

HIGH COUNTRY *News*

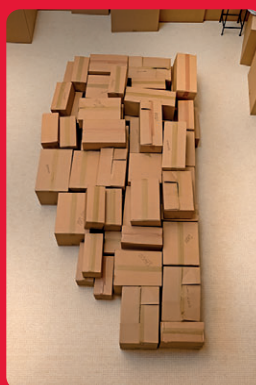
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LETTER FROM THE EDITOR

There have been many community events throughout the month of July, and it's been great to see so many residents participate. A heartfelt "THANK YOU" to those that make these events happen.

These events play a large role in forming our culture as a community. How we celebrate and reflect on our shared space, history, art (you get the idea) is important. Ensuring that forms of these are represented in our gathering times and spaces help us realize where we came from and where we're going. I was recently in a local business in the Cochrane area and on the wall were several of the historic cattle brands uniquely displayed on the wall. I appreciated the fact that they were honouring part of the history in the area. It enforces an aspect of the culture of the community, and it made what was primarily a waiting area to something of a unique space. This display comes at a cost as do the events that we participate in as a community. One could ask, "Is it worth it?" I would argue, absolutely! We can't afford

not to. I recently attended Residents Day hosted by Rocky View County. I'll admit it was a bit of a drive to get there, but I felt I should go. By attending, it provided a point of connect with several people I know and work with. With so much of our interactions conducted electronically, having points of real connection are becoming more important than ever. We can't afford to lose these points of connectivity.

The gathering of our community can also be reflected on a smaller scale with our family and friends. Hopefully you can reflect on how you can enhance the culture of your community as you continue to participate and contribute to your local space.

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

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Angela Lorenzen has been showing and selling her paintings as a professional artist since 1993. She fulfilled a lifetime dream of moving to the Alberta foothills in 2022 and is now happy to call Diamond Valley home. She is a self-taught artist and the subjects of her high-realism acrylic paintings range from Canadian landscapes and animals to still life and architecture.

Keep an eye out for Angela's paintings at the 21st Annual Juried Members Exhibition at the Leighton Art Centre (April 1 to June 4) and the Cultivation of Art Show and Sale at Vales Greenhouse in Diamond Valley (June 16-18). For more information and to view more of Angela's artwork on-line, please visit www.angelalorenzen.ca

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.



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To the council members of Foothills County

We would like to respond to the letter to the editor submitted by Ed Pinchin, in the July edition of The High Country News.

We were disappointed to read his disparaging remarks about the councillors. We understand freedom of speech and he is entitled to express his opinion.

However we do not share his perspective and feel compelled to relay our experiences with the county.

We are relatively new to Foothills County. When we first moved into our beautiful country residential neighbourhood and began to build our dream home, the councillor of division 4, Suzanne Oel was an invaluable and constant support to us as we navigated the bylaws and regulations of the county.

Beyond our house build, she continued to demonstrate her loyal support to the neighbourhood in which we reside, as various issues arose.

Her sensitivity to the neighbourhood concerns combined with her fair and thoughtful input has been so comforting, and we are very grateful for her. She conducts the duties of her position with great integrity, kindness and compassion. In our view she is a shining star in our little world in Foothills County.

You can imagine our surprise when we read the letter by Ed Pinchin. His wording was very strong.

Many of his statements were extremely degrading, demeaning and concerning remarks. We decided to view the entire subdivision public hearing he was referring to, in an attempt to understand his criticism.

As we watched the hearing unfold we observed nothing but the utmost professionalism from all of the councillors. They listened attentively, made notes, and allowed all presenters to express themselves fully without interruption. The chairperson was polite and respectful.

Mr. Pinchin noted that they did not ask questions or challenge the presenters concluding that they were bored or

disinterested. I concluded that they had done their research previously, thoroughly read all the submitted materials and since this was the third application to subdivide the same property, they were already very familiar and knowledgeable of the pertinent details. Furthermore, we do not believe it is their role to challenge presenters, but to listen to and reflect on their comments and request clarification if necessary.

We cannot comment specifically on the reasons provided for not allowing the application. However, I am confident, based on previous hearings we have observed, that the decision was rendered thoughtfully and fairly after reviewing all the relevant information. We have noticed that the councillors approach all hearings with the same level of effort, thoroughness and diligence.

It appears to me that Mr. Pinchin is understandably disappointed in the decision and is sadly and unfairly lashing out at the councillors.

But, let us not allow him to tarnish the reputations of these extremely hard working councillors who often work 7 days per week on our behalf to make Foothills County a more beautiful, vibrant, safe and special place to live, which we proudly call our home.

Thank you to all the councillors of Foothills County!

Sincerely,

A concerned citizen of Foothills County

See more letters to the editor
continued on page 6



*Chicken like Grandma
used to cook!*

Jerry & Nancy Kamphuis

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LETTER TO THE EDITOR

Mr Ed Pinchin I am disappointed by your scathing Letter to the Editor regarding Foothills Council Members. Clearly your position of entitlement has been hard earned from your lofty position as a Foothills Resident for 56 years; have you earned your right to lose perspective on respect?

What gives you the right to call out Council simply because they refused your daughter's application? The display of your position is short sighted and harmful to our elected Council Members. But as a tax payer you deserve more ... great idea, why don't you run for Council and show us how it's done ... or not, save us the drama!

Regards,
Darren Kroeker



LETTER TO THE EDITOR

I live on an acreage!

I am so happy to be able to retire on a country residential acreage in Foothills County. Acreage living offers fresh mountain air, nearby recreational areas, wildlife, trees, a blend of expansive space, privacy, and natural beauty. Properties allow homeowners to escape urban pollution and noise or just enjoy outdoor hobbies.

What I can not understand is people that move out here and try to change the nature of their property. Country Residential zoning is designed for traditional acreage living, prioritizing residential use over commercial or industrial activities. It is intended for individuals seeking a rural lifestyle with larger lots while maintaining some

community standards. Why would someone buy an acreage and try and develop commercial, industrial, a filming businesses, subdivide it, or get central water?

Part of the Foothills County's mission statement is to foster a strong, diverse, and well-managed rural community and preserve the region's rural character (wide open spaces, dark skies, and scenic vistas) while managing regional growth, protecting the environment, and quality of life.

It is impossible to please all of the people all the time. I believe that the Foothills County employees and elected officials do their very best to balance growth without changing the nature of our country residential paradise. We don't have to change anything if we are entirely content with where we are. For people wondering if they will love acreage living consider the true test of love- loving without trying to change it.

Retired on a country residential acreage in Foothills County. - Name withheld



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ON LEADERSHIP

Many recent studies are showing a trend where people are turning down positions of leadership due to the lack of support, increased pressure to perform, and lack of trust that many in positions of leadership have abused. Yet good leadership is one of the critical foundations all organizations need.

“Everyone’s a leader and we’re leading all the time.” This quote from Chris Lowney’s book, *Heroic Leadership*, is powerful as it cuts through roles and titles and requires something of us to personally embrace and develop.

Lowney argues we’re always leading something and the sooner we embrace this truth, the better off we’ll be, as well as the societal structures around us. Your actions, responses, and choice of language all carry influence. When framing leadership within a personal context, it doesn’t matter if you’re the CEO of a large organization or just entering the workforce; you carry more influence and significance than you realize. This influence can positively impact both yourself and the people you interact with every day.

Ask yourself these two questions:

1. What actions can I own that will help another person be successful?
2. What can I intentionally and sincerely say to someone that will make them feel appreciated and valued?

Then you could ask yourself, “If I acted on these questions every day, how will this positively impact my environment? You may not notice it immediately, but over time, you will see the seeds of influence begin to grow.

If you would like to learn more about how you can develop your leadership skills, or those of your team, I’d be more than happy to speak with you.

Lowell Harder
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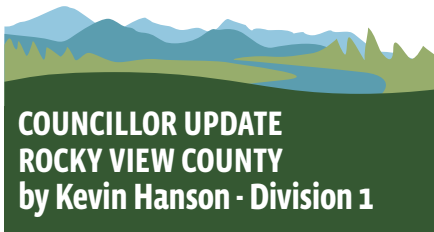
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COUNCILLOR UPDATE ROCKY VIEW COUNTY by Kevin Hanson - Division 1

Quick Bits

Council approved the Memorandum of Understanding supporting the Springbank Trails and Pathways Association and outlining our respective roles, expectations, and areas of cooperation. It took a little longer than I anticipated, as mentioned in my previous columns, but Council gave its approval on July 21. This work is closely connected to future opportunities in North Springbank, particularly those related to the Trans Canada Trail.

The 2026 FireSmart Bragg Creek Fireguard Study also remains underway, with Rocky View County Fire Services, West Fraser, and provincial departments all participating. The FireSmart Committee will receive draft updates as the project nears completion.

Fire Protection Update for Communities Served by Elbow Valley Fire Station 101

I have discussed the pilot project undertaken by Rocky View County Fire Services in the fall of 2025 in previous columns. Based on the results of that pilot, the addition of new tender equipment, and increased staffing levels, Elbow Valley Fire Station 101 has now been accredited to provide a Superior Tanker Shuttle Service level of fire protection.

I am relaying this information as the details are being finalized and published on the Rocky View County website, so I reserve the right to be corrected by the official information once it is fully available.

This represents the beginning of the end of a long journey for me as a Councillor. The challenge has always been to find an appropriate balance between insurance costs, taxation, and the fairness of determining who pays for—and who benefits from—different levels of fire protection.

In June 2026, Rocky View County Fire Services received Fire Underwriters Survey accreditation for its Superior Tanker Shuttle Service following a successful evaluation completed in April. The accreditation confirms that Fire Services can establish and maintain an approved firefighting water supply using tanker trucks when a conventional hydrant system is unavailable or unreliable.

The accreditation applies to approved water sources and eligible properties within the accredited service area associated with Elbow Valley Fire Station 101. This generally includes communities and properties located within the applicable eight-kilometre service area of the station, although residents should confirm their individual eligibility through the County or their insurance provider.

Under a tanker shuttle operation, water is transported from an approved source to the site of a fire using tanker trucks. Portable water-storage tanks are established at the scene, and the tankers operate in a coordinated rotation to maintain the water supply required by firefighters.

This is not the same as having an operational hydrant immediately adjacent to a property. However, it is a tested and recognized alternative water-supply method that demonstrates the County has the equipment, staffing, training, and operational capacity needed to maintain an approved firefighting water supply.

The accreditation also establishes an improved Fire Underwriters Survey dwelling protection rating for eligible properties within the service area. How that rating affects an individual property remains a decision for each insurance company. Residents may therefore wish to contact their insurer or broker to determine whether their property qualifies and whether the new rating will affect their premiums or coverage.

This accreditation is particularly important for communities served by private or co-operative water systems, and for areas where hydrants may be unavailable, out of service, or under review. It provides a recognized level of protection without requiring County taxpayers to assume responsibility for every private water system or hydrant network.

Rocky View County Fire Services is also working to expand Superior Tanker Shuttle Service accreditation to other parts of west Rocky View County, including Springbank and Bearspaw. Planning is underway for future testing based out of Springbank Fire Station 102. Subject to Fire Underwriters Survey requirements, feasibility testing is anticipated in fall 2026, with formal accreditation testing expected before spring 2027.

Superior Tanker Shuttle Service is also one of several approaches being considered through the County's revised Fire Services Master Plan. That plan will help guide future decisions about station locations, staffing, equipment, response capacity, and access to reliable firefighting water supplies across Rocky View County's diverse rural and country-residential communities.

Learn more about Rocky View County's work on a revised Fire Services Master Plan with a quick search on the RVC Website.

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We are turning 40 this year! Save the date! Everyone is welcome!

On Sunday, September 20th we will host our 40th Anniversary Celebration from 11:30 am - 3:00 pm. We are located at 244168 Range Road 33, and online at www.springbankheritageclub.com.

Did you know the Springbank Heritage Club is not just a place to vote during election time? The Springbank Heritage Club is a volunteer-run not-for-profit organization created for the benefit and enjoyment of seniors aged 50+ living in Springbank and surrounding communities. Our club is a terrific place to find new friendships and create connections with our community. We support a healthy lifestyle for our members. The club is active, welcoming and evolving. New members are always welcome!

Our Vision: To be a dynamic and inclusive club where people 50+ build friendships, stay active and volunteer – to create experiences that shape and forge a vibrant, united community.

Annual membership is only \$50. Each month members enjoy regularly scheduled activities:

- Mondays: Fitness Class and Pickleball
- Tuesdays: Games/ Pool, Singing, and monthly Potluck
- Wednesdays: Fitness Class, Crafts, and monthly Trivia Night
- Thursdays: Pickleball and Sewing
- Fridays: Fitness Class, monthly Book Club, and Pool/ Billiards

Please note the following groups will not be meeting in August:

- Weekly singing group will resume on September 8th
- Trivia/ Name that Tune will resume on September 9th and will continue the second Wednesday of each month.
- Monthly Page Turners book club will resume on September 11th
- Monthly potluck will resume on September 22nd

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All other activities and groups will continue throughout summer based on availability of members.

Fall exercise classes session starts on September 9th and will run for 12 weeks. Classes are held on Mondays, Wednesdays and Fridays. 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 (i.e., 3, 5 and 8 lb. weights, bands, balls). Fees must be paid before the first day of class. You may only attend on the day/days of the week that you sign up for:

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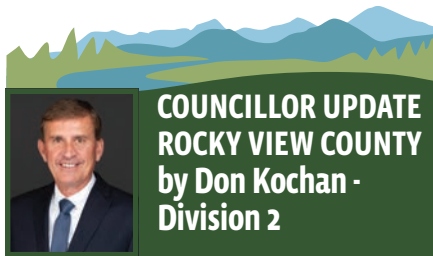
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one key at a time"*

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RVC Division 2 news items for your information:

RR 33 Interchange - construction of the new four-lane bridge at Range Road 33 and Highway 1 continues to advance at a strong pace. A major milestone was reached with the installation of the bridge's girder spans, allowing the structure to begin taking shape. Notably, these spans are among the longest of their kind in Alberta. The bridge remains on track for completion by the end of this year. This new bridge represents a key component of the off-site infrastructure improvements associated with the Bingham Crossing development, enhancing both safety and accessibility for the surrounding area. Further progress is also being made across the interchange, with the new westbound entrance ramp in the northeast quadrant which is now open to traffic.

Weed Control – RVC weed inspectors will be working throughout the summer to identify and monitor invasive species listed under Alberta's Weed Control Act.

The county noted that prohibited noxious weeds, such as nodding thistle and bighead knapweed, must be fully destroyed to prevent establishment. In contrast, noxious weeds such as Canada thistle, black henbane and perennial sow-thistle must be controlled to limit their spread. Landowners are responsible for managing and controlling the spread of regulated invasive species on their property.

Weed spraying for noxious weeds will be undertaken this summer in Division 2 along roadsides and MR's.

Customer Satisfaction Survey - Rocky View County (RVC) residents rate their quality of life metric as 89 per cent, representing a good or very good quality of life, which is well above the Alberta benchmark of 68 per cent.

This finding comes from the 2026 Citizen Satisfaction Survey, conducted by RVC in partnership with market research firm Leger, which provides an essential overview of residents' perceptions and attitudes towards life, services, and governance within the County.

With the key takeaway being the quality of life metric, RVC noted in its findings that there were some variations within divisions, with Division 2 having a quality of life rating of 95 per cent of which is 6 percentage points higher compared to the County overall.

Engagement results were also positive, with 64 per cent of respondents participating in at least one public engagement event in the last three years.

Concerns are increasingly focused on growth management, planning, and development pressures. Residents responded strongly about the perception of the County prioritizing growth over maintaining its rural character. Respondents felt that growth was not always matched with the infrastructure, safety measures, and service planning needed to support it.

The full results can be seen at www.rockyview.ca/media/3180

952 Royal Canadian Air Cadets – On June 13th I had the pleasure of being part of the 952 Royal Canadian Air Cadet Squadron ceremony and providing congratulatory remarks to

the graduates and award recipients of the program. Approximately 150 cadets from Springbank, Bearspaw and Calgary provided some impressive marching parade drills as part of the ceremony.

Rocky View County 2026 Stampede Farm Family – On July 6, the Calgary Stampede, in partnership with BMO, was proud to announce the 19 recipients of the 2026 BMO Farm Family Awards, marking 30 years of recognizing southern Alberta farm families at the Calgary Stampede.

Since 1996, the BMO Farm Family Awards have honored hundreds of outstanding families whose contributions reach far beyond the farm gate. This year's recipients represent the people at the heart of Alberta agriculture: families who help feed our communities, strengthen rural life and carry forward the values that have shaped the province's agricultural story for generations. On July 6th Travis Ekland and myself (Agriculture Service Board members) attended the BMO Stampede Farm Family Awards for municipalities from southern Alberta. The Minister of Agriculture and the Stampede President were there to be part of the awards ceremony. Honorees are nominated by municipalities throughout southern Alberta and are selected based on their commitment to agriculture, community service, environmental stewardship and innovation. The families are leaders in their fields, with many representing multi-generational legacies, and embracing new technologies and practices. This year's award recipients for RVC were the Ralston-Norregard Family, a multi-generational family farming in the eastern side of RVC.

Don Kochan - Division 2 Councillor
kochandiv2@gmail.com



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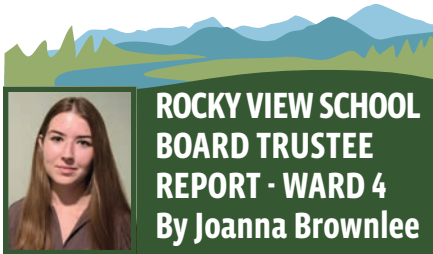
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All Bragg Creek area business owners/operators welcome!



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

A warm and heartfelt congratulations to RVS Trustee Shali Baziuk who was elected President of Canadian School Boards Association during CSBA's Annual General Meeting on July 6 in Whistler, British Columbia. Her term as president began on July 8. As CSBA president, she will help advance the priorities of school board associations across Canada and support strong, locally elected school board governance.

Rocky View Schools (RVS) is excited to receive design funding for a Kindergarten – Grade 9 school in the southeast community of Lanark in Airdrie and a high school in Chestermere's Chelsea neighbourhood. Minister of Education and Childcare, the Honourable Demetrios Nicolaides announced the government would be moving these projects forward to design on July 9. RVS initially received

planning funding for the schools in 2025 as part of the provincial government's School Construction Accelerator Program.

The Government of Alberta recently announced approximately \$3 million in additional funding for RVS for the 2026-27 school year. Administration is currently working through the funding requirements and developing an implementation plan based on the information available at this time. The board will meet in July to consider a budget adjustment before the new school year, with a goal of having the funds ready to use immediately for the start of the 2026-2027 school year.

The Government of Alberta released on July 9th that Sixteen more school projects in Calgary are being fast-tracked through a provincial government program. Education Minister Demetrios Nicolaides will announce the projects July 16th, as part of the Alberta government's nearly \$9-billion push to add 200,000 more student spaces throughout the province. Under the Schools Now program, Nicolaides will announce 41 projects that are being advanced provincially — 19 will be able to begin construction, while 22 will enter the design phase.



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It's Summer in Banff-Kananaskis!

There is a particular kind of light that arrives in our riding each July. I love the long, golden evenings that stretch well past nine o'clock, mornings that smell like warm pine, and a hum of energy in every community from Springbank to Lake Louise, Waiparous to Millarville. I love the neighbours spilling out of their homes and back into the mountains, the trails, and the backyard BBQ. I love watching kids on bikes weaving down quiet streets, gardens bursting open, farmers markets setting up their tables, and porches full of people catching up over coffee or a cold drink. I love this season. Summer here is more than just a time of year – it is also a feeling, one I am always grateful to share with all of you.

Getting Out and Getting Grounded

Some of my favourite moments as your MLA happen far from any legislature chamber. They happen on a trail, at a lake, or in a lawn chair at a community barbecue. Over the past few weeks, I have had the chance to join residents at local markets and community events to sit and chat about what summer means to them. Almost every conversation eventually turns to the same thing: how lucky we are to live where we do. Kananaskis Country, Banff National Park, and the countless provincial

recreation areas woven through our riding are the backdrops to our lives here. They are part of the fabric of who we are. Even a quick evening walk along the Bow, a weekend at Elbow Falls, or a longer trek up toward Barrier Lake, restores something in us that is hard to find anywhere else.

I would encourage everyone, residents and visitors alike, to make the most of these parks this summer. Pack a picnic, bring the kids, bring the dog, bring a friend who has never seen a mountain sunset. These landscapes belong to all of us, and sharing them is one of the great joys of calling Banff-Kananaskis home.

Sharing the Landscape, Respectfully

Of course, we are not the only ones who live here. Grizzly and black bears, elk, cougars, and countless other species share these same valleys. Keeping our parks and natural areas wild means keeping them safe for wildlife too. Being "wildlife-smart" is second nature to many of us who grew up here, but it is always worth a reminder, especially as more visitors discover our trails each year. Make noise as you hike, especially near rivers or in thick brush where visibility is low. Travel in groups when you can. Keep dogs leashed. Store food and scented items properly at campsites, and never approach or feed wildlife, no matter how tempting that perfect photo might be. These little habits protect both people and animals, and they help preserve the very wildness that draws us outside in the first place.

I have spent much of my time as Shadow Minister for Environment and Protected

Areas advocating for the habitat that makes these encounters possible in the first place: the headwaters, wildlife corridors, and natural spaces that will keep our ecosystems healthy for generations to come. But protecting this land is not only a legislative task. It is something each of us does every time we choose to hike responsibly and give wildlife the space it needs. Your care and action matter too!

A Quick Check Before You Go

Before heading out this summer, I always encourage folks to take two minutes to check current conditions and local advisories. Alberta Parks post regular updates on trail closures, wildlife activity, and fire bans. With the flooding that happened in Kananaskis a few weeks ago, trails are continually moving from closed to open and things are changing daily. Always know before you go! With drier conditions becoming more common across the province, wildfire advisories are especially important to watch. A quick look at Alberta's wildfire status map or your local park's website before you leave the house can make all the difference in planning a safe day out. It is a small habit that keeps our communities, our firefighters, and our wild spaces safer all season long.

Good Neighbours, to Each Other and to the Land

What I love most about summer here is how it brings people together. It is community clean-ups and creek days, kids' bike parades, front-yard gardens shared with neighbours, and impromptu conversations at the trailhead. It is



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watching Bragg Creek Days fill up the community grounds or running into familiar faces at an evening market. These moments remind me why I wanted to do this job: to serve a community that really looks out for one another, and for the wild places we are lucky enough to steward.

So, this summer, I hope you get outside. Go for that hike. Plant the garden. Wave at your neighbours. Check the advisories before you head out, give wildlife its space, and

soak up every bit of sunshine our beautiful corner of Alberta has to offer. And, if you see me out on a trail or at a local event, please stop and say hello! Hearing your stories is still my favourite part of this job.

Wishing you a warm, connected, and wonderful summer.

Sarah Elmeligi



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The wisdom of long-term investing: It is almost impossible to time the market accurately, but there are two effective long-term strategies to eliminate the temptation to try timing the market.

Stay invested: Buy and hold mutual funds whose managers buy value-oriented stocks. They will normally regain any lost value as the markets rebound after a decline. Staying invested during a market downturn, and actually buying more fund units, is referred to as contrarian investing, meaning the strategy is contrary to what most fearful people might decide.

It is TIME in the Stock Market that counts, NOT MARKET TIMING!

Dollar cost average: You invest a fixed amount of money, buying mutual fund units at regular intervals. Using this method, you buy fewer units when the prices are higher, and more when lower.

You actually win when you buy more mutual fund units/shares at reduced prices because, eventually, the market moves back up. Based on timidity, not knowledge, many redeem their mutual fund units just when they should be buying more. The investors who achieve enhanced profits are those who buy more of their favourite stocks or equity mutual fund units when their value goes down.

The risk of guarantees: Those who insist on guaranteed investments generally lose after the cost-of-living and taxation is factored in. For example, if you earn 4% in a GIC (term deposit) in a 50% tax bracket, you earn 2% net after tax. If inflation runs at 3%, you actually lose 1% in buying-power each year you hold that GIC (term deposit). With mutual funds, your portfolio manager purchases stocks belonging to living companies in a diversified portfolio (of pooled investments) and thus can achieve capital growth over longer terms of five years or more. If you see the market is

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MAKE YOUR MARK

By Kate Bushey

Fear of the Blank Page

I'm taking the reins this month while Mark is otherwise occupied power washing and staining his deck while the weather is nice enough to keep it dry but maybe also too hot to golf (he would argue that it's never too hot to golf) – it's a finite timeline he's on.

While the summer might seem like a weird time to be thinking about new beginnings, and blank slates it's actually the perfect time to start planning for action.

I get asked by people all the time how I come up with designs, ideas, and strategies from what seems like thin air. A blank page can be intimidating, the options are limitless, how do you even begin?

Imagine someone asks you to hang a picture in their room. You'd probably have a lot of follow up questions before you even entered the room: What's on the picture? Why do you want to hang it? How big is it? What's it made of? What am I using to hang it? What

kind of room is it? Is there a lot of furniture in the room? Do I need to bring a ladder?

You need to define your problem before you can even think about all the creative tools you'll need to solve it.

Solving marketing problems is similar, you just may not have the experience with advertising to know which questions to ask to get your creative juices flowing:

What are you trying to communicate?

What's the problem you're trying to solve. This seems straight forward, but a lot of business owners are too close to their products and services and try to solve all their problems at once. Pick one thing to focus on at a time.

Who are you trying to talk to?

If you've read Mark's articles for very long you'll be familiar with how important your target audience is. You want to speak directly your audience to be the most impactful. All things to all people tends to be forgettable at best and messy at worst.

What's your timeline?

If you want to promote a sale, or get customers in during a holiday your marketing needs to be timed appropriately. You might not have the lead time for something that needs a lot of hands on it (like a radio ad) or if you can't get a sign

printed you'll need to break out the markers yourself.

What are the practicalities/limitations?

These are things like your brand standards, sign dimensions, ad formats, or project budget. Every medium has its limitations you need to be mindful of: the number of colours you can use, the time your audience will be able to interact with it, the ability to hire a sky writer in your area.

After you have your problem well defined (we like to call this project summary a creative brief) you can begin to get creative. Sounds simple, right? Even with all this information it can be intimidating to get started, that's why we generally believe no ideas are bad ideas. Throw out every thought in a sketch, word cloud or playdough sculpture. It's all brain barf.

This is the point in which you bring in your partner, sibling, bestie, or pet and pitch every idea - yes, even the 'bad' ones. Ideally try to find someone to pitch to in the target audience. The ideas that are winners will get emotional reactions - good, bad, or ugly.

If this sounds like too much work, or still leaves you scratching your head with where to begin we've got the road map into the unknown that you've been looking for.

Cheers, Kate



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SUMMER IN BRAGG CREEK IS CALLING

There's just something about summer in Bragg Creek. Maybe it's the sound of live music drifting through the trees, the smell of fresh coffee and barbecue, or the way the whole hamlet seems to come alive when the sun sticks around a little longer.

THANK YOU, BRAGG CREEK DAYS

A huge thank you to everyone who helped make Bragg Creek Days such a wonderful community event. From the parade and pancake breakfast to the market, live music, beer gardens, car show, family activities, and all the small-town magic in between, it was a weekend full of fun for locals and visitors alike.

Events like this only happen because of dedicated volunteers, local businesses, sponsors, and the BCCA planning committee, who put in countless hours behind the scenes to bring the weekend to life.

SUNDAYS = MARKET DAYS

Every Sunday until September 20, the Bragg Creek Farmers Market transforms the Community Centre grounds into a bustling hub of artisan finds, handmade goods, fresh baking, local produce, ready-to-eat favourites, and small-town charm. It's the kind of market where you show up for one thing and leave with six - plus lunch and a new favourite local maker.

ADVENTURE, LEARN, UNWIND

Whether you're looking for adventure, learning, movement, or a little well-earned rest and relaxation, Bragg Creek has plenty to offer kids and adults alike. Keep the kids active with Peak Ambition Summer Kids Camp at the Bragg Creek Community Centre, hit the trails with Alberta 66 Mountain Biking, explore Indigenous learning with Auntie School, head outdoors with Kananaskis Campground Services, build confidence with Kieran Keddle Academy, saddle up with Moose Mountain Horseback Adventures, cast a line with River People Guides, or enjoy a round at Wintergreen Golf. There are plenty of ways to move, play, explore, and recharge in Bragg Creek.

LIVE MUSIC, LOCAL NIGHTS

The music scene is stacked this summer, with regular live performances at Rockies

Tavern & Grill and weekend shows at The Powderhorn Saloon keeping patios, dance floors, and local nights buzzing.

SAVE THE DATE: DAY OF THE HORSE FESTIVAL

On August 22, don't miss the Day of the Horse Festival – a celebration of western heritage and equine culture featuring demonstrations, family activities, music, wagon rides, and the sunset Glow Ride Parade through the hamlet.

SHOP LOCAL. STAY LOCAL. SUPPORT LOCAL.

From trails and boutiques to patios, markets, music, and community events, there's never been a better time to spend the day in Bragg Creek.

For local businesses, joining the Bragg Creek Chamber is a great way to stay connected, supported, and part of the momentum shaping our community. Learn more at visitbraggcreek.com.

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BRAGG CREEK PHYSIO

Understanding How IMS Can Help Relieve Chronic Pain

Intramuscular Stimulation (IMS), also known as Gunn IMS, is a Canadian-developed dry needling technique used by specially trained physiotherapists to assess and treat persistent musculoskeletal pain. Developed in the 1970s by Vancouver physician Dr. Chan Gunn while working with the Workers' Compensation Board of British Columbia, Gunn IMS is based on a neuropathic model of pain that looks beyond the site of symptoms to identify dysfunction within the nervous system that may be contributing to ongoing muscle pain and movement impairment. Today, the Gunn IMS education program is delivered through the University of British Columbia Faculty of Medicine and trains experienced physiotherapists and physicians in this comprehensive assessment and treatment approach.

Unlike treatments that focus solely on relieving pain, IMS aims to identify and address the underlying source of symptoms. A detailed physical assessment is used to identify muscles that have become shortened, tight, or hypersensitive due to altered nerve function. The goal is not simply to needle where it hurts, but to restore healthier muscle function and reduce the factors contributing to persistent pain.

To understand how IMS works, it helps to first understand the different stages of pain. Immediate pain is the body's protective response to a sudden stimulus, such as touching a hot stove. Acute pain follows an injury and is typically accompanied by redness, swelling, inflammation, and

tenderness. In most cases, acute pain is self-limiting and resolves as healing occurs. Chronic pain, however, is different. It may persist long after tissues have healed and can involve ongoing inflammation, nervous system sensitization, or changes within the central and peripheral nervous systems, such as neuropathic or radiculopathic pain.

As pain becomes chronic, the nervous system can become sensitized. During the early stages of inflammation, the body releases chemicals that increase blood flow and make pain receptors (nociceptors) more sensitive. These changes are important because they help protect injured tissues and initiate healing. However, if inflammatory chemicals persist or the nervous system remains sensitized, even normal daily activities can become painful despite little or no ongoing tissue damage.

IMS targets myofascial trigger points, which are tight, irritable bands within muscle tissue. When a needle stimulates one of these trigger points, it may produce a local twitch response, a brief involuntary contraction of the muscle. Research suggests that this twitch response may help reduce pain within the affected muscle, increase the pain threshold, and decrease spontaneous electrical activity associated with muscle tightness. Although the twitch occurs locally, studies have also demonstrated regional and even bilateral effects, meaning changes may occur in other muscles supplied by the same nerve root.

While some people associate dry needling with significant discomfort, treatment should be individualized. Stimulating too many trigger points during a single session may further irritate already hypersensitive tissues. An experienced physiotherapist will carefully determine the appropriate number of treatment sites based on each patient's presentation and sensitivity.

One proposed mechanism behind IMS involves creating a small, controlled mechanical stimulus within the muscle.

This minor irritation is thought to initiate a localized healing response and may influence the body's natural electrical activity involved in tissue repair. While additional research continues to investigate these mechanisms, the treatment is believed to support tissue recovery over several days following needling.

Another important concept in IMS relates to nerve health. When the normal flow of nerve impulses is disrupted by conditions such as spinal joint degeneration, disc bulges, chronically tight spinal muscles, or nerve root compression, the tissues supplied by those nerves—including muscles, tendons, ligaments, blood vessels, skin, and bone—may receive less neural input (ie. less nutrition). Some IMS theories suggest this diminished input can contribute to muscle dysfunction such as chronic tendinopathies or degenerative muscle tears.

The therapeutic effects of IMS are thought to involve several complementary mechanisms. Mechanically, the needle stimulates muscle tissue and sensory receptors. Electrically, it may influence nerve activity and cellular signalling associated with healing. Chemically, it may help reduce local concentrations of inflammatory and pain-producing substances. Finally, improvements in nerve function may enhance the normal physiological support that nerves provide to healthy tissues (better nutrition to all the tissues that nerve supplies!).

IMS is most effective when incorporated into a comprehensive physiotherapy treatment plan that includes education, movement, strengthening, and manual therapy where appropriate. By identifying the source of muscle dysfunction rather than simply masking symptoms, IMS can be a valuable tool for helping individuals reduce pain, improve movement, and return to the activities that matter most.

Jennifer Gordon
(BSc.PT, GunnIMS, AFCE)
Physiotherapist - Bragg Creek Physiotherapy
www.braggcreekphysio.com

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Staging success is just one of the many ways we come together as a community to create fantastic events—not only for our own enjoyment, but also to welcome visitors to our special little corner of the world.

Bragg Creek Days has grown into a two-day celebration, not by leaps and bounds, but one stage at a time, building on the success of each year before. Loyal sponsors have stayed the course while new supporters have joined them. Dedicated volunteers continue to lend their time, talents, and enthusiasm, often bringing friends and family into the fold. And our staff remain the backbone of it all, there through thick and thin. Thank you.

Please take a moment to check out our Thank You ad in this edition and help us recognize our sponsors. We simply couldn't do it without their generous support.

A special Bragg Creek Days thank you goes to the following for their in-kind donations and involvement this year:

Redwood Meadows Fire Department, Birgit of Korner Kitchen, High Country News, the Calgary Stampede Stage, Turkey & Pistols (Uncle Sawmill), Handle Bar, Bragg Creek Foods, Mabel & Marie's, Rockies Tavern & Grill, Bob Cook, Sandstone Pharmacy, Mage Networks, Bragg Creek Wild, Cowboy Trail Car Club, Banded Peak Veterinary Hospital, Mark Kamachi, and every volunteer who showed up and helped put on a fantastic show!

A note from our Car Club partners:

Thank you to everyone who helped make this year's Cowboy Trail Car Club Show such a success. From our generous local business sponsors to the community members and volunteers who gave their time and energy, your support made it

possible to welcome drivers, families, and visitors from near and far. We're grateful for your commitment to Bragg Creek and to keeping our car culture alive and thriving.

To keep the good times rolling, the Farmers Market continues every Sunday through to September 20, from 10:00 a.m. to 3:00 p.m. Stop by to find that special gift, pick up something delicious for dinner, or simply enjoy a visit with friends and neighbours. There's always something new to discover and plenty of new vendors to meet.

Our Summer Kids Camps are going strong, and there's still time to join the fun! Visit BraggCreekCA.com to register or check out our drop-in opportunities.





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JULY 18 & 19 2026

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Register by scanning the QR code below:



Bragg Creek Foundation



Find out more about our 2026 initiatives at braggcreekfoundation.ca

While staff are already planning exciting programming for the fall, let's set that aside for a little while longer. Slow down, enjoy the sunshine, spend time with those around you, and appreciate this little slice of the world we're fortunate enough to call home.

Whether you jump up on stage or take a seat in the back row, every person plays a part in what makes our community special. You define your own success, and together we continue to build something worth celebrating.

Your BCCA - www.braggcreekca.com

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- 1st - Beaver Tooth Mulching
- 2nd - Bragg Creek Country Gardener
- 3rd - Powderhorn Saloon

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Bragg Creek Centre



BRAGG CREEK WILD

Where Art Meets the Forest: Discover Bragg Creek's Newest Art Walk

There are some walks that simply get you from one place to another. Then there are walks that invite you to slow down, look a little closer, and rediscover the beauty that's been there all along.

This Summer, the Trans Canada Trail along Centre Avenue in Bragg Creek has become one of those places.

Between Bracken Road and Echlin Drive, the forest has taken on a whole new life. Brightly-painted wildlife appears among the trees, colourful creatures seem to emerge from the landscape, and with every few steps, another piece of art catches your eye. The result is Bragg Creek's newest Art Walk, an outdoor gallery that blends creativity and community with the natural beauty of this special place.

Created by Grade 7 and 8 students from Banded Peak School in collaboration with local artist Lucy Curtis of Bragg Creek Wild, the Art Walk celebrates the wildlife and habitats that surround us every day.

Through classroom discussions and creative workshops, students imagined how the local landscape is shared with our wild neighbours and brought their ideas to life on canvas.

The finished collection is joyous and thoughtful. A curious fox peeking from behind a tree, birds readying to take flight, and vibrant woodland scenes invite visitors to stop, smile and absorb the forest world around them. Instead of hanging on a gallery wall, these artworks blend into the landscape itself, creating an unexpected, unforgettable experience.

Remembering the original 2022 Bragg Creek student and community art walk on Hwy 22, this new installation offers an exciting next chapter. That first project featured more than 60 paintings mounted on wooden canvases cut from locally felled trees and quickly became a much-loved community attraction. It demonstrated how public art could celebrate local talent while deepening our connection to the natural world. This new Art Walk carries that same spirit forward in a beautiful new location, with a fresh group of young artists adding their own voices to the story.

The theme of wildlife and habitat couldn't be more fitting. Bragg Creek Wild has long championed the idea that people and wildlife can successfully share this

remarkable landscape. Through education, awareness, and community engagement, the organization works to protect wildlife movement corridors and encourage respectful coexistence with the animals that call this region home.

The Art Walk brings those ideas to life in a way that feels welcoming rather than instructional. It's difficult to walk past a brilliantly-painted owl or an inquisitive bear without pausing for a closer look. The artwork encourages conversations, sparks curiosity, and reminds us that every walk through the forest is an opportunity to notice something new.

And the gallery is still growing.

This Fall, local artists will add their own creative interpretations of wildlife and habitat, expanding the Art Walk into an even richer celebration of Bragg Creek's artistic community. Twenty-eight canvases are available for artists who would like to take part in the project. Interested individuals are invited to connect with Lucy Curtis through the Bragg Creek Wild website to request a canvas and become part of this evolving outdoor gallery.

Projects like this don't happen by accident. They grow from collaboration, generosity, and a shared love of place. Thanks to the enthusiasm of the students and staff at



visit www.braggcreekwild.ca

Banded Peak School, the creative guidance of Lucy Curtis, and the ongoing work of Bragg Creek Wild, the Trans Canada Trail has become more than just a pathway. It has become a celebration of imagination, conservation, and community.

Whether you're a lifelong Bragg Creek resident, visiting for the afternoon, or introducing friends and family to the community, the Art Walk is a worthy addition to your Summer plans. Together, the Art Walk is a living gallery that celebrates both the wildlife we cherish and the creative spirit that makes Bragg Creek unique.

Visit www.braggcreekwild.ca



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1-4pm: Ladies Group & Snooker

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4-9pm: Open House/Pub Night

Second Wednesday each month

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

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

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BRAGG CREEK TRAILS

BCT Transfers Community Trail Maintenance to Rocky View County

After more than two decades of planning, designing, developing, building and maintaining the 12 km of Bragg Creek community trails in Rocky View County (RVC), Bragg Creek Trails (BCT) was given the option to transfer trail maintenance to the County's operations team during recent contract discussions. It was determined that having RVC become the primary trail operator would provide a more efficient use of both financial and human resources, while allowing BCT to focus on maintaining the 166 km of trails in West Bragg Creek within Kananaskis Country.

RVC follows established maintenance service levels to ensure that trails remain properly maintained and safe. To report any trail maintenance concerns, please contact RVC directly at (403) 230-1401 or questions@rockyview.ca

BCT's origin story included early advocacy to ensure that trails and pathways designed for non-motorized transportation were incorporated into the Greater Bragg Creek Area Structure Plan (ASP). Connectivity within the Greater Bragg Creek area, as

well as with the surrounding communities, was a vision shared by many "Creekers" and visitors alike. The ASP, approved in early 2007, became the foundation for the five trails that now serve the community:

1. Banded Peak Trail from the Community Centre to the Banded Peak school
2. Banded Peak Connector from the school to Alder Trail in Bragg Creek Provincial Park
3. Centennial Trail along White Avenue to Bragg Creek Provincial Park
4. West Bragg Creek Trans Canada Trail (TCT) to Kananaskis Country
5. Trail Connector from the Hamlet into Redwood Meadows

These trails were successfully built through the efforts of many strategic partners, including RVC. To date BCT has raised \$4.02 M to build this important infrastructure, with the 7 km section of the Trans Canada Trail standing as BCT's crowning achievement.

BCT thanks RVC for its continued support and for recognizing the positive impact trails have on the local community and economy. BCT will continue to seek opportunities to promote Bragg Creek as a Trailhead Community.

Con Schiebel
BCT President





WELL OWNERS

ARE YOU NEGLECTING YOUR WATER SYSTEM?



Standard Water System Maintenance Schedule:

Equipment/ System	Maintenance Required	Recommended Frequency	Risks/Results if Neglected
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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HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

Campsite Security

There is still some summer remaining to head out camping. Are there precautions and devices you can use to enhance your campsite security? There certainly are and a lot of the things you can do are very similar to what you do to protect your home. But there are also some camping specific procedures and technology you can employ.

It should be noted that total security is impossible – anything can be stolen: camp stoves, propane tanks, lawn chairs, fishing equipment, BBQ's, batteries, ground-based solar panels. Fortunately, if stolen, these will be more of an inconvenience, and not a major financial loss.

If you are camping, you can follow the same axiom you should be using for your home; make your campsite look harder to target than other campsites. Thieves will always try to take the easier route. It may not reduce overall crime, but it will reduce your crime.

The biggest risk exists while you are not at your campsite, and to a lesser extent when you are sleeping. Employ the tactics you use at home:

- Keep valuables out of sight – if a thief doesn't see it, they don't know you have it.
- Lock the doors of your RV and vehicle.
- Use motion sensor lighting. There are battery operated lights specifically designed for RVs. These will alert you to both human and wildlife intruders.
- You can use cameras like trail cams to give you a record of who/what has come to your camp. This is an after-the-fact strategy but if properly situated you might get a picture of an individual or a licence plate. There is a debate as to whether a camera(s) should be visible or not – visual deterrence vs stealth. However, ensure your camera is situated such that it cannot be stolen either.
- Get to know your campsite neighbours. It seems easier to make friends

with campsite neighbours since the probability is that you are like-minded people. You watch their campsite, they watch yours.

Some procedures specific to camping are:

- Lock up your bicycles either to something sturdy like your RV or a big tree.
- Use a hitch lock on your RV. These are cheap and prevent outright theft of your RV.
- There are campsite motion sensor alarms but set them properly so that if they go off for whatever reason, human or wildlife, it doesn't keep bothering your fellow campers.
- Have bear spray in case of emergency.
- There are trip wire alarms you can set up at the entrance(s) to your campsite which can vary from something as simple as tin cans filled with rocks on a wire to ear-splitting electronic alarms. Obviously, these would likely only be used if you were going to a somewhat dubious spot.

If you are tenting instead of RVing, or back country camping and setting up your tent at designated back country sites, there are some portable alarms for your tent zippers that can scare off thieves. Back country thieves are extremely rare, and alarm equipment would have to be packed in where weight is always a factor. If you are camping off the beaten trail, you probably don't need to give theft a second thought.

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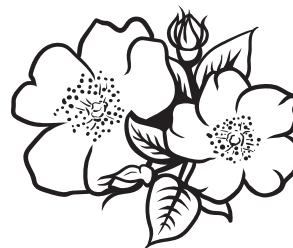
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With respect to leaving boats at the dock or pulled up on shore, use strong locks, install a theft tracker and take the usual precautions like removing the keys and ensuring nothing of value is left in it. Remember to use a hitch lock on your boat trailer too wherever it is parked.

I have seen RCMP patrol through a campsite in the late hours of the night but I'm not sure how common a practice this is.

Decades ago, I worked with an ex-park ranger (Bruce) who relayed to me the story of Herbie. Herbie was a campsite bear who frequented park garbage cans prior to today's bear proof containers. One day a couple of campers came up to Bruce and reported that someone had stolen the steaks from their cooler. It was one of those coolers where you pushed a button on the side and then slid the top over to open it. Bruce laughed and said no that was Herbie. Herbie was a very experienced cooler raider, and the push button cooler wasn't an obstacle to him at all.

Dave Schroeder
HCRCWA Board Member





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

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

Our next meeting is Tuesday September 15, 2026 at 6:30 pm

This is our potluck so bring your favorite harvest dish to share. Always lots of flavours to enjoy!

Note this is the third Tuesday. Our theme will be to celebrate the 50th anniversary of the Millarville Horticultural Club.

The club has sponsored 2 art pieces from Little Monkey Metals. One art piece at the Millarville Racetrack and a bench for the church house.

Saturday and Sunday August 15 and 16 is the Priddis Millarville Fair. Entry deadline is August 7. The fair book is available online and in local businesses. Lots of classes to enter. Woodworking, horticulture, baking, honey, fibre arts and crafts, horses, and much more! Check it out. The Millarville Horticultural Club has

sponsored special classes to celebrate our 50th anniversary with added money and club memberships for prizes. Please check the fair book online to see the special classes.

New members always welcome at our upcoming meetings. If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new President) at louisepattersonbruns@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



Have you found our community library? So happy you have! We'd like to offer you and your family a one-year free membership. Pop in to see us and let's get you signed up.

Our summer hours started on June 29th. We will be open 9-12 Tuesdays and 10am-7:30pm Wednesdays. Regular hours resume August 31st.

FREE Kids Programs will be every Wednesday until August 26th. Drop in between 11-4 for kids 12 and under. An adult must accompany the kids, so bring the kids or grandkids and come have some free fun!

Please note that our email has changed and you can now reach us at amclibrary@millarvillelibrary.com

Your Millarville Community Library has teamed up with the Turner Valley Bottle Depot for fundraising. If you've got some bottles for return they are ready and waiting to help you help us. Please let them know that your deposit is going to the Millarville Community Library. Thank you so much!

Some of our upcoming events are; 2nd Annual Pumpkin Derby to be held again at and with the Sheep River Library in Diamond Valley on October 24th; Bow Making Workshop to be held in late Oct (Please contact us if you're interested in this); Author Bonnie Beswick will be out Sept 24th to discuss her mystery books and Children's Author Krista Phillips is coming in Nov.



We have a busy few months coming up at the library. The most exciting is our Reading Program where each child receives a fuzzy, furry stuffed animal. This animal is their buddy to keep and to read to over the summer months. They are to report what they have read to Lynda our librarian.

Shark Week, (beginning July 26) will be celebrated by a scavenger hunt, an estimation jar of shark gummies, and a take and make. The celebration of all things Shark is in its 14th. year and has a new line up of National Geographic documentaries.

The Tiny Art competition begins in July. Those competing can come to the library and choose their craft and frame. This is open to both children and adults and in the latter part of August a cash prize will be awarded to the winner.

A collection of 600 western DVD's from the Definitive Western Collection has kindly been donated by Erika Smith. Patrons can enter their name for this collection. One entry will be counted for every item that is checked out. The draw will be on July 16th.

Lynda will be bringing in the new travelling Compassion Book display. It's a collection of books on death and dying that provide insight, hope and peace in the end-of-life journey.

Have a wonderful summer!

Sylvia Binkley
sliv@telus.net 403-933-0139



PRIDDIS VOLUNTEERS NEEDED

The PCA will be running a concession at the Priddis Millarville Fair on Saturday August 15 as a fundraiser for our community and we are looking for volunteers. Scan here to sign up:





SQUARE BUTTE COMMUNITY

The Square Butte Hall is gearing up for the fall. Come out and connect with your neighbors at these fun-filled events:

Sunday, Sept 13th Annual Free Community Breakfast

8:30 – 11:30am Come for a coffee... Come for the company... Come for the scrumptious cuisine! Join us for one of the best breakfasts in the foothills. If you can help, we have volunteer shifts available! See website for details.

Sunday, Sept 20th Family Potluck & Games

Fun starts at 4pm Square Butte Ladies Group is hosting its annual potluck event. Games and races for all ages kick off at 4pm, followed by a delicious potluck dinner (drink will be provided). Bring a dish of your choice and impress your neighbors. The traditional cake walk & quilt raffle draw will wrap up the day. \$5 per family or \$2 per person. For details contact Jody 403.931.2451

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DIAMOND VALLEY CHAMBER

So very pleased to announce that our new website serving the Diamond Valley Chamber of Commerce in our Foothills West regional community, is up and running. diamondvalleychamber.ca

Yes, there will be on-going improvements and bugs to work out as the site develops, but there is lots there to work with now!

Members are encouraged to send in an image, logo and info to populate their ads.

Ads in the searchable, categorized directory are included with annual Membership to the Diamond Valley Chamber;

Businesses and community groups that are not Members are included in a general, non-linked listing.

More info to come...but we wanted you to know about this, and to take a look!

Happy Summer!

*Todd and the Chamber Board -
 Carly, Larry, Billie, Mel*

DON'T LET THE BUGS WIN!

Keep Your Animals Comfortable This Summer

With all the rain we had in June, flies and mosquitoes are out in full force - and they're making life miserable for horses, cattle, dogs, poultry, and other livestock.

We have everything you need to fight back!

- Fly sprays & wipes
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Pr proclaiming Christ in the Heartland!



Greetings! Sharing my News Update...

NEW 24-Hour Complaint Line: 403-603-6300. Residents can call Foothills Enforcement Services at any time, day or night, to report concerns requiring enforcement attention. All calls will be answered by Foothills 9-1-1, 24 hours a day, and dispatched to the next available, on-duty officer.

NEW Enforcement Administration Line: 403-908-9603. Residents can now contact the Enforcement Office directly for general inquiries, information about Foothills Enforcement Service programs and services, administrative questions, and assistance in reaching office staff.

Balanced Development: Foothills County residents value the benefits of country living, so a balance must be achieved in protecting agricultural land and maintaining our rural character, watershed integrity, wildlife habitat, and valued assets, while accommodating development and providing housing choices. The current Foothills planning documents, which guide development decision-making, were written in consultation with residents: Municipal Development Plan, Growth Management Strategy, and Land Use Bylaw. Minimal to moderate development is envisioned within Division 4. In respect of that, development and business applications are evaluated through these guiding documents, Provincial plans, laws from various jurisdictions, and planning processes which include public involvement. The County may consider applications for site specific unique development, first-parcels out of a quarter

section, country residential parcel in-fill and larger-scale developments where deemed appropriate and with resident input. There's also a Secondary Suite development option, which provides a solution for increasing the housing density within all land-use zones, and allows for affordable living, aging in place and income opportunity. The County's Highway 2A Industrial Corridor is dedicated to current and future industrial and commercial development.

Public Processes: Residents and stakeholders are invited to participate in the public hearing processes regarding municipal developments. As your local councillor, I am happy to provide information on municipal resources and practices to help residents with their proposed projects and guide impacted neighbours when they wish to participate in the public processes regarding development that affects them. In addition to carefully preparing and taking part in these processes, as a councillor, I find it beneficial to research the project, speak with residents and stakeholders about their perspectives when possible, and then listen carefully to their input during hearing processes to inform decision-making. I believe it is important to be knowledgeable about the impacts and benefits of development, considering capacity, infrastructure, cost recovery and risk, while understanding the local, historical, landscape, ecological and human aspects of the affected area.

Overlapping Dreams & Jurisdictions: In the municipal world, we often face contentious issues in the form of developments that polarize the neighbouring residents or even farther afield, depending on the impacts and scale. In these cases of overlapping dreams, it is important to review all the information about the proposed project and hear from the affected landowners/neighbours/stakeholders/jurisdictions. The County follows public process procedures and protocols, which requires matters to go to Council for

discussion and decisions, and also through public processes as determined, such as public meetings, hearings, appeals and engagement. Some complex applications include multiple jurisdictions and require approvals from other levels of government. As these processes intertwine, Foothills endeavours to explain process and provide the opportunity for input in the areas that are under municipal authority.

More Development Considerations:

As stated in the County's Growth Management Strategy, residents have expressed concerns about servicing new development, including the impact of added development on their roads and their wells, or the impact of more wastewater treatment facilities on the watersheds. Best management practices must be required for all new development that will protect the future quality and supply of groundwater and surface water. Proposed development must be evaluated with due consideration of accurate municipal cost, including road construction and maintenance, provision of municipal services, servicing infrastructure, and cumulative impacts.

Municipal Development Plan Review & Update:

Notifications about public engagement will be advertised in the next few months of 2026. Residents will be invited to share perspectives about their vision for Foothills County, rural character, planning, agriculture, environment, development, services, utilities, transportation, and other matters that may be considered in relation to this Municipal Development Plan review. A check-in with residents and stakeholders will keep this decision-making resource relevant and current.

For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>
Email: suzanne.oel@foothillscountyab.ca

With Best Regards,
Suzanne

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From there, we walk acreage owners through a spectrum of options. We explain the costs and benefits of doing nothing and monitoring for now, completing a focused repair, pursuing a broader restoration, or moving toward a new build when that is truly the right fit.

The goal is for you to understand your system and what is happening, along with your options, so you can make the right decision for you, your home, your property and your family.



WHAT ARE YOU NOTICING?



Surface water
Regular alarms
Odours
Longer pump cycles

OUR ASSESSMENT PROCESS



YOUR HOUSEHOLD

We learn about your property and its history.

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- Septic history
- Prior owners
- Length of time at property
- Date of build



WATER PROFILE

We look at how your unique household uses water.

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How much water your household uses
- COMPOSITION**
What the concentration of organics and non-organics are
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 - Efficiency of water fixtures
- CONSISTENCY**
How evenly water is delivered
 - Daily routines & occupancy
 - Work schedules & seasons



SYSTEM PROFILE

We evaluate your system's design, components and performance.

- Mound, field or at-grade
- Delivery & distribution
- Pumps & pressure
- Alarms, floats & filters
- In-tank mechanics
- System configuration & delivery design



SOIL PROFILE

We evaluate how your soil receives and treats wastewater.

- Square footage of receiving area
- Linear length of distribution system
- Condition
- Saturation levels
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YOUR OPTIONS.

A clear spectrum of choices.



DO NOTHING

Monitor and observe. Sometimes the best decision is no immediate action.



REPAIR

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RESTORE

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. What a glorious summer it's been so far. All the rain in previous months sure greened everything up. It also brought out all the birds and critters, as we had a skunk in our garden the other day. It ate a bunch of strawberries and then toddled off so the dog definitely had to stay indoors until it was safe.

Speaking of critters, the annual Millarville Fair is scheduled for August 15-16. I have been the last few years and it's one of my favorite events of the year! The Farmer's Market is run on the Saturday, and other events include llama obstacle courses, dogs herding geese and sheep, cows, chickens and large birds of prey. There's all kinds of entries for locals to show their livestock, animals, crafts, baking, you name it. Food trucks and entertainment, a tractor pull, and a horse costume show are just some of the fun things to see at the Fair. It runs daily at the racetrack from 9-2, for full details, visit millarvilleracetrack.com.

The Hard Knox Brewery in Black Diamond will host a tractor show and shine on August 15, and a Retro 50s Hop on the 29th. They also have live music on weekend

afternoons. For more information, go to hardknoxbrewery.com

Okotoks Pro Rodeo will be held on August 21-23 at the Millarville Racetrack grounds. Besides the regular Rodeo events, there will be Mutton Bustin', Wild Pony Races, and a Market, food trucks, and beer gardens. Break out your dancing boots for Rodeo Dances both Friday and Saturday nights. They also have a campground at the Racetrack. Full details go to okotoksprorodeo.com.

The beautiful Bar U Ranch is also hosting an Old Time Ranch Rodeo on August 15-16. Or you could attend their Come Paint Alberta workshop on August 22 from 11-4. The Bar U is a dedicated Historic Site and a working ranch. It's kind of like a mini Heritage Park with special events on Sundays during the summer. They are located about 10 minutes past Longview, for more info visit parkscanada.ca.

One of the things I love about the Foothills is the music scene! George Lane Campground in High River hosts Bandstand Sundays at 1pm. Bring a lawn chair. Their August line-up is Ollie Owens on the 2nd, Black Crow Funk Band on the 9th, Memphis Mafia Band on the 16th, Denver Venoit on the 23rd and Grand Masters Fiddle Party on the 30th. They will also host an Alberta Day Concert on the

29th. Full details either thevenuehighriver.com or highriver.ca.

Okotoks also has a Summer Plaza Concert Series. August 6 is Wildcard, the 13th is Ahead by a Century, Prairie Dogz on the 20th, and Dino Martinis on the 27th. Brought to you by Canadiana Music Company, these are free concerts and are held at 7pm at the Arts and Learning Campus Plaza by the Library.

Dr. Lander Memorial Swimming Pool in Turner Valley is open for business on these hot summer days. They offer public and lane swims, fitness programs, and swimming lessons, as well as birthday parties. Find out scheduling and more on our town's website.

Cochrane's SPCA is hosting a Summer Tails 50/50 raffle. The raffle goes until August 24, with the draw date on August 25. You can have a chance to win some big money and every ticket supports urgent medical care, shelter, and rehabilitation for stray and abandoned animals. To get your raffle ticket, go to cochranehumane.ca

If you have any events or news for September, please drop me a line at elaine.@telus.net, before August 15.

Hope the rest of your summer is fantastic and get down and enjoy our Sheep River and local events.

Elaine Wansleben

BENEATH THE ARCH CONCERT SERIES

STEVE DAWSON & JOACHIM COODER

SATURDAY, September 19, 2026

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

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

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

Flare & Derrick Community Hall, Diamond Valley

Buy Your Tickets Online @ beneaththearch.ca

Transaction Fee For Online Tickets or in person from

Bluerock Gallery, Sheep River Library

Tickets for All Concerts Now on Sale



INFO & TICKETS: beneaththearch.ca





SHEEP RIVER LIBRARY

Even though we are still enjoying summer, let's talk about what's happening at the library this fall. All our programs are up on the website; brochures are also available at the front desk for adult and children programming and our annual Out Loud series.

We are thrilled to have Elinor Florence as our featured author during Out Loud. Elinor is the author of #1 Canadian fiction best seller, *Finding Flora*, the compelling story of complex, gritty and sympathetic women surviving against daunting odds in 1905 rural Alberta. Put *Finding Flora* (Doris's pick for a great summer read) on hold now. Also check out Florence's other titles: *Wildwood* and *Bird's Eye View*.

Here are other staff picks for your summer reading pleasure

The Infinite Sadness of Small Appliances by Glenn Dixon (Jan's pick)

This novel, written by Calgary author Glenn Dixon, came across the circulation

desk the very day that Jan's new dishwasher was being installed. It seemed like something she should read, perhaps as a cautionary tale.

Set in the near future, where even the smallest household appliances are sentient, the story follows a young Roomba vacuum cleaner who names herself Scout, after listening to homeowner Harold read *To Kill a Mockingbird* to his dying wife, Edie. When Edie passes away, Scout and the other appliances discover that an omnipresent system called the Grid is monitoring every household in the city and intends to remove Harold from his home. Scout, appliances, and human helpers must collaborate to outwit the Grid and protect their home. This very well-written and uplifting novel has shades of 1984, *Fahrenheit 451*, *Animal Farm* (but lighter) and even the Disney movie version of *Beauty and the Beast*. With all the discussion and concern about AI and its impacts, this book gives a timely and interesting perspective.

This Kingdom Will Not Kill Me by Ilona Andres (Cheryl's pick)

This latest novel by Ilona Andrews has main character Maggie the Undying magically transported to the grim dark

fantasy world of her favourite novel. The authors have created a richly detailed world with an intriguing magic system, fascinating magical beasties, plus horrifying and/or interesting characters. Some readers will enjoy the level of backstory included in the novel (as did Cheryl); others will find it slows down the pace of the story. Some sexual content and significant violence.

All of these books are available now, or available to put on Hold, through the TRAC system.

For more details on Sheep River Library's diverse and dynamic fall programs, go to sheepriverlibrary.ca



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COUNCILLOR UPDATE FOOTHILLS COUNTY By Laura Kendall - Division 3

The Square Butte Ladies Group, est. 1941, had a very successful bake sale at the Millarville Farmers Market. They will be there for two more markets, August 8th and September 12th. Here is a run down of items they had at this market and will be a sample of what is available at their next two markets.

17 fruit pies, 2 blondies, 6 crisps, 2 cupcakes packs, 2 brownies packs, 1 banana bread, 3 blueberry muffins packs, 35 cookies packs

Be sure to get there early, these items go quickly!

Also available till the draw date at the Millarville Fair are raffle tickets for the lovely quilt made by the Square Butte Ladies Group. Tickets will be available at their booth at the Millarville Fair as well. The Farmers Market bake sales and the

quilt raffle are the major fundraisers for the ladies group. All proceeds go to local charities.

Please contact Susan Graham (403 931 3366) or any other Square Butte Lady if you want to purchase raffle tickets. They are \$2.00 each.

The Ladies group is always looking for new members to contribute to the bake sales, quilting and community teas etc.

Laura Kendall - Division 3 Foothills County
laura.kendall@foothillscountryab.ca



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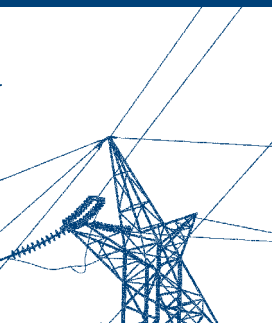
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To understand how this may impact you, visit www.aeso.ca/AIR

About the AESO

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If you've spent time along the Elbow River lately casting a line, skipping rocks, or simply enjoying the sound of water, you may have noticed a few friendly volunteers walking the shoreline in blue vests. These are the Fish Ambassadors, part of the Freshwater Friends Club, a community-led initiative supported by the Elbow River Watershed Partnership (ERWP) and the Bragg Creek Environmental Coalition (BCEC). Their goal is to help people enjoy the river while protecting the fish and aquatic life that depend on it.

The Elbow River is one of the most accessible fishing locations in the region, drawing anglers of all ages and experience levels. But accessibility comes with a challenge, as many people don't realize that this stretch of the river, specifically from Canyon Creek downstream to Highway 22, has unique fishing regulations designed to protect native trout and mountain whitefish. These rules differ from those in other parts of the Elbow, and even from those of nearby rivers, which means visitors often arrive with good intentions but incomplete information. The Fish Ambassador Program was created to help bridge that gap. Ambassadors offer friendly advice to help anglers understand the regulations, handle fish safely, and enjoy the river responsibly.

The Freshwater Friends Club itself is rooted in community, curiosity, and care. The club celebrates all "freshwater friends" from fish, beavers, frogs, river otters, benthic invertebrates, salamanders, and the many other watery beings that call the Elbow River home. The club's mission is to strengthen our connection to the river through science, story, and shared experience. Fish Ambassadors bring that mission to life by walking the river, chatting with recreationists, and sharing knowledge.

Ambassadors receive training in freshwater ecology, fish identification, fishing regulations, and safe communication. They learn how to model respectful behaviour around the river, how to approach visitors, and how to act as the voice of the fish. Helping people understand how small actions can make a big difference for river health.

One of the topics Fish Ambassadors talk about is fishing regulations along this stretch of the Elbow River. These rules help protect native Bull Trout, Westslope Cutthroat Trout, and Mountain Whitefish, which depend on cold, clean water and can be sensitive to disturbance. Fishing season from Canyon Creek downstream to Highway 22, is from June 16 to October 31, and it is catch-and-release only. That means there is a zero limit for trout and mountain whitefish. Bait fishing is not allowed, because bait can lead to deep hooking and injury, even when fish are released. Anglers may use up to three hooks per line. Barbless hooks are strongly encouraged because they make releasing fish quicker and safer. Anyone aged 16 to 64 needs an Alberta sportfishing licence, unless they are exempt under provincial rules. Youth under 16 still need to follow the regulations, even if they don't need a license. Note that regulations can change during the season, so always check Alberta Fishing Regulations as the most current source of information. albertaregulations.ca/fishingregs/

Ambassadors also share simple tips for handling fish safely. Catch-and-release works best when fish are treated gently and kept in the water as much as possible. A fish that stays underwater has a much better chance of survival than one kept out of the water for a long time. Wetting your hands before touching a fish helps protect its natural slime layer, and using a rubber or plastic net can reduce damage to fins and gills.

If a fish swallows a hook, it is often better to cut the line rather than try to remove the hook. These small choices can make a big difference for fish survival and for the long-term health of the river.

Beyond fishing, Ambassadors help visitors understand simple ways to care for the river. They encourage people to pack out garbage, take apart rock dams before leaving, and use existing trails to help prevent erosion. They also remind visitors that the Elbow River provides drinking water for Bragg Creek, Redwood Meadows, Tsuut'ina Nation, Calgary, and



communities downstream. What happens along the river matters far beyond the riverbank.

Fish Ambassadors also let people know how to report concerns. Fishing violations can be reported to the Report A Poacher line at 1-800-642-3800. Environmental concerns, such as oil spills or chemical leaks, can be reported to the Alberta Environmental Response Line at 1-800-222-6514. Invasive species concerns can be reported to 1-855-336-BOAT (2628). These reporting lines help protect the river and the freshwater species that depend on it.

Fish Ambassadors will be out along the river throughout the summer. You may see them walking the Bragg Creek berm, visiting popular fishing spots, chatting with families, or answering questions. Their goal is to help people feel more connected to the Elbow River and more confident about caring for it. They are friendly, approachable, and happy to share stories about fish, river ecology, and the freshwater life that makes this watershed special.

So next time you are out along the Elbow River and see someone in a blue vest with a warm smile, stop and say hello. They are helping keep the river healthy, one conversation at a time.

For more information and how to become a Fish Ambassador next year, please check out the Freshwater Friends Club website: <https://sites.google.com/view/freshwaterfriendsclub/home>

We also want to express a special thanks to Alberta Conservation Association for the grant to support Fish Ambassadors this year.





The Power of Gratitude

I was sailing with a friend and the desired direction of travel was north. I said, “Murray, we want to go north and the wind is from the north. How can we do that.” He said, “Duane, it is not the gale but the set of the sail that makes the vessel go.” That is a life lesson. We can harness the adverse life storms to accomplish our life goals. An attitude of gratitude captures the power of adversity and leads us to victory.

First, let me look at four enemies that sabotage gratitude.

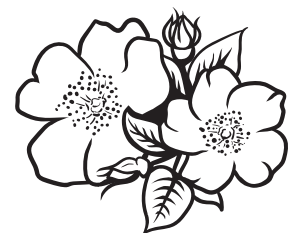
1. Entitlement — This is fueled by “I deserve.” I have flown over 2 million miles with Air Canada. That makes me one of the 15% who provide 80% of the airlines revenue. People have said to me that I deserve special treatment. The moment I allow that to enter my thinking I set myself up for disappointment. That disappointment robs me of gratitude and
- sets me up for complaining about what I didn’t receive. When that happens, I downplay what has been given and complain about the service. This occurs at work, in marriage, and in every sphere of life. We feel deprived and unappreciated. Unfortunately that depreciates our productivity and creativity.
2. The Evaluator — I give myself the position of jury and judge. I assess the evidence from my point of view and values, give my verdict and declare the “just” judgment. My judgemental attitude alienates me from people and confirms my conclusion that I am just not wanted. My negative attitude cancels the value of what others have to bring to my life. I am convinced that my thirst for revenge is not only justified, but also necessary.
3. The Executor — I now believe that I have the right to taint the reputation of the person/people who have wronged me. I will use words to draw you into agreement with my assessment and diminish the value of their character.
4. The Epi-center — I create a world of reality that revolves around me and my importance and seeks to sign you up as one of my fans. The final nail is in the coffin of gratitude.

Attitudes that fuel gratitude

1. Compassion — I will allow myself to be touched with the feeling of another person’s infirmity. I will endeavor to walk in their shoes and understand what motivates their behavior. I am grateful that I can be strength to someone else’s weakness.
2. Kindness — An undeserved act of making my assets available for the needs of another. It helps remind me to be grateful for how others have given to my needs.
3. Humility — The ability to see our weakness and the strength that others have brought to that need. A major source of fuel for gratitude.
4. Gentleness — I will reduce my strength so as not to overpower your weakness. This helps increase gratitude for the investment that others have made in us.
5. Forgiveness — All of us, at some point, have failed to keep our word. We have spoken harsh words, deliberately acted against the will of authority, used language that was offensive and degrading, and the list goes on. Forgiveness is an extension of our gratitude for the way others have forgiven us.
6. Love — I will seek your good at my expense. I will invest in you without expecting recognition or change. I will own my part in your failure. I will walk with you in vulnerability and weakness. This love is the deepest form of gratitude that we can express. Out of gratitude for God’s love, we extend love to others.

Commit yourself to removing the enemies that destroy gratitude and actively pursue the qualities that release gratitude and I’ll see you at the top.

Duane Harder



Otipemisiwak
Métis Government

NOTICE TO CITIZENS

Notice of Meeting

Otipemisiwak Métis Government Annual Citizens’ Gathering

August 21 & 22, 2026

Slave Lake, Alberta

In accordance with the Constitution and Laws of the Otipemisiwak Métis Government, NOTICE IS HEREBY GIVEN that the Métis Nation within Alberta will gather for the 98th time at the annual Citizens’ Gathering of the Otipemisiwak Métis Government to be held on August 21 & 22, 2026 at Slave Lake, Alberta.

In accordance with the Constitution and Self-Government Act, Citizens of the Otipemisiwak Métis Government who attend the Citizens’ Gathering shall have the opportunity to present and vote on Citizens’ Proposals.

In accordance with the Constitution, Bylaws, and the Citizens’ Gathering Rules of Procedure all copies of proposed Special Resolutions must be provided by email to the Chair of the Otipemisiwak Métis Government via Chair@metis.org no later than 3:00 PM on July 24, 2026.

Learn more about the Citizens’ Proposal & Special Resolution processes here:

AlbertaMetis.com/Citizens-Gathering-2026

Dated this 8th day of July, 2026 at Edmonton, Alberta.

Garrett Tomlinson, Chair, Otipemisiwak Métis Government



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Music and nature are deeply intertwined. Whether we realize it or not, we encounter music daily, from the songs of birds to the rhythmic hammering of rain on rooftops. Music evolves and changes like landscape and climate. It has peaks and valleys like our beautiful mountain range. Both music and nature possess the power to move us profoundly.

For centuries, composers have drawn inspiration from nature. Ludwig van Beethoven, for example, took long walks in the countryside to clear his mind and find musical inspiration. Similarly, Johannes Brahms, a composer of the Romantic Period, often sought refuge in his alpine lodge to compose some of history's greatest music.

Chisel Creek Classical was created to reunite music with nature in an intimate, familial setting. Nestled in West Bragg Creek, this festival brings musicians together for a transformative two-week celebration of nature, community, and musical excellence. During this time, artists immerse themselves in the stunning surroundings and timeless masterpieces of the chamber music repertoire. They delve into the depths of musical expression, cultivating a profound understanding and appreciation for these extraordinary works. The beauty of Bragg Creek ignites a new level of inspiration, enriching the musical experience and fostering a deep connection with nature and community.

This year we will feature two concerts this August. One on August 23rd and the other on the 30th. Join us on August 23rd at 17:30 for an array of chamber music from the High Renaissance & Baroque Period, all the way to our modern day, culminating in the world premiere of a string quartet by Calgary composer Samuel Kerr. This program offers both meditative

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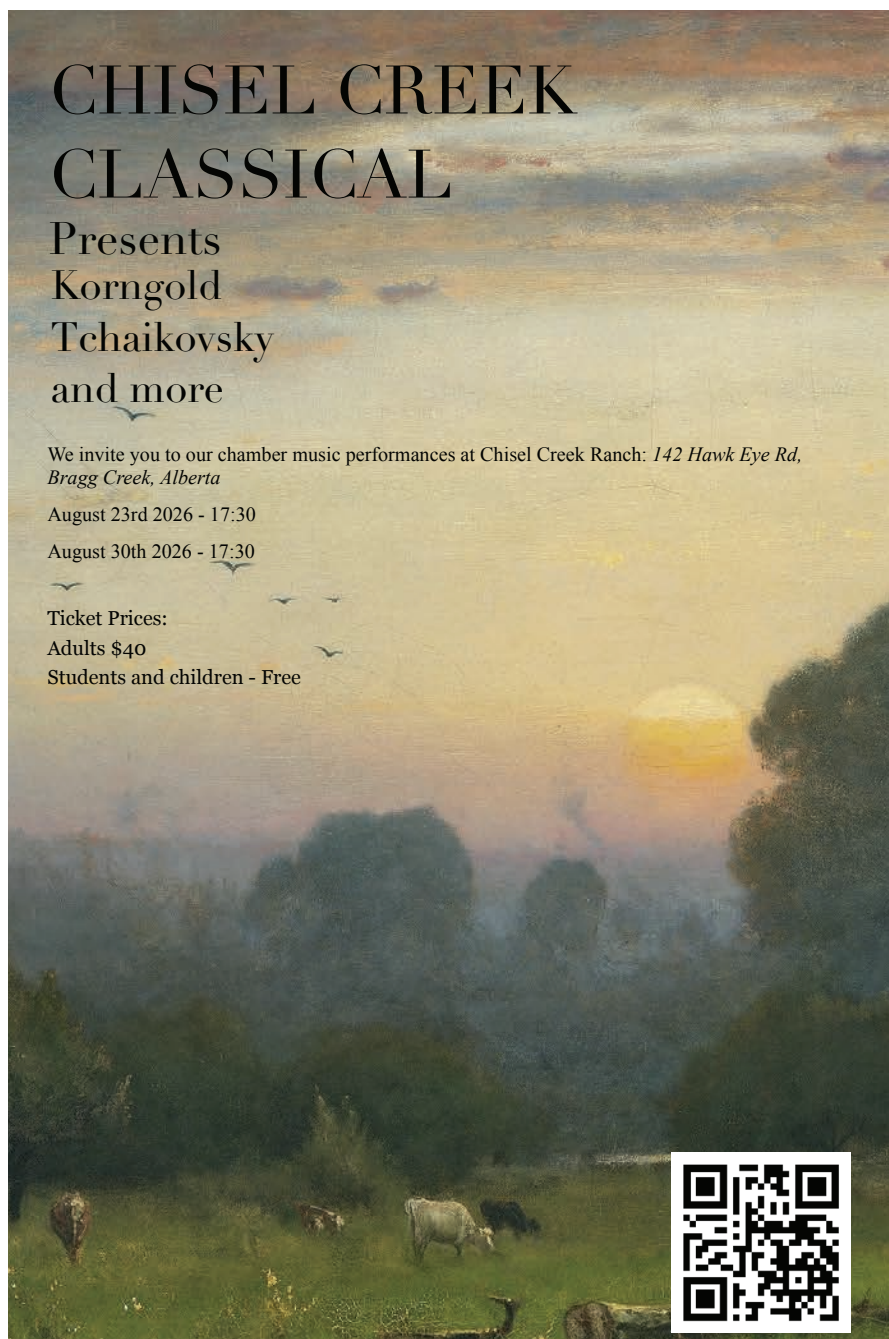
August 23rd 2026 - 17:30

August 30th 2026 - 17:30

Ticket Prices:

Adults \$40

Students and children - Free



and electrifying music which will certainly keep you on the edge of your seat with its dynamic rhythms and theatrical flair. Experience the thrill of witnessing new music come to life in the stunning setting of Chisel Creek Classical.

On August 30th we step into a world of late romantic masterworks by Pyotr Tchaikovsky and Erich Korngold. These compositions are staples in the portfolio of each composer, and will provide a rich, soul-nourishing experience.

Both concerts offer an opportunity to witness the magic of chamber music in an

intimate setting. Don't miss these evenings of musical excellence in the beautiful surroundings of West Bragg Creek. Secure your tickets now for an unforgettable celebration of art, community, and the great outdoors. The artists this year include violinists Daniel Dastoor, & Eunha Kim, violists Shyler Macaggi & Tilman Sandvoss and cellists Lexie Krakowski, and Sabina Sandvoss.

Please visit chiselcreekclassical.com for more details.



in honour of loved ones and those living with kidney disease.

Kidney March is made up of everyday heroes doing something extraordinary. Participants challenge themselves to walk farther than they ever have before and raise more money than they ever thought possible. Family members, friends, kidney patients, living donors, transplant recipients, healthcare professionals, researchers, and community supporters all walk side-by-side, united by a common goal and a shared commitment to making a difference.

Every year, Kidney March participants raise vital funds that support life-saving research, kidney disease prevention programs, patient services, and organ donation initiatives. Kidney disease often silently affects 1 in 10 Canadians, many people don't even know they have it until it's too late. Together, we march so it will no longer be silent, and to make a life-changing impact on all those affected by this devastating disease.

Thank you for helping to raise awareness in your community and for supporting the safety of the Kidney March participants and volunteers.

For more information, please visit KidneyMarch.ca or call 403.255.6139.

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Kidney March is a three-day, 100-kilometre charitable walk from Kananaskis to Calgary in support of kidney health, kidney disease awareness, and organ donation. On Friday September 11, 2026 Kidney March will be passing through Millarville and near Bragg Creek. On Saturday September 12, 2026 it will travel through Kananaskis, Bragg Creek, and Redwood Meadows. As Marchers travel through these communities, residents are asked to exercise caution on roadways and pathways, watch for event signage and reduced-speed areas, and be mindful of participants and volunteers along the road. Everyone's safety is our top priority.

Community support plays an important role in the success of Kidney March. Residents, visitors, businesses, and community groups are encouraged to wave, cheer, and help motivate participants as they undertake their remarkable challenge. The encouragement of local communities can make a lasting impact on those walking

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To Be or Not To Be Natural

Natural wine might be one of the most divisive conversations happening in wine today. Ask ten wine professionals what they think and you'll probably get ten different answers. Recently someone asked me where I stand on it, so here it is.

First, I have a tremendous amount of respect for what natural wine represents. For many producers, natural wine is more than a style. It is a philosophy rooted in sustainability, biodiversity, and a desire to let a vineyard speak for itself. Many farm organically or biodynamically, work by hand, avoid unnecessary additives, and focus on preserving the health of their land for future generations. Those are values I can wholeheartedly support.

There is also a misconception that low intervention means low effort. In reality, making great natural wine can require an extraordinary level of skill. The fewer tools a winemaker chooses to use, the more important their instincts become. A talented winemaker can recognize tiny changes during fermentation long before they become problems. They understand their vineyards intimately, know exactly how each vintage behaves, and make countless small decisions that never appear on a label. That kind of intuition is built over decades of experience, not good intentions alone.

Natural wine asks the winemaker to trust their fruit, their vineyard, and their own expertise. There are very few shortcuts and that deserves respect. But here is where my opinion becomes much simpler than the debate often allows. Natural wines, as a category, generally do not align with my personal palate. I understand why many people love the vibrant acidity, the savoury character, the occasional funk, or the unpredictability from bottle to bottle. For some drinkers, those qualities are exactly what make natural wine exciting. For me, they usually are not.

That does not make natural wine bad, and it certainly does not mean people should stop drinking it. It simply means that wine is, at its heart, a matter of personal taste. Some of my favourite bottles come from producers who intervene thoughtfully



LEFT:
Sospresa Orange Wine
From Famille Balaran
Imported by Collectio Imports

RIGHT:
Cointe Ta Bulle Pet Nat
From Chateau Fredignac
Imported by Collectio Imports

when needed because their goal is making the best possible expression of their vineyard. Others take a hands-off approach and create beautiful wines that many people adore. Both approaches can produce exceptional bottles, just as both can produce disappointing ones.

My philosophy has always been surprisingly uncomplicated. Does it taste good? Was it made by people who genuinely care about what they are creating? Will I enjoy opening it with friends around a dinner table? If the answer is yes, I am happy.

Wine has always been personal to me. Trends come and go. Orange wine had its moment. Pet Nat exploded. Chillable reds became everyone's summer obsession.

Natural wine continues to grow in popularity, and that's wonderful because it has encouraged more conversations about

sustainability, farming, and craftsmanship. But none of those trends should tell you what belongs in your glass. Drink natural wine because you love it. Drink traditionally made wine because you love it. Explore, stay curious, and trust your own palate. The best bottle of wine is not the one everyone else is talking about, it's the one you cannot wait to pour another glass of.

Cheers!

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

Photo Credit: Stephanie Gilker



Stephanie Gilker

saint wine society

saintwinesociety.com

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

Website



Instagram





Q&A Aging Exerciser

One of the things I value most is surrounding myself with people who have different areas of expertise. No matter how many years we've been in this profession, there's always something new to learn.

I recently had the opportunity to attend a workshop presented by my colleague, Dr. Rosanne, on the aging exerciser. It was incredibly informative, evidence-based, and full of practical strategies that I know will benefit all of us.

Why am I losing muscle even though I'm active?

Many people assume that if they're active, they're protected from muscle loss. Unfortunately, that's not always the case. As we age, we naturally lose muscle mass and strength through a process called sarcopenia. Activities like walking, gardening, golfing, or yoga are wonderful for health, but they don't provide enough resistance to tell the body to maintain or build muscle.

The good news is that muscle loss is not inevitable. The body responds remarkably well to strength training at any age. I've worked with women and men in their 60s, 70s, and 80s, who have become significantly stronger. Staying active is important, but preserving muscle requires challenging your muscles regularly with resistance.

How often should I lift weights as I get older?

Most adults over 50 should aim for at least two full-body strength training sessions per week. The key is consistency rather than spending hours in the gym.

Strength training doesn't have to mean heavy barbells. Resistance bands, dumbbells, weight machines, and even bodyweight exercises can all be effective. What matters most is progressively challenging your muscles over time.

Can I build muscle after menopause?

Absolutely. One of the biggest myths I hear is that women can't build muscle after menopause.

While hormonal changes can make the process slower than it was in our 20s or 30s, the body never loses its ability to adapt. Research consistently shows that postmenopausal women can gain muscle, improve strength, increase bone density,

and enhance metabolic health through proper resistance training.

In fact, strength training may be one of the most powerful tools women have to counter many of the physical changes associated with menopause.

What is the best type of strength training for bone health?

Bones respond best to load and impact. Exercises such as squats, lunges, step-ups, deadlifts, and overhead presses create forces that stimulate bones to become stronger. Weight-bearing impact activities such as jumping, hopping, or skipping can also be extremely beneficial when appropriate for the individual.

One important point is that bones don't respond to light weights forever. To maintain or improve bone density, we need to progressively increase the challenge. The goal isn't simply movement—it's providing enough stimulus for the body to adapt.

Do I really need cardio if I'm lifting weights?

Yes. Strength training and cardiovascular exercise each provide unique benefits.

Strength training helps maintain muscle, bone density, balance, metabolic health, and functional independence. Cardiovascular activities support heart



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health, circulation, endurance, and overall longevity.

I often tell clients that strength training helps you age stronger, while cardiovascular training helps you age longer. The healthiest approach includes both.

What's the best type of cardio for fat loss after menopause?

The best cardio is the kind you'll do consistently. That said, many women benefit from incorporating some higher-intensity intervals alongside lower-intensity activities such as walking, cycling, or swimming. Interval training can improve cardiovascular fitness, insulin sensitivity, and metabolic health in less time than traditional steady-state cardio and provide the additional benefits of improved glucose control.

However, fat loss after menopause is rarely solved by doing more cardio. Building and maintaining muscle through strength training often has a bigger impact on long-term body composition and metabolic health as it promotes positive changes in our ability to process glucose more efficiently.

How much cardio is too much?

More is not always better. When cardio starts interfering with recovery, strength gains, energy levels, sleep, or overall well-being, it may be excessive. I often see active women spending hours doing cardio while neglecting strength training. The result can be fatigue, muscle loss, and frustration.

A balanced program that includes strength training, cardiovascular exercise, recovery, and adequate nutrition will usually produce better results than simply adding more cardio.

As we age, the goal isn't just to stay active—it's to stay strong, capable, and independent. By combining strength training, cardio, proper recovery, and good nutrition, we can support our health and quality of life for years to come. In my next article, we'll explore why exercise becomes even more important as we age and how it helps us maintain the lifestyle we enjoy.

To learn more about strength training, healthy aging, and midlife wellness, visit DrRosanneWoods.com/stronger-with-age

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MORTGAGE MATTERS by Candace Perko

Mortgaging and Acreage Part 2

Further to last month's article ... owning an acreage is a dream for many of us. Whether you're looking for more privacy, room for horses, a hobby farm, or simply a quieter lifestyle, rural properties offer opportunities that city homes simply cannot.

An important step in your preparation, is understanding that not all lenders finance acreages the same way. While most banks and mortgage lenders will finance rural properties, each has its own lending guidelines regarding acreage size, zoning, outbuildings, and property use. Some lenders are comfortable financing properties with several acres, while others have acreage limits or restrictions.

If you're purchasing an acreage with barns, workshops, guest houses, or other outbuildings, these features should be discussed early in the financing process. Some lenders readily accept these improvements, while others have limitations. Working with an experienced mortgage broker is one of the best ways to simplify the process.

Acreage specific conditions, these are where rural properties differ.

Water Supply:

- Water potability test
- Well flow test showing adequate production (some lenders)

Septic System:

- Septic inspection
- Confirmation system complies with local regulations
- Confirmation system is functioning properly

Where the property has agricultural zoning, lenders may require confirmation that:

- The property is primarily residential
- No commercial farming operation exists and/or farm income is incidental
- Equipment is excluded from value

If you're considering purchasing an acreage, obtaining a mortgage pre-qualification

LENDER TYPE	TYPICAL MAX LTV*	TYPICAL AGE COMFORT ZONE	NOTES
Insured lenders using CMHC, Sagen or Canada Guaranty	Up to 95% LTV (subject to conditions)	Often house plus residential-use land, commonly 5 to 10 acres, more on exception	Property must be residential, year-round accessible, and suitable for full-time occupancy. Insured purchases must generally be under \$1.5M.
Major banks / Monoline lenders	Up to 80% LTV conventional, or insured if approved	Commonly 5 to 15 acres maximum, more on exception	Stronger files may receive exceptions. Policy will usually focus on the house, garage, and allowable residential portion of the land.
Credit unions	Up to 80% LTV conventional, or insured if approved	Commonly 10 to 40 acres, sometimes larger	Usually more flexible with local rural properties, especially where they understand the market.
Alternative / B lenders	Usually 65% to 75% LTV	Case-by-case	Used when income, credit, zoning, condition, or property uniqueness does not fit prime lending.
Private lenders	Often 50% to 65% LTV	Case-by-case	More expensive, short-term solution. Property equity and exit strategy are critical.
Agricultural / farm lenders	Varies, often 50% to 75% LTV	Larger acreages, farms, agricultural use	Better suited when the property is income-producing, farm-zoned, or beyond residential acreage guidelines.

* LTV = Loan to Value

before you begin shopping is one of the smartest decisions you can make. A pre-qualification helps establish your budget, strengthens your negotiating position, and gives you confidence when you find the perfect property.

Whether you're buying your first country home or upgrading to your forever acreage, expert advice can make the entire financing process smoother and help turn your rural dream into reality.

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US PATENTS Part V

WHEN SHOULD I FILE FOR A PATENT?

Every country in the world are known as “first to file countries.” This means that in the case of competing similar applications, the patent will be granted to whichever application is filed first. The date that you conceived of the invention is not relevant. This in turn means that it is extremely important to file your first patent application as quickly as possible.

For instance, if you or someone else have both filed for patent protection in Canada, the Patent Office will examine your applications and if the applications are found to be satisfactory, they will approve a patent to the individual who filed their application first, not to the individual who conceived of or invented the idea first. The date of invention is not important in Canada or most other countries in the world, except the US.

The US previously was a first to invent country but this changed several years ago. Now priority in terms of competing applications is awarded to whoever filed their application first. In other words, it makes no difference whether you invented the idea 5 or 10 years earlier.

All that matters now is whether you filed your application first. Someone cannot steal your invention, meaning to claim that they invented the idea because patent applications can only be filed on behalf of the original inventor or someone who acquires the rights from the inventor such as someone who purchases the rights to an invention.

However, be aware that the US Patent Office is not perfect or all knowing. They could approve an application filed on behalf of someone who stole your idea from you or first learned about the idea as a result of something you have done such as putting your invention on a website, selling the invention or going to a tradeshow. Keep in mind that the US Patent Office has no idea whether someone who claims to be the inventor of an idea did not actually steal or copy the idea from the real inventor. So the bottom line is you need to be the first one to file your application somewhere in

the world. We always recommend filing in the US first for a number of reasons.

In the next issue we'll discuss if you can use your invention before filing your patent application.

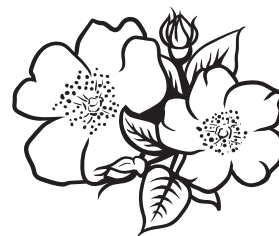
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ANDREA KIDD

God Gave Us Brains

Shelly dabbed her lips with the white, linen napkin and tossed her auburn curls from her face. Her hazel eyes shone in the candlelight as she gazed into Derek's.

"Dinner was perfect, Sweetheart! Roasted lobster tails with coconut curry dipping sauce! Delectable! Our two year anniversary! Any regrets?"

"Only that I didn't meet you sooner! You believed in me, Shelly. That's made all the difference to my life."

"I'd given up on dating, Derek. Decided I'd rather go it alone. The other guys just wanted to show off. I couldn't stand it! You're always just you. No pretense."

The waiter approached during a quiet moment. "How was the mousse? Would you like coffee?"

"Just the bill, please."

Derek stood, put his arm around Shelly's shoulders and planted a gentle kiss on the top of her head.

"Do you want to go home now... or...?"

"The sunlight will be dappling through the trees by the river. Let's go for a stroll and watch the sunset!"

On the way, Derek suddenly turned into the local fast food outlet. He held the door open for Shelly who looked at him quizzically.

He gave a sheepish grin. "I just need a 'top-me-up,'" he told her as he ordered a hamburger and fries. "Not much meat in a lobster leg!" Shelly chuckled and squeezed his hand.

Strolling along the river path, Derek munched through his meaty burger and wiped the barbecue sauce off his mouth with a couple of paper napkins.

Shelly breathed in the soft, moist scent of ferns and moss growing along the river bank. A deep contentment settled between them.

Meandering along the woodland trail, their minds wandered along other trails.

"Did you ever wonder if we are more than what we eat?" asked Shelly. "I mean, we can see the ripples in the creek, we can smell the leaf mould, hear the squirrels chittering; that lime mousse was delicious and I love the touch of your skin, but, Derek, do you think there is something more, beyond all that we feel with our five senses?"

"You mean, beyond a juicy burger and a beautiful girl at my side?" said Derek as

he tossed the burger wrapper into a garbage can. "Well... there is love. I can feel it right now, but it's beyond me to put it into words." He drew Shelly close to sit beside him on a bench and added, "Grandma says love comes from God. She says God is love."

Shelly nestled against his shoulder. "Sometimes loving is difficult, though. There's those times when we just don't feel like loving."

"Yeah. Grandma says when we shut God out, we shut out love and we poison ourselves."

"It sure is miserable when we are at odds with each other," Shelly commented, "and it shows. Everyone at work knows when we're not speaking to each other. Maybe we should let God in more."

"Yeah, I've been thinking about that, too. We could go to a church? It would give us something to think about." Then Derek added, "I wouldn't know where to start, though. There's so many denominations. I suppose they all think they're right, but how would we know?"

Shelly stood, took Derek's hand and they walked along the path again. "We could gather information and figure it out," she said, "after all, God gave us brains."

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OUT OF THE RUT by Kat Dancer

Chapter 192

It's deceptively large. Thus said I this morning discussing the volume capacity of a glass pot.

The optical and sensible illusions of life...

We are blown away by the magnificence of mountains, they look soft and rolling, coated in a fuzz of greenery, yet up close it's a tangled mass of spiky things, brittle edges, drifting scree and dangerous descents. This is even more dramatic in Andalusia where my parents live. Just a few moments from the concrete linear organization of the town, the undulations and sudden changes of the landscape make travel an exercise in mindfulness. Maintaining footing and planning a route through that winding chaos of tumbled rocks, spiky mediterranean plants and the occasional buzzing colony of bees, is a challenge. So thankful the recent traumatic and fatal fires decided to stay the other side of the valley to my parents' home.

The Alberta skies are phenomenal, just a couple of evenings ago when out rather late, we had to sit by the road watching the great painter in the sky splashing colour hither and yon, lighting up a horizontal stretch of glittering silver-gold and illuminating clouds as though looking at the ocean's horizon... yet far above the silhouette of aforementioned mountains.

Deceptively small mosquitoes were bouncing off the car windows as my partner stood outside, oblivious to the tiny beasts' shenanigans. Were I to stand outside with him my body would have been reduced to a mass of red bulging blisters and itching madness within seconds. How nice it would be to have the blood type that they don't like to suck.

Last night I somehow got caught out and today my head is a burning mass of irritation. Darn things create such a dramatic reaction in my skin. Ugh.

The energy of crowds... we took our lives in our hands to explore a day at the Stampede grounds... wandering the buildings exploring exhibitions, marvelling at beautiful and talented reining and cutting horses, heavy horses, displays of this and that. Sampling a rather good pizza and a pretty synthetic ice cream, then retreating to a delightfully cool and calm cafe at the midpoint when we had reached a somewhat frazzled stage from the heat and the



people. We checked out some of the fun in the Indian Village, a secluded outpost that always smacks slightly of something added on rather than an integral element... Indian games that harness the talents and focus needed for later life, a much more entertaining and also practical way to play than with thumbs on a keyboard. This reminded me strongly of the great difference between today's urban existence for most and my childhood spent out of doors, creating something from nothing, diving into scenes of imagination from hundreds of books read, extrapolating outward into the wild existence around me. Hiding in the woods, building retreats beneath bushes and trees. I am thankful that the computer world had only just begun to obliterate the rest of reality as I entered my later youth.

Back to those crowds...the heaving mass of people marching through the grounds, cowboy hats and boots, denim for miles...

it's a fascinating and entertaining event and utterly draining after a while. Rolling south in the train, packed shoulder to shoulder in a sweltering boxcar, we headed away from the heart of the city, stopping for dinner at a favourite place...stepping out of the car I was suddenly swept up in the startling peace and space after being crowded and bombarded with input for the remainder of the day. Inside, a clean, crisp environment with fresh and delicious food that fed both body and soul. A good way to end the day.

Grateful for the space, peace and beautiful greenery amid which we spend our days out here. It behooves us to treat everything with greater appreciation and to be circumspect about what is brought into this land, and why.

Thank you for reading.

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Here Comes the Lacewings

August is known for its summer weddings. Now when I hear wedding bells and see brides dressed in lace I cannot help but think of the laced beauties of the insect world, the green lacewings. These gorgeous fluorescent green insects combine the delicate beauty of their well veined wings that resemble a lace veil over their backs with a touch of gold in their enormous compound eyes. The latin name for the family Chrysopidae derives from the Greek words for golden eye. Whomever named this insect certainly deserves a toast. But should these insects be welcomed guests at our nuptial celebrations? I say yes.

First the adult lacewing is one of the few insects that the average person oos and ahhs over. If you watch them very carefully you will see that there is a certain fairy-like grace to their flight, which includes an acrobatic front flip upon take off. The adults also eat mostly nectar and pollen, which would aid in pollinating all those flowers you need for weddings. They could also be welcome on the dance floor as the adults are known for vibrating their



Photo by Laura Griffin

abdomens at one another to attract a mate. But my experience with weddings has shown me that the real fun is to find out what the children are up to, and lacewings do not disappoint in this department.

The family of green lacewings undergo full metamorphosis, meaning they have four life stages. Unlike most insects, green lacewing eggs are easily identifiable as they hang from silk stalks produced by the mother which protects them from any predators that might happen upon them, this includes their first born siblings. The appetite of the new born lacewing larvae,

also known as aphid lions is something to be celebrated by both gardeners and horror writers. They resemble ladybug larvae with six visible legs on a chunky flat body, but they have a very visible mandible that is essentially giant hollowed out pincers. With these pincers they grab ahold of their prey, mostly aphids, and secrete digestive enzymes into their body. Then the larva can suck out the aphids insides like an insect smoothie. If that is not terrifying enough some species will then adorn themselves with the hollow bodies of their victims and other debris like lichen to disguise themselves and gain better access to more aphids. This also helps them to evade detection from the ants who like to protect the aphids like shepherds do their sheep. Green lacewing larvae have been known to eat between 100 and 600 aphids each making them well suited as biocontrols in our gardens.

After the killing spree is done they transform into circular silk balls in the pupa stage of their lives waiting to be transformed from the beast into the beauty of adulthood and their lacewings. A tale as old as time. So if like me you find yourself a guest at a wedding this August, I hope in the outdoor moments you have a chance encounter with a green lacewing that leaves you admiring their natural beauty. Just don't try to pick one up as it will excrete a coffee smelling odour to defend itself.



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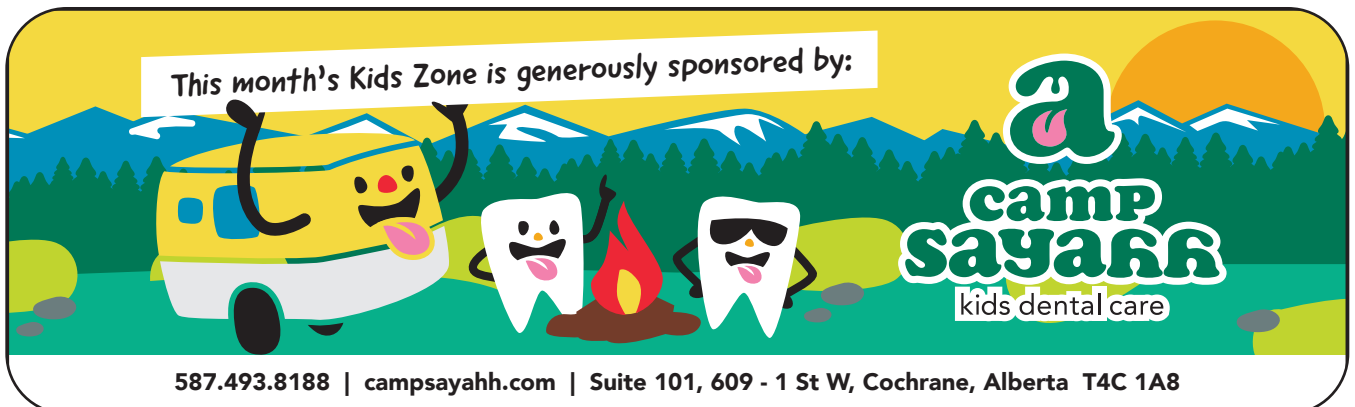
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ADHD jobs and careers

WHAT CAN I STUDY AT COLLEGE AND WORK IN AS A CAREER WITH ADHD?

Over the years, many people have reached out to me because they were having challenges with their jobs or career choices. The fact is ADHD does not categorize who or what you can be. It does not have to limit your choice. When you find your path by aligning your values, personality and potential capability, then you can work in any career you want. The key to doing this successfully is to know yourself, to be realistic and to manage your ADHD.

WHAT TYPES OF JOBS DO PEOPLE WITH ADHD DO WELL?

Much depends on your ADHD and/or any co-existing conditions you may have i.e. anxiety, depression, perfectionism, giftedness, learning disorder, etc. Well, consider those things that challenge you in a way that does not overwhelm or underwhelm you.

WHAT ABOUT THE WORK ENVIRONMENT?

Enjoying what you do is one thing. It is equally important that the work environment is a good fit for you. Some people want freedom and autonomy, some appreciate well-defined structure, others want something creatively challenging and complex, may enjoy teamwork or simply "never the same day twice". Do you feel valued, supported and have the freedom to ask for accommodations in your workplace where needed?

WHAT ARE SOME COMPATIBLE JOBS?

ADHD strengths may be used more than others, for example when:

- Thinking on your feet, switching quickly between tasks – Teachers, Daycare workers.
- Dealing with people variety and topics with quick assignment turnarounds, short attention span, low boredom tolerance, hard deadlines may be a challenge - Journalist, Editor, Public Relations.
- Creative, short-term focusing on the task at hand, jumping from task to task quickly, taking immediate steps to create a finished product - Food industry worker, Chef, Beautician, Hair stylist.
- Flexible hours, autonomy - Entrepreneurs, Business owners, Realty.
- Crises management, split-second decision making, hands-on thinking, adrenaline-pumping excitement can help focus the mind - EMT, Medical, Police, Fire, Search and Rescue.
- Working with others or independently to solve problems, create or troubleshoot codes or programs, harnessing that

hyperfocus on small details - Mechanics, Technicians, Scientists, Programmers.

- Fast-paced artistic environment of creative chaos - Choreographer, Comedian, Stage manager, Musician, Producer.

WHERE DO I BEGIN?

In everything there is a chance to learn, to grow, to learn and to be your best self.

- What are my strengths - this is not the time to be modest!
- What activities capture my attention and keep me engaged?
- What types of activities don't I like and why not?
- What energizes me?
- What are my values?

Sources: Quinn, P. (Ed.) *ADDitude: Jobs for ADHD minds*. Monthly subscription magazine.

Wilkowske, D.R. (2007), *The Chronic Job Hopper*, iUniverse Inc: New York.

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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