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Presented in collaboration with Cowboy Trail Brewery, this all-day event features a lively beer garden, live music, and a timed buffet meal that brings authentic German flavors to life. Whether you're coming for the brews, the bratwurst, or the beats, there's something for everyone.

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Evening Tickets
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LETTER FROM THE EDITOR

The weather would communicate otherwise, but summer's in full swing. How's it going for you? For our family there's been a bit of disappointment. The weather hasn't cooperated with the outdoor activities and projects we'd hoped for. We look for sunny days, and then circumstance rains on our parade. We often complain over rain, and yet we need the rain to produce new life.

We often think of resilience as the ability to bounce back into our previous states of normal. Just like the Big Poplar Sphinx referenced in Laura's article, resilience is also the ability to transform ourselves and organizations, into something new. Life's difficult situations, we can shed light on talents and skills we didn't know existed, that can propel us into something new and life giving.

What has the rain brought to you? Are you complaining over circumstance or learning and applying newfound skills and wisdom birthed through the adversity of life.

I hope you'll enjoy this summer edition of the paper. There are great articles that will inform you of the ongoing in our communities and instruct us in our journey through life. The Sheep River Library has published their fall programs. They contribute so much to the surrounding area. Take a look and enjoy the read.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Lisa Forseth recently moved to Diamond Valley from Okotoks where her and her husband (who is a musician) raised their 3 children, who are now young adults, for the past 15 years. She is a graphic artist for her home business called "the furnaceroom studio" and also has a passion for music and photography. She loves to discover the beauty in all things but especially loves to merge multiple layers of her images together to see the magic that is created as the colours, shapes, and textures merge into a whole new montage that feels more like a dreamy painting. The beauty of the Foothills and her faith are both an inspiration for her art and she hopes to someday learn to paint as well. You can see her portfolio of artwork at: thefurnaceroomstudio.myportfolio.com

You can contact Lisa at furnace@telus.net

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 We are looking forward to seeing what you create.

ROCKY VIEW COUNTY Election 2025

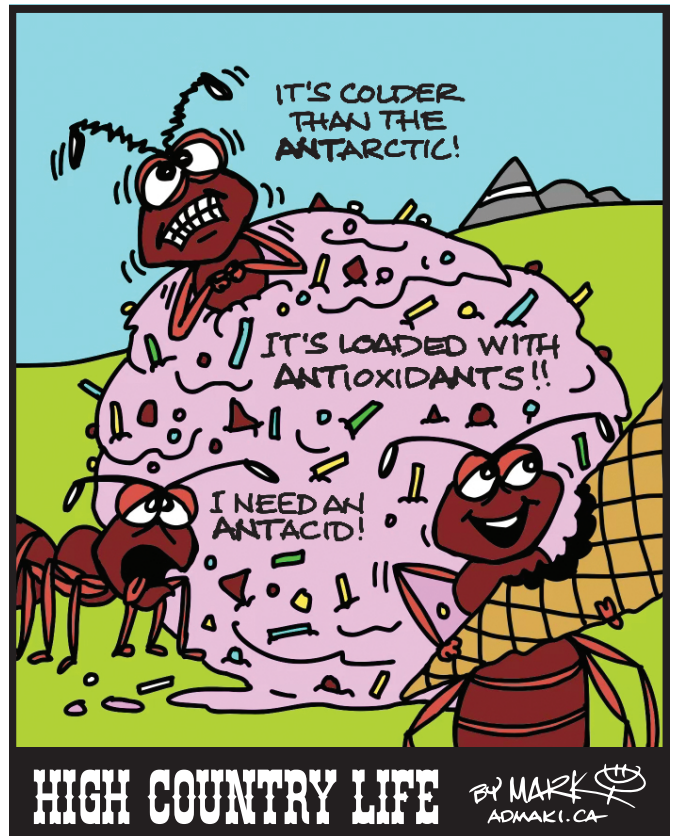


**THE NEXT MUNICIPAL ELECTION
FOR ROCKY VIEW COUNTY IS
MONDAY, OCTOBER 20, 2025.**

ARE YOU CONSIDERING RUNNING FOR OFFICE?

The nomination period is now open and lasts until noon,
Monday, September 22, 2025.

Visit www.rockyview.ca/elections to learn more
about the Candidate Nomination Process and
Election 2025.





SPRINGBANK HERITAGE CLUB

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

A number of our regular activities will be on a break for the summer months of July and August:

- Exercise class will restart on September 8th

This is a low impact CO-ED class that offers a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living. Equipment is provided (ie. 3, 5 and 8 lb weights, bands, balls). Sign-up sheet is at the Heritage Club or send an email plus e-transfer to springbankhkc@telus.net stating "Exercise" and which days you will be participating. There are no options for drop-in fees or prorated fees. Fees must be paid BEFORE first day of class.

2025 Fall classes

(12 weeks from 9am to 10am)

Monday Sept 8 – Dec 1 (Oct. 13

Thanksgiving cancelled)

Wednesday Sept 10 – Nov. 26

Friday Sept 12 – Nov. 28

(You are only allowed to attend on the day/ days of the week that you sign up for)

1 day per week as registered | \$85 for members | \$95 for non-members

2 days per week as registered | \$170 for members | \$190 for non-members

3 days per week as registered | \$255 for members | \$285 for non-members

COME JOIN IN THE FUN AND KEEP FIT!

- Singing group will restart on September 9th
- Trivia / Name that Tune, restart date is to be determined
- Page Turners book club will restart on September 12th

Camping Fun!

In July, six 'happy campers' enjoyed the Springbank Heritage Club group camping experience in Nanton. The diverse range of loosely scheduled activities included



a dip in the Sheep River after a bike ride in Okotoks, golfing at the local Nanton 18-hole course, Happy Hours and shared dinners at the campsite, exploring the town with its antique shops, ice cream parlours, candy store, coffee shops, and art galleries (even though there was a county-wide power outage that lasted for several hours). We toured the Bomber Command Museum and Grain Elevator Museum, did some yoga at the campsite, and were entertained at an open-air music jam at the campground's bandshell. We plan on a similar excursion next year.

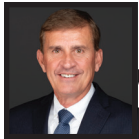
For more information check out our website at springbankheritageclub.com



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

Road Construction Updates – Please see the traffic disruption notification at the following link, regarding the roundabout construction at Springbank Road and Range Road 31 (www.rockyview.ca/road-updates#springbank). The intersection will be closed until September 15, 2025 to complete construction of a roundabout. The maps show the recommended detour routes to and from the Provincial Highways. Inquiries can be directed to Eric Schuh of Rocky View County at 403-520-1284, Constantine Meraklis of Aecon at 403-519-8307, or Jason McGibbon of Sedulous Engineering at 403-998-5090.

To be aware of the latest progress on the RR33 Interchange project you can view the website www.rockyview.ca/county-services/capital-projects/transportation/highway-1-range-road-33-interchange

Farm Family Award - Each year the Calgary Stampede receives nominations from municipal districts for outstanding agriculture producers from southern Alberta. On July 6, 2025, the Calgary Stampede announced this year's BMO Farm Family winners, including the Woolliams family who were among 19 recipients of the Calgary Stampede's 2025 BMO Farm Family Awards.

A fifth-generation grain and hay farming family from west of Airdrie the Woolliams Farms Ltd. is owned and operated by 5th-generation grain and hay farmers, Larry and Kortney, along with their children, Paige and Trace. The family-run operation has roots dating back to 1890 when the Woolliams family started one of the first local dairy farms in the Rocky View County area. The farm has evolved into an impressive progressive grain farming operation, focused on precision agriculture and new technologies to maximize efficiency and improve planting practices. The family is also active in the community, with deep ties to the Airdrie 4-H Beef and Sheep Club. Their children have been members for over 10 years, winning many grand and reserved championships, and Larry has served as the club's Project Leader for seven years. Read more at: www.rockyview.ca/news-events/news/article/3527/calgary-stampede-names-2025-farm-family-award-winners

Agriculture Master Plan - Rocky View County Council has approved a new Agriculture Master Plan, a strategic document that outlines a long-term vision for agriculture and land use planning in the County. The plan establishes goals for future growth, supports innovation, and provides a roadmap to support the needs and priorities of the agricultural community from 2026 – 2036. Through open houses, surveys, workshops, and one-on-one conversations, community members identified key priorities such as rural infrastructure, flexible housing options, and improved communication. These insights directly informed the plan's goals and an action, ensuring it reflects both the current realities and the long-term future of agriculture in Rocky View County. Read the approved plan here: pub-rockyview.escribemeetings.com/filestream.ashx?DocumentId=17209

New Plan Quick Facts:

- Introduce a land use monitoring program for subdivision developments in key agricultural areas.
- Explore flexible housing options to support farm viability and reduce land fragmentation.
- Strengthen policies that recognize the ecological value of agricultural lands.
- Address transportation needs to support the safe and efficient movement of farm equipment.
- Balance renewable energy development with the preservation of productive farmland.
- Support diversification through agri-tourism and agri-business initiatives.

- Expand public education and outreach about agriculture's role and legislated programs.
- Enhance internal training to equip County staff and new Council members to better support agriculture.

Bearspaw First Nations - The Bearspaw First Nation is a neighbour of Rocky View County, and as such, we are working to develop intermunicipal relationships. At the Council meeting held on June 17, 2025, Council directed Administration to engage in dialogue with the Administration of Bearspaw First Nation and to provide an update by Q1 2026 regarding a proposed Relationship Committee to serve as a forum for future collaboration, including a potential Terms of Reference. This committee presents the opportunity to build relationships and provide a valuable forum for future collaboration between Rocky View County and Bearspaw First Nation. The County is aware of discussions around a development proposal from Durum Capital and the Bearspaw First Nation in the Springbank area. As with any proposed development in the County, all processes and formal discussions regarding development would be made through Council's established review and approval processes under the *Municipal Government Act* and other related legislation. The County remains committed to building positive relationships with our neighbours and to fulfilling our duties as an approving authority, treating all development proponents in a fair and equitable manner.

*Don Kochan - Deputy Reeve
Division 2 Councillor
kochandiv2@gmail.com*



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SPRINGBANK CREATIVE ARTS CLUB

The Springbank Creative Arts Club - MISSION is "to encourage the development of arts and crafts within the Springbank community."

Summer is galloping by again. At the time of this writing everything is looking so lush and green. The mix of hotter and cooler weather has been interesting as well. Hope everyone enjoys these lovely days.

We are pleased to announce that the Springbank Christmas Market has been

booked for Nov 1 and 2nd, 2025 at the Springbank Community High School.

There are tables available for vendors who have handmade quality non traditional items, crafters, clothing, upcycling etc. (knitting, wood working, baking, stained glass sewing, crochet, jewelry, pottery, quilting, preserves, barnwood have been filled)

Tables are limited in each category to provide fairness to the customers and vendors and to have the most variety possible.

Please email yjo999@gmail.com for all information and application forms. Send a few pictures of your items for the jury. Fee is \$140.00 for one 8ft table or space. Limit of 2 tables/spaces per vendor.

There is also room for new members to join the Springbank Creative Arts Club! If you are live in the Springbank area, have organizing, teaching or decorator skills that can be utilized, or just want to meet with likeminded people, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest. For more information about membership email yjo999@gmail.com

Please contact Janice – email janice3lambert@gmail.com for any new business to be introduced at meetings, dates that are to be determined.

Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett,
Springbank Creative Arts Club

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits Highway 8 bridge construction is underway. There is a lay-down / construction office space site prepared on the SW corner of Lott Creek intersection, and lots of activity with the storm water collection area between the old and new bridges. The big pile of rock fill on the north side of the highway is being “massaged” - all good news. The sooner the province gets this project completed the better.

Rocky View County MDP Work continues updating our highest-level statutory plan - the Municipal Development Plan. Multiple rounds of public engagement were completed, culminating in a Public Hearing on July 10th. Council received the public comments, questioned Administration, gave the Plan first reading, and referred the Plan back to Administration to incorporate forthcoming Council feedback.

Each Councillor has now sent in their amendments for consolidation by Administration into Amending Motions. These will be debated in early September. If the amendments are “substantive” then a new Public Hearing is needed to consider the “new” information. This may occur on September 2nd, but please check the website for the latest schedule.

Updating the plan allows us to continue to modernize it to reflect the latest higher-order legislations, and emerging trends in the economic environment and development pressures.

Prairie Economic Gateway - Land Use Approved The last Council meeting before the August summer break saw Council unanimously approve the Shepard Logistics Centre concept scheme and land use. This is a joint project between RVC, City of Calgary, Shepard Development Corp, and CPKC rail. As the city wrote in their letter of support “This project represents a significant step forward, not only for Calgary and Rocky View County, but for the broader regional and provincial economy. The vision for a rail-served inland port aligns with our shared goals of fostering sustainable growth, attracting investment, and creating long-term economic development.”

This is a very strategic investment for Rocky View that continues to build momentum for economic development RVC, and in his case, now in partnership with the City of Calgary. However, this is also a piece of business that requires significant capital investment, and Rocky View Administration and Council has had to up its business development game significantly to ensure that the risk/reward equation does not go sideways or upside down.

FireSmart The committee met July 7th and discussed the draft Bragg Creek Wildfire Mitigation Strategy. The detailed modelling work that went into this report is astounding. It incorporates the latest research from the University of Alberta. A risk rating for every structure in the study area is mapped out in the report.

An update on the Vegetation Management Programme was also heard. The County is putting out a Request For Proposal (RFP) for the work this fall clearing out the Priority one areas as I previously reported.

New Capital Budgeting Process RVC’s Capital Committee had its second meeting on July 15th. Administration laid out the path for various capital-related budget decisions Council will need to make finalizing the 2026 County Budget by the end of the year. Rocky View is at a critical point in its development as a municipality. Issues are coming into play that are the result of past growth (good and bad), continued growth, ongoing maturity, and aging out of infrastructure. On the resident

front: increased services expectations of both Hamlet and Country Residential folks, factoring demographics related to aging in place, and younger families moving in. On the economic development front: pressures for growing in multiple locations, focusing growth and making necessary infrastructure investments. On the Lifecycle Asset Management front: putting away the reserves necessary to maintain our infrastructure into the future without leaving a disaster for those future residents and businesses to deal with.

A quick outline of the scope and scale of the Capital spend/investments that Council will be considering later this fall: See tables below.

Note that Prairie Gateway investment is included under the “Strategic Initiative” column, those costs involved are significant, and in general required sooner than later. There is a wealth of detailed information found in the attachments for the July 15th Capital Committee Agenda on the website if you are interested.

Contact: KRHanson@RockyView.ca
or call 403.463.1166.

10-YEAR CAPITAL OUTLOOK

2026	\$ 85M	2031	\$ 120M
2027	\$ 160M	2032	\$ 108M
2028	\$ 136M	2033	\$ 56M
2029	\$ 65M (4YR - \$447M)	2034	\$ 42M
2030	\$ 122M	2035	\$ 62M

2026 - 2029 (4-YR) CAPITAL BUDGET REQUEST SUMMARY

ADMINISTRATION DIVISION	STRATEGIC INITIATIVE	ENHANCEMENT	LIFECYCLE	TOTAL
CAO Office	-	\$ 63,553,700	\$ 850,000	\$ 64,403,700
Community Services	-	\$ 35,000	-	\$ 35,000
Corporate Services	-	-	\$ 4,240,000	\$ 4,240,000
Infrastructure Services	\$ 146,128,300	\$ 132,114,500	\$ 100,922,700	\$ 379,165,500
Total	\$ 146,128,300	\$ 195,703,200	\$ 106,012,700	\$447,844,200

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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

As MLA, I feel like my calendar has two seasons: in the legislature and in the constituency. Summer is the best time for me and my team to reconnect with you. You may have already met my two summer outreach interns, Cael and Lucas, who are helping with that. If you haven't already seen me or one of my staff at a community event, on your doorstep, or around town you likely will soon. Thank you for all the chats, comments, thoughts, and ideas. Each of these conversations reminds me how diverse our riding is from community to community, door to door, and event to event. The people of Banff-Kananaskis cover the political spectrum, age groups, employment sectors, demographics, and interests.

This diversity can sometimes make my job challenging. How can one person represent such diverse views and perspectives effectively? It's not easy and I try my best to

listen to you all and consider the things that bind us together.

I have always felt that our common ground stems from a love of the Banff-Kananaskis landscape and a very intentional choice to live where you live. Whether you like looking at the foothills through your kitchen window, running a cattle ranch or organic farm, spending your weekend recreating in our woods, or running a small business that serves residents and tourists alike – we all love the communities we live in and the landscape that surrounds us.

Reflecting on this diversity, it strikes me how sometimes two things can be true. We can oppose coal mining on the eastern slopes, AND welcome industrial practices on the landscape that respect our water, communities, and wildlife. We can support tourism and the economic benefits it brings AND expect that tourism to be planned and managed in a way that retains our community identity and is environmentally sustainable. We can expect the government to fund public programs adequately, like healthcare and education, AND not run a deficit budget. We can be fiscally responsible AND fund public programs so that all Albertans can thrive and have access to the things they need.

We can be proud Albertans and proud Canadians.

Two things can be true.

At the doors and at events, I'm hearing from you that you want a strong, prosperous economy for all of us to thrive. You are asking me about access to healthcare, education funding so all our kids have access to the same high quality learning opportunities, protecting our headwaters from coal mining, improving tourism management, and addressing affordability for insurance, groceries, gas, and rent. I hear you. Things are hard right now and many of you are struggling to balance it all.

I believe that we have a better chance of achieving these things when we work together with other provinces to reduce inter-provincial trade barriers and promote buying local. Negotiating to get a "better deal" for Alberta doesn't start with another round of "Alberta Next" (or whatever it's called this time) panel discussions across the province. It starts with coming to the table with a willingness to work with other provinces and the federal government to make sure that Alberta's contributions are appreciated and recognized, just as all provinces would like to

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see. From there, we can create policies that help float all Canadian provinces to build a stronger country and province. Collaborating, openness, and strategic negotiations are critical to our success.

Fighting for a Canada we are proud of means our province can have a brighter future. The growing separatist sentiment in Alberta is difficult for me to process. Yet, I believe it is emblematic of deeper issues. Issues that we stand to solve by working together, not trying to stand apart.

Albertans have repeatedly shown that they don't want to separate. I hear time and again that the thing people wish most was that there was less division in politics. That we could all work together. I value that too. I work collaboratively across the aisle

whenever I can. Because my priority is serving you, regardless of where you ticked your "x" in the last election.

I am hearing that you want a government that brings people together, creates ties and builds strength from our differences, and defends Canada. We are better together!

This is going to be a great summer for listening. I look forward to chatting with you more over the rest of the summer to learn what's important to you. Whether we meet at your door, at a town hall, a BBQ, or a parade – let's chat, let's learn from each other, and share ideas. Let's work together to define the Alberta and Canada we want to see now and into the future.

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Hitting Your Financial Goals -Despite Economic Uncertainty

Let's be real – there's always something going on in the world that makes you question if now is the right time to invest or save. One minute it's inflation, the next it's interest rate hikes or global turmoil. But here's the truth: financial success isn't about timing the perfect moment. It's about building habits and sticking to a few core principles, no matter what's going on out there.

Here are five time-tested concepts that can help you reach your financial goals – even when the headlines are screaming doom and gloom.

1. Pay Yourself First

This one's simple but powerful: before you pay the bills, buy groceries, or make that impulse Amazon order, set money aside for yourself. Automate contributions to your savings or investment accounts as soon as your paycheck hits. Treat it like a non-negotiable bill. Whether it's \$50 or \$500, this habit ensures you're always making progress, even if life gets hectic.

2. Cashflow Management

You can't control the economy, but you can control what comes in and what goes out. Cashflow management is just a fancy way of saying "know where your money's going." Track your income and expenses, identify leaks, and make sure your spending lines up with your values. It's not about restriction – it's about awareness. And in times of economic stress, knowing your numbers can be your secret weapon.

3. Dollar Cost Averaging

Trying to guess the perfect time to invest is a losing game. Dollar Cost Averaging (DCA) takes the pressure off by investing a fixed amount on a regular schedule – rain or shine. Markets up? You buy fewer shares. Markets down? You scoop up more. Over time, it smooths out the highs and lows and keeps you in the game instead of on the sidelines waiting for the "right moment."

4. Stay the Course

When the market dips, it's tempting to bail. But knee-jerk reactions rarely end well. Staying the course – sticking to your long-term strategy even when the short-term gets ugly – is what separates successful investors from emotional ones. It's about

trusting the process and zooming out. Over decades, markets recover. But you have to be in the market to benefit from the rebound.

5. Have a Written Strategy

Finally, put it all on paper. Your goals. Your timelines. Your investment strategy. Your emergency backup plans. A written financial strategy is your roadmap. When the world goes sideways, it's the thing you can come back to for clarity and confidence. No guesswork, no panic – just a steady path forward.

Bottom Line

Economic storms will come and go. But if you've got the right habits and a clear plan, you can keep moving toward your financial goals no matter what. The key isn't predicting the future – it's preparing for it, one smart move at a time.

A lot of people don't understand their investment statements – or find them too confusing. Yet only 31% reached out to a financial advisor for help.

The good news? You don't have to do it alone. A qualified financial advisor can help build a retirement plan that's realistic, tailored to your goals, and surprisingly stress-free.

Because the best time to plan for retirement was yesterday. The second-best time? Today.

Call me today to set up an appointment to review your goals and objectives and to ensure that your current investment approach will allow you to fulfill your goals.

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

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MAKE YOUR MARK By Mark Kamachi

Boomer vs Millennial Marketing

Simply put, advertising-design is matchmaking. Depending on the target audience you're trying to attract to your brand, you could be using traditional mediums such as radio, print or television for one generation and social media for another. Not all generations swipe right on the same medium. Here I will provide a breakdown of the best ways to market to two generations of spending power: Baby Boomers and Millennials.

Boomers (born 1946-1964) grew up reading cereal boxes and the Sears catalogue. Give them a newspaper ad, a shiny magazine spread, or even a piece of snail mail, and they'll read it. In fact, Boomers treat flyers, direct mail and coupons like winning lottery tickets. Want to reach a Boomer? Send them a direct mail with a coupon and watch them walk into your store, ad in hand.

Millennials, also known as Gen Y (born 1981-1996) consider mailboxes mysterious portals for fake bills and government

letters. They prefer push notifications, pop-ups, and the occasional SMS notice that somehow arrives from the social media universe.

When it comes to social media, Boomers have colonized Facebook like it's the second coming of bingo night. Just head to the Powderhorn Saloon on such a night and you'll see what I mean. Lots of grey hair in the crowd. It's where they revel on vacation pics with their motorbikes or share posts about how 10,000 daily steps prevents memory loss. Want to reach them? Use a boosted Facebook post (we'll chat about those in a future article) with big text, clear instructions, and at least one mention of "second hip replacement 50% off."

Millennials on the other hand, have mostly ghosted Facebook in favor of more short-lived thrills. Instagram stories, YouTube Reels, and TikToks are where it's at. But you'd better be quick. If your ad takes more than 3 seconds to get to the point, they'll scroll faster than you can say "more wasabi please."

What about radio? To a Boomer it's like having a friend that knows almost everything about everything. They trust the voice coming out of the car radio like it's gospel. AM/FM is the soundtrack to their morning commute to the golf club. Want to make a Boomer trust your brand? Have

a smooth-voiced announcer talk about your business on air between hits from Supertramp.

Millennials, on the other hand, are in long-term relationship with podcasts. Want to sell them something? Sponsor a podcast hosted by a semi-famous actor discussing mental health or a comedian reflecting on pop-culture. Millennials are 42% more likely to buy something if it comes with a promo code like "MILLENNIALSNEEDPURPOSE30."

And who reads email ads? Boomers do. If your subject line says "Offer ends today" they'll click it. They'll even forward it to all their friends. Boomers think of emails like digital newsletters, not annoying pop-ups in disguise.

Marketing to Boomers? Go old-school. Use newspapers, radio, email and Facebook.

Marketing to Millennials? Think new school. Use influencers, Instagram, TikTok, and passive-aggressive in-app reminders.

And if you're targeting both? Good luck. You'll need a campaign that runs in the National Post and comes with a QR code that launches a TikTok challenge.

Until next month, use plenty of sunscreen. And walk.

Cheers, mark.

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- S'mores Remix
- Cold Brew Crunch
- Honeycomb Sea Salt
- Peanut Butter Pretzel
- Birthday Cake Confetti

Waffle cone

Boomers still leave voicemails while Millennials panic when the phone rings. Boomers read manuals while Millennials use Google. You'll find a Boomer chowing down at chain restaurants while a Millennial will stand at a food truck. The differences are clear and so is how you advertise to each. We can help.

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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

BRAGG CREEK & AREA CHAMBER OF COMMERCE – BUSINESS BITS

Starting Summer with New Community Amenities...

TRAILER PARKING AND PUBLIC WASHROOMS RETURN



We are building on the success of the 2024 parking + potty program to accommodate long vehicles away from mall parking lots, and to redirect non-patron washroom use from hamlet businesses. Two public porta-potties are stationed in the large gravel lot off Whyte Ave next to Ida May's. Equipped with sanitizer and cleaned weekly, these sanitary amenities will be available all

summer through to September. Trailers can easily navigate and park in the large lot generously loaned by Dick Koetsier. You'll see trailer parking & public washroom signs around town, courtesy of creative work by Branded Visuals. These amenities are available for all so please enjoy and tell your friends!

NEW BIKE RACKS FOR BRAGG CREEK

Just in time for summer cycling, the Chamber installed 5 durable, locally custom-designed steel bike racks in the mall parking lot next to the One of a Kind store. Thanks to Blueform Construction and 3 Point Environmental for coordinating more multi-modal mobility choices for residents and visitors alike. Check out the racks and let us know what you think!

EVENTS

Bragg Farmer's Market
Sundays June 15- Sept 21

Come see a variety of local vendors every Sunday from 10AM-3PM at the Bragg Creek Community Centre. Offering fresh finds and local favourites each week, the market also offers an opportunity for anyone interested in a single day pop-up to promote your business or test products. Contact: rental@braggcreekca.com

Got an event planned? We want to hear about it!

Submit your event at www.visitbraggcreek.com/event-submission and we'll give it the spotlight it deserves with a shout-out in our newsletter and social media. Don't forget to tag [@visit_bragg_creek](https://www.instagram.com/visit_bragg_creek) so we can repost and spread the word on our socials!

MEETINGS & MEMBERSHIP

We're on Summer Sabbatical! We'll see you again September 17, when the Chamber resumes meetings on the 3rd Wednesday of each month.

Join A Subcommittee

Do you have ideas, creative solutions, or a business initiative you'd like to explore? If so, come volunteer on a Chamber Subcommittee. Contact the Chamber to learn more!

Membership Benefits

The Chamber has a social media and communication plan to help local businesses get noticed. Contact [Imke media@braggcreekchamber.com](mailto:media@braggcreekchamber.com) to spotlight your business!

Membership gives you a full package of perks: Social Media Showcase, Mix n Mingles, Marketing, Benefits Plan, Calendar, Job Board, and Directory Listing. Visit us any time at:

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RAISE A FULL GLASS TO OKTOBERFEST

Too early to think Oktoberfest? One of Bragg Creek's biggest parties of the year takes place on Sept 27th with live music, a beer garden and lots of traditional Bavarian eats. Scan the code and get tickets, schnell!

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LOWER CROSSED SYNDROME – A COMMON MUSCLE IMBALANCE

Lower Crossed Syndrome (LCS) is a common postural muscle imbalance characterized by a specific pattern of muscle weakness and tightness around the pelvis and lower back. It is frequently seen in individuals with repetitive movement patterns, often poor postural habits and can contribute to lower back pain, hip dysfunction, and impaired movement activity.

Physiotherapists play an important role in the identification, assessment, and treatment of LCS, helping individuals restore muscle balance, improve posture, and reduce pain.

Lower crossed syndrome is named for the “crossed” pattern of muscular imbalances that typically appear in the lumbopelvic

region. This is characterized by tight hip flexors and lumbar spine muscles and weaker abdominal and gluteal muscles. The presentation is often seen in standing as a forward head posture, rounding upper back, arching of the lower back, anterior pelvic tilt and protruding abdomen.

These imbalances lead to faulty movement patterns and overuse of compensatory muscles, increasing the risk of low back pain, hip impingement, and even knee problems. While LCS may be asymptomatic in early stages, it can eventually cause:

- Chronic or intermittent lower back pain
- Hip stiffness or discomfort
- Poor posture and gait abnormalities
- Reduced functional movement capacity (e.g., squatting, walking uphill)
- Tightness or discomfort in the front of the hips

Assessment involves looking at your functional movements and testing specific muscles around the lumbopelvic and lower extremity regions. Testing muscle strength

and joint range of motion helps to identify these imbalances. Treatment will often involve stretching of the tight muscles – lunges for the hip flexors, child’s pose and ‘knee to chest’ stretches for the lumbar extensors and strengthening the weaker muscles – bridges and clamshell are a good start for the glute muscles, and focused abdominal exercises. Manual therapy, myofascial release and intramuscular needling (IMS) may help to relieve tight tissues and stubborn muscle bands. It is also important to address any postural corrections and potential ergonomic advice for work or home settings.

Some things to consider in order to prevent these muscle imbalances from settling in, would be to incorporate regular movement breaks throughout the day, maintain a balanced strength and flexibility routine, ensure proper lifting and movement techniques, and engage in exercises that promote pelvic and core stability

Lower Crossed Syndrome is a common but often overlooked contributor to lower back and hip dysfunction. Through early detection, targeted rehabilitation, and lifestyle modifications, physiotherapists can help patients restore balance, improve movement patterns, and prevent future musculoskeletal issues. Our physiotherapists at Bragg Creek Physiotherapy would love to help you address, recover from and prevent issues like this!

Jennifer Gordon
(BSc.PT, GunnIMS, AFCE)
Physiotherapist - Bragg Creek Physiotherapy
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BRAGG CREEK COMMUNITY ASSOCIATION

Growing an event to grow community is what the Community Centre is good at. Pulling people in while holding out a helping hand. Saying a simple “hello” and sending a smile. Sometimes delivering some difficult news or shedding a practical light on a simmering situation.

So far this summer has been all of those things and we couldn't be more proud.

Bragg Creek Days 2025 is an event that is growing. With dreams of becoming a weekend event, this year (July 19 & 20) we included Sunday activities in the township and, next year, it can be even bigger. We could not have done it without our sponsors, volunteers, and business partners. Thank you so very much for showcasing Bragg Creek and having a great time with us.

Please take time to read through our list of sponsors in adjacent ad. Take notice and thank them for their involvement when you can. It is with their support and hands on help that we can continue to enjoy such a great event.

Hey Check It Out! Have you noticed the new picnic tables on the grounds at the Centre? These are authentic, handmade, custom tables crafted from Bragg Creek trees. All compliments of Tim Bester. Tim milled the lumber and created these for the community to enjoy. Words are not enough to thank you for this Tim, but we

can sure try. Thank you for sharing your talent, time and creativity with us.

Have you noticed the Farmers Market is taking off again this year! Stop by every Sunday to fill your basket and walk into your week with a big smile and healthy outlook.

Rocky View Schools is offering some exceptional free summer youth programs at the Center this summer. Loads to keep the kids happy and experiencing new things.

Check it out on the website braggcreekca.com under the programs tab.

Thank you for growing with us. We welcome your helping hands and offer the same to you.

Enjoy the summer.

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- ✓ outdoor skills field trip each week

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BRAGG CREEK TRAILS

Trail Talk

The summer seems to be flying by (again!) and the BCT trail crew has been hard at work. If you've been out to Reconnect, Long Distance South or Boundary Horse trails recently, you'll notice some major improvements thanks to our dedicated crew.

Conrad Schiebel (BCT President)

Rain, Rain, Go Away

Ed Reynolds, Trail Crew Leader

Summer kicked off with a bang or rather, a deluge. Starting June 20, we saw 36 straight hours of rain, totaling 130 mm. Saying it was soggy out there would be an understatement. On top of that, heavy snow and wind brought down around 30 trees across the trail network. For safety reasons, BCT issued a request for users to stay off the trails until crews could assess the damage and clear hazards.

Our online trail reports reflected the conditions in real time, and we issued a RED designation for two days following the storm, indicating a self-imposed

closure due to high risk of trail damage. As conditions improved, we quickly updated individual trail designations to AMBER and then GREEN. This speedy recovery was made possible thanks to ongoing trail maintenance and drainage improvements our crew continues to invest in.

After inspecting the network, we found no major damage, just the expected erosion given the volume of rain.

At BCT, we follow a helpful 'Rule of Thumb': for every millimetre of rain, allow one hour of drying time (up to about 50 mm). Beyond that, conditions are assessed trail by trail. Of course, this system only works if everyone uses it, and unfortunately, some eager trail users head out too soon, causing ruts that require extra work to fix. These can easily turn into persistent wet spots if left unchecked.

We always encourage folks to check the BCT website (www.braggcreektrails.org), trailhead webcams, and use good old common sense before heading out after a major weather event.

Wildlife on Candid Camera

Eric Lloyd, Project Lead

BCT recently launched the Bragg Creek Wildlife Monitoring Project in West Bragg Creek (WBC) Kananaskis Country

to collect long-term data on wildlife abundance and movement in the area. This monitoring data will enable us to develop science-based recommendations for WBC trail management, design, and construction and public education to promote human-wildlife coexistence between local wildlife and WBC trail users. This project is contained in the approved 2024 WBC Trails Master Plan.

A total of 55 wildlife cameras will be installed in the WBC area (1 camera per sq. km.) following standard protocols and methodologies from the Bow Valley Wildlife camera program (220+ cameras) run by Alberta Parks. Each wildlife camera is located to maximize wildlife photos and minimize people photos, so typically not close to a WBC trail. Any images of people that are taken will be deleted and not saved. There will be a limited number of volunteers who are trained to handle image processing following standard protocols.

A huge thank-you goes out to the 68 volunteers supporting the project who will be deploying the cameras, swapping memory cards and batteries, processing images, and analyzing data.

We look forward to sharing some cool wildlife photos with you before too long.



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Wildlife Sighting Data - More Than Four Years of Reporting

Shortly after Bragg Creek Wild was formed, a key initiative was established to begin collecting wildlife sighting information. This was set up to help substantiate our mission of improving human-wildlife interactions by understanding to some degree what the residents of Bragg Creek have seen.

Since the inception of this wildlife sighting initiative in January 2021, the team at Bragg Creek Wild set up a simpler way to submit observations on their website. This Google form was live in 2022 and in the current second version, over 350 observations have been added - reported largely by citizens in the greater Bragg Creek area.

In an April 1st, 2022 article in High Country News, an infographic represented what was largely observed from January through September 2021. As with any data analysis, some items fell into the "other" section. For example, an observer reported a bear sighting but was unsure if it was a grizzly or black bear. This was still valuable information! The data on the infographic was a representation of all of the data collected and was used to show species clearly identified by the observer only.

In early 2025, a Geographic Information Systems (GIS) expert was involved in a full review of the data. Working with members of the Bragg Creek Wild team, the data was scrubbed (detailed analysis of each observation) to look at various attributes and put them into 1 of 2 categories: Firstly, solid location observations with species either solidly or partially-identified (e.g. unsure of what bear species was observed) and secondly, unusable observation locations with species not clearly identified (rendering unusable data). In the end, only 6% of all data collected was deemed unusable.

Looking at all sightings and counts observed, here is an update on what the Bragg Creek Wild team have logged:

- 2021 only data - 90 sightings - a total of 135 counts observed
- 2022-2024 data - 341 sightings - a total of 669 counts observed

Wow! Thank you to all participants for your valuable (and continued) input into this sighting initiative.

Along with the data collection and mapping, additional species were observed.



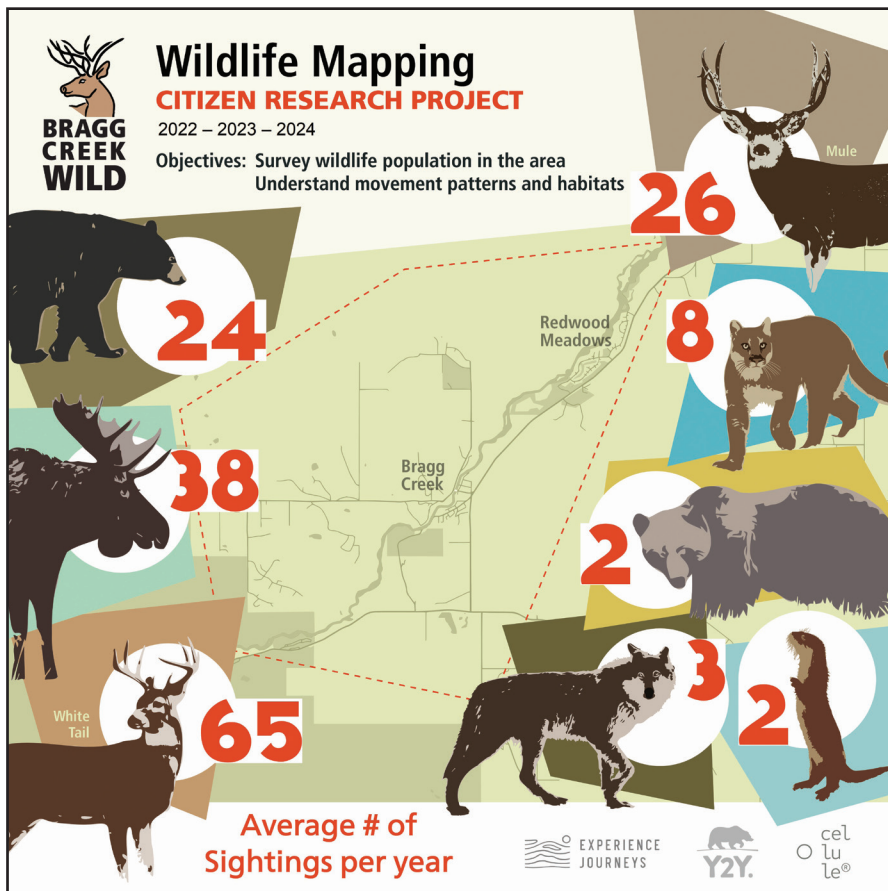
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BCW received over 26 different fox observations, 2 bobcat observations, 6 observations in the otter / mink / pine marten category, 8 observations in the porcupine / raccoon / skunk category and 15 observations in the large bird category (owl, crane, heron, eagle). This reporting clearly indicates the diversity of wildlife that exists in the Greater Bragg Creek area.

As part of the early 2025 GIS data analysis, each wildlife sighting was mapped to look for trends. For example, although deer are seen everywhere, moose sightings are a different story. Exact sighting locations were mapped along with "heat maps", generated to show approximately where the observations were made - given that

these species are often on the move. The Alberta Government "Wildlife Watch Animal Carcass Records" data from 2022-2024 was also imported into the GIS to view alongside our sighting data. These types of GIS data techniques can be used to indicate accurate wildlife crossing locations for speed reduction signage placement to help reduce wildlife-vehicle collisions.

What is next? In the coming weeks, we will be sharing some of our GIS mapping heat maps on the Bragg Creek Wild website. In the meantime, we encourage you to continue using the Bragg Creek Wild sighting form at www.braggcreekwild.ca/wildlife-mapping whenever you see wildlife in the area. Your input is valuable!



XC BRAGG CREEK SKI AND BIKE SOCIETY

After a successful Spring Recreational Bike Season we are looking forward to Fall. Fall Rec Bike will run for 6 weeks on Tuesday, Wednesday & Thursdays starting September 2, 2025.

Each athlete may register for only one evening/week. If you are interested in volunteering for Fall Bike sign up here: <https://go.teamsnap.com/forms/484988>

Main Program

-\$140 per rider

-Athletes aged 6-17

-Children should come into the program with basic riding skills including:

- feeling comfortable riding up and down trails with rough and uneven terrain
- able to ride for at least 15 minutes without stopping.

Ride Fast Program

This is a youth development cycling program for intermediate to advanced riders who are interested in trying some Alberta Cup XC Mountain Bike races.

-Athletes 11-17 yrs

-\$140 per rider plus ABA race license for athletes who register for AB Cup races.

- 6 week program commencing on Sept 2, 2025 offered on Wednesday evenings.

Depending on athlete interest, may include club support at local AB-Cup XC Mountain Bike races.

Register for all Fall Bike Programs Here: <https://go.teamsnap.com/forms/484982>

Spotlight on XCBC Athletes

XCBC is proud of our young athletes for their skill, determination, perseverance,

and most importantly, their citizenship. This month, we would like to recognize one of our athletes who exemplifies XCBC values:

Ian Thomson

XCBC Sport: Nordic and Bike

Words from former Club President Graham Thomson: Ian Thomson has been a member of XC Bragg Creek for almost ten years. He started in the Recreational Bike program and Jackrabbits before joining Biathlon and then transitioning to Nordic cross-country skiing. He was also a member of the Performance MTB Bike program for several seasons and continues to fuel his passion for biking in Enduro MTB. He has coached in the Jackrabbits and Recreational Bike programs for several years, as well as volunteering as a chaperone at the Alberta Youth



Championships for the past two years. Ian has competed at both the Alberta Summer and Winter Games for biking and skiing. His humour, resilience, strong work ethic and dedication make him a vital presence on and off the trails. No training session is

Renew your
XCBC
MEMBERSHIP

Membership Benefits Include:

- Early enrollment in any of our fantastic ski and bike programs
- Attend Club events
- Vote in the club's Annual General Meeting (AGM)
- Many great volunteer opportunities
- Coaching development opportunities
- & Club clothing

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complete without Ian building a jump to ski or bike off of.

XCBC has provided Ian with a valuable foundation in sport that he will take with him as he continues his journey in skiing with Rocky Mountain Racers and biking with Alberta 66 MTB.

Membership and XCBC's Annual General Meeting

XCBC Membership Season is upon us. If you currently hold an XCBC Membership it will expire at the end of this month. Membership runs from July 1, 2025-June 31, 2026.

Follow the link below to register your family now!
<https://go.teamsnap.com/forms/477614>

XCBC's Annual General Meeting will be held on September 15 at Redwood House. Light refreshments will be provided. Please make sure your membership is up to date so you can join the voting to fill the vacant board positions. If you are interested in joining the XCBC Board of Directors please email Programdirector@xcbraggcreek.ca

XC Bragg Creek is Hiring: Head Nordic Coach

Inspire. Lead. Develop.

XC Bragg Creek Ski and Bike Society is seeking an experienced and passionate Head Nordic Coach to lead our vibrant and growing cross-country ski community. This is a dynamic, hands-on leadership role for someone who thrives on coaching excellence, athlete development, and building team culture.

To Apply: Please send your resume and cover letter to:
clubpresident@xcbraggcreek.ca



Bragg Creek and Greater Area Historical Society

Are you interested in local history?

BCHS preserves and provides accurate information on local history and we are looking for like-minded individuals to join us in our endeavours. Our many activities include the publication of educational historical articles, community events and an informative guest speaker series.

We have a busy summer ahead of us with participation in the Bragg Creek Days Parade, guest hosting the local Farmers Market and a Historical Walk on White Avenue, as part of Historic Calgary Week, Sunday, August 3rd, 1:30 – 3:00pm (meet at the Post House). The fall will bring more interesting events and activities.

Please feel free to chat with any of our members at our events or email braggcreekhs@gmail.com



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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 (as per Alberta Environment)	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 (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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SHEEP RIVER LIBRARY

The Sheep River Library is rolling out a fresh slate of programs this fall, aiming to foster learning, creativity, and community engagement for residents of all ages.

A full list of our programs is available in the centre pages of this issue of the High Country News, on our website, and in brochure format at the library. Sign up soon for any that interest you!

For children, we are excited to announce **Reading Dragons** is coming to the library! This is a fun reading incentive program using collectible cards to collect, trade, and play games with. For every 30 minutes of reading, check off a box on your reading tracker. When you've read for 2 hours, come in to collect a dragon family. Game nights take place the last Wednesday of the month at 4:15 pm.

On November 22, we have the portable Astrodome Planetarium coming to the library. Children and teens are welcome to come for a fun and informative session with an astronomer. There will be several sessions throughout the day for different age groups including one for adults and older teens in the evening. Details and specific times will be on our website in the fall.

On Saturday, October 25, in conjunction with Millarville Library we are hosting the first Annual Western Foothills Pumpkin Derby. Choose a pumpkin, put some wheels on it, decorate it and bring it down to the Sheep River Library parking lot to race it against other entries. Prizes will be awarded for fastest, best decorated, scariest and most smashed. Contest rules can be found on our website in September. If you don't want to enter you can bring your family to witness the pumpkin carnage.

We are thrilled to be hosting the first annual Science fair in March of 2026. Registration opens in September, and all fair rules and regulations will be posted on our website.

Adults can participate in a range of wellness and enrichment offerings, including Ukelele Happiness Fix, Sound Bath, and Drumming Circle. We are providing a few safety related sessions including online safety and fraud, online misinformation, and home fire and safety planning. For

those interested in home energy matters we are partnering with Foothills Energy Co-op for two sessions: Solar Power and Understanding Utility Bills.

Get ready to celebrate creativity, community, and culture this September during **Alberta Culture Days** at the Sheep River Library. In partnership with the Sheep Creek Arts Council (SCAC), the Library will be hosting a series of vibrant and family-friendly events throughout the month. Festivities kick off on Friday, September 12 at 7:00 pm with a Drumming Circle, led by a special guest facilitator. Everyone is welcome to join in this engaging and rhythmic experience.

The cultural celebration continues on Saturday, September 20, with a **SCAC Members Art Show**. Local artists will be on site demonstrating their techniques and sharing their creative processes. For many of them, this will be their first public showcase — an exciting milestone! Visitors will also have the chance to learn about upcoming art classes and meet some instructors.

Bring the whole family; there will be free hands-on children's activities throughout the day to spark imagination and creativity.

To wrap up the month, don't miss the Free Quilt Workshop happening on Friday and Saturday, September 26-27 at Sheep Creek Arts Council. This special two-day session will explore the paperless paper piecing technique. Registration is required, so be sure to sign up early as space is limited.

Mark your calendars and join us for these inspiring events that showcase the richness of local culture and talent in Diamond Valley!

For more details about Alberta Culture Days, contact the Sheep Creek Arts Council www.sheepcreekarts.ca

Please note, the library will be closed Saturday, August 4 for Heritage Day and September 1 for Labour Day.



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Sheep River Library 2025 Fall Programs

Mind and Body



★ Sound Bath

Immerse yourself in a soothing session of a Himalayan healing sound bath. As the sounds wash over you, feel your stress melt away, leaving you revitalized, refreshed, and renewed. Bring a yoga mat, blanket and two pillows. Cost \$25 Facilitator: Linda Welsh.

Fridays Sept 19, Oct 17, Nov 21, Dec 12 7:00

★/📖 Conversational ESL

Join Kim, an ESL, CELTA, and IELTS certified facilitator, for a laid-back chat circle to practise English in a friendly and relaxed atmosphere. Feel free to bring lunch. Register at the library. Minimum of 4 participants needed.

Saturdays starting September 6 11:30-1:00

📖 Adult Children and Aging Parents Workshop

An interactive workshop navigating the issues surrounding aging parents. For parent and/or child.

Saturday, November 22 2:00

First Aid Courses

★ Basic (Emergency) First Aid

This course covers what to do in life threatening circumstances such as choking, stroke, heart attack or deadly bleeds. Course includes Level C CPR and AED use and complies with Alberta OH&S requirements. Participants will be issued a 3-year certification.

Instructor: Deanna Hintze. Cost: \$110 + GST
Saturday, September 27 9:00-5:00

★ Intermediate (Standard) First Aid

This two-day comprehensive program builds on the Basic First Aid course, including medical emergencies, bone and joint injuries, heat and cold emergencies and chest trauma. Course meets CSA Standard Z1210-17, in accordance with Alberta OH&S requirements. Participants will be issued a 3-year certification.

Instructor: Deanna Hintze. Cost: \$125 + GST
Saturday and Sunday, Sept 27, 28 9:00-5:00

★ Intermediate (Standard) First Aid / Recertification - Blended

This First Aid course is an online course with a one day in-person skills day. Students must complete the required online learning prior to the in-person

skills day. Participants will receive a 3-year certificate. This course can also be used for an Intermediate First Aid Recertification.

Instructor: Deanna Hintze. Cost: \$125 + GST
Saturday, Aug 23 or Saturday, Nov 15 9:00-5:00

★ Free Legal Clinic: Divorce/Family Law

You must make an appointment by calling Anne Story (403-250-1918) no later than the day before the clinic; *drop-ins are not accepted.*

Saturdays starting September 6 10:00

Understanding Your Utility Bills

Find out what all those charges on your gas and electrical bill are for and how to lower your total monthly bill.

Facilitator: Foothills Energy Co-op
Thursday, October 9 7:00

Solar Power

Learn about the benefits of solar power and tour the library's recently installed system.

Instructor: Daryl Perlau
Tuesday, November 18 7:00

📖 Online Safety and Fraud

Learn about the current online environment and possible dangers. Learn about best practices and resources that are available to help you safeguard your online identity and activity. Ages 14+.

Presented by the RCMP.
Wednesday, September 10 7:00

📖 The Truth Is Out There: But Is It Online?

Learn some ways to determine if something you find online is misinformation, disinformation, or true.

Ages 14+. Instructor & Facilitator: Cheryl Bain
Saturday, November 15 2:30

📖 Home Fire and Safety Planning

Join Diamond Valley Fire Rescue for an interactive and practical session on fire safety in the home. We'll walk through key elements of fire prevention, home escape planning, and the importance of working smoke and carbon monoxide alarms and how to build a family fire safety plan.

Tuesday, November 4 6:00

Ukulele: Happiness Fix

Drop in with questions about music or ukulele, one-on-one or listen in on other people's questions. Bring your instrument, ukulele or otherwise.

Saturdays, starting October 18 2:00-4:00

★ : Registration required 📖 : Registration recommended



Sheep River Library 2025 Fall Programs

Hollywood Got It Wrong: Remembrance Day Special

Ted Bain vs. *Hyena Road*

Join retired Canadian Infantry Captain Ted Bain as he discusses what the movie got wrong, right, or almost right.

Saturday, November 8

1:00

*** Painting Your Way**

Classes focus on composition, colour mixing and how to use paints, tools and media. Participants will strengthen their art through knowledgeable decisions and planning while working on their own projects.

Individual help provided. Instructor: Vivian Wiebe

Cost: 9 half days - \$170 9 full days - \$340

Wednesdays Sept 3 - Oct 29

10:00 & 1:00

*** 1st Annual Western Foothills Pumpkin Derby**

Put wheels on a pumpkin and see how far it will go! Find full contest rules and information at sheepriverlibrary.ca

Prizes for fastest, best decorated and more!

Hosted by Sheep River & Millarville Libraries

Sheep River Library Parking Lot

Saturday, October 25

11:00

Career Development with

MCG Careers: One-on-One Consultation

*** Call 403-601-2660 to make an appointment to have a consultant meet with you at the library.**



Clubs & Groups

Conversational French

Parlez-vous Français? Join other French speakers for conversation.

2nd Thursdays, starting Sept 11

3:00

Knitting Circle

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

Tuesdays

10:00

Sew and Craft Together

Sewers and crafters are welcome to create together.

Tuesdays starting September 9

6:00

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.

2nd Tuesdays starting Sept 9

1:15

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

Valley Writers' Group

Writers of all types are welcome to share what they have written that month. No critiquing, just sharing and encouragement.

2nd Tuesdays starting September 9

6:30

Library 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

2nd Friday starting Sept 12

7:00

Technology Classes

*** 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 soundproofed, fully equipped space is ready for you to come and record your podcasts. Call the library to book a time. Expert instruction provided.

E-Reader Support

Need help downloading e-books onto your e-reader? Drop in or call us for one-on-one help.

Fridays

2:00-4:00

Tech Talks

*** Tech Talk Café**

Bring your own device and bring your questions.

Tuesdays, Sept 23-Oct 28

10:30-12:30

*** Tech Talk Beginner**

Bring your own device or borrow a laptop from the library and learn the very basics on how to use it.

Cost \$60 (Fee assistance available)

Tuesdays, Nov 4-Dec 16

10:30-12:30

*** Tech Talk Plus**

Bring your own device and build on your skills to get your device working for you.

Cost \$60 (Fee assistance available)

Tuesdays, Nov 4-Dec 16

1:00-3:00

*** : Registration required**

 : Registration recommended



Sheep River Library 2025 Fall Programs

Miserable Millennials Bored? Game Night!

Have you not made a friend outside work in 8 years? Well, maybe you can find some in the library! Meet a group of other **people aged roughly 29-42** for board games, Nintendo Switch, and/or conversation.

Forbidden topics: politics, housing prices, and comparison of the quality of your parents' basement.

Encouraged topics: cats, industries millennials are blamed for killing, and movies or TV shows you can't believe came out over 15 years ago.

Bring your own snacks - sharing optional.
Facilitators: Cheryl Bain and Teagan Bender.
Last Fridays 6:30

★ Gift of Giving

Gift of Giving will provide children with the opportunity to practice kindness and service for others. Each week children will get to make a gift to give to someone special.

Thursdays, Dec 4, 11 & 18

9:30 or 11:00

artistic adventures

(Ages 5-10 years)

★ Wizard's Workshop

Calling all young witches and wizards! Join us for a magical art workshop where imaginations run wild and creativity takes flight. Kids will craft spellbinding art projects, mix up mystical potions (the safe, crafty kind), and conjure up their very own wizardly creations. Price: \$50 per child - includes ALL supplies.

Saturday, October 18

10:00-2:00

★ Halloween Hijinx

Get ready for a spooky-good time!

Join us for a Halloween-themed art workshop full of creativity, costumes, and crafty chaos. Kids will spend the morning making creepy crafts, eerie art, and frightfully fun creations to celebrate the spooky season. Costumes are welcome (and encouraged), and there may even be a trick or treat or two along the way.

Price: \$50 per child - includes ALL supplies

Saturday, October 25

10:00-2:00

★ Forest Friends

Get ready for a woodland adventure!

Join us for a forest-themed art workshop where creativity and imagination come to life. Kids will spend the morning creating charming critters, leafy landscapes, and nature-inspired masterpieces to celebrate the wonders of the forest.

Price: \$50 per child - includes ALL supplies

Saturday, November 15

10:00-2:00

★ Gingerbread Junction

Step into a sugary world of winter wonder!

Join us for a cozy and creative holiday-themed art workshop where kids will design delightful gingerbread houses, craft sweet winter scenes, and enjoy festive fun with a sprinkle of holiday magic.

Price: \$50 per child - includes ALL supplies

Saturday, December 6

10:00-2:00



Pre-school Programs

Parent/Caregiver must accompany children.

Parents' Coffee/Playgroup Time

Parents of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in.

Facilitator: Tanya Keller

Mondays starting Sept 8

10:30-11:30



Register for the following four programs at:

www.greaterfoothillsfamilycentre.ca

★ Little Chefs

Join us in preparing delicious healthy snacks with your child as the star chef!

Thursdays, Sept 18 & 25

9:30 or 11:00

★ Crafty Creations

Let's get creative, get messy and have fun! Each week we will explore something different and something new! For children 2-6 years of age.

Thursdays, Oct 2, 9, 16, 23 & 30

9:30 or 11:00

★ Little Carpenters

Let your child explore the world of building and constructing. This exciting program helps develop problem solving skills and fine motor skills while getting to use tools to create their very own masterpiece. For 2-6 years.

Thursdays, Nov 6, 13, 20 & 27

9:30 or 11:00

★ : Registration required

☐ : Registration recommended



Sheep River Library 2025 Fall Programs



Explore the exciting worlds of Science, Technology, Engineering, Arts and Math.

Cost for 10-class program: \$150 per student.

Registration: diamondvalleyyouth.ca/steam-after-school-club/

Questions? Contact: steam@diamondvalleyyouth.ca

* Young Scientist Robotics and Coding Lab

This club is designed to ignite curiosity and innovation in young learners through hands-on robotics and coding activities. Using Ozobots, Scratch Jr, and Scratch, students will explore fundamental programming concepts, problem-solving strategies, and interactive storytelling while fostering creativity and logical thinking.

Technology Used: Ozobots, Scratch Jr and Scratch.

Grades 3-4

Thursdays, starting September 18 5:00

* School of Fine Design-Canva, TinkerCAD and Virtual Reality (G7+)

Unlock the power of AI-driven creativity by generating text, images, and 3D models using Canva, TinkerCAD, Meshy AI, and Gravity Sketch! Students will explore cutting-edge tools to design unique digital content while learning essential AI, design, and problem-solving skills. Grades 5-9

Thursdays, starting September 18 6:15

* Tech-Powered Entrepreneurship: Innovate, Create and Launch

This club is designed for high school students (Grades 10-12) who want to explore the world of entrepreneurship in the digital age. From AI-generated content to website and blog creation, students will develop the skills needed to launch an online initiative and tackle the common roadblocks of modern entrepreneurship.

Technology Used: AI Text & Image Generation, Website & Blog Development and Social Media Managers.

Thursdays, starting September 18 7:30

* : Registration required

☞ : Registration recommended

The Nature Pathfinder Club

This is a cross-curricular nature-based program that will build a stronger connection between participants and their local landscape.

* Flight of the Golden Eagle

Learn about air and aerodynamics.

\$135 + GST

Tuesdays, October 14 & 21 4:30-6:30

Hike: Troll Falls and RMERF Eagle Counting Site on

Saturday, October 18.

Three more sessions: * **Conservation Caper**, * **I want to be an Interpreter** and * **Walk in the Watershed** will take place January to May 2026.

\$499 + GST for all four sessions.

Register at www.pathlesstaken.ca

* Jr Maker Workshop: Sewing Hands

Older makers, age 7 to 12, will learn sewing basics and create their own drawstring bag with one-on-one support. All tools and materials provided. Six spots available.

Saturday, November 29 10:00-12:00

PD Day Movies

Recently released (mostly animated) movies will be screened at 10:30 am on PD Days. Children are welcome to bring snacks.

Music Program

* Kananaskis Kids' Choir

This program will include music education, fun games, songs and performance opportunities.

Choir Director: Renee Boehmer. \$75 for 9 weeks

Tuesday, starting October 7 4:30

Science Fair



* Our first ever science fair takes place Saturday, March 7, 2026. Registration and other information will be available on our website in September.

Astrodome Planetarium

Come for a fun and informative session with an astronomer inside the portable astrodome. There will be several sessions throughout the day for different age groups including one for adults in the evening. Details available on our website. Saturday, November 22





Sheep River Library 2025 Fall Programs



Teen Programs

Coffee and Cram

A quiet space for teens during holidays and exam breaks to study or work on personal projects. Coffee, tea, juice, and snacks are provided.

Movie Night and Premiers

Watch a movie or the first episode of a new show. Bring your friends. Some will be themed, and participants are encouraged to dress up, or not. Free popcorn.

Study Skills for High School Students

Study environment tips, time management, note-taking, what "read this part of the textbook," means, review strategies for before and after a test, and test-taking skills for Grades 9-12. Instructor: Cheryl Bain
Saturday, September 27 1:00-2:30

Career and Class Goals

For students in grades 9-12 ideally with a parent. This class covers short- and long-term goals and breaking goals down into smaller milestones to help reach targets. Instructor: Cheryl Bain
Saturday, September 27 3:00-4:30

Community Groups

Legendary Leos

This group of community minded teenaged junior Lions meets twice a month at the library.
Facilitators: Tim & Keri Beer
Second & Fourth Tuesdays 6:30

Leos Cubs

For elementary and preteens!
Facilitator: Diane Bray
Tuesdays, Sept 23, Oct 14, Nov 25 5:00

REGISTER NOW

To register, please contact the library:

- Phone: 403-933-3278
- Email: abdsrclibrary@marigold.ab.ca
- In person: 129 Main Street NE, Diamond Valley

For more information visit our website at www.sheepriverlibrary.ca (click on programs and events tab) or our Facebook page at Facebook: Sheep River Library

Coming in September!

Reading Dragons is a fun reading incentive program using collectible cards to collect, trade, and play games with. For every 30 minutes of reading, check off a box on your reading tracker. When you've read for 2 hours, come in to collect a dragon family!



Out Loud 2025:

Science, songs and
Scenes

* Jay Ingram

Jay Ingram is a Canadian author, broadcaster and science communicator. He was host of the television shows *Daily Planet* and the science program *Quirks and Quarks* on CBC Radio One. He had a weekly science column for the *Toronto Star* for 12 years.

Saturday, October 4 7:00

* Jason Donev

People tell stories to explore feelings and thoughts about complex topics. This talk explores how science fiction stories help people process the complicated world of an ever-changing scientific landscape.

Wednesday, October 15 7:00

* Amy Bishop

Amy Bishop's voice is a combination of smooth pavement and rough gravel, with the ability to charm listeners with her sweet tones; yet stun audiences with the ability to hit any high note.

Saturday, October 18 7:00

* Mike Drew

Photojournalist Mike Drew has been touring the backroads of central and southern Alberta since 1991, taking photographs and writing stories for the *Calgary Sun* that have been enjoyed and shared by hundreds of thousands of readers.

Saturday, October 25 7:00

**More details available on our website.
Free tickets available September 15.**

* : Registration required : Registration recommended



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm.

The meetings are held at the Millarville Anglican Church House on Hwy 549 East.

There are no meetings until Tuesday September 9, 2025. This will be our potluck so bring something delicious from your garden! 6:30 pm start.

We will be having a Salute to Our Amazing Volunteers.

Our speaker will be Kathleen from the Foothills County who will talk about weeds in our fields and gardens. We need to know this !

Don't forget the Priddis Millarville Fair on August 16 and 17 , 2025. The fair book is available on line and the entry link is there as well. Or come drop off it off physically at the MRAS office , during office hours.

The deadline for entries is August 6. I am sure you have a spectacular vegetable,

flower, horse, beef or art that deserves to be shown off !

Drop off of entries is on Thursday August 14 , 6 to 8pm. Or Friday August 15 noon to 5pm.

If you would like to volunteer at the fair , contact fair@millarvilleracetrack.ca. Even if it is for a couple hours, we appreciate it !

Thank you to Patty Webb and her garden committee that keeps the gardens at MRAS, Oilfield's hospital and Millarville community school looking fresh and amazing.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new President) at louispattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com.

Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well.

millarvillehorticulturalclub@gmail.com
millarvillehortclub.com



LONGVIEW LIBRARY

Congratulations to Rook winner of the Canada Day estimation jar.

The writers group has disbanded for the summer, but will begin again in September on the last Thursday of every month at 1 p.m.

Our 4th. Tiny Art Show is being held this summer and will culminate with a prize being awarded for the best one. The kits are available now and you can choose between canvas and clay. Your work will be displayed in the library until the end of August. Bruce Paschal, our Marigold driver, has donated money for the prize.

Our librarian, Lynda Winfield, is having a Quack Quest this summer. She will hide miniature ducks through out the library. This is to encourage more interaction in the library. If someone finds one, they can keep it.

Watch for our used book sale in the park at Little New York Daze.

New books to the library are: Isador by Allegra Goodman, and The Maids Secret, by Rita Prose.

Sylvia Binkley - sliv@telus.net

HIGH COUNTRY SPORT PHYSIOTHERAPY

The Emsella Chair is here in Diamond Valley!



Do you sprinkle when you cough or sneeze or jump?
Do you frequent the bathroom too often during the day or night?

A core strengthening and breathing program with physiotherapist Michelle in addition to the Emsella chair could be beneficial to you.

- **non-invasive**
- **stay fully clothed**
- **walk-in / walk-out procedure in 28 min**
- **recommended for men and women**
- **2 x per week for 3 weeks**
- **(6 sessions total)**

Michelle Nay (BScPT) (MCPA) • 403-933-2868
highcountrysportphysio.com



ATV Thefts

The number one way an ATV gets stolen is that thieves simply roll it away. Obviously, they aren't going to roll it a few kilometers down the road; they are going to roll it onto something – usually a trailer or maybe a pickup truck. There's numerous ways ATVs can be stolen; fortunately, there's numerous ways that can be prevented.

It's going to mean more time and effort for you. However, it's no different than the increasing process you need to go through to bank online. It's the way of the world these days. The world is not going to adapt to you; you are going to have to adapt to it. It's adapt or perish, or in this case, lose your ATV.

ATVs, whether a quad or side by side or something even more sophisticated, are very handy things to have around the farm or acreage. When you add their recreational value, they become even more desirable.

ATV thefts are more likely to occur prior to, or in summer, when they are more likely to be in use.

A lot of the principles that apply to vehicle theft apply to ATV theft. One difference is that a stolen ATV is less likely to be recovered. Why? Because it's unlikely an ATV is going to be driven around town or on the highway where it can be seen.

What can you do to thwart thieves? Let's start with a couple of principles that should be familiar by now: 1) if they never see it, they can't steal it, and 2) make it more difficult to steal than someone else's.

Never leave the keys in the ignition. This is a "duh" thing, but how many times have you done it?

General measures include indoor storage, GPS trackers, security cameras, installing a "boot" similar to law enforcement's parking enforcement, anything that you use to guard/protect your property (gates, dogs, etc.)

One of the easier ways to get your ATV stolen is to leave it on a trailer – thieves can hook up to the trailer and drive away. A hitch lock on your trailer is essential and it doesn't take much time to use. It is strongly recommended to use a second line of defense, like chaining the trailer to an immovable object.

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"If you have to leave your ATV unsecured at camp while you are away, the easiest way to prevent someone from rolling your ATV away is to remove the valve stems from two tires so they go flat. You will want to make sure you have a convenient and fast-acting pump to fill the tires when you get back" (from ATV Man). Perhaps deflating the tires without removing the valve stems is going to make it less desirable. You can also remove a key fuse – maybe for the fuel pump – that way they can't hot wire it.

Another principle is that ATVs stored at an unattended property are more likely to be stolen - the weekend cottage or a second property. Nobody's home. Accept that reality and up your efforts to secure your asset. There was a case a few years ago where a side by side was stolen from inside a barn on an unoccupied property near the Millarville Race Track.

There are thieves and then there are the buyers of stolen goods. If someone offers you a good deal on an ATV and you buy

it, you are part of the problem. Yes, you got a good deal, and you've hid it on your property, but you'll be looking over your shoulder forever. In the stock market, there is a saying, "there's monetary capital and there's emotional capital". You will forever have emotional capital (i.e. stress) with the purchase of stolen goods.

Can you insure stolen goods? I doubt it.

Is the effort of securing your asset vs the loss of the asset worth it? It's a complicated answer based on a number of factors, including loss of immediate use, the value of the asset (a 15-year-old ATV vs a new one), dealing with the insurance company, emotional trauma, the "pain-in-the-a ___" factor with regard to constantly implementing theft deterrence measures, etc. It's a personal decision unique to your circumstance.

Dave Schroeder
HCRCWA Board Member



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SQUARE BUTTE COMMUNITY

Happy Summer from the Square Butte Community Association! It's hard to believe this summer is half over. As we head into the fall we look forward to gathering with our neighbors for some community events. Here's what's coming up:

Sunday, September 7th 9am -noon Free Community Breakfast

Drop in for one of the best breakfasts in the Foothills! This is a great event to mix and mingle with your neighbors and also kicks off our annual membership drive.

Sunday, September 14th Annual Family Potluck & Games

The Square Butte Ladies Group is hosting this amazing family event. The fun and games kick off around 4pm followed by a delicious potluck dinner. More details will be posted on our website.

As we embrace the change in seasons, we are also facing some big changes within our Association. This past year our Board (reluctantly) bid farewell to Clayton Foster. Serving on our Board for over a decade, he invested a HUGE amount of time in the

community. Clayton played an integral role in transforming the Association and bringing the hall to where it is today. There was very little that was left untouched and his enthusiasm, flair for spearhead initiatives and vigorous involvement will be deeply missed. We also bid farewell to Howard Richardson. Although his tenure wasn't near as long, his positive energy and love for community will certainly be missed too. We wish both Clayton and Howard all the best as they begin new adventures and we can't thank them enough, but now we are tasked with filling the big void that has been left in their absence. This is where YOU come in! Our Association is looking for people with new energy, or perhaps even some previous members with some renewed energy, that wish to join our board. Elections for vacant board positions will take place at our Annual General Meeting in November. If the thought of getting more involved sparks some desire, but you're unsure of what's all involved, please reach out. We'd love to chat and would be happy to have any interested candidates join us at one of our board meetings before the AGM.

Square Butte Community Association
www.squarebuttehall.com
info@squarebuttehall.com



HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well what a glorious summer it's been so far. You have until August 31st to get your tickets for the Foothills Search and Rescue Summer 50/50 draw. The draw date will be September 1st. Foothills Search and Rescue provides responses to wilderness emergencies and disaster response assistance across Alberta. The organization needs updated rescue equipment, vehicles, rope gear, and other items to best support Albertans. To get your tickets please go to FoothillsSearchandRescue.ca.

It's Alberta Open Farm Days on August 16 and 17. This event brings Albertans together through educational and experimental agricultural based initiatives to learn about where your food comes from. The 2025 theme is Water, the Lifeblood of Every Farm. It's a hands on experience where you can do almost anything there is to do on a farm or ranch, and there's a list of open farms on Alberta Open Farm Days.com. Some in our area include the Priddis/Millarville Fair, the Hartell Homestead, and the OH Ranch Calgary Stampede.



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The 118th annual Priddis/Millarville Fair will be held on August 16 and 17 at the Millarville Racetrack. I went last year and had the best time. We walked through the Farmer's Market, saw a tractor pull, a pie and watermelon eating contest, a llama obstacle course, owls, hawks, dogs, rodeo, and so much more. I highly recommend this amazing weekend for the whole family. Admission is free with donations welcome. Visit the Racetrack's website for a full schedule of events.

Music Festival anyone? The Southern Alberta Music Festival in support of STARS Air Ambulance is on for August 8 and 9 at the Aspen Crossing. Some of the line-up includes our favorite Travelling Mabels, the Shannon Smith Band, Mark Parsons, Brettyn Rose, and much more. Lots to see and do, and camping is available. Also available are volunteer and sponsorship opportunities. For more info or tickets, email info@aspencrossing.com or call 403-534-2129, or you can go to the website.

Another great show coming up is the Tribute to Fleetwood Mac, they are called Fleetwood Magic, and they will be playing at Seaman Stadium in Okotoks on August 23. Amazing local musician Brettyn Rose and others will be opening for them, she is also the long time Okotoks Dawgs anthem

singer. For tickets and more info go to dawgsbaseball.ca.

Did you know that Longview has a Farmer's Market? I happened to be in Longview the other Saturday and they had a good amount of vendors and lots of good fresh produce. Other vendors included pet portraits, pies, jewelry, baked goods, and buskers. The Market runs Saturdays from 9-3, and is located across from the Longview Elementary School.

The Bar U Ranch is located about 15 minutes south of Longview, and they host the Pekisko Creek Western Market on August 17 from 10-5. Also on that day is their annual Old Time Ranch Rodeo, which is really fun to watch. The Bar U is a historic dedicated working ranch, sort of like a smaller version of Heritage Park in Calgary, and a really nice way to spend a day. For more information, go to parks.canada.ca/baru.

Did you know that our own Sheep River Library offers rentals of equipment and items you can take home and use? You can rent bicycles and helmets, pedometers, hiking poles, snowshoes and poles, telescopes, Nature Explorer Backpacks for all ages, puzzles, tools, a Grab and Go Bags on a variety of topics. It's not just books anymore at the Library! And in use for the Library, they have board

games, microphones and audio recording equipment, piano and other instruments, children's toys and puppets, and walkers for mobility. Find out more by popping by our beautiful Library located on Main Street in Turner Valley.

If you end up borrowing hiking equipment, you could try out the Sandy McNabb trail for a short and easy 1.5 km. hike. This hike curves through forest and wetlands to a Sheep River valley viewpoint. Benches at the viewpoint invite viewers to a panoramic scene. Alexander "Sandy" McNabb was a noted horse trainer when he arrived in Turner Valley during the 1913-15 oil boom and began working for the Royalite Oil Company. This native of Scotland also loved fishing and spent man of his days off riding the rutted road west from Turner Valley to his favorite fishing hole on the Sheep River. He also distributed food to Royalite's unemployed during the hungry 30s. He also was a founding member of the Turner Valley Fish and Game Club.

Any news or event for September, please drop me a line before August 15 at elaine.w@telus.net.

Hope you enjoy the rest of the summer!

Elaine Wansleben



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DE WINTON COMMUNITY ASSOCIATION

OH H H H H H CANADA

On Tuesday July 1, the De Winton Community Association hosted its 43rd Annual Canada Day Breakfast. Last year we faced rain and cold and had to move the event indoors for the first time in years, but this year proved to be perfect. Not too cold, not too hot, and a beautiful breeze to ensure the day was just right.

Over the past 43 years the average attendance at our breakfasts has floated at around 400-450 people. Last year we were closer to the 400 in attendance who braved the weather to join us for breakfast. Our highest attendance was believed to be around 480.

With Canada Day falling on a Tuesday (and possibly recent changes in Canadian travel) we were anticipating somewhat higher attendance this year and planned food for roughly 500. Well, area residents came out in droves and smashed our record with close to 750 people showing up for 2025! Our volunteers also smashed it - handling the steady stream of people with grace and ease. Many stepped in to help as more and more arrived looking for a nice breakfast in a small country hamlet. Even as we ran out of ham, sausages, cream, butter, cutlery, cups, plates and more we made it work, eventually reducing our already really low price to serve up just pancakes until we were completely out.

The very talented Kay Pike was back as our face painter extraordinaire who kindly supplied all the product and made a lot of kids very happy leading a crew for our face painting, which is always immensely popular. We had lots of sporting activities for young and not as young including Spike Ball, Soccer, and Cornhole. A few folks came out with their vintage cars and of course, support from our local fire station who always arrive to display their amazing fire trucks. Sadly, the trucks were unable to stay for long this year as they were called to duty not long after arriving.

Our ham, sausages and pancakes were delicious. A heartfelt thanks goes out to Dave Metcalfe, who for many years has provided his large trailer grill to cook up hundreds and hundreds of pancakes. We seriously could not do this without Dave and we truly appreciate his yearly contribution.

All of our community events are run by volunteers. For the past 25 years Trudy Vangilst and John Thorpe have led a large number of volunteers in planning and manning our breakfasts. They put in countless hours to put this special occasion on. Friends, family and our fabulous community all pitch in to make it happen every year. This year was no exception.

We just have to give a shout out to our very special volunteers:

Karen Jones and Engel & Pam Friesen who handled cooking hundreds of sausages

John Morel who sliced our cooked hams until there were no more

Sheila who was the ham slicer's assistant and main dishwasher & cleaner

Dave Metcalfe - who ran the grill and cooked hundreds of pancakes

Candice Peace (a new volunteer!) - who jumped right in to help with set up, coffee and lemonade service, and was part of the cleanup crew. Her two daughters also stepped up as part of the face painting crew.

Mia Staysko, Shirle Ternan and Sharon Papke who served up the ham and sausages

Yoyo - who's speciality was being our pancake batter mixer

Jamie Stasiak & Val Gribba who managed our new recycling station which was very well received

Racim & Elly Gribba - who helped on the soccer field and then managed the cup distribution along with lemonade and water set up

Ruby (another new volunteer from stretch class) who helped with set up

Anna Baretto & Linda Martin (Linda - who just came for breakfast but got seconded) on table & bbq supply runner

Edith Rabinovitch and her 2 delightful granddaughters who managed our ticket sales and were the welcoming committee.

Nance (from our bi-weekly coffee group)- who helped with coffee/juice/water server & on cleanup

Mel Ternan - the man in charge of making gallons and gallons of coffee. It was so good people just wanted more. The Ternan's 2 grandchildren Kurt and Amber also helped with table and chair set and take down.

Councillor and board member Alan Alger, Mike Kozinec, Kathy and Randy Evans, Robb and Michele Waldner and Jim Vangilst and our Facility Manager Matt Coveart who all lent a hand. We know there were more volunteers and apologize if we missed your name. You have not been forgotten! We truly appreciate everyone who stepped up for us on Tuesday.

Finally, we also have to extend a huge thank you to the almost 800 people who came out to support us. Such wonderful people who were patient in the long lines, understanding as our food ran out, and were still appreciative for what we were putting together.

OUR COMMUNITY IS SIMPLY
WONDERFUL. THANK YOU SO MUCH



CHECK THIS OUT!

Thanks to the hard work of our board member Mia, we have a **NEW and IMPROVED WEBSITE!** GO TO: www.dewintonca.com

Please check it out to see what is happening at the Hall for all our Members. The calendar is now up and running.



COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing with you...

We live in: a rural municipality, a separate local-government corporate entity, subject to the provincial department of Municipal Affairs, and laws of Alberta, Canada and our own Bylaws. Municipalities come in different forms, including counties, municipal districts, specialized municipalities, cities, towns and villages. These Hamlets are within the jurisdiction and boundaries of Foothills County: Aldersyde, Blackie, Cayley, De Winton, Hartell, Heritage Pointe, Millarville, Naptha, Priddis and Priddis Greens.

23,000+ people: call this beautiful rural municipality "home". Our County features the foothills, rivers and prairie of sunny, southern Alberta, with 15,380+ titled properties, covering an area of approximately 3,600 square kilometres.

The County maintains over 2,000 kilometres of road and features Provincial primary Highways 2 & 22, providing easy access to markets and an ideal location for homes, farms and businesses. We are next-door to Calgary and 13 other municipal neighbours. Foothills is also part of a collaboration of all 69 counties and municipal districts, called the Rural Municipalities of Alberta.

Foothills County: is divided into 7 electoral divisions, each represented by a Councillor. I am writing to you from Division 4. As your local councillor, it is my pleasure to assist you with matters of a municipal nature and also help refer you to other resources. You can find more details here: www.foothillscountyab.ca

Division 4 Councillor Tasks: I prepare for and attend weekly full-day Council meetings, have on-going interaction (work, support, meetings) with residents, community associations, businesses, school divisions, provincial & federal departments & representatives, attend conferences, and work on current issues. I participate as a member on these Boards/Committees: Alberta Municipal Climate Leadership Council, Bow River Basin Council, Calgary Regional Airshed Zone, Cross Conservancy, Dark Sky Initiatives Stakeholders Working Group (Chairperson), Foothills Regional Emergency Services 9-1-1 Commission (Chairperson), Foothills Rural Policing Committee, Inter-Municipal Committees (Calgary, Okotoks (alt), Diamond Valley (alt)), Highwood Management Plan Public Advisory Committee, North West Foothills Recreation Board, Priddis - Red Deer Lake Recreation Board, and Rural Fire Board (Chairperson). Additional duties are required in my role as chairperson for 3 Boards.

Residents are supported by many services: administration of Foothills County, agricultural services (maintenance, brushing, weed control, education, advice), assessment department, bulk-fill water stations, building permits and safety codes, cemeteries, community clean-up support, corporate services and financial management, 7 councillors, council meetings, 9-1-1 call answer and fire dispatch, emergency management, family and community support services, fire department (+ equipment, burn permits, inspections), garbage disposal (full cost recovery, some hamlets), 2x garbage transfer stations (75% subsidized), grant funding admin, inter-municipal planning, legislative services, libraries, mapping, planning and development admin (reviewing & approving applications, permitting, coordinating public hearings), recreation and parks + facilities, regional landfill and Frank Lake management, road construction and maintenance by public

works (snow removal, grading, gravel, bridge repair, culverts, mowing, equipment, vehicles, dust control product, responses to weather surprises), shared admin building and 3 workshops, staff for all departments, Stars ambulance, tax department, traffic and bylaw enforcement services, various committees for community support, water/wastewater services (full cost recovery, some areas), social media, website, and Western Wheel subscription (minutes, hearing and development notices).

Planning: As we face an increase in demand for services, we must plan for the future in order to be equitable throughout our municipality, take our residents' views into consideration, mitigate impacts, consider regional efficiencies, maintain adequate service levels and carefully keep taxes reasonable. Your input has been included in our Municipal Development Plan, Growth Strategy, Inter-Municipal Plans, and recently in Secondary Suites. We continue to collaborate with different levels of government and our neighbours to achieve resolutions to problems. We're planning for and encouraging industrial/commercial development in our Hwy 2A Industrial Corridor, looking for income to offset and reduce taxes on residential assessment. Work is under way to review our Municipal Development Plan in the coming months.

2025 Municipal Election: As noted earlier this year, I have submitted my nomination papers and am running as a candidate for the October 2025 municipal election for Foothills County Division 4. Please contact me with any questions or comments you may wish to share and discuss.

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

Summer has been interesting so far this year. Rainy, sunny, stormy, windy, calm, loud, and unpredictable.

Despite the weather, I have a very lush pasture and a very productive garden, so far. My tomatoes and peppers have taken off in the greenhouse, but the cucumbers are a little behind.

120th Millarville Races

I had a fantastic time at the Millarville Races on July 1! Reeve Delilah Miller and I rode in the parade with Race committee member Anna DePaoli and her son Dominic. I will have to confirm it, but I believe it was a record turnout. Great weather, fast horses, excellent food, and visits with friends and neighbours.

4-Day August Kids Camp at the Millarville Racetrack

Tuesday, August 5 to Friday, August 8
9:30am to 12:30pm

Cost: Current MRAS Riding

Members \$250.00

Non-Riding Members \$290.00

This is the perfect place for horse loving kids to spend summer days with their horses and other horsey kids. There will be a riding lesson with Danielle Bartlett on three of the days. Crafts, games, grooming, ranch riding, patterns, showmanship, and more!

Children must have their own horses. Best suited for children ages 6 to 12. Children must be riding independently, unassisted and at minimum walk, trot, and stop their horses. Horses must be good in a group of other horses.

Any questions and to register please contact lynnbrunton@gmail.com. When registering please specify your child's age. Once you have registered, deposit and payment instructions will be sent. 50% deposit is required upon registration.

118th Priddis & Millarville Fair - Registration

The Fair is coming up faster than you think, August 16 & 17, 2025! Have you ever entered a Pie Eating contest, or Watermelon Eating contest, or seen a

Stock Dog demonstration, entered a Bale Toss? Now is your chance.

Everything you need to know is right here: www.millarvilleracetrack.com/priddis-millarville-fair

There is still time to register using the entry forms at the back of the Fair Book or register online. All entry forms and payments must be received no later than midnight, August 6, 2025.

NOTE: Anyone can exhibit but you must pre-register.

Go to the online registration at: www.assistexpo.ca/priddis-millarville-fair

118th Priddis & Millarville Fair - Discovery Card

You can pick up your Discovery Card at the Gate or the Information Booth. Look for red bandanas, collect your stamps, and discover the Fair. Hand in your completed card at the Information Booth (south of the Arena) to receive your participation ribbon and enter the draw.

Prizes for the draw have been provided by the following organisations: Bow Habitat, Calaway Park, Okotoks Recreation, and Alberta Birds of Prey.

Millarville Community Library

As the daughter of a former Director of the Calgary Public Library, I realise the value of community libraries. We are very lucky to have the Millarville Community Library right here in the Hamlet of Millarville.

We thank Jean Whyte for her years of service as our library board chairperson. Welcome to our new chairperson Sheila Hildebrandt. Consider joining the Library Board. It is a 1-2 hour per month commitment and is a great way to get involved and ensure continued success in having a library in our community.

This summer there is a Drop-in Kids programme that runs every Wednesday starting on July 9 from 11 a.m. to 4 a.m. Please come to the library for fun activities, crafts, and story time accompanied by a parent or grandparent.

Go to the Millarville Community Library Facebook page for details about extra special activities that will be happening at the Kid's programme as the summer progresses. www.facebook.com/millarvillecommunitylibrary

Also, big thank you to Patty Webb, Arlene O, Susan B, Glenda B, and Yvonne S of the Millarville Horticultural Club for all their hard work and help in cleaning up the library garden. President Louise Patterson Bruns provided valuable information to keep the garden looking so attractive.

I look forward to seeing you at the Priddis & Millarville Fair, so be sure you come to the Information Booth (south of the Arena) and say hello to me and my group of volunteers. Have a great summer everyone!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca





DUANE HARDER

Pilot's Preflight Checklist

My brother owned a Cessna Skyhawk and I had the privilege of being his co-pilot on several occasions. I was always impressed with the preflight procedure. There was a checklist that my brother went through before every flight. The preflight protocol does not prevent unforeseeable circumstances from developing but it does establish the basic reliability of the plane.

Here is a checklist that helps establish our basic reliability in life.

1. How's my vision? How do I see people? Do I look down on them? See them as problems? Do I judge them by their education, social status, or material wealth? Or do I see them as having value and potential for a productive life? If I see them as possessing value, I will treat them with honor and respect.
2. Are my expectations rooted in reality or have I created a reality that is rooted in fantasy. Fantasy doesn't have a plan for

fulfillment. Reality has steps of action that lead me to my goal. Lying lips create a reality that is divorced from the facts.

3. Do I treat people as expendables? Unfortunately, for many the ladder of success is built with people that have been climbed over to reach their goal. Do you kill your opposition to succeed or are you more concerned about helping others succeed?
4. Are you looking for the shortcuts? Thousands of hours are wasted looking for shortcuts to take us to our "dream." We forget that sometimes the longest detours take us to exactly where we need to go. Replace the shortcut with the determination to allow our circumstances to develop our character. Remember, your value to others is determined by the problems you are able to solve.
5. Avoid pragmatism and expediency. Just because something works and produces results does not mean that it is right. Scams are built on the deception of promised results. Shortcuts usually require that we trespass on someone else's property.

6. Don't let the testimony of others replace verifiable fact. Are there third-party assessments and clinical trials that verify the claims?
7. Commit yourself to protecting the reputation of others. When someone comes to give you that juicy tidbit of info, you need to ask them a simple question: "Are you telling me this because you want me to be part of the solution or you want me to share in your opinion of what has been done?" Gossip is deadly, destructive, and divisive. It undermines trust, destroys loyalty, and precipitates division. Resolve to distance yourself from the mouth of a gossip.

A simple checklist that assures you that your plane is ready to fly. Remember, it is often in the crucible of personal private suffering that your noblest dreams are born and God's greatest gifts are given. Keep looking up and I'll see you at the top.

Duane Harder



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INCORPORATING by Bill Stemp

When you incorporate in Alberta, you are able to limit your liability to creditors. What this means is you will not be personally responsible for the debts of the corporation because the corporation is deemed by law to be a separate legal entity. You will only be responsible for corporate debts if you sign a personal guarantee for instance with a bank. This is very important for you to understand.

When you incorporate you must have at least one shareholder and one director. The directors of a company are the people who are responsible for the corporation's activities. The directors hire or appoint the officers who in a small corporation are usually the same people. The shareholders elect the directors annually.

The corporations that we set up have 6 classes of shares, one class of voting common shares, 4 classes of nonvoting common shares and one class of preferred shares. We do this so that you can have investors in your corporation who would not necessarily want or need to have

any say as to who the directors of the company would be but they would like to have dividends paid to them for their investment. By having different classes of nonvoting shares, you can have different dividend rates paid to these shareholders. For example, one class of nonvoting shares could have a fixed dividend rate of 4% per year while another class could have a fixed dividend rate of 6% per year.

Further, the directors can decide if the dividends are to be paid every year or only if the corporation has sufficient profit to declare a dividend. The directors also can determine the dividend rate to be paid each year. This gives the directors much more flexibility to handle the corporation's affairs.

By incorporating you are able to have a health benefit trust set up where your personal medical expenses can be reimbursed to you by the corporation without this being deemed to be taxable to you as the employee. Further, the corporation is entitled to write off these expenses from its taxable income. So you as the shareholder/employee do not pay tax on the money reimbursed to you by the corporation and the corporation is entitled to write off this cost. This can be a very big benefit to you.

If your Corporation qualifies as what is known as a Canadian Controlled Private

Corporation, which usually applies to anyone with active business income, the applicable corporate income tax rate is 9% Federal and 2% for Alberta. However please note that for inactive business income which includes investment income i.e., interest, the rate is 38% Federal and 8% Alberta.

Thus in most cases you will be paying a total of 11% Federal and Provincial for corporate income tax which is substantially less than what you would be paying as an unincorporated business.

The cost to incorporate is \$1,200 plus GST plus disbursement costs of approximately \$475. These fees includes a name search, incorporating, minute book, share certificates and minutes/resolutions to set up the directors/shareholders.

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GET RIPPED by Jari Love

Are You Overtraining? Here's How to Spot the Signs and Prevent Burnout

We've all heard the saying, "No pain, no gain", and that a little pain is good, but a lot must be better. But that old-school mindset can do more harm than good. While consistent training is important for making progress, more isn't always better. Overtraining can sneak up on even the most dedicated exercisers, leaving you feeling exhausted, moody, and stuck in a plateau.

So how do you know if you're pushing too hard? Here are the top signs you might be overtraining and how to prevent it before your body waves the white flag.

Top Signs You Might Be Overtraining

- 1. Constant Fatigue**
Even with a good night's sleep, you feel drained, like your body just can't bounce back. That's your nervous system saying, "I need a break!"
- 2. Loss of Motivation**
If your usual excitement for workouts is replaced by dread or disinterest, it's a red flag. Your brain and body are trying to protect you by slowing things down.
- 3. Plateau or Decrease in Performance**
Working harder but lifting less, running slower, or just not progressing? Overtraining can cause your body to underperform instead of adapt.
- 4. Trouble Sleeping**
Too much exercise can mess with your sleep. You might have trouble falling asleep, staying asleep, or waking up too early, none of which help with recovery.
- 5. Frequent Soreness or Injuries**
A little soreness is normal, but lingering aches, joint pain, or repeated injuries are not. Chronic inflammation builds up when your body can't properly recover.
- 6. Mood Swings & Irritability**
Overtraining affects hormone balance. If you're snapping at loved ones, feeling anxious, or unusually down, it might be time to reassess your training load.

How to Prevent Overtraining

Overtraining is preventable with some smart habits.

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- 1. Build in Rest Days**
Recovery isn't lazy, it's necessary. Schedule 1–2 full rest days per week, and consider active recovery like walking, gentle yoga, or mobility work on other days.
- 2. Listen to Your Body, Not Just Your Calendar**
Got a heavy leg day planned but slept poorly and feel run down? Shift things around. Your body doesn't follow a rigid schedule so give yourself permission to adjust.
- 3. Vary Your Intensity**
Not every workout needs to leave you breathless and drenched in sweat. Mix high-intensity days with moderate and lower-intensity workouts to avoid constant stress on your system.
- 4. Prioritize Sleep and Nutrition**
Recovery starts with quality sleep and enough fuel. Skimping on either will make it harder for your body to repair and rebuild.
- 5. Use a Training Journal or App**
Track your workouts, sleep, mood, and energy levels. Patterns will start to emerge and you'll notice when things are off before it becomes a problem.
- 6. Take Deload Weeks**
Every 4–6 weeks, dial it back. Reduce volume or intensity to let your body fully recover and come back stronger.

Progress in fitness is about the long game. You're better off being consistent and balanced than pushing to the point of burnout. Overtraining not only stalls your results, it can lead to injury, hormonal disruption, and major frustration.

So be kind to your body. Rest is part of the plan, not a sign of weakness. Train smart, listen well, and keep moving forward in a way that supports your goals and your health.

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





MORTGAGE MATTERS by Candace Perko

Understanding Income Qualification for a Mortgage

Buying a home is one of the biggest financial commitments most Canadians will ever make, and getting approved for a mortgage is a critical step in that journey. One of the most important factors lenders consider when reviewing a mortgage application is income — not just how much you earn, but how stable and verifiable your income is.

Understanding how income qualification works can help you prepare and improve your chances of securing the mortgage you need.

Types of Acceptable Income

Lenders will examine where your income comes from and whether it's stable. Generally, the following types of income are acceptable:

- **Salaried Income:** If you're a full-time employee with a guaranteed paycheck, this is straightforward. Most lenders

require recent pay stubs and a letter of employment.

- **Self-Employed Income:** If you run a business or work freelance, you'll need to provide two years of T1 Generals + Notices of Assessment and business financial statements to demonstrate stable earnings.
- **Hourly, Commission or Bonus Income:** Lenders will average your income over two years if you rely heavily on commission or bonuses and/or get paid hourly.
- **Other Sources:** Rental income from investment properties, child or spousal support payments (if consistent and legally documented), and certain government benefits can sometimes be used, though policies vary.

The Basics: Gross Debt Service (GDS) and Total Debt Service (TDS) Ratios

Lenders use two key calculations to assess whether your income can support the mortgage you want: the Gross Debt Service (GDS) ratio and the Total Debt Service (TDS) ratio.

- **GDS Ratio:** This measures the percentage of your gross monthly income that goes toward housing costs, including mortgage principal and interest, property

taxes, heating, and 50% of condo fees if applicable. Most lenders prefer a GDS of no more than 32-39%.

- **TDS Ratio:** This takes the calculation further by adding all other monthly debt obligations, such as car loans, credit card payments, or student loans. Lenders generally look for a TDS ratio of 40-44% or less. These ratios help lenders ensure that you won't be overstretched by your mortgage payments and other debts.

Stress Test Requirement

All Canadian mortgage applicants must also pass the mortgage "stress test." This means you have to qualify for your mortgage at either the Bank of Canada's benchmark rate or your contract rate plus 2%, whichever is higher. This ensures you could continue to afford payments if interest rates rise.

Improving Your Qualification

If you're concerned you might not meet the income requirements for the home you want, there are steps you can take:

- **Reduce Existing Debt:** paying down credit cards or loans lowers your TDS ratio.
- **Increase Your Down Payment:** a larger down payment means borrowing less.

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- Consider a Co-Signer: a trusted immediate family member can co-sign the mortgage.
- Consider a Co-Borrower: adding their income to your application means you can borrow more.
- Organize Your Documents: Lenders require proof. Keep pay stubs, tax returns, and financial statements up to date and easily accessible.

Final Thoughts

Income qualification is about more than your annual salary — it's about demonstrating to a lender that you can handle the financial responsibilities of homeownership now and in the future. By understanding how lenders assess your income and preparing accordingly, you'll put yourself in a stronger position when it's time to apply.

Candace Perko, Mortgage Broker



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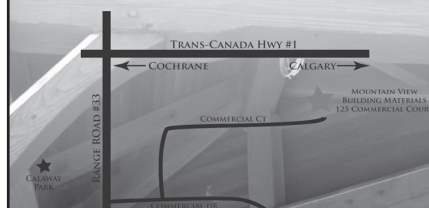
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Love Others¹ as Yourself² by Andrea Kidd

"Hey! Let's get the bus downtown this afternoon!" suggested Julia.

I had nothing better to do so I agreed.

We brushed our teeth in the boiled water provided, wrapped our swatch of brightly coloured cloth around our waists and tucked the end in firmly. We were not used to wearing Kangas, so we secured ours with safety pins, just to be sure. We grabbed sun hats, hid our wallets in our clothing and walked out of the guesthouse.

"Downtown Nairobi, here we come!" we giggled.

We stood and waited at the stop outside the gates to the guesthouse.

The bus soon came along and, fortunately, we found seats together. We were very quiet. We felt out of place amongst these easygoing people who were chatting and laughing as they went their accustomed ways. We returned curious stares with a sweet smile and looked out the window.

The bus lurched and lunged its way through busy thoroughfares and filled rapidly in the next twenty minutes. The stops were abrupt but seasoned standing passengers expertly kept their balance, swaying in unison with the bus.

We whispered our conversation, aware that our white skin and Julia's platinum blond hair were glaringly obvious. Feeling exposed, we shrank into our seats. Even so, as more people crammed into the aisle, bodies of smiling, chatty Kenyans pressed close upon us.

We chose a likely place to get off, where the shops looked more like the ones we were used to at home, and spent a couple or three hours choosing a few gifts for family and friends.

It was getting late and time to get back to our lodgings for supper. We found a bus stop for the return trip.

A mass of workers and shoppers thronged the bus stop. We went to the back and waited our turn to board the next bus. When the bus pulled up, a surge of determined people funneled through the doorway. The bus pulled away. We were left behind in a crowd waiting for the next one which soon pulled up. Another swarm of people eager to get home pushed ahead of us.

We thought we had a place in a queue. We were wrong. The third bus came and people pushed their way to the door and disappeared inside. We were still left behind.

Then we came to our senses. There was no queue. If you wanted to go home you just pushed forward and boarded. People were content. They were used to this. It was normal.

It was the culture.

We began to panic. We were Canadians, used to lining up for our needs.

"We've got to get on the next bus," I said to Julia. "When it comes, I'll go first. Just hang onto me!"

As soon as the next bus slowed at the curb, I began to use my hands and body, just like everyone else. I shoved and pushed through the mass of humanity, Julia hung onto my Kanga (I was grateful for the safety pin) and we boarded the bus. It was standing room only. All our sweaty bodies were pressed tightly together; no need to grip the pole! Julia and I leaned into

each other in an effort to draw back from the men, one of whom especially seemed to appreciate the intimacy. A mixture of triumph, vulnerability and shame for our forwardness swirled in our minds - triumphant to be on the bus, vulnerable in our proximity to strangers and shame for our 'rude' behavior.

As we approached our stop near the hostel we began to worry. How would we be able to get off? The truth was evident. There was no other way. We would have to get off the same way we got on.

And so we did! Again, we used our bodies as bulldozers and hands as shovels. At the curbside we breathed a sigh of relief, straightened our Kangas, wiped the sweat off our faces and tried to look cool, calm and collected as we joined the rest of our group for supper.

Like everyone at that bus stop in Nairobi, Julia and I had needs. Every one of us needed to get home and our needs were just as worthy as any else's. No one at the bus stop was being rude. It was the culture and we needed to adapt to it. It was important for us to love ourselves as much as we loved these Africans.

1 to the same extent or degree; equally (Houghton Mifflin Canadian Dictionary)

2 See Matthew 22:37-39

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OUT OF THE RUT

Chapter 180

Watching leaves dance with raindrops, listening to the drip and fall of rain. Feeling the closeness of the sky, driving through clouds, marvelling at intensity, changability, flux and flow of weather, mood and temperature. Yesterday I sweated through a casual stroll in the woods, today it would be a sodden slog, but I abstain. Allowing for the newness of the day to unfold with remarkable clarity. Nothing is ever the same, even under the masquerade of repetition.

'Let your readers know what's coming up in September' Lowell said - opportunities to dance with the elements, to sink deeper into stillness, to rise into song.

Share an evening with FANTUZZI at Yoga Spirit on September 5th.

Here's something I recently shared with my barn:

What About The Woo-Woo?

Some folk might wonder what the heck I'm doing when they come upon me standing around the arena with a dopey-looking horse.

Usually, I'm waiting. Breathing and waiting. Giving the horse the opportunity for its nervous system to fully process whatever just happened. What just happened could have been as simple as my picking up the lead rope, introducing a new tool into our shared space, asking the horse to move in a certain way, or someone else entering/leaving the arena.

We are very much human doings rather than human beings. For us to stop and wait, pay attention to subtle signs and appreciate

the amount of stuff going on all around us, is a big challenge. The more time we spend in urban settings and plugged into electronic devices, the harder it is to let go of the urge to do something. We are driven by social pressures for constant achievement.

With horses, this often translates to the most well-meaning human partners unintentionally 'shouting' at their horse friends. If you hang out watching the herd – whether that's two horses or a whole gang, the signals and communications are constant and generally subtle. The slightest shift in weight, tail flick, ear swivel, alteration in facial expression, lip tightening etc – are all messages back and forth.

Horses described as 'stubborn', 'lazy', 'spooky', 'disrespectful' in my experience, are generally horses that do not feel heard, seen, or understood and/or they are physically suffering. They do not feel part of a conversation, more the subject of a stream of demands. Once the horse stops feeling seen or heard, they can give up trying to communicate. Often misinterpreted as a docile or well-trained horse, this learned helplessness may one day overflow in dramatic reaction - something may happen that surprises and frightens them, not having learned how to deal with an unexpected occurrence, to control their own instincts, a wreck occurs.

Horse survival instinct is to not show pain, appear vulnerable to predation or separation from the herd. It's therefore easy to overlook a niggling discomfort which may become a bigger issue. Often a horse will not be lame as such, but has structural issues that prevent them moving freely and fully. Sometimes easy to help, other times not so much.

There is no guaranteed success when dealing with another sentient being, but I aim to empower the horse, to give



them body movement tools that promote physical and mental relaxation and thus a more harmonious relationship with humans. Horses can translate learned skills into their everyday lives, gaining from the relationship, learning how to live more fully in the human world. Given tools with which they can overcome deeply ingrained survival instincts to run like stink, fight like crazy, or freeze up in order to stay alive. In this approach the focus is on time to relax, soften muscles, release tension and thereby free up minds for deeper, better learning. Mistakes happen. We are on a trail of learning opportunities at every turn. Horses are forgiving.

Play sometime. Be prepared to do less.

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IT'S A BIRD, IT'S A PLANE, NO IT'S A SUPER MOTH?

by Laura Griffin

Few moths make someone stop in awe or pull out a camera as often as the sphinx moths of our province. These nocturnal moths can be drawn to lights where they can be mistaken for a bat or small bird by their size. Perhaps this is where the other name, hawk moth, comes from. I had a recent encounter with a few of the Big Poplar Sphinx, the biggest in our province between 10 -15 cm in length. Their fuzzy abdomens are about as thick as my little finger; the yellow fringed antennae looked like two ornamental feathers protruding above their big black eyes. Their multiple layers of brownish grey hues blend very well with the bark of trees, but if you pay close attention you might catch a glimpse of the pink and blue colours on parts of their hind wings. Many sphinx moths are pollinators who are looking for nectar, but the big poplar sphinx do not eat as adults. They are just looking for an opportunity to mate and lay their two hundred eggs.

Most of the sphinx moths will be flying from July till the start of August. The eggs of the Big Poplar Sphinx are laid on poplar leaves and will become “super” big green caterpillars. August is the perfect time to keep an eye out for these immense 14-gram larvae. They are also known as horntails because they are light green with a few white embellishing stripes on their body and a harmless spike protruding from their back end. To predators, this “horned tail” looks formidable, but even with it only about a quarter of the caterpillars born survive. The best place to start your hunt is in groves of aspen or poplars like the balsams, and the cottonwoods of the prairies.

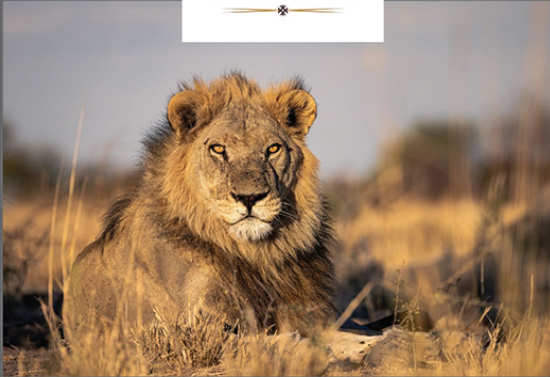
They start their caterpillar lives eating the eggshells they were born in. Their appetite for poplar leaves is insatiable for four weeks. They spend this time chewing and resting, relying on their green camouflage and obscure body shape to evade predators. They grow so much that they shed their skin several times during this period. When they have eaten enough they descend from the leaves of the poplars onto the ground, taking on a purplish hue. Here they burrow into a cell in the soil. With one final shed of their skin, they become pupae.

The Big Poplar Sphinx pupa is amazingly resilient and will stay underground all



winter until June slowly transforming through the process of metamorphosis. When this process is complete they will emerge from the pupa case, dry their immense wings, and take to the skies, once again filling our nights with a sense of wonder at how an insect living in Canada could ever grow so big. If you are fortunate enough to encounter these beautiful neighbours, please refrain from touching them, particularly on their sensitive wings to ensure their survival. However, if you are lucky, a sphinx moth may grant you the honour of landing on you.

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WHAT IS INVOLVED?

The assessment includes an interview, a review of academic reports and/or prior learning assessments, computerized measures, standardized testing, and measures of executive, neurological and behavioral functioning. A formal report is provided during a review session to interpret the assessment results with recommendations on strategies to support your child's future success. Parents may share this report with the school to help teachers understand the child's needs based on learning in the classroom. The aim is to direct purposeful teaching and intervention efforts i.e. an Individual Program Plan (IPP), access to extra support and services, adjustments to curriculum, academic accommodations i.e. extra time, assistive technology, where needed.

WHAT ABOUT POST-SECONDARY STUDENTS AND ADULTS?

Many motivated college and university students encounter difficulties related to learning or emotional well-being that may hinder their potential in their post-secondary programs. An assessment is a valuable investment to determine if the difficulties you experience are the result of an underlying condition i.e. a learning disorder, ADHD or a mental health condition. The aim is to understand your learning strengths and needs and/or mental health issues to develop a comprehensive plan to help move you forward. This plan consists of tailored recommendations i.e. accommodations to ensure accessibility, and strategies based on your strengths and areas of need. In this way, an assessment can have a positive and life changing impact by reducing barriers

to your success and help you achieve your goals.

HOW MUCH DOES IT COST?

The assessment process helps gather the necessary information to fully understand and access funding for special needs both within the school system and out. Depending on your insurance plan and extended health care benefits packages, as well as some government sponsored agencies, including Children's services, Alberta Human Services and Access Mental Health. Private psychologists may offer sliding scales and discounted rates.

WHAT DO I GET OUT?

The most important outcome is that you walk away with a better understanding of the difficulties identified and what that means in going forward. Depending on the reason for assessment in the first

place, outcomes may include a formal report, verbal feedback, a referral letter i.e. physician, for study or workplace accommodations, application to Mensa, etc.

MYTH vs. FACT

Myth: ADHD is over-diagnosed and over-treated.

Fact: Despite the serious consequences, studies show that ADHD remains under-diagnosed and under-treated. Less than half of those with ADHD receive appropriate treatment.

Sources:

1. *The Myths and Facts*, Janssen-Ortho
2. *Inc. Brochure*, 2015. Toronto: Janssen-Ortho

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

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Contact: Brenda Watt - 403 949 2632
Email: rmam@adventuremed.ca

We're looking for a highly organized and detail-focused Equipment Coordinator to manage and maintain our gear inventory. 3 days per week in Redwood Meadows. \$20 per hour.

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 403-651-5852

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Contact Mark Farris Phone: 4035544747
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old shotguns wanted by retired engineer and collector, any gauge, prefer Hammer, single or double barrel, not for resale, please phone 403-201-7181, valid firearms license holder.

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Contact Warren 403 949 3452 or email cwmcnabb@telusplanet.net

PUBLIC NOTICE

Canadian Navigable Waters Act

Shell Canada Ltd. hereby gives notice that a submission has been added to the Common Project Search pursuant to the Canadian Navigable Waters Act described herein and its description.

Pursuant to paragraph 4.1 and 9.1 of the said Act,

Shell Canada Ltd. has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and under registry number **13163**, a description of the following work:

Bank erosion remediation adjacent LOC 021162 on Bragg Creek at Erosion Between Erosion site 1 (50.949679, -114.717054), and Erosion Site 2 (50.948917, -114.715749) along Old Shell Road.

Posted in High Country News newspaper this 24th day of July 2025.

Shell Canada Ltd.

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