTER AVAILABLE

Contact: Sharonhanson786@gmail.com  
Price: \$20 (negotiable) More information:  
Hello I am a mom of 3 children and have them all in school. I am available to care in my home from Monday to Friday from 3-8pm for anyone that needs a bit of help for the kids after school. I can be available in the evenings should you need a date night with your spouse. I am located in the Lott Creek area and have a valid driver's license and police check available.

## WANTED

### LOOKING FOR AXES OR AXE HEADS.

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

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

### WANTED FIREARMS.

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

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**LARGE SIZE CHEST FREEZER-** good working  
**FARM GATES - (4) - 6 ft. CATTLE PASTURE**  
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**HOME WINDOWS -** Double painned, opening, sizes flexible. Phone: 403-931-2201

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

## HELP WANTED

Need outside plants watered in West Bragg first 2 wks of August. Please reply by email at jcdocken@gmail.com or 403-949-3637

## FOR SALE

**MISCELLANEOUS ITEMS** Contact: LLOYD George NELSON Phone: 14039337137  
\$100.00 Health Rider Treadmill and Mat  
\$100.00 Inversion Back Therapy Teeter and Mat  
\$25.00 Weight Bench and 80 Pound of Weights.

**CEDAR STRIP CANOE - 14'**, excellent condition, with original interior and fiberglass infused canvas outer surface for low maintenance. A real beauty! Please contact 403-931-3936 for more information, photos available.

**2010 EAGLE CAP CAMPER, 8'11"**. Fits 3/4 ton truck, model #811, one owner. Equipped with electrical jacks, two awnings, fridge w/freezer, gas range w/cooktop, queen bed, dinette, bathroom w/shower. Some previous water damage. \$6500, price negotiable. To see call 403-949-2269.

**ROOM AND BOARD** I have a furnished spare bedroom and bathroom in my Diamond Valley home, available starting in August, and I am interested in offering it to a quiet single senior citizen who might also want some meals provided, and possibly some shuttling to appointments. I work from home and have flexibility. Cost to be discussed. Interested people please email me info about yourself at pfreem@gmail.com.

### MISCELLANEOUS ARTICLES

Contact: Keith Thomson Phone: 403-931-1556  
More Information: Water rower exercise machine \$250 • Noma dehumidifier \$50 • Padded folding chairs \$25 ea • 1970's goalie pads \$25 • Kitchen faucet \$150 • BOSE multi-CD changer \$50 • Traeger smoker \$100

### HORSE TRAILER FOR SALE

Contact: Mr Don F Diehl Phone: 14039313832  
Price: \$ 5,000.00 More Information: Road King 2 horse bumper pull. Professional paint job, great rubber & floor mats. Immaculate

### 2008 F-350 6.4L DIESEL

Contact: James Hayhurst Phone: 4034770068  
Price: \$ 11,000.00 More Information: Selling my 2008 F-350 King Ranch in black. Has 420xxxkm on the original motor and transmission. The truck is daily driven so kilometers continue to go up. Has all available options from 2008. 6.4 diesel engine with all emission controls deleted except for the EGR. Has aftermarket wheels, tonneau cover, light bar in front bumper, LED front lights and tinted windows. No longer needed as I have a new truck on order.

**TICKETS FOR SALE** Celebrate the Round Hall Centennial. Enjoy songs, stories, and music by The Wardens. October 1, 2023 at 2:00pm. Get your tickets today \$20 each at the Bragg Cree Trading Post

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**TRACTOR:** -Snow Plough Blade 42" -Rear Wheel Chains -Ballast Weights \$300 obo  
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