

# HIGH COUNTRY *News*

*Serving the  
Communities of*

Black Diamond • Bragg Creek • Eden Valley • Elbow Valley • Jumping Pound • Longview  
Millarville • Priddis • Red Deer Lake • Redwood Meadows • Springbank • Turner Valley



## UNEVEN TEMPERATURE AT HOME?

### Hot and Cold rooms? Allergies? High bill?



CLEAN INDOOR AIR | HEATING | GARAGE & SPACE HEATERS | SENIORS HOME SAFETY UPGRADES



# HARDER & SONS

EXTERIOR MAINTENANCE SERVICES INC.

*Create small sanctuaries of  
retreat and aesthetic beauty*

- Pathways that guide
- Stunning gardens & water features
- Spaces for solitude & retreat

*Call Us Today!*



*We create and maintain your OUTDOOR LIVING SPACE*

Complete Year Round Grounds Maintenance • Landscape Design, Construction & Repair • Complimentary Consultation  
Deck & Fencing • Forest Management • Natural Play Spaces Design & Construction

*Serving Bragg Creek, Cochrane,  
Calgary & the Foothills since 2009*

[exteriormaintenance.ca](http://exteriormaintenance.ca) 403.949.3442 [info@exteriormaintenance.ca](mailto:info@exteriormaintenance.ca)

Member of Bragg Creek Chamber of Commerce, Cochrane & District Chamber of Commerce, Landscape Alberta

## JUNK REMOVED. LIFE SIMPLIFIED!



### THE JUNK MOVEMENT

- JUNK REMOVAL
- MOVING
- DOWNSIZING
- DONATION PICK-UP

**BOOK ONLINE: [thejunkmovement.ca](http://thejunkmovement.ca)**

**OR CALL: 587-830-JUNK**





## IN THIS ISSUE...

### Communities:

	Page
Springbank.....	7
Bragg Creek/RedWood Meadows.....	14/16
Priddis/Millarville/Red Deer Lake.....	28
Square Butte.....	28
Black Diamond/Longview/Turner Valley.....	30
DeWinton.....	37

### Articles:

From the Editor .....	4
Artist Profile .....	4
Councillor's Update <i>Don Kochan</i> .....	6
Judy Hunter .....	7
MP Update <i>John Barlow</i> .....	9
MLA Update <i>Miranda Rosin</i> .....	10
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i> .....	12
Make Your Mark <i>Mark Kamachi</i> .....	13
Bragg Creek Physiotherapy .....	14
Bragg Creek Trails .....	19
Bragg Creek Wild .....	22
High Country Rural Crime Watch <i>Dave Schroeder</i> .....	24
A Taste of the High Country <i>Renée Delorme</i> .....	26
Councillor's Update <i>Suzanne Oel</i> .....	32
Councillor's Update <i>Barb Castell</i> .....	33

### Lifestyle:

Duane Harder.....	35
Business Profile <i>Camp Sayahh</i> .....	36
ADHD and Anxiety <i>Roché Herbst</i> .....	38
Mortgage Matters <i>Candace Perko</i> .....	40
Out of the Rut <i>Kat Dancer</i> .....	41
Andrea Kidd .....	42
Laura Griffin .....	44
Kids Zone .....	45
Classifieds.....	47
Business Directory .....	Back Cover

**HIGH COUNTRY NEWS** is published monthly by:

**High Country Business Services Ltd.**

**Box 476, Bragg Creek, AB, T0L 0K0**

Editor: **Lowell Harder**

Layout & Design: **Sam Richey**

### ADVERTISING RATES:

Circulation: 12,500

Front Page Banner: Colour Only \$227.50 Min 3 mo booking

Inside Cover Full Pg: Colour \$773.50/ B&W \$624.75

Index 1/4 Pg: \$227.50 Min 3 mo booking

Full Page: Colour \$702.50/ B&W \$567.00

2/3 Page: Colour \$494.00/ B&W \$399.00

1/2 Page: Colour \$377.00/ B&W \$304.50

1/3 Page: Colour \$260.00/ B&W \$210.00

1/4 Page: Colour \$201.50/ B&W \$162.50

1/6 Page: Colour \$149.50/ B&W \$120.75

Business Card Colour \$97.50/ B&W \$78.75

\*1/4 hour layout included in ad rate - additional time at \$75/hr

Back Page Listing \$114/yr (\$9.50/mo)

Commercial Classifieds \$20 up to for 4 lines,

\$4/each additional line

For website advertising, call the office for a quote

Discounts available on long term commitments

GST NOT included in rates

**NEXT DEADLINE IS  
Wednesday, February 15**

*We accept e-transfer, Mastercard & Visa*

*Articles published in the High Country News are solely the opinion of the writers. This publication assumes no responsibility for the content or accuracy of these articles.*

*No part of this publication may be reproduced in any way without the written permission of the editor.*

**403.949.3526**

**www.highcountrynews.ca**

**info@highcountrynews.ca**

**facebook.com/highcountrynews.ca**

**Instagram: @highcountrynews.ca**



Kathleen Burk  
**RE/MAX**  
Realty Professionals



**KATHLEEN BURK**

**19 years of real estate marketing,  
positioning, strategy and collaboration.**

Specializing in the greater Bragg  
Creek and surrounding areas

kathleenburk@remax.net

braggcreekredwoodmeadows.com

403.818.8049



## LETTER FROM THE EDITOR

In my early 30's I was introduced to the business philosopher, Jim Rhone. One of his audio CD's that I enjoyed listening to was entitled "Setting the Sail". We can't really change the external circumstances that are thrust upon us. We can choose our response. On the 25th I had the privilege to listen and take part in a presentation by Rob Roach, Deputy Chief Economist and Managing Director from ATB Financial, entitled "Weathering the Storm". Despite the economic storm that we're experiencing, he communicated a spirit of optimism. He highlighted the tools and "Albertan culture" that we have at our disposal. One of his slides was a picture of the ocean entitled "Same Sea, Different Boat". We need to look at our boat with a fresh lens to see all that we have at our disposal to deal with the challenges we face. This fresh perspective enables us to creative solutions that will enhance our lives and communities to thrive.

Our front cover features a weathered tree having stood the test of time. If we pause to study and reflect on the tree, its rugged beauty will give us a valuable life lesson. It has firmly rooted itself so that in the numerous storms it has experienced, it has been shaped by the forces thrust upon it. Some things have had to die, but it remains upright. In one sense, we can look and say, "we can make it too".

Despite the challenges you face, hopefully this tree can serve as a reminder to you that there is a way to weather the life storms you're experiencing. Don't give up, but root yourself to the rock beneath you.

Is there something you can do in this month, that can set your sail in order to begin steering your ship in a better direction? What needs to take place so you can ride the rough waters you're currently in? With whom do you need to speak with that can walk with you in your journey?

Lowell Harder



## ARTIST PROFILE

"Lessons of the Limber Pine" - 12"x12" - Acrylic on Canvas

There is wisdom earned by growing in such a harsh environment. Those changes in the tree as it has grown gnarling and roots twisting to find its optimum position, offshoots have died, and the trunk has split; yet, this magnificent tree stands the test of time. Incredible beauty is displayed with its hard-won scars. These visible reminders show us, whatever comes our way, we will persevere.

During the darkest, coldest, and most turbulent times – hope persists.

Longview artist - [www.DeannaLavoie.com](http://www.DeannaLavoie.com)

*We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to [info@highcountrynews.ca](mailto:info@highcountrynews.ca). We are looking forward to seeing what you create.*




**BRAGG CREEK**  
community church

*All Welcome!*

**Sunday Service 10:00 - 11:30am**  
(Sunday School runs Sept - July & nursery space is available for parent use)  
For youth, business lunches, and other program info please visit our website and sign up for our email list, which sends out the most up-to-date info  
You can also still join us virtually on Facebook Live or YouTube  
Pastor Dave Zimmerman • [braggcreekcommunitychurch@gmail.com](mailto:braggcreekcommunitychurch@gmail.com)  
[www.braggcreekchurch.ca](http://www.braggcreekchurch.ca)

*Bragg Creek Area Businesses:*

Please Join Us  
**Last Wed of Each Month**

**For a FREE LUNCH**  
The Hub • 7 Balsam Ave  
Bragg Creek Shopping Mall  
11:30am - 1:30pm  
All Bragg Creek area business owners/operators welcome!








## LETTER TO THE EDITOR Feeding Birds in Winter

The recent article from Bragg Creek Wild discussed feeding birds in winter. Essentially, it discouraged feeding birds, but also provided some good tips on how to do it. I would like to provide information from Cornell University. Cornell developed the excellent Merlin and eBird apps for bird identification and citizen science recording of bird sightings. They are a major research center for birds. On the winter bird feeding topic, they say:

Is feeding wild birds a good thing? Jones: There are many examples of how birds are benefiting from feeding—no question at all that they are more likely to survive winter if they get fed. [Some] species that may be having a hard time, especially in an urban environment, benefit from the food they find in people's yards. Greig: Some of the good aspects are that there are studies showing that feeding birds increases survival during particularly harsh conditions. So, in the dead of winter when there's snow covering everything and it's super super cold, birds benefit from being able to come to feeders and being able to get some suet or black oil sunflower seeds, something nice and fattening. Cornell also offers an excellent resource at FeederWatch.Org where people with bird feeders can participate in citizen science by providing their observations of birds at their feeders.

*Keep birding.  
Rick Courtney*



## OBITUARY



Mabel Yeo passed away on Friday, January 13, 2023 at the age of 90 years. This is a glimpse into her long and beautiful life.

She was born in Nauwigewauk, NB on April 1, 1932, the youngest of five children. After high school, she attended business college in St. John, NB. Upon completion, she went to work at Westinghouse in Hamilton and worked her way up to office manager. In the early 1950's, Mable also volunteered with the Air Force reserve in Security (clearance) in Hamilton.

Mabel enjoyed her early days, dancing on weekends, golfing, skiing, and breaking hearts. Having mutual friends, Mabel and Ken Yeo's paths crossed often. Ken was too cautious, and they dated for many years before marrying in 1982. They continued

to have a wonderful life together for 36 years. Mabel and Ken loved to travel, and go on bus trips and cruises. Their honeymoon was an around the world cruise. Mabel actually loved having fun in general and people were naturally drawn to her.

Upon the completion of their honeymoon cruise, they built a home in Bragg Creek, AB and settled there. They were both avid golfers and Mabel was particularly proud of several league championships at her and Ken's home golf course, Wintergreen in Bragg Creek. Mabel had a passion for golf and played until she was 86. Even after that she continued to watch it on TV and keep up with the pro circuit. She was also a member of the Bragg Creek Ladies Auxiliary and developed many friendships there. When Mabel's health turned just after her 90th birthday, she moved to Amica assisted living in Calgary, where she continued to make new friends.

Mabel is survived by her sister-in-law Isabel, nephews, David, Gary and Darryl, and nieces, Louise, and Dianne. Mabel was predeceased by her loving husband, Ken in June 2018, her parents, Grace (Ganong) Wanamaker, and Willis Wanamaker, and siblings, Byron, Olive, Ada, and Ken.

Mabel and her love of life will be missed by her family and many friends. Condolences, memories, and photos can also be shared on her obituary page on McInnis and Holloway website.

## 30 DAY WEIGHT LOSS PROGRAM LOSE UP TO 15 LBS IN 8 DAYS!



45-DAY MONEY-BACK GUARANTEE  
94% SUCCESS RATE

BONUS WEIGHT LOSS  
HYPNOTHERAPY CD

**RIPPED!**  
LIVE ON DEMAND

- PLANT-BASED SUPPLEMENTS
- NUTRITION PLAN THAT WORKS
- ACCESS TO ONLINE WORKOUTS
- RECIPES AND BLOGS
- ACCOUNTABILITY GROUP



**STARTS FEBRUARY 27**

**SIGN-UP TODAY!**

GETRIPPEDJARI@GMAIL.COM FOR MORE INFO





## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Mayor, Division 2

Hi everyone,

#### Municipal Development Plan (MDP)

**Terms of Reference (TOR):** Council has passed the TOR for the development of a MDP. The MDP is a statutory plan that outlines the overall vision for a municipality's future growth from a planning and development perspective and guides how and where the municipality will grow. Alberta's Municipal Government Act (MGA), Section 632 requires the council of every municipality to adopt a MDP by bylaw and sets out what an MDP must include. The County's existing MDP (the County Plan), was adopted in October 2013. Rocky View County and other Calgary Metropolitan Region Board (CMRB) member municipalities are required to update their MDP to align with the Calgary Metropolitan Region Growth Plan (RGP) by August 15, 2025. For details on the TOR, please visit RVC's website at [www.rockyview.ca](http://www.rockyview.ca). It is expected that the MDP will be completed in 2024.

#### Service Level and Key Performance

**Indicators (KPI):** In 2023 a review of the county's services and service levels is being undertaken to ensure that the services are in line with the expectations of RVC's citizens and that they are provided in a timely manner. A service capacity review will also be part of this exercise to determine if there are the required resources to meet the service level needs. Once the service levels for the different department business functions have been established, key performance indicators will be developed to measure the success of RVC in providing the different programs and that they are done in a cost effective manner. Consultants have been retained to undertake this work and it is expected that this work shall be completed by the next budget cycle.

#### Range Road 33 Interchange

**Improvements:** On December 22, 2020, Council directed Administration to negotiate a Cost-Sharing Agreement with the local Developers and Alberta Transportation. The interchange improvement costs are estimated at \$40

million. The initial proposed funding model would be 20% Rocky View County, 40% Harmony/Bingham Crossing and 40% Province. However, the County was not successful in the request for funding from Alberta Transportation due to other competing priorities and approved provincial infrastructure projects.

On December 13th Council passed a cost sharing agreement with Harmony, Bingham and RVC for an amount of 24 million. RVC's cost share of 6 million will come from the transportation offsite levy that the developers have contributed to. The agreement that was passed is to recognize the cost sharing required to start the process of identifying improvements that are eventually needed for RR33. The overpass is a regionally significant piece of transportation infrastructure for the County's west side. In addition to residential users, the overpass is also extensively utilized to access services on both the north and south sides of Highway 1 which include, but are not limited to, all of Springbank's schools including the Edge School and Parks for All Seasons; Springbank Airport; Mickelson National Golf Club, Callaway Park, Commercial Court and Emergency Medical Services deployed from Springbank Airport.

The objective for this project moving forward is to refine the design and look at some optimization of the interchange to get the most out of the upgrade as we possibly can. This will include looking at the provision of the roundabouts in place of the signals as an alternative to the original design.

As the county is still in the early stages of advancing the engineering design for the Highway 1/Range Road 33 Interchange, administration can commit that once a design has been selected that meets the requirements of Alberta Transportation, the County will provide that information to area residents and businesses for understanding and feedback.

Administration is committed that they will continue to involve the community and residents as the project moves forward. Administration are in the process of establishing a project team to carry out the engineering work required and will continue to develop an engagement plan to ensure that they have consulted with the appropriate stakeholders. Detailed engineering for the project is anticipated to be completed by the third quarter of 2023.

**New Virtual Services Available:** Just a reminder to take advantage of Rocky View's online customer service portal — [my.RockyView.ca](http://my.RockyView.ca). The new portal makes County services, previously only available in-person or by telephone, more accessible and convenient for residents. The new portal requires residents to create an account to access the following county services online: Property assessment information • Property tax payments and balances • Tax certificates • Utility payments, balances, and billing history • Mortgage holdings Residents can visit [my.rockyview.ca](http://my.rockyview.ca) to sign up and get started.

*Wishing everyone all the best in the New Year!*  
Don Kochan – Division 2 Councillor  
[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)

## Have brush... will travel!

Bring Jane to your hometown and host a barn quilt painting class. Jane provides full class instruction and materials.

Painted Barn Quilts (24"X24") are available for purchase. Larger sizes, with choice of design and colours can be ordered.

February 12<sup>th</sup> • March 12<sup>th</sup>

Register for classes on our website or call for more info.



For more information contact  
Jane Morgan 403.680.8683  
[www.quilterspalette.ca](http://www.quilterspalette.ca)





## NEWSLETTER

### Judy Hunter -Ward 5 Trustee

The Board received the Superintendent's report which highlighted the work that has been achieved with the fourth year of the Rock View Division's Four plan.

#### Safe and Caring Learning Environments

Moving in our fourth year of the 4-year plan, all schools are expected to have an in school PBIS Team in place, and to be actively engaged in the implementation of the Positive Behaviour and Interventions. To continue to support this work, this year two Learning Support Specialists shifted their work to PBIS Coaches. The coaches work alongside school-based teams and divisional team members to guide implementation of behaviour support plans and support school teams in ongoing assessment of the effectiveness of identified strategies through review, reflection, and data collection. Administration has also increased professional learning options focused on the importance of an aligned approach and response to addressing behaviour, social emotional learning, and mental health. We are confident all schools will be engaged in initial or full PBIS implementation by the end of June 2023.

#### Making Learning Visible

MyBlueprint continues to roll out across the district. myBlueprint is a Canadian-based online educational planning tool that provides a platform for students to explore and document their academic and vocational interests, eventually creating a step-by-step roadmap to achieve their goals. Tech for Learning specialists and teachers together to discover new ways of engaging students and assisting them to own and share their learning. The Technology for Learning tech team has been engaged in significant distribution of devices to support this work across the district including 975 chromebooks, 100 teacher MacBooks, 50 projectors, and 75 Wi-Fi access points.

#### Assessment Practices

Schools are sifting to understand how assessment drives instruction through inclusionary practices. Both large scale assessment, and classroom-based assessment practices are at the forefront of conversations via book clubs, professional learning as well as the High School Assessment Working Group. This

shift is connected enhanced inclusion, instructional practices, and student engagement. There has been intentional collaboration of the learning supports, technology for learning, Indigenous learning, and instructional leadership learning specialists to understand each other's roles work and how they can collaborate to provide stronger service to children and classrooms.

Staff continues with the implementation of the RVS Assessment Schedule and ensuring practices align with student literacy and numeracy needs as evidenced via assessment.

#### New Curriculum

Staff continues with current new curriculum implementation and plans for next phase of implementation in the fall of 2023 which includes ELAL (English Language Arts and Literacy) grades 4-6, Math grades 4-6, Fine Arts K-3, Science K-3, French Immersion Language Arts and Literature K-3.

#### Future Directions:

Plans for the second half of the 2022-2023 school year:

- Release and begin implementation of the Instruction and Assessment Practice Guide
- Continue with the implementation of the RVS Assessment Schedule and ensuring practices align with student literacy and numeracy needs as evidenced via assessment
- The RVS Writing Assessment is in development and may be piloted this spring
- Engage with a new vendor to replace the SOS-Q (Student Orientation to School Questionnaire) to capture information and guide supports for student wellness
- Continue with current new curriculum implementation and plan for next phase of implementation in the fall of 2023 which includes ELAL grades 4-6, Math grades 4-6, Fine Arts K-3, Science K-3, French Immersion Language Arts and Literature K-3
- Pilot data collection on student behavior via module in Dossier.

SPONSORED BY GLOBAL PET FOODS  
eat.play.love.  
Cochrane, AB

## AGGRESSION IN DOGS

**LIVE SEMINAR WITH  
MICHAEL SHIKASHIO**  
CDBC

**APRIL 29 & 30  
9:00 AM - 5:00 PM**

**CAHS Rehabilitation  
& Education Centre**  
62 Griffin Industrial Point

Join us for a 2-day seminar with sought-after keynote speaker Michael Shikashio on the topic of aggression in dogs! Mike will be showcasing real case studies, with video, demonstrating successful resolutions from start to finish with dogs who have a history of aggression. From safety to management to prognosis to behaviour change - *this presentation covers it all!*

**THIS SEMINAR IS APPROVED FOR**  
12.5 CEUs for CBCC-KA  
12.5 CEUs for CPDT-KA  
12.5 CEUs for IAABC  
TBA ABVMA CEs

**REGISTER TODAY**  
[cochranehumane.ca/programs/animal-training](http://cochranehumane.ca/programs/animal-training)

SPONSORED BY GLOBAL PET FOODS  
eat.play.love.  
Cochrane, AB

## OFF-LEASH DOG PARK

**A SEMINAR PRESENTED  
BY TRACY KEITH**  
CBCC-KA, CPDT-KSA

**FEBRUARY 5  
1:00 PM - 5:00 PM**

**CAHS Rehabilitation  
& Education Centre**  
62 Griffin Industrial Point  
*or virtually via Zoom*

**What you should know if you're gonna go!**  
Join us for a fun-filled look at dog-to-dog interactions; the good, the bad and the ugly of off-leash dog parks; and the effect they may have on your dog.

**THIS SEMINAR IS APPROVED FOR**  
2 CEUs for CBCC-KA  
2 CEUs for CPDT-KA  
4 CEUs for IAABC

**REGISTRATION FEE**  
**\$50 +GST per person**

**LEARN MORE OR REGISTER  
ONLINE TODAY!**  
[cochranehumane.ca/programs/animal-training](http://cochranehumane.ca/programs/animal-training)

**TRACY KEITH**  
Co-founder & Department Head of Behaviour at the Cochrane & Area Humane Society  
CBCC-KA, CPDT-KSA  
certified through the CCPDT  
Member of the CAPPDT  
Fear Free Certified Professional  
Certified in Pet First Aid  
Tracy is certified in advanced dog behaviour modification and training, specializing in complex behaviours including fear and aggression.

Meet. Adopt. Love.

[cochranehumane.ca](http://cochranehumane.ca) FOLLOW US!

**Cochrane & Area  
HUMANE SOCIETY**



## SPRINGBANK HERITAGE CENTRE

### Upcoming Events and Activities

**\*\*Pickleball (members only)**  
Monday afternoon at 12:30 - 4:30

**\*\*Singing Group**  
Every Tuesdays at 10 - 12pm

**\*\*Games Day**  
Every Tuesday at 1-4:00pm

**\*\*CCC...Crafts, Chat & Coffee**  
Every Wednesday at 1 - 4pm

**\*\*Wine & Paint Night**  
Wednesday, Feb 08 at 7 - 9pm  
(supply list/project on HC website)

**\*\*Jubilation Dinner Theater (sold out)**  
February 15  
Bus leaves 5:15

**\*\*Shrove Tuesday (Pancake Day)**  
February 21, Tuesday at 12 - 1pm

**\*\*Potluck**  
February 28, Tuesday at 1:30 - 4:30

**\*\*Frauds, Scams and Crime Prevention**  
March 08  
Pizza/Bev (\$5) at 6pm

**\*\*TBA.....Yoga, Senior Weight/Balance group, Walking group**



**cochrane**  
**feb. 25, 2023**  
Helping Hands Society of Cochrane

**coldest night**  
OF THE YEAR

The Coldest Night of the Year is a winterrific family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Team up, fundraise, walk, and gather for good... because it's cold out there.

walk / donate / volunteer / share / [cnoy.org](https://cnoy.org)

  
**Helping Hands**  
Raising Funds for  
Helping Hands Society of Cochrane  
toll free 1.877.743.3413  
[cochrane@cnoy.org](mailto:cochrane@cnoy.org)

  
**scan+go!**  
<https://cnoy.org/cochrane>

 **COCHRANE RENTAL CENTRE**  
**403-851-9997**

**Happy New Year from the Cochrane Rental Centre.**  
**Thank you for your patronage in 2022.**

We are here to serve your rental needs with a wide selection of home renovation equipment as well as outdoor project equipment. Call us for equipment to help you with your jobs, and we would be happy to assist you!! You can rent anything from tile saws, jackhammers, power saws and heaters, to skid steers, excavators and man lifts.

 **403.851.9997**  
**[www.crcrents.com](http://www.crcrents.com)**

  
**RENOVATE FOR GOOD**

Call or email STEPHEN for a quote on bathrooms, basements, decks

[Stephen@RenovateForGood.com](mailto:Stephen@RenovateForGood.com)  
403.863.2085 | [www.RenovateForGood.com](http://www.RenovateForGood.com)

**PLUMBING | GAS FITTING | BOILER | FURNACE**

 **MOOSE MOUNTAIN MECHANICAL**

**403.471.4159 | [MMMECH.CA](http://MMMECH.CA)**

**IAN GREENHALGH**  
**[IAN@MMMECH.CA](mailto:IAN@MMMECH.CA)**





## MP UPDATE - Foothills

John Barlow

As the sun sets on 2022 and the House of Commons returns for the winter session, I will be focused on shining a light on a number of important issues for folks in Foothills.

Two important issues which must be addressed are the Liberals' damaging plans to expand access to medical assistance in dying (MAID) and a proposed ban hunting rifles and shotguns.

Conservatives have spoken passionately in opposition to the flawed MAID legislation since the beginning. I voted against MAID after hosting numerous town halls in the riding due to concerns with a lack of safeguards ensuring assisted suicide could not be expanded. My concerns have proven true as in 2021, the Liberals expanded

accessibility to those with mental illness and minors. We cannot stand by and watch this happen, and we have not. Many MPs heard the heartbreaking stories of veterans improperly being offered assisted death by Veterans Affairs Canada employees or users of foodbanks seeking assisted death. In too many cases, vulnerable Canadians are being offered assisted suicide instead of the supports they want and need from the system. In a small win, Conservative pressure has led to the Liberals working to delay this reckless expansion for now. However, we understand how important it is to stay focused, work with advocates in the mental health and disability communities who oppose this expansion and keep the pressure on this Liberal government. The well-being of far too many Canadians depends on it.

The Liberals also want to target law-abiding firearms owners in their plan to ban hunting rifles. No reasonable Canadian believes law-abiding firearms owners and hunters are the problem when it comes

to escalating violent crime. I cannot stand by while Trudeau's Liberal government puts forward legislation to criminalize thousands of Canadians for no justified reason. I know hunting is an important activity for many Albertans, farmers, and Indigenous people to ensure their own safety, the safety of their animals and as an important source of food. Yet, Trudeau wants to criminalize law-abiding citizens and he is misleading Canadians about doing it, while allowing criminals to roam free in our communities with new lackadaisical bail laws. I and other Conservatives are committed to speaking out against the Liberal hunting rifle ban, protecting the safety of all Canadians with effective and common-sense solutions to reducing gun violence and strengthening our bail and criminal justice system.

This year, more than ever, Trudeau and his out-of-touch Liberals must be stopped before they hurt Canadians any more than they already have. Canada is in the midst of a healthcare crisis with antibiotic shortages, an affordability and food security crisis, disastrous passport processing delays, chaos at airports, a two million person immigration backlog and more. This Liberal government is broken and can't fulfil even its most basic functions. That is why I remain committed to putting my best foot forward for Foothills and all Canadians.



# CERULEAN

PLASTIC SURGERY CENTRE

Dr. James Kennedy, MD, PhD, FRCS(C), ABPS

Plastic, Reconstructive, Hand and Cosmetic Surgery

**We offer Botox, Dermal Fillers  
and Belkyra!  
15% off Injectables for all New  
Clients!**



ceruleansurgery.com  
Southcentre Executive Tower  
Suite 385 - 11012 Macleod Trail SE, Calgary  
403.225.2141  
info@ceruleansurgery.ca



## C.R.S. SPARK

ELECTRICAL SERVICES

- Fresh Installation, Basement Developments.
- Renovations, Additions.
- Troubleshooting, Service Calls.
- Everything Electrical, Indoor/Outdoor.

403-700-6114

CRSpark@outlook.com



## Complete Bookkeeping & Tax Services

**Danielle Gosselin**

Cell: 403.804.5055  
Fax: 403.933.5353  
Email: cbktax@telus.net

- Bookkeeping
- Year End
- Tax Services
- Payroll
- Mobile Service Available
- Confidentiality Guaranteed

Box 1532, Black Diamond, AB T0L 0H0



## MLA UPDATE - Banff/Kananaskis

Miranda Rosin

If you don't have plans on Sunday nights, you do now! Alberta is on the big screen.

In case you haven't heard, *The Last of Us* premiered on January 15th and new episodes air weekly on Crave TV at 7:00 pm. *The Last of Us*, based off a popular video game, is HBO's newest series about the survival of a man and a young girl in a post-apocalyptic world, onset by a mass fungal infection that turned most of civilization into wild cannibalistic monsters and left survivors to fight and kill for basic means of living. The two are forced together by unfortunate circumstances in a journey across a now desolate United States in pursuit of a cure to save the human race. Admittedly the plot is a bit dark, but the series and video game are known to be a deep story of hope, love, and perseverance.

What really matters is that this series is HBO's largest production in studio history at over \$10 million per episode, even larger than *Game of Thrones*, and it was 100% filmed in Alberta. Throughout the series you will recognize many familiar places such as the Calgary skyline, the Canmore bridge and Main Street, and the Legislature Building - all brought to life by the hard work of the 9000 individuals employed to work on the set.

This massive production was a direct success of our Government's economic policies and new film production tax credit. This work began back in 2019 before the provincial election was even held. As a United Conservative caucus we knew that Alberta had immense potential for film and television production, but that it had yet to be harnessed. We collectively organized a summit with producers from across the province and most major Hollywood studios to better understand what Alberta needed to become competitive in this industry. Our province had the landscapes, but lacked the supporting policy. Shortly after the 2019 election in response to what we heard at that summit, we introduced the Alberta Film and Television Tax Credit or FTTC for short. By Spring of the following year we removed the per-production cap on the credit, and just a month later HBO

announced they would be filming the entirety of the *Last of Us* in Alberta.

In the past, Alberta historically had a grant program to support the film and television industry in the province. The grant was tied to a fixed allocation of money and was only accessible on a quarterly basis upon filling out a lengthy and tedious application. This left companies to spend resources on needless bureaucratic processes and to make business decisions based on government timelines that did not even come with certainty of application acceptance. Our new FTTC is a tax credit that is continuously accessible, available to any production that meets the basic requirement of being largely filmed and produced in Alberta, requires no onerous application process, and scales with the size of the production.

The interest from major studios was instant.

To directly quote the Vice President of Creative Industries & Film Commissioner at Calgary Economic Development, "The Alberta Government removed the per production cap. This immediately made us nationally and internationally competitive."

Keep Alberta Rolling, the leading film and television industry association in Alberta stated "The Alberta screen industry is seeing record levels of production including flagship projects like HBO's *The Last of Us* choosing the province to do business. This serves as a reminder that good policy matters. This success is a direct result of working collaboratively across industry stakeholders, the incredible talent and landscapes in the province, and the implementation of the film and television tax credit making the Alberta Government great partners in production."

Even the Senior Vice President of HBO stated at *The Last of Us* premiere that the production was a "partnership between HBO and the Government of Alberta".

The success of the FTTC is a perfect example of why deliberate economic policy matters. While Alberta has the human capital, the natural resources, and the landscapes to be a natural destination of business interest, sitting idly by as policymakers would have inhibited our province from reaching its true potential. That is why, over the past three years, we have reduced business taxes, deregulated the economy, and introduced targeted sector growth strategies for new and

emerging industries such as hydrogen, lithium, petrochemicals, technology, and film.

Today Alberta is leading the nation in GDP growth, leading the nation in inter-provincial migration, and leading the nation in job creation with over 220,000 new private sector jobs having been created in just three short years.

At a time of such global economic uncertainty, this economic growth serves as a reminder of how fortunate and proud we should be to consider ourselves Albertans.

On Sunday nights going forward, turn on your televisions and see Alberta on the big screen. You'll be left feeling as proud and excited about our future as I am.



### MLA MIRANDA ROSIN Banff-Kananaskis

#### Bragg Creek Office:

226-7 Balsam Avenue

PO Box 313, T0L 0K0

10:00 am - 4:30 pm

Monday-Wednesday, and by appointment

#### Canmore Office:

206-1080 Railway Avenue

T1W 1P4

10:00 am - 4:30 pm

Thursdays, and by appointment

Office may be contacted at [Banff.Kananaskis@assembly.ab.ca](mailto:Banff.Kananaskis@assembly.ab.ca)







## Landscape Construction and Design

Specialty services include:

**Landscape Master  
Planning**

**Pond and Creek Design  
and Construction**

**Excavating and Trenching**

**Retaining Walls**

**Earth Moving**

**(403) 819-9287**

**[www.scopeprojects.com](http://www.scopeprojects.com)**

Adam Vanderwoude

President

[adam@scopeprojects.com](mailto:adam@scopeprojects.com)

Grayson Harsulla

Vice President

[gharsulla@scopeprojects.com](mailto:gharsulla@scopeprojects.com)



## WELCOME TO OK TIRE COCHRANE.

We carry all brands of tires, whether it be for your 1 ton truck, your SUV, Family Sedan, or even your Horse Trailer. We are here to meet your every need.

### FULL MECHANICAL SERVICES

Brakes, Tune-ups, Wheel Alignment, Suspension, Oil Change, Inspections, General Maintenance. Your dealers alternative.



412-1<sup>ST</sup> STREET WEST, COCHRANE AB. (2 blocks west of MacKay's Ice Cream)

PHONE 403-932-2086 [info@oktirecochrane.com](mailto:info@oktirecochrane.com)

**[www.oktirecochrane.com](http://www.oktirecochrane.com)**



## MOUNTAIN'S EDGE RENOVATIONS

### CUSTOM HOME BUILDING & RENOVATIONS



**NOW Building  
Rural Dream  
Homes**

Over 14 years of  
gorgeous home  
makeovers

Living in & loving the  
rural lifestyle for over  
18 years!



**[mountainsedgerenovations.com](http://mountainsedgerenovations.com)**  
**403-949-7727 or 403-461-2710**

# Robert M. Hughes Financial Solutions Inc.

## What You Don't Know Could Cost You

The age old saying, 'Ignorance is bliss', may apply to many things in life. However, when it comes to your finances, ignorance can be absolutely devastating. Even the government is calling the startling low rate of financial literacy among Canadians an epidemic that can have catastrophic consequences for the nation's economic future.

A lack of knowledge on even the most basic financial matters has already led to a cascade of calamities that will have a far reaching and long-lasting affect on all of us. Among them:

- It is reported that over 50% of all Baby Boomers are financially illprepared for retirement.
- Families left destitute because of in-adequate life insurance on primary in-come earners.
- Families uncertain about how to pay for the high cost of education.

Most people didn't plan to fail. They simply failed to plan adequately. While 30 years ago, it may have been enough to just save religiously, the economy and the financial markets have since become much more complex, volatile and uncertain. When you consider all of the moving parts of a family's personal financial situation, each affected differently by various economic currents, you can no longer just set it and forget it when it comes to your finances.

### Financial Literacy Begins with You

Understanding the financial world begins right at home with your own personal financial situation. Most of the people who fail out of ignorance probably did not have clearly defined financial goals. Without a vision for the future, there's little to motivate a person to learn and achieve. Establishing goals and then mapping out a plan to achieve them will force you to learn about your options and understand the possible obstacles. Many people have found it useful to have a qualified financial advisor guide them through this process.

Most people are unaware of many of the financial realities they face. For instance, while most people may realize that we are all living longer these days, they don't really know what that means in terms of their financial needs. A 35-year old male

today, could expect to live until age 87. That translates into as many as 25 years in retirement on income sources that he must create.

### **Ignorance is Costly**

The road to financial success is full of roadblocks, the biggest of which is poor budgeting habits. A shocking number of people don't budget, and, as a result most of them are swimming in debt, have little or no savings, and are just a pay cheque away from financial disaster. While this can be attributed to laziness, or lack of discipline, the fact is that most people don't understand the true cost of debt and the time value of money. If a young couple could budget to save just \$500 a month for 35 years with an average return of 5%, they would accumulate nearly \$600,000. When you have control of your finances, and have your priorities straight, saving \$500 each month isn't very difficult.

Time is a very valuable, but a diminishing resource that should not be wasted. The more quickly you can put your money to work for you, the longer it will have the magic of com-pounding interest working for it.

Together, we can begin the process of helping you to get comfortable with and in control of your financial situation.

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

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

## Robert M. Hughes FINANCIAL SOLUTIONS INC.



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

- **Certified Financial Planner**
- **Investment Manager**
- **Insurance Specialist**
- **Certified Seniors Advisor**



- RRSPs, RRIFs, LIRAs, LIFs, LRIFs, RESPs, & non-registered portfolios
- Life Insurance, Critical Illness, Disability & Long-Term Care Coverage
- Financial Planning - Individuals, Professional Corporations & Small Businesses



**403-949-3250**

**E-mail: [robert@myfinancialsolutions.ca](mailto:robert@myfinancialsolutions.ca)**

**Website: [www.myfinancialsolutions.ca](http://www.myfinancialsolutions.ca)**

**Box 231, Bragg Creek, AB T0L 0K0**





## MAKE YOUR MARK By Mark Kamachi

Hello. I'm back after a brief "brain vacation" over the Christmas holiday (those of you close to me thought I left on this "vacation" decades ago, no souvenirs for you).

Thanks to my creative partner Kate for taking the "wheel" of the AdMaki rickshaw to write last month's article on "marketing resolutions". She poignantly outlined what so many businesses, with good intentions, fail to do. To *"take things slowly and build your marketing strength up"*. Also pointing out that, *"... (branding) is a big piece of the puzzle ... and makes you recognizable to your customer"*. I couldn't have written it any better (she's such a great "Grasshopper").

### It's all about the brand

Like everyone on this "rock", you are a brand. Did you know that? You are unique. You are special. Your personality is a collective of your creativity, intelligence, skill/talent, work ethic, tastes, scotch or whisky, etc.

And the same should be said about your business. What is your business' personality? Ask yourself, "How can my business help when it comes to solving someone's problem?" An advertising/marketing strategy created from a solid, well-defined brand leaves you and your customers feeling "less crappy and more happy" (now that's poetry). And isn't that a reflection of you?

Do your advertising dollars reach the eyes, ears, nose, mouth, or mind of your customers? Are you advertising at the right time? Are you advertising in the right places? Should you be focusing on R&D? Second guessing your advertising/marketing strategy will lead to stress, sleepless nights, rashes, and bad golf scores. Not to mention a depleted budget.

Developing your marketing strategy from a defined brand will help you avoid obstacles that can unexpectedly appear in the form of supply chain issues, rising commodity costs, political unrest, weather events and God forbid another, dare I say it, pandemic. Sorry.

Say you own and operate a drinking establishment. Customers watching the 6 o'clock news are warned of the dangers of alcohol consumption. Panic ensues.

Your booze sales plummet. What do you do? A business without a plan reacts irrationally, extending happy hour or dropping prices, taking a hit at the till. Whereas the business with a plan, sobs up to how customers' habits change and adds alcohol-free options and saltier nuts. Crisis resolved. For now. A simple and obvious example but...

Be it the freshest bread, smoothest drive, fastest relief of diarrhea, your brand must reflect your customers' needs. It's a reflection of you and your promise to them. As Kate stated, *"Advertising can shine any turd but if your product or service isn't aligned with your target, you're only going to frustrate people."*

From the name of your business, your logo, website, or copywriting style, to photography/illustration, packaging, or how you greet customers or answer the phone, your brand personality must separate you from your competition. After all, you are defined by your customers' perception of you. Loyalty and trust are built from that. And isn't that what you, a brand yourself, want?

*Until next month, hug a brand.*

*Cheers, mark.*

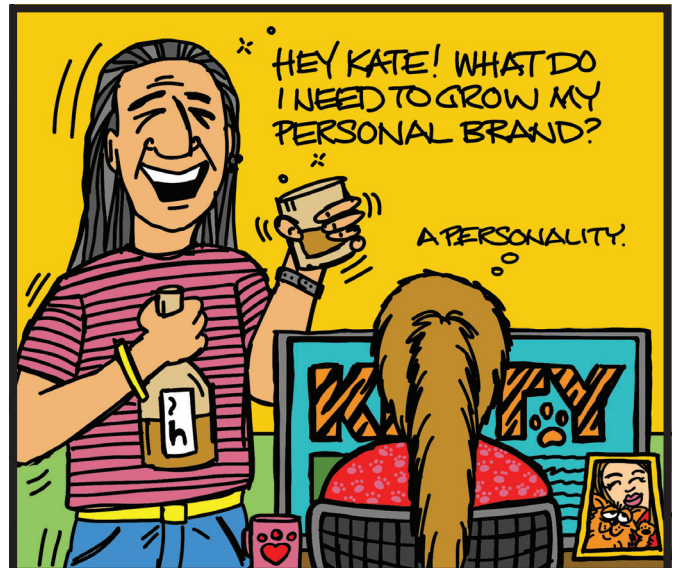


### Your local go-to guy

Painting • Drywall repair • Furniture assembly  
HVAC Maintenance • Carpentry & Cabinets  
Door Installation & adjustment • Plumbing  
fixture replacement • Lighting & Electrical  
Hardwood Flooring • And more

### Drew Spring

403-863-3582  
drew@mtndrew.ca  
mtndrew.ca



Whether you're growing your business or personal brand, distance yourself from your competition by working with a proven, professional, creative team that understands branding. From top to bottom, we can assist you in all aspects of creative while having fun together on your journey.



**ADMAKI**

admaki.ca



## ELBOW INJURIES

### By Jennifer Gordon

The elbow is a complex joint that can be affected via the neck, shoulder, locally at the elbow, or the wrist. All these surrounding joints and the structures that travel to and fro, can cause issues locally at the elbow. The elbow is a three joint structure, surrounded by a joint capsule, several ligaments, muscles and bursae (fluid filled sacs that cushion between muscles and bones). A commonly injured bursa in the elbow is the olecranon bursa that sits at the back of elbow. Normally you

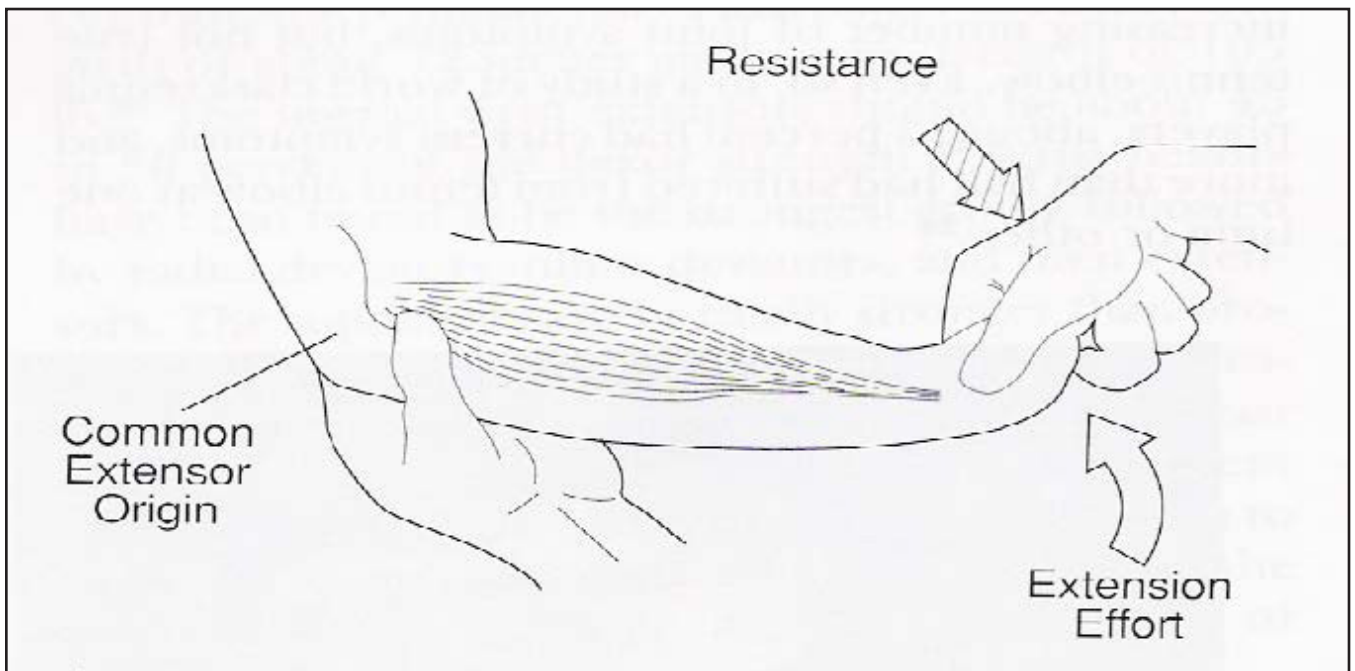
cannot feel the bursa, but if inflamed, it can become largely swollen and painful.

Three main nerves pass down the arm. These nerves originate in your neck and branch down the arm to provide sensation, nutrition and strength to the muscles.

These three nerves are the median, radial and ulnar nerves. As these nerves run through muscles and around joints, they can be affected by inflamed muscles, tight muscles or joint dysfunctions at either the neck, shoulder, elbow or the wrist. Commonly the ulnar nerve is affected at the elbow. If you bump your elbow and get a shot of pain down your arm – you say you’ve hit your “funny bone”, it’s actually your ulnar nerve! If you experience pins and needles or pain radiating down

your arm, this may be caused by a nerve impingement at your neck, shoulder or elbow. If the nerve or circulation is comprised somewhere along the pathway, the muscles will not be getting proper nutrition. This can lead to pain, tightness and dysfunction.

A common issue we see is the “tennis elbow”, or lateral epicondylitis. Often this issue is caused by work habits, repetitive sport activities, poor postural habits, or muscle imbalances. This is an inflammation of the common wrist and finger extensor muscles where they attach locally at the outer elbow. This injury is commonly caused by repetitive gripping, squeezing, typing or hammering. This may lead to micro-tears in the tendon that results in



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

Bragg Creek Physiotherapy envisions a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.

### SERVICES

physiotherapy, massage therapy, athletic therapy, IMS, acupuncture, custom foot orthotics, injury prevention, pain management, fitness programs, and more.



**Bragg Creek  
Physiotherapy**

*Your pathway to physical freedom*

403-949-4008 | [braggcreekphysio.com](http://braggcreekphysio.com)  
24 Balsam Avenue, Bragg Creek



inflammation and pain. Typically this injury begins with a gradual onset of dull, intermittent pain, but can progress to a sharp, continuous pain.

Occasionally the nerves become irritated and this can result in radiating pain, tingling or numbness to the hand and fingers. A similar issue can occur in the inner elbow as medial epicondylitis, or “golfer’s elbow”. These muscles attach to the inside bone of the elbow and act to flex the wrist and fingers. The same process can occur as described above, but is less common than tennis elbow. Work or sport technique errors, weak forearm muscles, direct trauma or repetitive overuse are common factors that contribute to golfer’s elbow.

When we see these common tendonitis issues, we often find connections further up the chain in the neck and muscles of the shoulder. If there are joint dysfunctions and muscle imbalances above the elbow, the mechanics of all related joints may be altered. It is imperative to assess and address issues above and below a painful area in order to fully capture why certain structures have flared up. We often find that the structures “complaining” are due to some compensatory movement patterns and something else is to blame!

### How is elbow pain treated?

A thorough exam is conducted to determine where pain and dysfunction may be coming from. Posture, active range of motion, strength, and joint stability are examined at the neck, shoulder, elbow, wrist and hand. Areas of tightness or joint dysfunction are treated with manual therapy techniques such as joint mobilization, soft tissue release and stretching. Modalities for pain, inflammation and muscle tension such as ultrasound, acupuncture, and intramuscular stimulation (IMS) may be incorporated. Postural education and activity modification are typically an important part of the rehabilitation process.

A few tips for relief locally at the elbow are: Give the affected muscles a rest and avoid repetitive gripping, lifting, and carrying. This doesn’t mean do nothing at all! It

means when using the injured arm, attempt to do less, take frequent breaks, stretch often (4-5x/day), relax the hand and avoid excessive gripping motions. Carry objects with the elbow bent to 90 degrees and the palm up rather than a straight arm. This reduces the stretch on the nerve tissue and muscles are stronger in a shortened position. Wearing an elbow strap can be useful to reduce the stress on the muscles. It can be worn at all times if you’re experiencing constant pain, otherwise wear the brace just during aggravating activities.

If you are suffering with an upper arm issue, our therapists would love to help you figure out where it may be coming from! We are here to help give you strategies and get you moving better.

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



BLINDA



BILOU

**BlindaBilouInteriors.ca**

**Your Redwood Meadows Interior Design Service**

Renovate or Redecorate to increase the value of your home.

Call now to explore the possibility of unlocking your property’s potential!

**Blinda Bilou • 403-461-9748**





## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

### The Makings of a good Chamber

With the New Year brings reflection with plans and goals for the year ahead. Last year the Chamber spent a great deal of time creating systems and processes for document storage, orientation notes, templates for events, new bylaws, new videos, and a new look that ties in our two responsibilities - supporting our businesses, and tourism. Our Shop Local campaigns remind us of how lucky we are to have so many goods and services close by. Your membership supports your business and those around you.

#### That's nice - So where do I find a business around here?

The Western Wheel creates a phone book that lists businesses; Chamber members are bolded. [www.visitbraggcreek.com](http://www.visitbraggcreek.com) which is the Chamber website, and has a business directory.

#### \$\$\$ Your membership means people can find your business\$\$\$

We all know about Social Media, and, whether we want to use it or not, it provides a powerful tool to market your business. Last year Bragg Creek and Area Chamber of Commerce spent \$19,163 on marketing via YouTube, Instagram, Facebook, Print, TV, and Radio advertising, along with our Shop Local, and Arts, Eats and Beats event. Instagram Ads: 3 separate videos. In total, 238,891 people saw the videos at least once; there were 505,216 impressions (Number of times the videos were on screen for the targeted audience) YouTube Ads: 3 separate videos. In total approximately 43900 viewed the videos; there were 86,500 impressions.

The most viewed age range is 45-64. We have a complete spreadsheet of demographics if you would like to have it, please email [office@braggcreekchamber.com](mailto:office@braggcreekchamber.com) to receive.

Now we see who is coming here, from where, and demographics which is helpful for YOUR future marketing plans. In addition, the Chamber will host two events this year: Arts, Eats and Beats again in September, and this spring a yet to be named local business trade fair meet and greet. We would be happy for additional

support from you to help with this. You do not have to be on the Board to contribute!

#### Memberships and money:

We rely on grants and funding from Tourism Alberta and Rocky View County for Chamber endeavours; and your membership fees. We are volunteers. Your contribution of \$130.00 plus GST a year provides you a place on the wondrous web where people can find you.

#### Join our Newsletter:

This is free, and you don't need to have a business to join, just sign up on our website [www.visitbraggcreek.com](http://www.visitbraggcreek.com).

#### What's happening?

Remember to check our social events calendar! You will see that Bragg Creek Performing Arts is planning a dinner theatre and concert April 1. Their goal of supporting local business to bring the joy of music to our area is welcome! I have to say how much fun it has been going to the Snowbirds drop in every Thursday. What a great way to meet our Community! And good for Business too.

Our next Membership meeting is March 15, 7-830 PM, at The Post. We are not hosting a meeting in February rather want to run something by you this way, in order for us to plan next month.

#### Business fair and meet and greet:

Are you interested in these two ideas?

1. A outside spring time, 'meet and greet' Business Fair and a meet your neighbour event.
2. Having a booth at the Farmers Market this summer where you can be present and showcase your business. Different businesses would rotate each weekend.

We would advertise this to encourage folks to come and shop local.

Last year a volunteer created a 'Welcome Basket'. Your business could be added to this to let newcomers to the area know about you. I'm sure you have noticed the many, many posts from locals seeking services and asking for recommendations on social media. Most of us like to buy from people we have met, or who are referred, so these ideas support your business growth. Would you like to participate? There is no cost.

I'd like to hear from you. I can be reached at 403-519-5998, or [coach@sherriolsen.com](mailto:coach@sherriolsen.com).

#### The makings!

Ah, and now back to the makings of a good Chamber. Our website describes this as The Four Pillars which are: Community Promotion, Advocacy, Membership, and Economic Development.

Each Pillar provides a guide to light the path forward for this next year. We need your membership fees, and your boots on ground help to support our community and economy.

#### Shout out to:

Our new Directors! Thank you Brett Schonekess from Bragg Creek Distillers and Harmke de Bruin from Hooked on Bragg for joining the team. We look forward to working with you and learning from you.

#### To our continued volunteers:

Joanne Birbeck - the Chamber quite frankly would not exist without you. You take on all the jobs no one else will. From grant writing, figuring out computer programs to build maps and brochures, finding old documents, to any and all deemed tedious jobs, you raise your hand.

For all the many many volunteer hours that you do, thank you.

Ian Greenhalgh - our IT man, recruiter, and being a needed kitchen guy during Arts, Eats and

Beats. Keep inviting folks to the meetings Ian!

Sunil Mattu - our Governance guy who makes sure I remember to call a Motion!

Neil MacLaine - our long standing contributor for needed history, the man who can make us laugh during a meeting, and for taking on the big bylaw re-do last year.

Taylor Clarkson - our youngest demographic who is a business student, and cafe owner. She will be sending out a survey to you all soon.

Thank you to all for your dedication, effort and helpful spirit that makes Bragg Creek a great place to work and live.

Cheers!  
Sherri Olsen  
President







## BCCA

There is something quite special about the month of February. The short days make up an extra short month, and yet there always seems to be time to enjoy an evening meal, meet a friend for coffee, and maybe even start that project that has been on the back burner since the fall. Perhaps the month brings into focus the little things that are meaningful to us and we tend to take the time to enjoy.

Something very meaningful to this community is getting out and enjoying what we all so dearly love, the great outdoors that is in our very own backyard. Seeing the smiles, hearing the hellos and sharing in a laugh with new friends makes the BCCA so pleased to have once again hosted the Winter in the Woods event last month. Thanks to the volunteers, the vendors and the BCCA staff, the entire community can take part in an outdoor

family fun event that builds friends and supports neighbours. Special thanks go to the BCCA Rink Committee headed by Brian Robertson. He spearheads this event and we thank him for his dedication. Be sure to check out the BCCA Facebook Page to see all the fun pics.

Our community centre is a versatile venue able to host events large and small. We have bookings for all sorts of groups that need a space to get together for social, work or sporting events. Weddings can be professionally hosted as can private rink rentals. Keep us in mind this year if you have need or hear of someone who does.

You may be aware of the winter programming that happens at the Centre, like Rumble & Roar (playtime for parents & tots on Thursdays), or adult indoor rugby on Friday nights, but, if you are not, maybe a membership at the BCCA would help you plug into all the great things going on. Your membership will provide you a monthly email giving you all the inside info. Don't miss out! Purchase online anytime via the website or stop by the

Centre in person. For a nominal \$25/year (or less depending upon the package you buy) you too will be in the know.

Since February is so short, we would be remiss not to leave you with a few notes about the coming months just around the corner:

Save the Date! Taste of Bragg Creek is scheduled to make its grand comeback on Friday, April 21 after many years of Covid restrictions. Watch for your membership email for more details and keep an eye on local Bragg Creek social accounts for updates.

Watch for an exciting Parkworks playground resurfacing project this spring. We may require a few helping hands and some shovels!

In the meantime, there is the Shadow Puppet Stories on Feb 4th, Valentine's Day on Feb 14th, and the best of all, it is Family Day on Feb 20th.

*Keep in touch and keep warm.*  
BCCA



### Charlie's Chores

*Cleaning, Gardening & so much more*

## Specializing in Acreages

Cleaning | Gardening | Painting  
Charlene Maudsley  
\$42.50/hour per person  
403-813-1130  
[www.charlieschores.net](http://www.charlieschores.net)

# CRABAPPLE COTTAGE

## Fall In Love With YOU!!

*Be Our Valentine! From Us To You!!*

UP TO

# 70%

*Off*

Your  
COMFORT.  
Your  
CHOICE

*Try It. Wear It.*  
**LOVE IT!**

*Love Yourself. Be Style.*  
**Be You.**  
*We Cherish  
Our Clientelle!*

*open daily • 403.949.4264*

The Old West Mall • 2-27 Balsam Ave, Bragg Creek  
[www.crabapplecottage.ca](http://www.crabapplecottage.ca)



Follow Us. Feel Good.  
[@crabapplecottagebraggcreek](https://www.facebook.com/crabapplecottagebraggcreek)





## BRAGG CREEK SATELLITE LIBRARY

### Convenient and Free!

The Bragg Creek Satellite Library was installed in the BC Community Centre in April 2021. If you have visited the Community Centre since that time you will have seen these additions to the foyer space: Library Lending Lockers, a Book Deposit (shelves stocked with a small collection of books for adults and children) and, comfortable seating with adjoining tables.

The Satellite Library was made possible through a partnership between Marigold Library System, Rocky View County, Cochrane Public Library and the Bragg Creek Community Centre. (Marigold Library System is a not-for-profit municipal collaborative of member municipalities in Southern Alberta.)

Library Lending Lockers: these make it possible to request books and other items (DVD's, CD's) from participating Alberta libraries and have them delivered for pickup from the lockers. In 2022, 2184 items were delivered to the lockers. Items borrowed can also be returned through the lockers. Users are delighted with the

convenience of this new service. It is hoped that even more individuals and families will take advantage of this great service in 2023.

Residents in Bragg Creek, Rocky View County and surrounding municipalities have access to the Library Lending Lockers through membership in the Marigold Library System. Patrons just need a current Marigold (TRAC) library card issued by Marigold or any participating member library (e.g., Cochrane, Sheep River, Millarville). To learn more and request a card visit [www.braggcreeklibrary.ca](http://www.braggcreeklibrary.ca). Once you've signed up online the card will be mailed to you. This library card gives cardholders access to over 3.2 million items from 180 public libraries in Alberta as well as a wealth of digital eContent (eBooks, movies, music, databases).

Book Deposit: The books on the shelves are available to anyone. Need something to read? Borrow a book from the shelves and return it when you are finished. No card or sign out procedure is necessary. Each month Marigold sends 10 new, popular paperbacks to add to the collection.

Two people who have been using these services regularly, Debby Maclean and Peter Tucker, had this to say: "Convenient access to books and other related material is central to community wellbeing. The Bragg Creek Satellite Library has been an awesome addition to this community."



## REDWOOD MEADOWS EMERGENCY SERVICES

Thank you to Surge Energy for their recent \$1,500 donation the Redwood Meadows Firefighters Association to support our project to replace our three aging radios in 120 Rescue. We need to replace the aging mobile radios in our rescue truck, which attends most of the emergencies. Effective communications are crucial for our work, especially in the backcountry. Radios enable our teams to effectively communicate with each other and other agencies such as Alberta Health Services, RCMP, STARS and Public Safety.

We are continuing to fundraise to meet the \$15,000 cost to replace all three mobile radios in 120 Rescue with brand new equipment including: wiring, antennas etc. The new radios are anticipated to last 10 years, supporting exceptional care for almost 2,000 patients.

Thank you to the local resident (who wishes to remain anonymous) for donating a Remotely Piloted Aircraft System (RPAS), also called a drone, with infrared capability and accessories worth almost \$10,000. The new drone will be flown by members of RMES that are currently registered pilots with Transport Canada. There are several situations where the RPAS will be used including: at fires to determine hot spots, search and rescue, reconnaissance and much more. We are excited to see how we can use this tool and provide public safety to residents.

Did you know? Annually, our 32-volunteer members respond to an average of 400 emergencies, including backcountry rescues in Kananaskis Country and the McLean Creek area. Our organization is driven by volunteers, who investment almost 15,000-hours annually to serving Redwood Meadows and the greater Bragg Creek area from weekly training nights and attendance at calls to PR events and administrative work related to calls.

*Until next month, stay safe.*

**SURGE**  
ENERGY INC

# KAT AUTOMOTIVE

Kevin Den Hoed R. S. E.  
Automotive Technician / Owner, AMVIC Certified  
kevin@katautomotive.ca • 403.850.1043 • [www.katautomotive.ca](http://www.katautomotive.ca)

352057 Leisure Lake Dr. W, Foothills  
Diesel, Gas & Hybrid Vehicle Repair & Maintenance

- Automatic & Manual Transmission • Tires, Balance & Repair • Air Conditioning
- Steering & Suspension • Brakes, Engine, Exhaust, Electrical Repairs • Trailers

Refer a customer and receive 10% discount on labour on your next KAT invoice!



**TREEWORX**

- Hazardous Tree Removal
- Tree Felling
- Storm Clean-up
- Stump Grinding
- Brush Removal
- Pruning
- Firewood, Mulch & Wood Splitting
- Fully Insured

[www.treeworxpro.com](http://www.treeworxpro.com) 24 HR  
Emergency Service  
Call Jeff Hughes at 403.554.2370







## BRAGG CREEK TRAILS

Bragg Creek Trails has seen some great conditions for both fat bike grooming and cross country skiing so far this winter. Even with very little snow, the groomers have been out working hard to create the best conditions possible. Thank you to everyone who supports the volunteers and trails with a smile, a wave and a nice compliment given. Did you know that there are a number of ways you can give back to the trails? You can drop a cash or cheque donation in the mail or in one of the boxes at the trailhead. You can e-transfer to [donate@braggcreektrails.org](mailto:donate@braggcreektrails.org). We have online options through CandaHelps, DonorBox, TrailKarma and employee matching opportunities for those of you who work for a company that values volunteer work and charitable giving. We are also establishing a legacy fund and planned giving; when there is a will, there is a way. We also love volunteers so if you are interested in opportunities to contribute please email us at [info@braggcreektrails.org](mailto:info@braggcreektrails.org). We appreciate every hour and dollar that you give to support the trail network. Thanks again for all your support and Happy Trails everyone! See you out there.

<b>TRAIL COURTESY</b> <b>YIELD TO</b> 	<b>DOG PATROL</b> Clean up after your pets Flick it away or bag it out Dogs on leash in PRA Dogs under control at all times at intersections and on trails
<b>GROOMED SKI TRAILS</b> Uphill skiers yield to downhill skiers Avoid skate skiing over classic tracks No fat biking, snowshoeing, hiking, running, equestrian	<b>SINGLETRACK TRAILS</b> Tire width >3.7" and pressure adjusted to conditions (ie: Front 5 psi, Rear 7 psi) Avoid ruts and ride the full width of the trail Maintain traction; avoid dragging, sliding or spinning your tire
<b>THINK BEFORE YOU SINK</b> If breaking through, consider a different trail or time North facing trails stay frozen longer. South facing trails soften/thaw first. Stay off the trails if they are soft, warm, thawed	<b>FOLLOW TRAIL SIGNAGE</b> Trail designation labelled Watch your speed Think about those who use the trails after you



## Bragg Creek Insurance Services & Registries Office

**Insurance Services Include:** Home & Farm  
Automobile  
Commercial  
Travel  
Specialty

**Registry Services Include:** Motor Vehicles  
Corporate Services  
Land Titles  
Vital Statistics  
Alberta Health

1 River Drive S, Box 537 • Phone 403.949.2599 • Fax 403.949.5646  
[www.braggcreekinsurance.ca](http://www.braggcreekinsurance.ca)



*Come meet your team*  
**Mon - Fri**  
**9:00am - 5:00pm!**



## BRAGG CREEK PERFORMING ARTS PRESENTS

Born in the remote, river-laced hills of Northern Alberta, the Misery Mountain Boys are coming to the Bragg Creek Community Centre on Saturday, February 25th at 7:30 pm.

You might hear the tunes of the Misery Mountain Boys drifting from behind a rotating bookcase of a 1930's speakeasy. Harkening back to a simpler time, the MMB's create a soundscape infused with humour, tongue-in-cheek wit, nostalgia, and playfulness. With a mix of catchy originals and contemporary songs reimagined in swing, the MMB melodies urge audiences to gyrate to the tassel-clad, sweaty swing numbers, and sway to the velvety jazz tunes.

"The Misery Mountain Boys are way happier than they claim, and they're not all boys either" says Clint Docken, the leading light of Bragg Creek Performing Arts.

A musical rarity in an industry busy with melancholy, the Misery Mountain Boys are a confident celebration of all that is exciting and moving about being alive.

Please join us in welcoming The Misery Mountain Boys. Opening the show will be our very own Leanne Lightfoot. For information, and to preview music, visit [bcpa.ca](http://bcpa.ca)

Tickets are available online for \$35 at [bcpa.ca](http://bcpa.ca)

Youth under 18 years old \$30

Doors open at 7 PM. Performance at 7:30pm

Bragg Creek Community Centre

23 White Avenue, Bragg Creek

### ABOUT THE BRAGG CREEK PERFORMING ARTS MUSIC SERIES:

The Bragg Creek Performing Arts is delighted to be presenting live concerts. Mark your calendar for our next concert/dinner event with Shaye Zadrevik on April 1, 2023.

The Bragg Creek Performing Arts Society is a registered not for profit charity run entirely by volunteers. Come and join the fun! Contact Clint at [cgd@docken.com](mailto:cgd@docken.com)

BRAGG CREEK PERFORMING ARTS PRESENTS



# THE MISERY MOUNTAIN BOYS

The Boys are bringing everything from jazzy shuffles and velvety love songs to upbeat jump-blues.

**SATURDAY  
FEB 25 2023  
7:30 PM**

Opening:  
Leanne  
Lightfoot

BRAGG CREEK  
COMMUNITY CENTRE  
23 White Ave  
Bragg Creek AB



### TICKETS

Web: [braggcreekperformingarts.com](http://braggcreekperformingarts.com)

Phone: Ticketpro 1 888 655 9090

\$35 • Youth under 18 years \$30

Ticketpro

FOUNDATION  
SOCAN  
FOUNDATION



ROCKY VIEW COUNTY

SPIRITS WEST  
MERCHANTS

MAXWELL  
REALTY



Alberta  
Foundation  
for the Arts



Wayne, Rebecca & Denise Chaulk

## THE CHAULK TEAM

A TRUSTED NAME IN REAL ESTATE

Call Wayne Chaulk of The Chaulk Team to discuss your Real Estate needs whether Selling, Buying or wanting market information

ROYAL LEPAGE  
SOLUTIONS

403-863-7920

[WWW.CHAULKREALESTATE.COM](http://WWW.CHAULKREALESTATE.COM)





## A WINDOW ON THE WEST House Concert

Sunday, March 5th, 2023 at 4pm

Chisel Creek Ranch, Bragg Creek

Bradley and Scott are both veterans of the acoustic music scene in Calgary and the Bow Valley. Scott has toured all over Europe, Canada and the United States. He is the best fiddler in western Canada, 'nuff said. Bradley was the front man for the hugely popular Canmore band The Wardens.

For the better part of 10 years Bradley yodelled his way across the prairies: as far as Alaska to Southern California. Bradley played to sold out crowds with the band all over Montana and Wyoming.

Come help celebrate the Trail Riders of the Canadian Rockies 100th Anniversary with a house concert by these two wily troubadours at the unique setting of the Chisel Creek Ranch in Bragg Creek on Sunday March 5th. This concert is generously sponsored by the Bragg Creek Performing Arts

For tickets and information please contact:  
BRAGG "LIVE" EVENTS  
Email: rickgodderis@gmail.com  
Tel: 403-614-7234

House Concert Featuring  
**Bradley Bischoff & Scott Duncan**

**A Window on The West**

**HORSES, MOUNTAINS AND WARDENS**  
Presented by  
**TRAIL RIDERS OF THE CANADIAN ROCKIES**

March 5th, 2023 at 4pm  
FOR INFO AND TICKETS (\$30)

BRAGG "LIVE" EVENTS  
Email: rickgodderis@gmail.com  
Tel: 403-614-7234

**CHISEL CREEK RANCH**  
BRAGG CREEK

Trail Riders of the Canadian Rockies 100th Anniversary logo and HCV logo.

**PLYWOOD**  
**SPRUCE**  
**TREATED**  
**WESTERN RED CEDAR**  
**DOUGLAS FIR**  
**COMPOSITE**  
**PVC**  
**SMARTSIDE PANELS & TRIM**

**DECKING**  
**TREATED**  
**CEDAR**  
**COMPOSITE**  
**PVC**  
**FENCING**  
**TREATED**  
**CEDAR**  
**EXTERIORS**  
**SIDING**  
**SOFFIT**  
**TRIM**  
**TIMBERS**  
**CEDAR**  
**DOUGLAS FIR**  
**INTERIORS**  
**PANELLING**  
**FLOORING**  
**FRAMING**  
**HARDWARE & ACCESSORIES**

**MONDAY - FRIDAY 7AM-5PM**  
**125 COMMERCIAL COURT 403.242.0404**  
**WWW.MOUNTAINVIEWBM.CA**

**OVER 25 YEARS INDUSTRY EXPERIENCE • LOCALLY OWNED AND OPERATED**

**EMERGENCY SERVICES & FREEZE-UPS**  
**WELL TESTING & WATER SAMPLING**  
**WELL CLEANING & TREATMENTS**

**CONSULTING & SYSTEM DESIGN, TROUBLESHOOTING & DIAGNOSTICS**  
**WELL PUMPS, PRESSURE SYSTEMS, CISTERNS, STOCK WATERERS**  
**WATER QUALITY & FILTRATION**

**SERVING FOOTHILLS COUNTY • BRAGG CREEK**  
**SPRINGBANK AND SURROUNDING AREA**

**403-931-2991 • aquamule.com**



## Where we live - a very precious resource

Maybe you caught reports before the holidays about the United Nations COP15\* in Montreal, which finished on 19th December. The 195 member nations agreed to protect and restore at least 30% of Earth's land and water by 2030.

But this isn't some distant bureaucratic decision that doesn't affect us. It's important to all of us: protecting biodiversity means ensuring clean water, fresh air, and healthy soils - among other things - all essential to sustain humans through farming and other services. Globally, habitat loss and elimination of animals and microbes that maintain these natural systems is being eroded - even here in our Foothills. In the last 30 years, for instance, water quality degradation in the Elbow River has been clearly measured.

Last summer the deaths of mama bears due to human activity in the Bragg Creek/ Redwood Meadows area leaving 5 orphan cubs upset many local residents. We had discussions with a number of well-known

biologists and bear experts looking at how we can limit future wildlife human conflict. And some of these discussions led to a surprising revelation:

We heard that wildlife experts consider our area to be at a unique juncture in its development history. We have a surprisingly intact functioning ecosystem here, considering we live so close to 1,500,000+ people in the greater Calgary area. In fact, Dr Brad Stelfox maintains that the only area in the world with more wildlife diversity near such a large human population is Nairobi National Park in Kenya, near the 4.4 million people of Nairobi city.\*\*

This is exciting news, meaning we can choose a future where we protect and sustain our wildlife and the habitat/ movement corridors they need ...or follow the path of Canmore, Fernie, Cochrane, Golden and Revelstoke with the resulting loss of wildlife, habitat, and local environment they've incurred.

Identifying critical habitat is a good first step. Habitat is the landscape wildlife (and plants) need to survive, providing food, water, cover, mating and birthing opportunities. Often animals need to move from place to place to meet those needs, so the pathways wildlife use to move between them are equally important. Moose prefer willow-rich wetlands, deer prefer aspen

parkland, and bear frequent the edges of spruce and pine forest etc. A fully functioning Foothills ecosystem includes the varied landscapes surrounding us here, and the wild creatures that have adapted to it. This is all critical to sustaining the moose, deer, cougar, bears, coyotes and fox that live here with us.

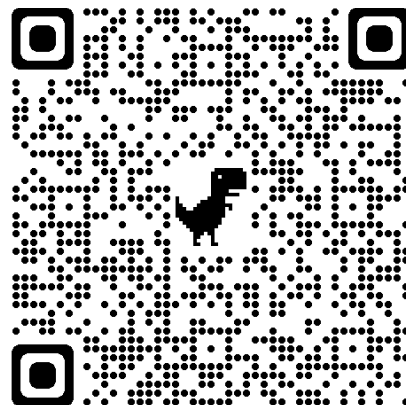
BCW's mapping work aims to support our vision of a future that works to preserve all this. We love Bragg Creek because we know it's special - and it turns out it's even more special than we thought! Careful planning can take account of what we've been told by scientists both local and international, so that we're not the last generation to see grizzlies, cougars and moose in our area, and to drink from a pure Elbow River and its tributaries. That would be very sad indeed.

A fuller version of this report by Dave Klepacki is available in our Winter 2023 newsletter.

We're very grateful for all reports of sightings (both live and deceased) of wildlife. Please continue to contribute to this important project. Thank you!

\* The United Nations Montreal 15th Convention of Parties on Biodiversity

\*\* Dr Brad Stelfox (UofA Adjunct Professor) Pers Comm 2022



**Sylvie's Massage**  
Bragg Creek

Sylvie Lappa RMT • NHPC  
403.828.5408  
sylvielappa@gmail.com

BOOK ONLINE: [www.schedulicity.com/scheduling/SLMFES](http://www.schedulicity.com/scheduling/SLMFES)



**Local couple actively looking to purchase a home near the Bragg Creek, Priddis or Millarville areas of MD Foothills.**

**Looking for: Small/Medium size home with 4 Acres or MORE!!**

**ALSO, WILL CONSIDER BUYING LAND TO BUILD ON.**

**Please call: 403-837-0220. Thank you!**



**Welcome to Yoga Spirit**

Your Yoga & Meditation Sanctuary  
in beautiful Bragg Creek

**\$69 INTRO  
OFFER!**

**Open Daily!**

Classes, workshops, retreats & more!  
<https://yogaspirit.ca/pages/schedule>

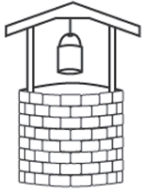
**Shop!**

View our selection of retail items  
in-store or online!  
<https://yogaspirit.ca/collections>

#12 Balsam Avenue | Bragg Creek | Alberta  
<https://yogaspirit.ca>







# WELL OWNERS



**ARE YOU NEGLECTING YOUR WATER SYSTEM?**

## **Standard Water System Maintenance Schedule:**

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

**Having a hard time remembering your maintenance schedule?  
LET US KEEP TRACK FOR YOU!**

We will send automatic email reminders of your recommended maintenance based specifically on your system.

**SIGN UP NOW by emailing [info@acreswest.ca](mailto:info@acreswest.ca)**

**Local family owned business for over 27 years.**



**28 years in Business**

- **Water Softeners, Iron Filters, Water Purifiers**
- **Pressure Tanks, Well Service, Pumps**
- **Water Storage Tanks**



**ACRES WEST  
POWER & WATER**

**Our Green Technologies will  
Transform your Acreage**

[www.acreswest.ca](http://www.acreswest.ca)

**403-931-3733**

**Our peroxide is available at :  
Moose Mountain General Hardware Store, Bragg Creek Shopping Centre, Balsam Ave, 403.949.3147**



## Top Investing Scams for 2023

Crime doesn't just happen to physical property. The following is a warning that was posted on the Alberta Provincial Rural Crime Watch Association website with respect to potential investment risks. It was written by Annemarie Marshall, Senior Advisor, Investor & Industry Education with the Alberta Securities Commission.

"The Alberta Securities Commission (ASC) has compiled a list of the top investment risks and potential scams to watch out for in 2023 based on investor complaints, ongoing investigations, and current enforcement trends.

### 1. Advice from fraudulent "fin-fluencers."

Many people look to social media for "how-to" information, and that includes when it comes to finding information about investing. There is an increasing trend of "fin-fluencers" on social media. These financial influencers use their large social media followings to discuss trends and share advice on topics related to finance and investing. Some fraudsters act as fin-fluencers to purposefully promote deceitful investment information through schemes like "touting" (promoting an investment without disclosing compensation) and "scalping" (promoting a stock to quickly drive up the price and then selling at the inflated price). Investors are advised to be cautious of any investment that is being promoted as a sure thing and to do thorough research on the company, offer and all parties involved before investing in anything promoted on social media. Where can you go for information? Start with a Google search about the company and offer. Even if the offer isn't fraudulent, it may not be right for you. It's important to fully understand anything you're investing in.

**2. New (fake) friend alert.** Any investor should be cautious of new friends offering investment opportunities, particularly related to cryptocurrency or forex trading. Fraudsters often use apps and social networking sites to build relationships and establish trust with

strangers before tailoring an investment scam to their needs and encouraging them to invest increasing amounts of money through professional-looking websites. Victims may see early returns, but these are designed to create a false sense of credibility. Eventually, the victim can no longer access the website or withdraw their money, and the fraudster gives excuses or stops communication altogether. Always be cautious about sharing any personal information online or in person, and always take time to consider the source of information and research the opportunity on your own or in consultation with a registered investment advisor.

### 3. Impersonating a regulatory agent.

Investors are advised to be aware of fraudsters impersonating regulatory agents. These fraudsters may pretend to be staff from the ASC or another regulatory agency, using the agency's logo, name, pictures, credentials, and social media accounts. When impersonating a legitimate staff member, they pressure investors into providing personal information or transferring money. It's important to always verify the identity of the source and remember that the ASC will never request that an individual transfer money to the organization or to any staff member. To verify the legitimacy of a request, investors can check verified ASC social media accounts on CheckFirst.ca and contact the ASC's public inquiries office to confirm the legitimacy of any request they allegedly received from the ASC.

**4. Spoofed Websites.** There is a growing trend of spoofed websites that imitate legitimate investment firms. Often these sites offer unrealistic rates of return. These sites can appear in internet searches alongside legitimate firms and often claim to be "registered with the CSA" or authorized to sell investments in Canada. To protect yourself, always check the registration of any adviser or organization by visiting CheckFirst.ca/check-reg. To learn how to spot the red flags of fake websites, visit the interactive SpotTheSpoof.ca website brought to you by the ASC.

**5. Celebrity endorsements.** Be cautious of celebrity endorsements for investment opportunities. While it's common for legitimate businesses to use celebrities to endorse their products, fraudsters

do as well. When you see a celebrity promoting an investment, it's important to remember that they may be being paid to do so with little to no understanding of the investment they are promoting, or their image might be being used without their knowledge or consent. Fraudsters will often mimic celebrity personas, adopt similar social media handles, create cloned websites, and manipulate quotes and images to make the endorsement appear genuine. Investors are advised to be cautious of any investment opportunity that is promoted by a celebrity.

As the new year gets underway, it's a good time to review your investing goals and brush up on your knowledge to protect yourself from scams. Always be vigilant for red flags of fraud and thoroughly research any investment before making a decision. If you suspect any suspicious investment offers, report them immediately to the ASC's public inquiries office."

*Dave Schroeder  
HCRCWA Board Member*

## Foot Care In The Creek!

Clinics:	Thursdays at 6 week intervals
Location:	Snowbirds Chalet 19 Balsam Ave, Bragg Creek
Hours:	9.00am -4.00pm
Clinician:	Jill Read-Johnson, Certified Podologist
Cost:	\$35.00/session cash only
Appointment:	Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

\*Clients must provide their own foot basin & towel

### The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology





## CALGARY SKI CLUB

A Loppet is a "community fun race" open to all ages and abilities. The Calgary Ski Club's annual Lake Louise Loppet is the longest running in Western Canada. It is held every year in Lake Louise on the first Sunday in March. We encourage you, your family and friends to come out and participate in this extraordinary event and enjoy the breathtaking scenery of Lake Louise while cross country skiing.

Invictus Games Foundation, in support of wounded veterans world-wide announced the first Invictus Winter Games will be held in Vancouver in 2025. The Calgary Ski Club Loppet organizers asked and have been given permission to invite Invictus racers to our Loppet. Invictus Games Foundation have put out a call to North American veterans through the We Are Invictus app on our behalf. All ages, standing or sit-ski, you are welcome.

In the spirit of reconciliation, the Calgary Ski Club also invites Indigenous cross country skiers, young or old to participate,

either in-person or virtually, just like we did together for the Virtual Loppet in 2020.

Para-Nordic skiers, including Sit-Skiers, Visually Impaired and Standing Classifications are invited to this and all future Loppets. We have added new routes and distances to challenge all levels.

Sunday, 2023 March 5th, will be the 51st Anniversary of the Lake Louise Loppet hosted by the Calgary Ski Club. For race participants, who have registered for this event, will require hotel accommodations and will be offered a discount using the Promo Code "Loppet 2023".



## BRAGG CREEK DENTAL

**Thank you for your patronage, Dr. Michael and Dawn Clancy and Staff.**

403-949-2288 • [bcdental@telus.net](mailto:bcdental@telus.net) • [www.braggcreekdental.ca](http://www.braggcreekdental.ca) • 35 White Ave, Bragg Creek, AB

Follow us on Facebook at Bragg Creek Dental

We follow the Alberta fee guide and direct bill to most insurance companies.

\*Some conditions apply\*





## A TASTE OF THE HIGH COUNTRY

### Meet two brothers - Cabernet Sauvignon and Merlot

What's the difference between Cabernet Sauvignon and Merlot grapes? Confusion in the liquor store is often cited as the reason consumers select their "go-to" wines or pick fun labels, severely limiting their wine-tasting journey.

With a bit of help they too, can make sense of a myriad of choices and be well on your way to exploring grapes and wine styles in a way that works for you. Understanding grapes and their wines is a little bit like... understanding car makers and their cars. Once you have a basic knowledge of them, you will be able to shop with confidence. In the next few months, I will gradually introduce you to popular grapes to set you up in your wine-tasting journey.

Cabernet Sauvignon and Merlot grapes are often described as brothers. The first is the big brother - assertive, bold, expressive, and structured. The "type A," if you will. The second one is the little brother. In many ways similar to the big brother but toned down. With less attitude - smoother, gentler, fruitier, easygoing. The "type B." Both are red grapes, take their origins in the same area (Bordeaux) and are equally celebrated. Cabs have aromatics of black currants, black cherries, red currants and sometimes mint. Merlot offers blackberries, and plum. Oak, vanilla, and other earthy flavours are the results of barrel aging.

The big difference between the two grapes is their berries. The Cabernet Sauvignon grape has a thick skin, lots of tannin, flavours and acidity. The resulting wine is bold and structured. If it is aged in oak barrels, especially "new" oak barrels, it further develops flavours, structure and intensity.

Conversely, Merlot's grapes are thinner, with less acidity and tannin. When vinified, the wine is gentler. That said, Merlot can still be aged in oak and develop significant structure.

Both these grapes take their origin in Bordeaux, France and are typically blended together. The reason is strategic. Bordeaux is a region susceptible to climate and weather variations. It is also quite humid and vulnerable to mould and diseases. Growing and blending Cabernet Sauvignon (which loves hot, dry growing seasons) and Merlot (which favour milder years and grow rapidly) makes sense. Together they add complexity by complementing each other, and the quality of wines is maintained year over year irrespective of the climate conditions. Incidentally, Bordeaux uses other grapes in their wines for similar reasons but more on those ones in a future article.

And so "terroir," meaning climate, soil, altitude and traditions, influence how a wine tastes. Other regions successfully produce those two popular grapes, including Southern France (Languedoc), Tuscany, Italy (aka the "Super Tuscan") and Northern Spain. These wines are a bit fruitier and more approachable than the assertive Bordeaux in these regions.

These grapes produce juicy, fruit-forward, bold reds in the New World and are often thought of as "sweet". Think California, Australian and South African Cabs. In these regions, the vines grow in warm areas where the fruits are allowed to mature for an extended period before harvest to develop maximum flavours. In cooler areas, namely Canada and Chili, the wines are less intense with higher acidity resulting in elegance and often more refined.

So, what pairs with these wines? In the New World, the big, fruit-forward reds are often described as "sweet." Cabs do well with bold dishes such as BBQ steaks, pot roast, venison, bleu, and aged cheeses. The more restrained reds (Bordeaux, Canada, Chili, Spain), and New World Merlot will go well with the pepper steak, tenderloin, roast beef and aged cheeses. Merlots also work well with mildly spiced sausages.

These reds age up to 4-8 years or more. But, speak to a knowledgeable retailer or read about the label in question. Not all are designed for it.

Big reds are best served at about 18C. If you keep your wine in the basement, it probably will be at the right temperature, as your kitchen is likely too warm.

So, what car(s) can we compare the Cabernet Sauvignon to? If from Bordeaux - an SUV Porsche Cayenne. If from the New World, most likely a Ford F350. As for Merlot? A Toyota 4 Runner.

*What do you think?  
Cheers!*



*Chicken like Grandma  
used to cook!*

### Jerry & Nancy Kamphuis

• Naturally raised without antibiotics or animal byproducts: In order to be labeled "grain fed", the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed EXCEEDS that requirement and is 100% vegetable-source grain-based!

• Raised locally, with great nutrition including organic minerals and vitamins!

Our goal is to provide our customers with a healthy product that tastes great and is reasonably priced

**Ask us about our loyalty rewards program!**

Contact us at [orderdesk@countrylanefarms.com](mailto:orderdesk@countrylanefarms.com) • 403.934.2755  
**COUNTRYLANEFARMS.COM**



Renée Delorme, Sommelier  
[www.tastingpleasures.ca](http://www.tastingpleasures.ca)  
403.200.9961  
[mail@tastingpleasures.ca](mailto:mail@tastingpleasures.ca)  
*Indulge in the pleasures  
of private tastings*



**Invitation to food artisans,  
growers, producers and  
restauranteurs:**

*Do you produce, make or serve quality local food that best exemplifies our terroir? Interested in being profiled? Please email Renée at [mail@tastingpleasures.ca](mailto:mail@tastingpleasures.ca)*





## SHEEP RIVER LIBRARY

With a new semester beginning, the following classes may be of interest to high school students. On Saturday, February 11, 2-4 pm, Cheryl Bain will be presenting Setting and Meeting Class Goals. This workshop is aimed at students in grades 9-12 with their parent(s). It will cover setting short- and long-term goals, how to break down goals into smaller milestones to help reach targets, and how parents can help their students achieve success in their classes. Parents and students will work together to start putting their new skills to use before the end of the class. On February 16, Cheryl is offering Study Skills for High School Students. This workshop is aimed at students in grades 9-12. It will cover study environment tips, time management, note-taking, what a teacher usually means when they tell you to "read this part of the textbook," and some review strategies for before and after a test, and test-taking skills. Cheryl Bain is an award-winning teacher and tutor with a passion for helping students achieve their goals.

Her education includes a bachelor's degree in chemistry, a master's degree in library science, and an in-progress continuing education certificate in teaching. Cheryl has been a student, employee, or educator at five different Canadian universities. (Which means she knows what she is talking about.)

Other classes offered in February are the Yogurt Making (February 9) and Preserve the Harvest (February 21), both of which are being presented by volunteers from the Diamond Valley Sustainable Living Centre. Berri Levert presents an End-of-Life Interactive talk on February 8 (10 am-12 pm) and February 15 (6:30-8:30 pm). ATB is continuing the Financial Literacy Series with talks on Investing (February 2), Credit (February 9), Home Financing (February 16) and everyday Banking (February 23). All talks begin at 7 pm. The second session of Tech Talk for beginners starts on February 23 and runs for six weeks at 10:30 am. Tech Talk Drop-in, which is designed for those one-off questions you may have, is on the same dates at 12:30 pm.

For more about our programming, please go to [sheepriverlibrary.ca](http://sheepriverlibrary.ca) or pick up a brochure at the library.

Other services available at the library include photocopying, faxing, scanning and laminating for which there is a charge. Public computer access and Wi-Fi are free to all. We do have earphones and USB sticks for sale. Our program rooms are available for rent to community groups and private events. If you have any questions about these services or rentals, please call the library at 403-933-3278.

We have recently replaced the big black puffy chairs with chairs that are more streamlined and take up less space when not in use. If you would like to take one of the old chairs and give it a new home, you can do so for a small donation to the library. Come in and talk to us about it.

Save the date! Saturday April 29, the library will be celebrating its 40th Anniversary. We have a major celebration planned for the afternoon, with food, entertainment, prizes and displays. Come and celebrate with us and take a walk down memory lane as we look back at the past 40 years of providing library service to Diamond Valley.

The library will be closed for the Family Day long weekend February 18-20. Regular hours resume Tuesday, February 21.

**SWEETWOOD SEASONINGS**

**"WE ALSO CARRY THE FOLLOWING ITEMS"**

SEASONINGS, SPICES, BBQ SAUCES, WILD GAME SEASONINGS, HOT SAUCES, BBQ ACCESSORIES

**WE CARRY GRILLS, SMOKERS AND DEEP FRYERS**

#266, 200 SOUTHRIDGE DRIVE, OKOTOKS, ALBERTA T1S 0B2  
PHONE: (403) 938-2271

## Love is on the menu.

After a restful month off and some exciting new renovations, we're back and ready to serve up Bav Tav lovin'. As February is the month of love, on Valentine's Day, Chef Charlie, your culinary Cupid, will be carving up Chateaubriand for you and yours.

and reserve as seating will be limited. Heart-shaped a humerous



Book today your table be limited. schnitzel for visual effect only.

THE  
**BAV**  
MOUNTAIN  
DINING

THE  
**TAV**  
MOUNTAIN  
DRINKING

AT THE BAVARIAN INN BRAGG CREEK AB



## SQUARE BUTTE COMMUNITY

We are off to another year of activity, community get togethers, family celebrations and local classes to broaden our experiences and spend time with neighbours and friends.

The SBCA brought in 2023 with a fun filled New Year's celebration that left many of us tired for January 1 although with great memories of dancing, visiting, antler toss perfecting and fun time spent with neighbours and friends. We will continue this 'fun' trend with dances throughout the year so keep your eyes open for facebook announcements, sign details at the hall itself and emails!! We are hoping to confirm a concert in February and a dance in March. Watch for details!

Our Board is excited to get going in 2023 with the addition of new board members and fresh ideas. We are open for rental bookings and are in the process of updating our rental fees and inclusions so keep an eye out for the website announcement. 2023 is our casino year for increasing

our bank account balance for hall improvements and we will be looking for volunteers to assist with our casino. Please contact [info@squarebuttehall.com](mailto:info@squarebuttehall.com) if you are interested in taking a shift during our June 8 and 9, 2023 casino.

As our community continues to grow and families move into the area to raise their children, enjoy the beautiful land we are surrounded by or begin their retirement years, we all need to know or be reminded of the foundation of the SBCA.

**DID YOU KNOW:** The Square Butte Ladies' Group had its first beginnings at a baby shower for Mrs. Peggy Nylund in April of 1941. The ladies enjoyed their afternoon together so much that they decided to meet monthly at individual homes to visit. At one of these meetings, the group decided to become an auxiliary group to the Red Cross as it was during war times. The group spent hours knitting and sewing articles to send overseas to the soldiers. As time passed and our hall was created, the group moved their meetings to the hall location.

Our hall was originally in an area known as Kew and as far as the eye could see, you were surrounded by fields that were mostly

home to farming families and their animals. Neighbours helped neighbours and time was spent building and repairing homes, farms and community halls in the area, as a group sharing each others' skills where needed, and supporting each other

The hall itself began as a one roomed building donated by a local family and over time was added to, renovated and updated to what stands today. It still remains a meeting place for the Square Butte Ladies' Group and has grown over the years to be used as a meeting place for the community to come together to celebrate holidays, weddings, funerals, family reunions, birthdays, important community discussions, and any other needs for the people of the area.

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

Facebook: [www.facebook.com/](https://www.facebook.com/SquareButteHall)

SquareButteHall

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

## FOR YOUR HORSE TO YOUR HONEY



**WE BUY & CONSIGN  
TRAILERS OF ALL MAKES &  
MODELS**

**HORSE-STOCK-LQ-FLATDECK-  
DUMPS-CARGOS  
SELECT FROM OVER 300 UNITS**

**MORE INFORMATION  
[bart5trailers.com](http://bart5trailers.com)**

**403-931-2212**

## VALENTINES

- WESTERN & ENGLISH TACK
- FEED & SUPPLEMENTS
- STABLE SUPPLIES
- PET SUPPLIES
- FENCING & PANELS
- WRANGLER JEANS & APPAREL



**FOOTHILLS  
COUNSELLING**  
PSYCHOLOGY INC.



### **Katerina Renny, MSc, Registered Psychologist**

Your Local Therapist Providing  
Counselling for Adults and Adolescents

#### **In-Person or Secure Online Video Sessions Available**

Counselling for a wide variety of  
issues: anxiety, depression, grief & loss,  
addiction, trauma, current stressors,  
couples counselling

Three office locations to serve you:  
140 Main Street NW,  
Turner Valley, HWY 762

5th Floor, 5940 Macleod Trail SW, Calgary

403.819.7691

[krenny@foothillscounselling.com](mailto:krenny@foothillscounselling.com)  
[www.foothillscounselling.com](http://www.foothillscounselling.com)





## MILLARVILLE 4H CLUB

The Millarville Stockland 4-H Club has been busy in November and December. We started November off with some of our members volunteering at the Priddis Community Association Fall Supper. Then we had our November Business Meeting. Our Poultry and Sheep Members did

workshop Clinics learning the terminology and parts of our chickens and sheep as well as how to care for them in an Alberta Winter. We had a carcass workshop; learning about how our beef and sheep carcasses are graded and scored after we sell them. Thank you to our Clinicians that came to share your expertise with the Club. We greatly appreciate it. In December some of our members decorated the Rising Sun Long Term Care facility in Black Diamond to help spread the festive spirit for the residents there. And later that day members

and families gathered for our Christmas Sledding Party. We had lots of fun and drank hot chocolate and sledded up and down the hay field. We had our Club Business meeting on December 14th and that wraps up our club activities for 2022.

The Millarville Stockland 4-H Club Wishes everyone successful Calving/Lambing/Kidding and Hatching Seasons in the New Year!

*Submitted by Joseph Arkes, Club Reporter*



*BARRISTER & SOLICITOR, NOTARY PUBLIC*

## Linda A. Anderson



- **Real Estate**
- **Wills**  
Including Personal Directives  
& Enduring Power of Attorney
- **Estates**
- **Family Law**  
Including Divorce, Pre Nuptial  
& Co-Habitation Agreements
- **Small Business**  
*25 Years Experience*

403-243-6400 (Calgary Office)  
403-949-4248 (Redwood Meadows Office)

[linda@lindaandersonlaw.com](mailto:linda@lindaandersonlaw.com)

Calgary Address: 2822B 40 street SW  
Redwood address: 41 Redwood Meadows Drive

## ST. JAMES ANGLICAN CHURCH

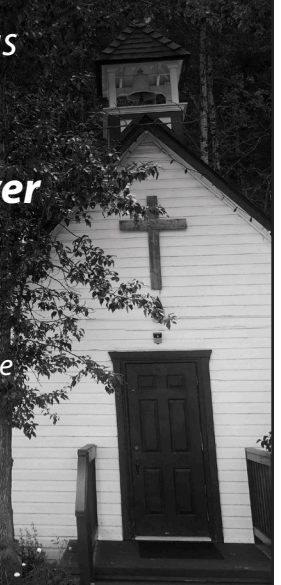
[www.meotaparish.ca](http://www.meotaparish.ca)

Rector: Ven. Rev. Alan Getty & the Rev. Jacquie Durand  
*Priddis Valley Road in the Priddis Hamlet*

*MeotaParish.ca brings*  
**Sunday Worship  
and Prayer  
& Wednesday Prayer**  
*directly to your home  
via video!*

*Be sure to visit our Facebook  
page so you don't miss a single  
update from Rev. Alan Getty*

**CONNECT AT**  
**Facebook.com/meotaparish**  
**@meotaparish on Instagram**





## MILLARVILLE MUTTS AND MUSTANGS CHRISTMAS REPORT

In addition to regular training for Archery, Canine and Horse projects, the Millarville Mutts and Mustangs 4-H club also had a fun filled December with lots of activities! The horse group even found time to have a Christmas Ride with games and skills.

The Christmas Party was a roller skating party held at Millarville School. It was well attended. There were lots of snacks and a gift exchange also took place. It was great fun! December 10-12 was pick up time for the Holiday Fundraiser where we sold Poinsettias, Wreaths, and indoor/outdoor arrangements. A total of \$1,170 dollars was raised. All funds go toward renting the indoor arena and quonset at Millarville Racetrack for training. That weekend, some of our members also volunteered to ring KettleBells for the Salvation army in Okotoks.

We had our monthly meeting on December 12 and talked about the following year and about what was going to happen to the projects. Each meeting, a certain portion of our record books have to be completed so we don't get behind.

Dec 16 and 17 was District Hamper packing. On Friday night, senior members wrapped gifts. On Saturday, 11 hampers with meat, veggies, cleaning supplies, gifts for the children and other food were organised, packed, and delivered to families who need a helping hand during the holidays. It felt good to volunteer for this event. To end the winter holidays, a few of our members participated in the Winter Bonanza camp located in Chestermere.

*Justin Penner  
Club Reporter  
Millarville Mutts and Mustangs*



## PRIDDIS COMMUNITY

Your Priddis Community Association has a number of items to note for this month's edition of the newsletter. It really is exciting to watch our community come back to life after years of disconnection in the world!

- Last month we hosted the 2022 AGM. Thank you to those that came out and welcome to our two new board members!
- Winterfest is quickly approaching on February 4th. This event is free to the Priddis
- Community due to a very generous donation from Meota Gas Co-op. Bring your skates to the Priddis Rink from 4-7pm and enjoy refreshments, sleigh rides, bonfires and fellow community members. We will be accepting cash donations that will contribute to the refurbishment of the pickleball and tennis courts. Volunteers are needed. Please reach out to Karla (pcahallrentals@gmail.com) if you are able to help.
- Speaking of pickleball, with just enough space inside the community hall for a court, we are going to try to host a league starting in February. If you are interested in joining this beginner/intermediate league, please attend our information night on January 24th, 7pm at the Community Hall. We will need a passionate community member to spearhead the program. Please RSVP to Karla (pcahallrentals@gmail.com) if you are interested in participating in pickleball.

• On February 25th, PCA will be hosting a 4-on-4 shinny hockey tournament. Teams will consist of 4 players, a spare/sub and a goalie. Entry into the tournament is \$150 with registration posting and opening on January 24th at noon. Space is limited to 8 teams with 4 games guaranteed. More information and registration can be found at: [pca.getcommunal.com/parent\\_programs](http://pca.getcommunal.com/parent_programs)

- We have had a request to host a playing card night at the hall. Do we potentially have a community member that would be willing to coordinate this event? The board will offer support but we will need more help. Please email Casey (priddispresident@gmail.com) if you are interested in volunteering.
- We have already started to plan children's summer camps at the community hall for 2023. It is our hope to have 4 weeks of camp for children ages 3-12. Overnight camp is also in the works! More details will be provided in the next month.

Last but definitely not least, from time-to-time the PCA receives suggestions of community members that deserve to be recognized for their significant contributions to Priddis. This year we received nominations (see attached) for Arlene Jelfs and Sue Warren to be awarded a lifetime honorary membership. We would like to congratulate and thank both Arlene and Sue.

Your efforts have made, and continue to make, Priddis the community we all know and love.



### RED DEER LAKE

## MEAT PROCESSING LTD.

Located a short, pleasant drive south of Calgary, southwest of Spruce Meadows

**WHOLESALE-RETAIL**  
**BEEF-PORK-LAMB-**  
**SMOKED PRODUCTS**

**FULL SERVICE**  
**RETAIL COUNTER**

**CUSTOM PROCESSING**  
ALBERTA GOVERNMENT INSPECTED  
MEAT FACILITY ABATTOIR

**SPECIALIZING IN:**

- Locally produced Beef, Pork, Lamb, Chicken, & Rabbit; Free Run Jumbo Eggs; Raw Pet Food & bones;
- Full service retail counter with an excellent variety of fresh & smoked meat products.
- Wide Range of Naturally Smoked Products. Fresh & Smoked Sausage; Jerky; Old Fashion Style Hams & Bacon.
- Custom Slaughter/ Cutting of locally raised Beef, Lamb, & Pork.

90093 226 Avenue West  
 Foothills, Alberta T1S 2Z2

**403-256-4925**

**OPEN TO THE PUBLIC MON. TO SAT. 8 - 5.**  
 Fax: 403-256-8882  
 Email: [rdlmeats@telus.net](mailto:rdlmeats@telus.net)  
 Web: [www.rdlmeats.ab.ca](http://www.rdlmeats.ab.ca)

## Wilson & Plumer

Chartered Accountants

**ben@benplumercpa.com**  
**Bus: 403.949.4947**  
**Fax: 403.949.2252**

PO Box 879  
 3 River Drive S.  
 Bragg Creek, AB T0L 0K0





## HELLO DIAMOND VALLEY

Hello, Diamond Valley. What a nice January it was. There was some frosty mornings but the sun came out as always and the days had very mild temperatures. Sidewalks and side roads got a little slippery and there was a dense fog a few times as well. The record cold for January was back in 1922 with a -42 degree temperature, we'll see what February brings. Hopefully that old groundhog will bring us good news!

The good news for our kids is that they have the week of February 20-24 off of school, and Family Day falls on February 20. Alberta offers a free family fishing weekend, February 18-20, in which you don't need a fishing license in order to cast your line out. We went to Chain Lakes a few years ago on this free weekend and tried ice fishing. Everyone drove their vehicles right onto the lake and had fires and hotdogs, but it was a bit unsettling when the ice would moan and shift whenever someone drove off or on the ice. But a good experience anyway, even caught a fish or two. More information on regulations and places to fish, you could try my wildalberta.com.

It's Winter Walk Day on February 1, which is a province wide event where residents can track the amount of time spent being active and log it online, at winterwalkday.ca. Walking is one of the best free exercises almost anyone can do and it is so good for you, not only the exercise but the fresh air and sunshine are a tonic as well. Grab a friend or your dog and go for it, or you can check out the Sheep River Ramblers, a walking/hiking/snowshoeing group that is through the Library. We have so many good walking trails, of course, the Friendship Trail which now goes all the way around both towns, and the Turner Valley Golf Course is free to walk around on as well. My source from the course asks that residents avoid walking on the greens or the tee boxes, to prevent damage to that lovely grass and also because the tarps they put over them for the winter get very slippery. The off leash area is a great place to walk, as well as down by the gas plant and the Hell's Gate bridge area.

Kananaskis has hundreds of trails for every degree of walkers too. They also have cross country ski trails. Much of the Sheep River and its tributaries offer ridge tops with vistas of the foothills and mountains and a chance to see elk, moose, and deer. Altogether the Sheep River Valley and Bluerock Wildland Provincial Park offer 37 kilometres of groomed ski trails ranging from 1-6 km, most of them easy trails. For more information, and for safety tips also, visit [cd.gov.ab/Parks/Kananaskis](http://cd.gov.ab/Parks/Kananaskis).

For those who prefer not to walk, a reminder that we have our Sheep River Shuttle is now available to residents in the Diamond Valley. Partnered with the Boys and Girls Club of the Foothills, the shuttle is available on Tuesdays and Thursdays, and charters are available. One way fares within Diamond Valley are \$3, one way to Okotoks is \$7, and children 5 and under are free with a parent or guardian. Please book trips 24 hours in advance, to book a trip or to find out more, call 403-861-2081.

The RCMP celebrate their 150th anniversary this year. They have over 750 detachments in Canada, including 200 municipalities and 192 First Nations communities. Some of their specializations include: major crime investigations, emergency response, forensic id, international peacekeeping, explosives disposal, and police dog services. Administrative roles include public affairs and human resources. Thank you to all that work in the RCMP!

And also, a big thank you to all the volunteers and staff, and they are mostly volunteers, who work in our Fire Departments, Emergency Medical Services, Foothills Search and Rescue, and of course our Hospital Staff, Home Care Workers, and Social Services Workers. It has been a tough go for many of these people with the pandemic, which is still having effects on our system. We are lucky to have these services in our community.

Did you know that there is an organization called Diamond Valley Citizens on Patrol, or COPS? They are a dedicated group of volunteers who patrol in pairs and report to the RCMP any unusual or criminal behaviors. They patrol, observe, and record, as there has been an increase in crime in our area. When I first moved here over 20 years ago, I never locked my house or vehicle, or the garage or anything, and now I do as there have been reports over

the years of people trying doors in the middle of the night. Better safe than sorry, as insurance tends not to pay out if things are left wide open. If you would like to volunteer or find out more about COPS, and help provide a safer community for all, email is [diamondvalleycop53@gmail.com](mailto:diamondvalleycop53@gmail.com). Thanks to all the volunteers!

Other volunteer opportunities in our area at this time are in the Parks, Paths, and Recreation Advisory Committee, through Diamond Valley, and the Sheep Creek Arts Council is in need of a directors for their board. Oilfields Hospital and the Rising Sun are places where help is needed also, and Pound Rescue is in dire need of foster homes for animals.

There will be another Repair Café at the Griffiths Centre on February 4 from 11-3. You can bring items that are broken and their volunteers will try their best to fix them! This keeps things out of the landfill and saves you money too. Please make an appointment, but walk-ins will be accommodated as best they can. To make an appointment or for more information, call 403-797-3386 or there is a link on Black Diamond's website. The Repair Café is free but they accept donations which goes toward the Sustainability Committee, a wonderful organization that promotes green living and sustainability. The Griffiths Centre is located at 122 Government Road in Black Diamond.

Beneath the Arch is pleased to present Shaela Miller and Band on February 25. Shaela is an Albertan independent artist who brings a sassy vibe to her alt-country songs and a lively stage presence along with her 5-piece band. Doors open at 7 and the show runs from 7-10, for tickets, visit [beneaththearch.ca](http://beneaththearch.ca).

If you have any events happening in March, please drop me a line at [elaine.w@telus.net](mailto:elaine.w@telus.net). We love to hear from our not for profit organizations. The deadline for March's issue is February 15.

*Happy Valentine's Day everyone!*  
*Elaine Wansleebe*





## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Greetings! Sharing my News Update...

#### Fire Protection Service in Foothills

**County:** Foothills Fire Department and our partner Fire Departments serve an area of over 3,600 sq. kms with a rural population approaching 25,000 citizens. Each partner has been assigned a primary response area. Currently there are 9 Fire Districts with Fire Stations located in Longview, Diamond Valley (2 stations, formerly Turner Valley & Black Diamond), High River, Cayley, Priddis, Blackie, Okotoks (2 stations), Heritage Pointe and Spruce Meadows. All of our fire service resources are dispatched by Foothills Regional 911. Please visit the County's website to view the fire service area MAP: [www.foothillscountyab.ca/emergency-services/foothills-fire](http://www.foothillscountyab.ca/emergency-services/foothills-fire)

#### National Fire Protection Association (NFPA) Standards:

Foothills Fire Department adheres to NFPA 1720, which is the "Standard for the Organization and Deployment of Fire Suppression Operations, Emergency Medical Operations and Special Operations to the Public by Volunteer Fire Departments". The County has placed 1 full-time station and 5 volunteer stations in proximity to populations and where an adequate pool of volunteers is able to respond to meet the 10-minute response time for Suburban Area Demand Zones, 14-minute response time required for Rural Area Demand Zones, and Remote Area Demand Zones respectively, in accordance with NFPA 1720.

#### Fire Services in west Foothills County:

Given the expansive geography of the County, fire station locations and mutual aid arrangements have been established to ensure that adequate service levels are provided to residents and businesses as cited in the standards. The station(s) within or assigned to the 9 Fire Districts closest to a given event are dispatched first, for most emergencies. The agreements with the Fire Departments allow assistance or mutual aid as required for larger calls. In addition, the Foothills Fire Service

has mutual aid agreements with the surrounding municipal districts and counties to provide more equipment and manpower when required. Specific to the area along Highway 762, the most likely fire stations to respond are Priddis and Diamond Valley, although other stations may attend depending on the situation. Mutual aid agreements are in place with near-by Redwood Meadows, Alberta Forestry, and other municipalities in case of need. Alberta Forestry is responsible for wildland fire response in neighbouring Kananaskis and coordinates response along the boundary with Foothills and its partners.

#### Water Supply for Firefighting near

**Highway 762:** The water bulk-fill station located at the West Foothills Water Treatment Plant is a valuable resource for water supply during emergency operations. The Foothills Fire Department has utilized this resource numerous times over the years and recently during two significant wildfire events that occurred in Oct 2022 and Dec 2021. Tenders (water trucks) were able to swiftly access, connect, refill and deploy back to the scene in a very efficient timeframe. In rural firefighting, water supply is the biggest challenge faced, and therefore having this infrastructure readily available is vital to the success of operations. To date, the Foothills Fire Department has never experienced any challenges accessing the bulk-fill station, and in reference to the two recent events, were able to draw tens of thousands of gallons of water, without any restrictions. All fire apparatus (Engine/Tenders and Bush trucks) can connect directly to the fill station using a large diameter hose connection. This option is more favourable, due to the fill station having a pressurised water supply, versus the dry hydrant also located at the site. Within the County's recent Wildfire Mitigation Strategy funded

by a FireSmart grant, additional firefighting water sources have been identified, including rivers, streams and ponds in and around the 762 area.

**Old Burby Fire Hall:** The use of the old structure as a fire hall, located along 1368 Drive West (Rusticana Road), was discontinued around 1999-2000. Historically there were issues with recruiting adequate volunteers to meet the required NFPA service objectives in the area. In addition, the old building is not able to facilitate a fire service and is currently leased to the Venturers Society.

**For Awareness:** Costs for a full-time fire hall similar to Heritage Pointe are in the \$6-8M cost range, with apparatus and equipment costing another approximate \$2M, and then on top of that, an annual operating budget near \$2M. This would not be a feasible tax cost for a service provided to an area of fairly low population and business density.

**Other Considerations:** To ensure the best emergency service response to your property, please keep driveways clear in all seasons, visibly post your 911 Address sign, register your gate code with Foothills Regional 911 and beware of accidentally starting a wildfire. Also, consider "FireSmarting" your home and property. Visit the County or FireSmart websites for more details: [firesmartcanada.ca/](http://firesmartcanada.ca/)

**Well Workshop:** A Working Water Well Zoom Workshop has been scheduled for Feb. 28th, 2023, from 6:30 pm to 9:30 pm. Please see details and pre-register here: [bit.ly/3Bqr1Fd](https://bit.ly/3Bqr1Fd) or, contact Bree at 403.333.8106 or via email: [bree.webb@foothillscountyab.ca](mailto:bree.webb@foothillscountyab.ca).

**For Other News & Updates: Facebook:** [www.facebook.com/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)  
**Email:** [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)  
*With best regards,  
Suzanne*



**HOT PRICES - GREAT WORK!**

**PEPPER®**

**403.888.2000 - HOTPEPPERFURNACE.COM**

**FURNACE & DUCT  
CLEANING & DISINFECTING**

**WCB LICENSED INSURED - SUPPORT YOUR LOCAL BUSINESS!**



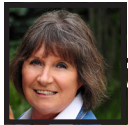
**BEST  
AWARD  
WINNER - 2021**



**BEST  
AWARD  
WINNER - 2022**







## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

#### Wow, February already!

You may wonder if some of the news I report to you seems to be missing. It is definitely tricky because as I write this, it is January 15, 2023, the deadline for High Country News and will be published for February 1st distribution.

If you want me to advise residents of an upcoming event in Division 3, you must have it to me by the 15th of the month before the event.

#### Winter Roads Surfaces in Foothills County

Foothills County's Public Works is extremely busy all winter alleviating the icy conditions. However, it is still winter, and we all must drive to road conditions. Take extra precautions at intersections and watch for regulatory signs such as chevrons, slow down, hidden intersection, etc. Posted speed limits are for ideal road conditions only.

Some of you have asked me about how the county maintains the different road surfaces in winter.

The MRO/dust controlled road surfaces are maintained with ploughs and sander trucks because they have a smooth hard-sealed surface. The same outcome cannot be achieved with a grader without causing damage to the surfaces. Plough trucks have less control over their ploughs than a grader does with its cutting edge/blade so they stick to the hard surfaced roads. Graders are used to lightly plough hard surface roads and wing snow back.

Gravel surfaces roads are maintained by graders in the winter and the operator will plow snow off when there is a large accumulation leaving some snow behind to try to limit gravel lose. They cannot apply de-icing material to grave roads because it migrates into the road sub-grade and when this happens it can cause roads to become very soft which can lead to worse safety issues and costly repairs. As well, when there is freeze/thaw weather it creates icy conditions throughout the County. Operators are constantly revisiting problem areas and will then cut the ice trying to pick up some surface stones to bend into the loosened material to help provide traction for vehicles.

#### West Foothills Water Treatment Plant

For those of you who use the Fish Creek Water Treatment Plant off Highway 762, please note the name change as of January 2023. It will now operate under the name: West Foothills Water Treatment Plant.

#### Tax Reimbursement Programme

Municipalities send out property assessment and municipal tax notices annually to registered property owners. Due to ongoing delays with Land Titles document registration processing times, recent ownership and mailing address changes may not be reflected on municipal property tax notices. Albertans who recently purchased a property may not have received a tax notice from their municipality.

If you recently purchased a property, did not receive a tax notification from your municipality, and paid a late payment penalty due to non-payment, you may be eligible for reimbursement of your late payment penalty from the Government of Alberta.

#### For more information go to:

[www.foothillscountyab.ca/news/government-alberta-property-tax-penalty-reimbursement-program](http://www.foothillscountyab.ca/news/government-alberta-property-tax-penalty-reimbursement-program)

### Foothills County Historical Committee

The Committee met at the Museum of the Highwood and although I have had the tour before, it was great to get an update on what is new at the museum. We saw a slide presentation of what happened to the Museum during the 2013 flood, which was hard to watch. The Museum staff are busy archiving thousands of pictures and documents which is very time consuming. They have devised a strategy going forward should another flood hit High River. They have the most valuable and irreplaceable items in the same room with a plan on how to get them out in a timely way. The Committee saw pictures of the new storage facility where staff can work on new items, sort, store, and organize.

#### Millarville Stockland 4H Public Speaking

I always look forward to judging the Junior 4H Public Speaking, which will be held on Sunday, February 5. The Juniors are my favourite group and provide great entertainment.

#### Important Dates

Valentine's Day Tuesday, February 14

Family Day Monday, February 20

Teachers Convention Tuesday, February 21 and Wednesday, February 22

*Looking forward to Spring!*

Barb Castell

Phone: 403-931-3690

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

Website: [www.barbcastell.com](http://www.barbcastell.com)

FaceBook: [facebook.com/barbcastell.ca](https://facebook.com/barbcastell.ca)




**Crafter's Corner**  
Gift & Flower Shop

116 Government Rd N, Black Diamond, AB

Email: [crafterscornerinc@gmail.com](mailto:crafterscornerinc@gmail.com)

Ph: 587 575 6666



**BRAGG CREEK EXCAVATING**

**Excavating:**  
Backfilling, Trenching, Cat work

**Landscaping:**  
Rock Work, Rock Retaining Walls, Rock Stair

**Acreage Development:**  
Clearing, Road Design & Building, Drainage, Ponds & Dams, Sewer & Water

**John Lajeunesse**  
403-949-2756 • 403-620-0250  
[braggcreekexcavating@gmail.com](mailto:braggcreekexcavating@gmail.com)



## DIAMOND VALLEY RESIDENT INFO

No need for residents of Diamond Valley to update driver's licence, provincial ID card or vehicle registration right away

With the amalgamation of Black Diamond and Turner Valley, people living in these two communities officially became residents of the new town of Diamond Valley, effective Jan. 1.

Some of you have asked if this means you have to get your driver's licence, provincial ID card or vehicle registration updated right away. The short answer is no.

Normally, Albertans have 14 days to update these documents following an address change, but in light of the special circumstance, the Government of Alberta has deemed the names of the new and old municipalities to be the same for legal purposes.

This means there is no immediate need to update your driver's licence, provincial ID card or vehicle registration – unless of course, they are about to expire.

Instead, you can update your address when it is time to renew these documents. Law enforcement has been informed of this change.

You also have the option of applying to renew your documents early. If you apply for early renewal, the usual fees will apply, but the postal address will be changed at no cost. We encourage you to discuss your options with your registry agent at time of service.

In the meantime, you can continue to use your driver's licence, ID card and vehicle registration certificate until you receive a new one – but the onus is still on you to renew your documents before they expire.

The merger of Black Diamond and Turner Valley is the result of decades of work and citizen engagement and represents a new chapter in the history of the close collaboration between the two towns.

We hope that the measures we have outlined here will make your life a little easier during this time of transition.

*Congratulations, and welcome to Diamond Valley!*

*Dale Nally, Minister of Service Alberta and Red Tape Reduction  
R.J. Sigurdson, MLA for Highwood*



## LONGVIEW LIBRARY

Happy New Year!

Our Christmas Open House was a great success. Members of the Writer's group entertained with readings of their poetry and fiction.

We look forward to a year of reading. Some of the new books to look for are: *Spilled Milk*, by Kay Randis, a story of resilience, the strength of the human mind and the will power to live a better life. It is based on a true story. *How To Suffer Well: Timeless Knowledge on Dealing with Hardship and Becoming Anguish Proof*. By Peter Hollins. *The Road*, by Cormac McCarthy. And *Where They Found Her*, by Kimberly McCreight. Karen Wight has kindly donated a children's book, *The Memory Tree*, a story of a fox who lies down in the forest and never wakes up. The book is about about death and how memories keep loved ones alive.

I hope you will enjoy these and many others you will come across. Reading is a great escape and a stimulating past time.

*Sylvia Binkley  
sliv@telus.net  
Longview, AB*

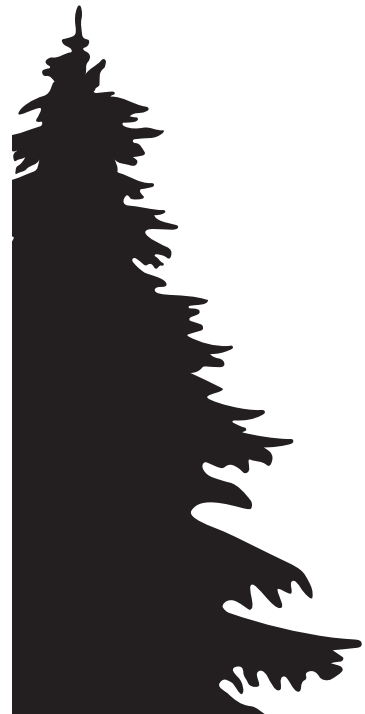
**Activities at the Hall in 2023**

Fun Bridge is ideal for those who enjoy a good game of cards and socializing with other Bridge lovers. Our group gets together on Wednesdays from 10 am to Noon

Stretch class based on Hatha Yoga is held Monday 8:45 to 10 am and 7:15 to 8:30 pm and Thursday 9:30 to 10:45 am. Class is limited to 15.

For anyone who is an avid Quilter, we have a Quilting group that meets Monday from Noon to 4 as well as a group that meets Wednesday from 9:30 to 1pm. Group Size is limited

For further information or to register please call Amanda Gotmy Our Hall Manager at 403-938-2525 or email at DWCA@platinum.ca







## DUANE HARDER

### What Is Love?

The definition of love is probably as varied as the number of people you ask. However, there was one common thread among the hundreds of couples that came for counseling: their love was measured by the intensity and frequency of their sexual relationship.

That is what I would call erotic love. The word erotic derives from the Greek word *eros* and describes a sensually stimulated and experienced emotion. There are three chemicals that our body produces during sexual stimulation and climax: Oxytocin, Vasopressin, and Serotonin. Combined, these bring a sense of bonding and attachment. This is mistakenly labelled as love. This is a physically produced, emotionally experienced phenomena. It is not genuine love. At best it is romantic love — something that is to be experienced by married couples.

Let's look at another aspect of love. The Greek word *storge* refers to the natural warmth that unites members of the same family. It is also used to refer to the natural affection that one has for an animal, possessions, one's hometown or country. *Storge* love arises naturally in normal human experience and at the same time can fade as circumstances change. It is kept in place by the subjective evaluations of each person. When those evaluations change, *storge* diminishes.

There is a third form of love. The Greek word for love among friends is *philia*. This is the kind of love that is based upon commonality. It develops when

people see each other as equals in some sense, perhaps through sharing the same values or interests or objectives. This is a reciprocating love that is held together by mutually held values. The love changes when those values change. If my expectations are being met, my love continues to hold us together. However, when those expectations are not met, the love diminishes, and we drift apart.

Allow me to give you five general observations of the above words that are used to define love:

1. They are subjective and deal primarily with feelings.
2. They are experience orientated.
3. They primarily deal with the emotion not the will.
4. They focus on the person experiencing the love, not on the object of the love.
5. They each have an important part in our life experience, but they are incomplete definitions of love.

There is one last word to consider and then our Greek lesson will be complete. It is the word *agape*. It is a word that describes unselfish behavior, all-consuming devotion, and an indestructible commitment.

*Agape* is unconquerable benevolence; invincible good will. It is not simply a wave of emotion; it is a deliberate conviction of mind ensuing in a deliberate policy of life; a deliberate achievement and conquest and victory of the will.

The last six years of my beloved's life were a graduate course in *agape* love. The selfishness of my heart was deeply challenged. The more the post-polio shut down functions of her body, the more I had to give up my personal desires. Her needs were the preoccupation of my life.

I was reminded multiple times in a day that she needed to know that my care of her was the desire of my heart not a duty to be performed. I saw her response to one of the care givers who came more than once on her day off to wash Marva's hair. Marva had nothing to give back to her but her care gave much to Marva.

Marva needed a love that nothing could overthrow or remove. She needed to know that I would be with her right to the end: that I would bear all things because she had value that wasn't defined by physical ability. She needed to know that nothing in her condition would change my commitment to seek her highest good at my expense. I wanted a love for her that would not fail — a love that would grow stronger as her need became greater.

Perhaps as you read this article you think, "This *agape* love is impossible. How can anyone achieve it?" This love finds its origin with God. He alone is the source of unconquerable benevolence and invincible good will. Thankfully He desires to give that love to us so that we can impart it to others. The greatest valentine you can receive is the impartation of His Love. Ask Him for it and I'll see you at the top.

*Duane Harder*



**Need a Firearms License (PAL/RPAL)?**  
 Firearms Safety Courses (Non- & Restricted Courses)  
 Call Mark: 403-679-8122  
 or email [abguncourses@gmail.com](mailto:abguncourses@gmail.com)  
 \*Serving the communities in Firearms Safety since 1966\*

CARPENTRY AT ITS FINEST  
**WHISKEY CREEK**  
 ENTERPRISES INC.

**Don Brouwer**

Lives locally on Hwy 762  
 Serving Bragg Creek, Priddis, Millarville, Diamond Valley  
 403-828-7132 · [donb@whiskeycreekrenos.com](mailto:donb@whiskeycreekrenos.com)

**Licensed & Insured**

General Contracting, Interior/Exterior renos,  
 Millwork, Fencing, Skidsteer Work



## BUSINESS PROFILE

### Camp Sayahh

It all started with a mission trip to Guatemala with the organization Dentistry for All, in 2003. Since then, Brad's passion for working with children to equip them with the foundation for good oral health led him to start develop a pediatric dental practice with four locations in Calgary and area. He is still operating in Calgary, and has recently rebranded his practice, "Sayahh Kids Dental Care", including locations in both Northeast Calgary and in Cochrane (Camp Sayahh).

In the 80's, pediatric dentistry was seen as the dumping ground for children who were more difficult patients to treat.

The specialty has since evolved, and dentists go back for two-three extra years of additional study to learn the specific needs of young mouths, and more importantly, the psychology involved in working with, and motivating, children to develop good oral health habits. There are only four pediatric residency programs across Canada, which graduate 8-10 pediatric dentist per year. Good pediatric dental care enables children to accept dental visits, and dental health as something to look forward to, rather than dread.

Dental health is an important foundation for overall good health. If a child can reach six years of age without any cavities, there is a very high chance that they will have no major dental problems through the majority of their life. Many systemic health issues manifest in the mouth, which enable dentists to detect underlying health issues in their patients. Regular dental check-ups are a crucial element of good health care.

The above statistic drives a passion within Brad and his team to ensure that children have access to good oral care, full stop. Brad's passion for working with children extends to several organizations within the Calgary region that facilitate access to oral care for children that may not necessarily have the means to do so. He is constantly looking for more ways in which he can give back to the communities around him.

Sitting with Dr. Brad, I was impacted by his ability to practise a very complex discipline, while creating a fun and child-friendly treatment experience for children, so they leave smiling (or even protesting, as they don't want to leave because they would prefer to stay and play). I wondered if they accepted adult patients that act like children. The treehouse wasn't quite my size, but I'm sure I could fit, sort of...

*Lowell Harder*



"Camp Sayahh"





“Dr. Brad and Dr. Peeyush”



“Dentistry For All in action”

being part of  
a great community  
makes us ‘sayahh’  
(especially when it comes to kids dental care)

**We are now Sayahh  
kids dental care.**

Same great locations.  
Same great team.

**camp  
sayahh**  
kids dental care  
Cochrane 587.493.8188

**sayahh  
city**  
kids dental care  
Marlborough 403.248.5015

Camp Sayahh Cochrane & Sayahh City Marlborough are formerly Chew Chew Pediatric Dentistry

**KIDSSAYAHH.COM**



## ADHD AND ANXIETY

### What is the connection?

ADHD and anxiety can look similar, but are very different conditions. For many, it is a package deal. Living with ADHD can be anxiety producing. It may make some of your ADHD symptoms worse i.e. feeling restless or having trouble concentrating. On the other hand, an anxiety disorder is more than just having anxious feelings from time to time.

### What is the difference?

"ADHD is in my brain. Anxiety is in my thoughts" (June Silkway, 2018). Anxiety comes and goes. ADHD is always present. Some people feel they can have more control over their anxiety than their ADHD, because no matter how hard they try to reframe it and think it away, their ADHD does not go away.

### Do people with ADHD get easily anxious?

It really depends on what type of anxiety you have. Sometimes people experience severe anxiety that is so overwhelming that it is the anxiety itself that interferes with your ability to focus. Those who only have

ADHD may look for anxiety provoking situations as a way of getting the focus they need. Just because you have ADHD does not guarantee that you will develop anxiety. However, it can trigger very powerful emotions as you live life with a few quirks. This could be socially, in school, at work or in relationships.

### What type of anxiety?

You may be dealing with generalised anxiety disorder, social anxiety, panic attacks, post traumatic stress disorder (PTSD) or even obsessive compulsive disorder (OCD). Some adults with ADHD can look somewhat obsessive or compulsive about what they do i.e. checking to make that they've actually turned the stove off. The difference between that and true OCD, is that the latter makes them less functional. The person with OCD doesn't check the stove once or twice. They check it ten times. For the person with ADHD, the checking is based on good self-knowledge that they might have forgotten to turn the stove off, because their experience has taught them that this is the sort of thing that they sometimes do. In this case, these behaviors are helpful in contrast to true OCD behaviors that really lock a person down. Therefore it is important to determine when and why you become anxious.

### What to treat first?

The symptoms are not the problem. The condition that is driving the symptoms is. If the anxiety is caused by your ADHD, then that needs to be dealt with first and vice versa.

### What can I do?

Well-known researcher and psychiatrist Dr. Amen suggests "...using the least toxic, most effective treatments for our patients...from natural supplements, medications, dietary interventions, sleep, exercise and targeted psychotherapy".

- Get professional help through your physician and/or psychologist.
- Get your ADHD treated. It may have fueled your anxiety. Potentially it could really turn things around in more ways than one.

### Sources:

Silkway, J. (2018). *The ADHD Coach*. The Guilford Press, New York, NY.  
Amen, D. (2015). *Magnificent Mind at Any Age*. Three Rivers Press, New York, NY.  
Roché Herbst, M. A. R. Psych.

## REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

- ADHD & ADD (Attention Deficit Hyperactivity Disorder)
- Learning Disabilities
- Processing Disorders
- Career Counseling
- School & Workplace accommodations

For more information contact Roché Herbst, M.A. R. Psych.

**(403) 510-9984 or [info@wehcs.com](mailto:info@wehcs.com)**



## STOP GETTING SOAKED BY YOUR PLUMBER!

**Before you call just any plumber, be aware of the  
TOP 3 THINGS that make your plumbing repair  
more expensive than it needs to be.**

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

### HERE'S HOW YOU WIN!

- 1. Price-Rite Plumbing only charges for the time it takes to properly repair your issue as quickly as possible.**
- 2. We don't replace parts other than what's required for a proper repair.**
- 3. Well stocked vans means we have the parts required for your repair.**

**YOUR NEXT PLUMBING REPAIR WILL  
BE PRICED RIGHT AND DONE RIGHT.  
CALL 403-660-1122 OR VISIT  
[WWW.PRICE-RITEPLUMBING.COM](http://WWW.PRICE-RITEPLUMBING.COM)**

**PRICE-RITE**  
**PLUMBING**



IS THERE A WEDDING  
YOUR FUTURE?

The DeWinton Hall is a  
beautiful venue for your  
special day

DCA rents our Hall for weddings, large  
and small events, meetings, markets and  
classes. Our weekends for 2023 are  
almost full and 2024 is starting to fill up.

CALL AMANDA AT 403-938-2525  
TODAY FOR FURTHER  
INFORMATION.



#### MASKS OFF, ARE YOU SMILING?



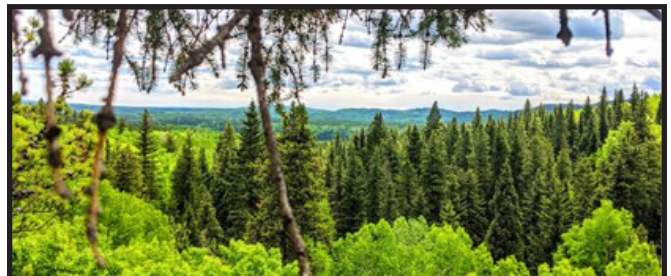
"Dagmar and her staff at Black Diamond Denture have gone over and above for me every time. I can confidentially smile again." Many thanks,  
John M. Black Diamond.

#### WHAT WE DO:

- + Precision Dentures
- + 3D Printed Partial
- + Implant Retained Dentures
- + Custom Shading, Clear Palates
- + All denture relates services: relines, repairs
- + Emergency and rushed cases
- + Economy and immediate dentures
- + All our work is fully guaranteed!



Call for A Free Consultation  
132 Government Road, Black Diamond • 403-933-0009



## TRUE NORTH TREE SERVICES INC.

- Tree removal
- Hazardous tree mitigation
- Pruning
- Trimming
- Brush chipping
- Bucket truck services
- Stump grinding
- Property fire-risk management (FireSmart)
- Land clearing

403.690.1269 [www.truenorthtrees.com](http://www.truenorthtrees.com) f@



## MORTGAGE MATTERS

### Canada's Foreign Buyer Ban

An excellent summary of this new prohibition from my professional association, Mortgage Professionals Canada (MPC). I have been asked about this as Bragg Creek & Redwood Meadows is home to many newcomers and many planning to make the move; so I thought I would share the information.

The Prohibition on the Purchase of Residential Property by Non-Canadians came into effect as of January 1, 2023. The Act prohibits non-citizens and non-permanent residents from purchasing residential property in Canada for a two-year period. The government released the accompanying regulatory framework, which outlines how the prohibition will work and groups that are exempt from the ban.

Mortgage professionals, along with realtors, lawyers and notaries, owe their clients an obligation to inform. The legislation does not rely on mortgage professionals to enforce the ban, however both the non-

Canadian purchaser of prohibited property and any person or entity that knowingly assists in the purchase can be fined up to \$10,000 and the property can be forced to be sold.

#### Non-Canadian Owned Corporations:

The Act restricts non-Canadians from using corporations or other entities to purchase residential property to avoid the ban. Ownership is defined as direct or indirect ownership of shares or ownership interests representing more than 3% of its shares or voting rights.

#### Exemptions to the Prohibition:

Exemptions to the prohibition outlined in the regulations include:

- Permanent residents
- Non-Canadians who purchase residential property with their spouse or common-law partner as long as the spouse or common-law partner is eligible to purchase residential property in Canada.
- Refugees
- Temporary residents who are either:
  - \* Enrolled in a program of authorized study at a designated learning institution and:

- The purchase price of the property does not exceed \$500,000
  - They have filed income tax returns in Canada for five years before the purchase year
  - Were physically present in Canada for a minimum of 244 days each of the five calendar years before the purchase was made
  - They have not purchased more than one residential property
- \* Holding a work permit or are authorized to work in Canada and:
- Have worked full-time in Canada for a minimum of three years within the four years before the purchase year
  - They have filed all required income tax returns for a minimum of three of the four tax years before the purchase year
  - They have not purchased more than one residential property


- Foreign nationals who hold a passport that contains a valid diplomatic, consular, official or special representative acceptance issued by the Chief of Protocol for the Department of Foreign Affairs, Trade and Development
- Acquisition of an interest or real right resulting from death, divorce, separation or a gift
- The transfer under the terms of a trust that was created prior to the coming into force of the Act
- The transfer resulting from the exercise of a security interest or secured right by a secured creditor

Some additional information regarding the ban has been made available on the CMHC website or call the general inquiry line of CMHC at 1-800-668-2642.


Full details on the prohibition are available here: [laws-lois.justice.gc.ca/eng/acts/P-25.2/page-1.html](https://laws-lois.justice.gc.ca/eng/acts/P-25.2/page-1.html)

*Candace Perko, Mortgage Broker*

**Get a local  
Point of View**




Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.



**COUNTRYSIDE**  
FINANCIAL

Candace Perko,  
Mortgage Broker  
Tel: 403.949.4129

Box 1271 Bragg Creek, AB  
[cperko@countrysidefinancial.ca](mailto:cperko@countrysidefinancial.ca)  
[www.countrysidefinancial.ca](http://www.countrysidefinancial.ca)








## OUT OF THE RUT

### Chapter 150

Greetings good readers, how are you faring as we muddle our way through the second month of this glorious year? Usually our coldest month, one can hardly complain about our January temperatures. As I write, halfway through the month, I can reflect on the amazing weather we have had this year, the spectacular treat that a foggy morning in January can bring...as long as you are not up against the clock on a commute to work on horrible slippery roads with next to no visibility.

Later, a trip down a country lane in our 'hood rewards the brave with scintillating arrays of diamonds glistening glittering on each surface. As the sun warms the surface frost from the road, it also peels away frost from the east-facing fence posts. They flash alternating red and grey from warm to cold side as I go past. Their inter-strung wire adorned with gems dancing in the morning light leads to further thoughts. Cattle huddle along ploughed lines in the white fields, their noses to the ground in search of good food. Deer dot the horizon and lurk in the ditches.

Yesterday saw me abroad before dawn broached the horizon. I journeyed to Okotoks revelling in the inconstant shimmering dawn colours splashing across the sky. Getting out early is something I've been missing these past months, it's refreshing to be moving, have somewhere to go, work on rebuilding rather than working on staying still.

Kindness. There's a thing that's been rattling around my head. Amid all the drama and chaos of daily existence, I lose the ability to be kind to myself faster than ought to be possible. It's 'easy' to be kind to someone who obviously needs help, far harder to be kind to someone who has just cut you off, allowed a door to swing shut in your face, failed to meet an appointment, whatever. Internally, I remind myself... that person may just have received life-changing news, either good or bad, that took them away from themselves. That person may be struggling with the after-shocks of some great traumatic event, may have suffered a

loss or be challenged by life the same as am I.

I think of kindness to others and the ultimate benefit it brings back to the source. By exercising kindness, I am healing myself while helping others. I took myself to the pool to do some warm water therapy work on my leg... a sleek clean surface, water still, barely a soul in the space with me... until the clock switches towards the hour and the change is upon us. Small, medium, and large children begin to filter into the pool deck accompanied by an interesting assortment of parents. The adults prop themselves against the wall or on the bleaches and the percentage of heads dipped down to phone screens is close to 100%. There are notable exceptions.

I see a rugged, dark and burly man come in from the men's changing room. His partner is a cherubic girl child not yet knee-high. She wears a navy ruffled swimsuit and her chubby limbs are held in slight angles, as though eternally prepared to leap over the nearest building or lift a car off a fallen child. She looks like a little love dynamo about to be unleashed on the world.

I lose track as I work on my own body and navigate the pool. Hauling myself up onto the deck like a beached seacreature, I move to another area to leave the warm water for the kids' lessons.

As I leave, pushing a wheeled walker before me like an ancient being, I note that this little girl, along with three others, is currently exiting the beach-like water in pursuit of her instructor. Her father is squatting with phone on video capturing the moment and his adoration and parental pride is positively beaming off his body in waves. If I continue on my path to the changing rooms, I will wheel myself right in

front of him and destroy this moment. I wheel myself off to the right and take a long loop around, conscious that this moment may be one of those moments that father takes to his grave. It may be this moment that lives in his memory and in his phone, that he shares with the rest of his friends and family. Maybe this is the first time this little girl has done...whatever. How amazing. I am left with a small internal glow that I was aware enough to see what was happening and able to change my trajectory to give space for their moment together.

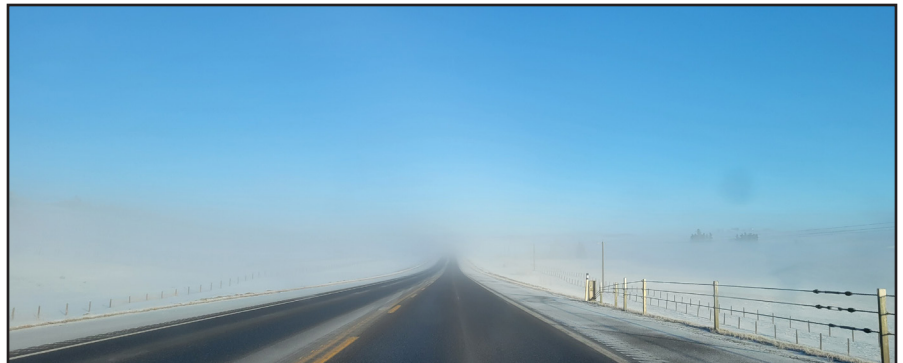
Surprise. I meet them face-to-face for a brief instant as I am leaving. Maybe someone forgot something as they are coming back into the changing rooms as I am leaving. The father holds open the door for the wheeled wimp to escape and his daughter stands off to the side to give me room. I look down at her and say to her "I saw you swimming. You looked really good!" Her father said something happy in response and on we all went with our days.

Such small things. These exchanges, as you can tell, resonate within me, I like to rattle moments like these around in my head and heart, wringing all the goodness out of them, feeling the glow in my cells.

It is interesting though, when I use the walker to navigate, people are alerted to my need by the use of a prop. Without the prop, I am returned to an anonymous individual who is irritatingly slow to move.

I hope you are moving at the optimum speed for your body, mind and health. I look forward to our next collision!

*Kat Dancer*  
*bodymudra@gmail.com*  
403-931-3866 (h)  
+1 415 525 2630 (c)





## WHERE IS HOME? by Andrea Kidd

A tall slender man, with jet-black skin, sits on the parched dusty ground in front of his new home. One knee of his long legs points up into the clear blue sky and the other languidly lazes to the side. There is nothing for this father to do but wait for his wife and children to come. They are expected in a few days with the rest of the group as they trudge the final stretch of desert from Mogadishu in Somalia to Dadaab Refugee Camp in Kenya.

He has already registered with the United Nations High Commission for Refugees, scrounged plastic, cardboard and sacks and made his new home ready for his wife and five children. They will be able to rest when they arrive. He looks around at the sea of round, rough shelters that make up this new city. Here, the family can sleep without the fear of soldiers shooting, pillaging, raping, burning, and abducting their sons as recruits. He is doing his best to love and protect his most precious possessions: his family. This is the fall of 2022.

I watched this news clip on the evening news before Christmas. It has remained imprinted on my mind and memories flood back to me. As I looked at the pictures on the news in the fall of 2022, I was amazed to see pictures so similar to the ones I took with my Kodak camera in 1992.

Thirty years ago I visited Dadaab in northeast Kenya. The Refugee Camp in Dadaab was new. War and famine was driving families out of their homeland in neighbouring Somalia. They found refuge at this new camp. Little children, eyes large in their emaciated bodies sat in rows on blue groundsheets in a tent, sipping

specially mixed nutritious milk. Another tent had cots for those too weak to walk. Some survived with the extra care as their anxious mothers looked on. One mother stood outside the tent door, privately grieving for her baby son who had just passed from this life.

Since that February day in 1992, children have been born in Dadaab Refugee Camp. They have attended school in one of the makeshift shelters. They played football, went to school and had children of their own. Life goes on, wherever you are situated.

The Kenyan Government gave refuge to needy people, but has not allowed integration into Kenyan society. This was to be a temporary solution to a crisis situation. But the incessant conflict has continued over the decades and is now erupting in intensity again. It has led to the destruction of the country's agriculture and consequently to nationwide famine again.

The Kenyan government has announced Dadaab Refugee Camp is to be closed in June 2023. I wonder about the dramatic life changes that will result.

Some young adult Somalis who were born and raised in Dadaab Refugee Camp have already relocated in Somalia. You cannot say they "returned" since they never "came". Some are saying they received a good education at the camp and are happily settled into their country of heritage, though not birth. There are dangers in Somalia, but they decided to face the high risks and live there.

Other young adult Somalis, who are still living at Dadaab Refugee Camp, do not want to repatriate to their homeland. In Somalia, extremists are funding their armies with the sale of charcoal. The landscape is denuded of trees for this industry. Drought is causing the death of animals and people again. Soldiers terrify, attack, rob and rape. They kill and abduct

boys to train as killers. In the refugee camp, these young adults have been spared the traumatic experiences their parents endured. They want to earn a living, marry, have a family and live peaceably.

It seems it is time to resettle the residents of Dadaab Refugee Camp. For each person the move will be an upheaval. It is my hope and prayer that each individual will have some choices. Some will have the adventurous spirit and the guts to face the worst that man can do to man. Others will not. Hopefully, regulations will allow some to join family members already established in more peaceful areas and some to be welcomed where their skills and desire to live a peaceful life will be appreciated.

Yes, it is time to close down this temporary measures accommodation for those fleeing terror and violence. How are we going to do this so that the humanitarian crisis of thirty years ago does not escalate the humanitarian crisis that already exists in the Horn of Africa?



The Somali girl in the picture is happily holding a Canadian postcard picture of a black bear cub I gave her. My little daughter, back home with her family in Ontario was about the same age. Thirty years later my daughter has a daughter of her own. I wonder where this Somali woman is living now. Is she still in the refugee camp at Dadaab with children of her own?

## FROM THE WOODS Custom Cabinets and Millwork

MIKE WOLTERS 403.852.9663  
contact@fromthewoods.ca  
www.fromthewoods.ca

Commercial - Residential - Furniture & Fixtures  
W.C.B. - LICENSED - INSURED

## BRAGG CREEK PLUMBING & HEATING LTD.

BOX 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

DOUG TUTTLE  
bcph@explornet.ca  
Ph: 403-931-0486  
Fx: 403-931-1617



# BENEATH THE ARCH CONCERT SERIES

## Shaela Miller & Band

**SATURDAY, February 25, 2023**

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

**Adult: \$25 / \$30 at the door**

**Child (6-12) \$10 / Kids under 6yrs - Free**

Flare & Derrick Community Hall, Turner Valley

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

Transaction Fee For Online Tickets or in person from

**Bluerock Gallery, Black Diamond**

**Tickets for All Concerts Now on Sale**



**INFO & TICKETS: [beneaththearch.ca](http://beneaththearch.ca)**

### RESIDENTIAL & COMMERCIAL EXCAVATION SERVICES

*Full Service Excavation • Septic Design & Build  
Trucking of Gravel, Rock, Fill & Loam  
Trenching • Large Scale Landscape Work  
Road Building & Acreage Development*

**LT EARTH SERVICES LTD.**

**403.478.0050**

*Professionally Trained • WCB  
Full Commercial & Liability Insurance*



### SERVICE, RENOVATION & NEW BUILDS

Cory Tennant  
Licensed Master Electrician

10% Seniors' discount  
10% Return customer discount

**Clear Sky Electric**



ACCREDITED  
BUSINESS

Check us out on BBB

587-225-4294

[clearskyelectric@gmail.com](mailto:clearskyelectric@gmail.com)

### Relax - Recharge - Renew with PEMF Therapy.



- Increase Range of motion
- Decrease Stiffness
- Accelerate Healing
- Reduce Inflammation
- Optimize wellness, Non- Invasively.

Komet Pulse Therapy works on Horses,  
Dogs, Human, and Rodeo stock.

Check out our website and social media pages  
for more information on PEMF Therapy,  
and how it can benefit you and your animals.

[www.kometpulsetherapy.com](http://www.kometpulsetherapy.com) • 403-922-6306



**CHRISTOPHER  
SANDVOSS**  
HEAD INSTRUCTOR

The Canadian Violin Making Institute  
offers exceptional programming and  
instruction for aspiring Canadian  
and international luthiers.

**REGISTER NOW FOR  
OUR SUMMER COURSE**

**JULY/AUGUST 2023**

403.471.9419

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

142 Hawk Eye Rd., Bragg Creek, Alberta, Canada



## LOVE FOR ONE AND GALL

By: Laura Griffin

February is the month of love so I will share one of my loves, searching for galls. If you have not heard of a gall, then you have not yet come to appreciate how truly crazy relationships in nature can be. There are many galls out there, but today I will discuss only the pinecone gall made by a little pinecone gall midge or *Rabdophaga strobiloides*.

Winter is the best time to find these pinecone galls as the lack of leaves make branches more visible. Perhaps you are thinking, “but pine trees are conifers. They still have all their needles,” which is correct. However, the pinecone gall is named for its beautifully layered shape that resembles a pinecone, not for the location where it is found. To find these little treasures, head for a patch of willows (Bebb’s Willow is a favourite of the midges) and start scanning the bare branches for blobs at the

tips. When you spot a blob take a closer look and see if it looks like a misplaced pinecone; if it does, congratulations you have found your first pinecone gall. If you had x-ray vision you would be able to see the small midge larva tucked into the centre of this masterpiece of a nursery.

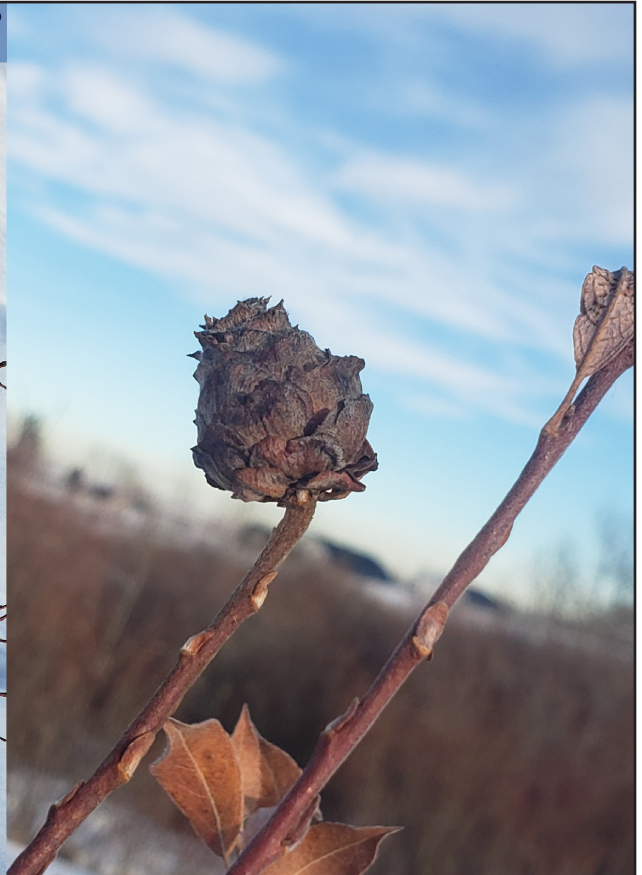
How does the tiny adult pinecone gall midge create such a thing? Part of the mystery is that the female midge lays an egg at the end of a willow bud in late Spring. She introduces chemicals into the leaf tissue at the same time and the willow bud starts to grow abnormally, at first like a cluster of leaves, then into a ball shape, and finally the pinecone shape. The willow plant is the one doing all the building, not the midge, but as the plant is not killed by this gall it is called an inquiline gall. The egg hatches at the start of this process and the larva starts to feed on its ever-growing gall nursery. It would be like having edible walls in your room that expand as your appetite increases and become more insulated over time to protect you from the cold of winter.

If this nursery set up sounds cushy to you, you are not alone; there are several insects

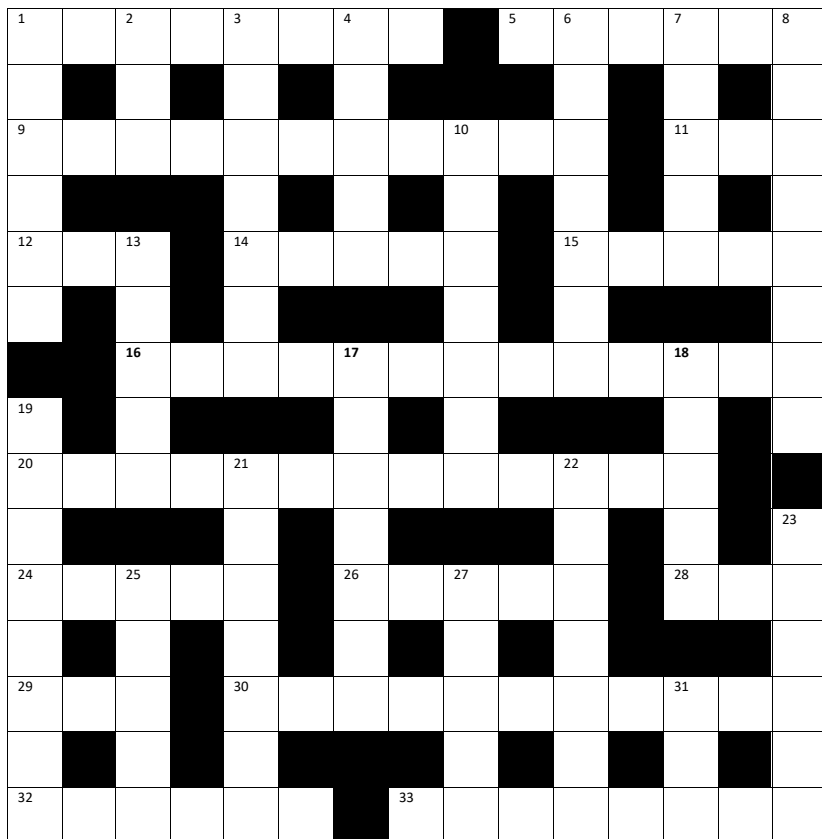
that agree. In Donald W. Stokes “A Guide to Nature in Winter” he mentions a study where 23 pinecone galls yielded 564 different insects from egg to adult in life stages. Some of these insects just share the many layers of the pinecone gall in a neighbourly way. Others, like wasps, have the “gall” to inject their eggs directly into the midge larvae, so that their young have a tasty baby midge as their first meal. Insect activity is seldom overlooked by those with a “bird’s eye” view. If you find a pinecone gall that looks like it has a hole in it chances are a bird took advantage of the insect buffet waiting inside these hospitable galls. If the midge larva avoids all of these hazards, then it will form a pupa in the gall and emerge as an adult midge in the Spring.

Nothing reminds me of how little we understand the complexity of nature quite like a gall, and just like a willow bud my heart has swelled to accept them and all of the mysteries they have to reveal.

How many Pinecone Galls can you spot on this willow?







Cryptic Crossword #20 By Jan Burney

# KIDS ZONE

## KIDS!

Have a great idea for a puzzle, brain teaser,  
colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!)  
to [submission@highcountrynews.ca](mailto:submission@highcountrynews.ca) and you may see your project in print!

We will include your first name and age if you include that information

Answers:  
Across:  
1. Corroded 5. Narrow 9. Safety First 11. Fez 12. Lip  
14. Rangi 15. Error 16. Shock Absorber 20. A Way  
With Words 24. Banjo 26. Heals 28. Cur 29. Ink 30.  
Gingerbread 32. Godels 33. Handsome  
Down:  
1. Castle 2. Ref 3. Ontario 4. Elin 6. Art Deco 7. Refer  
8. Wizardry 10. Rainbow 13. Pasta 17. Kitchen  
18. Basic 19. Warbling 21. Wrought 22. Rosebud 23.  
Bridge 25. Naked 27. Arena 31. Ego

### Across.

1. Repeating credo weakened things gradually. (8)
5. Managed reverse argument was restricted in scope. (6)
9. Advise caution for unruly security staff who have lost copper. (6, 5)
11. Sounds easy to follow Frank initially to find Turkish headwear. (3)
12. Pill loses tail and return to make impudent speech. (3)
14. Egyptian sun god needs new US soldier to find Māori sky god. (5)
15. During the Reign of Terror, a head could be lost by mistake. (5)
16. Device to stun core muscles or be initially reducing jolts and vibrations. (5, 8)
20. Get the gift of the gab at www.hairy toads. (1,3,4,5)
24. Prohibit John Oliver initially from playing this instrument of Deliverance. (5)
26. Sounds like contemptible people provide cures. (5)
28. Tear away from current canine. (3)
29. Writing fluid found in a wrinkle. (3)
30. Scrambled egg in red bar for Christmas treat. (11)
32. Supreme being and multiple French skirt inserts. (6)
33. A manual labourer is partially good looking. (8)

### Down:

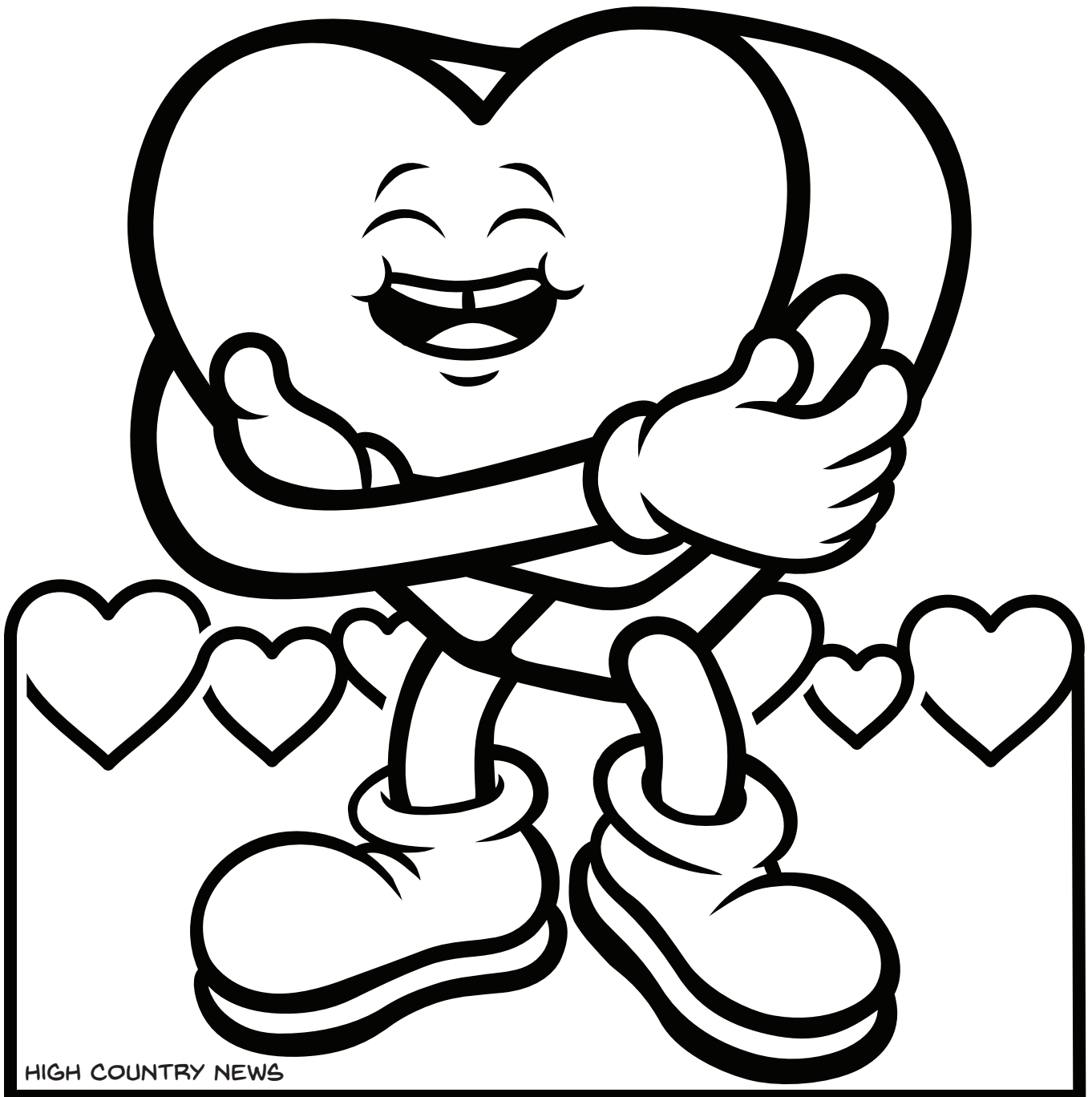
1. Throw the French stronghold. (6)
2. Concerning loud umpire in short. (3)
3. Does it rain too much in this province? (7)
4. Relating to Nordic fictional beings the Spanish and French end. (5)
6. Architectural style in the middle of the quarter of the French Company. (3,4)
7. Allude to it, either way. (5)
8. Reportedly, smarty-pants crosses a river, withered by such sorcery. (8)
10. According to Spooner, Bain Row is the place for this arch. (7)
13. First of all, pimentos are sometimes tasted atop Italian food. (5)
17. Thicken stew in this room of the house. (7)
18. Savoury herb loses large and receives average grade. How fundamental! (5)
19. Conflict over flashy jewelry leads to uneven singing. (8)
21. World record should be worked into shape by artist. (7)
22. Citizen Kane's last word about an unopened flower. (7)
23. Groom's partner receives \$1,000 in card game. (6)
25. Ed goes after salt and potassium undisguised. (5)
27. Mix up near a stadium. (5)
31. I'll break the head off child's building block myself. (3)

This month's Kids Zone generously sponsored by:  
*The Bragg Creek Trading Post*

117 White Ave • 403.949.3737  
Open daily 10am - 6pm or by appt.

Great News!! Many styles of local and Canadian made  
MOCCASINS have arrived at the Trading Post.  
Check them out while supplies last





HIGH COUNTRY NEWS

## Century Rock Masonry

All types of Stonework

Fireplaces • House facings • Retaining walls  
Patios • Garden Art

David Andruko  403.819.5303

## SMALL ENGINE SOLUTIONS

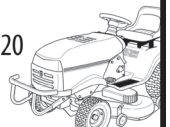
Professional Small Engine Repair

**CALL US TO GET YOUR CHAINSAW  
AND SNOWBLOWER IN TOP SHAPE:  
WINTER IS COMING!**

*Providing Effective Low Cost Repair To All Types Of Outdoor Power Equipment  
Serving Bragg Creek • Priddis • Springbank • Elbow Valley*

**For Pickup Call**

Phone 403.949.3110 • Cell 403.991.3920





# CLASSIFIEDS

Email classified@highcountrynews.ca or mail to Box 476, Bragg Creek, AB, T0L0K0  
your ads (typed, please) by the 15th of the month OR visit highcountrynews.ca

## SERVICES OFFERED

**MAXWELL SEPTIC:** Engineered solutions for new installations & repairs. Ph 403-874-7035 Servicing Bragg Creek & Area

**HIGHWEST ELECTRIC:** Residential or commercial projects, large or small, free estimates. Friendly master electrician, insured, licensed, certified, bonded. Competitive rates for quality electrical work. Service panel upgrades, sub panels, new home wiring, renovations, aluminum rewiring, hot tubs. Phone: 403-998-4517

**JIMMY J's TOWING**  
PRIDDIS. Cash for scrap vehicles. Farm & acreage clean-ups. 403-891-3994

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

## HELP WANTED

**Baby Sitter Needed.** Contact: Anne Wagner  
Price: \$22.00 More Information: Hello! We are looking for an enthusiastic and caring part time caregiver for Mondays-Tuesdays- Wednesdays from 3Pm to 7pm. Our daughter is 8 years old. For more information regarding the position email: annewagner607@gmail.com

## WANTED

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

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

**SEEKING RURAL ACCOMMODATION**  
Single professional female, n/s, n/d, two cats, seeking long-term acreage rental for September 1, 2022. 403.971.4545

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

**WANTED: CABIN OR SMALL HOUSE ACCOMMODATION** Responsible, semi-retired individual looking to rent a dwelling year-round. Please call Marc at 403-923-5676, or email marccouture25@gmail.com

**WANTED: PLEXIGLASS FOR BARN WINDOWS.** (2' x 20' opening, 1/9" - 1/4" thick

**LARGE SIZE CHEST FREEZER-** good working **FARM GATES -** (4) - 6 ft. **CATTLE PASTURE** for 20-25 cow/calf pairs for Spring/Summer & Fall 2023 & years beyond. Responsible Farmer willing to repair fences & manage pasture sustainably. **HOME WINDOWS -** Double painned, opening, sizes flexible. Phone: 403-931-2201

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

## FOR SALE

**FREE FIREWOOD:** Seasoned. - or Donation to the Red Cross Ukrainian fund - 403-931-2201

**BLUE METAL BUNK BED.** Great condition. Double on bottom and single on top. Bragg Creek area. 403-949-4041

**ELDERLY MOWER NEEDS WORK** but 42-inch blade and chains for 20x10.00-8 tires with 2x20kg weights have handled snow well. This can be yours for \$300. Duane - millarviller@gmail.com

**FOUR FIRESTONE R225 60R 16 97T WINTER TIRES FOR SALE.** Only used one season. First \$400 takes them all. Call 403-949-2276 for directions. Ask for John.

**CUSTOM WILLOW CREEK HIGH ROPER SADDLE** 16" seat semi quarter horse tree. Used only for trail riding, good for a horse with a higher wither, very good condition \$2300 including breast collar 403 931 4261

**TOY POODLE CROSS CHIHUAHUA PUPPIES.** 2males, 1female. First shots, very healthy. Looking for new homes. text/call, 403-768-1978

**MEN'S SIZE 3XL "XPRT" HEAVY DUTY BLACK LEATHER,** Kevlar reinforced, armored Motorcycle jacket with removable "Thinsulate" lining and front, side and back vents. \$100. **WOMEN'S SIZE L "XPRT" HEAVY DUTY BLACK LEATHER** armored Motorcycle jacket with removable "Thinsulate" lining and front, side and back vents. \$100. **WOMEN'S SIZE S ADJUSTABLE HARLEY DAVIDSON BLACK LEATHER CHAPS** with side pockets \$100. Call: 403 606 3030

**FINE BONE CHINA** 4 piece set; 2 plates, 1 bowl and 1 two handle mug- Excellent condition-\$60.00, Swissmar Eiger Eight Person Raclette Cast Iron Party Grill- Model #: KF-77071. Only used once- Excellent condition- \$60.00; Iron firepit grill grate- rusty but in good condition- 27 in. diameter - \$20.00. Pics available upon request. Contact: jscheel@shaw.ca

**STORAGE SHELVING.** Bolted heavy duty steel 6 shelf storage rack, 36W x 12D x 72H \$85.00 **FILE CABINET** All steel 3 drawer lockable lateral file cabinet, 36W x 18D x 40H \$110.00 **MICROWAVE** Kenmore 0.8 cu ft 800W microwave. Good working condition. Outside dim 20w x 16d x 11h. \$20.00 **PATIO TABLE:** Beige color metal framed patio table with tempered glass top, rounded corners, 72 in x 42 in. with 2 chairs and cushions. \$60. **BIRD CAGE:** 14W x 16D x 24H suitable for budgie to

cockatiel with 2 door wheeled microwave cart used as a stand and storage. Photo available. Send request to cwmcnabb@telusplanet.net for more info. Price: \$65.00. **CHIMINEA:** Black cast iron Chiminea, 15" circular fire bowl, overall chimney height 42". Comes with 17 curved firepit bricks. Price: \$45.00. Send request to cwmcnabb@telusplanet.net. **Delivery Warren 403 949 3452**

**FOR SALE: STRAW - SMALL SQUARES** of Barley Straw, not desiccated, 35 lbs. \$4.00/bale - pick up. Min. Delivery of 20, price based on mileage. **DIESEL SLIP TANK** - 100 gallons - \$250. **FANNING MILL** - Works, with multiple screen. Cleans multiple grains - \$100. **FARM FUEL TANKS** - On pedestals, Diesel 300 gal. - \$300/ Gas 100 gal. - \$100. **USED HOCKEY EQUIPMENT:** Goalie gear: pads, gloves, stick, etc. - \$100. obo phone: 403-931-2201

**DE JAZZY SELECT 6 POWER WHEELCHAIR**  
Contact: Marilyn Phone: 403-949-4062  
Price: \$1,000.00. More Information: Price reduced! Very good condition electric wheelchair. Includes removable rehab seat and backrest for extra comfort, really comfortable seat is in top condition - no tears or holes. Battery is 18 months old and works perfectly and chair is 3 years old and only used indoors. Includes charger. Easy to use joystick. Original owners. Great for indoor use. Paid \$6000.

Bragg Creek puppies. 4 chipoo puppies for sale. 3 males, 1 female. Born Nov4/22. Apricot, beautiful, happy toy poodle chihuahua cross. 1295\$

**DANISH TWIN BED FRAMES (2).** Solid mahogany, Danish, mid century, adult twin bed frames. Length: 190 cm; Width: 80 cm. Excellent for children's rooms or guest bedrooms. \$200.00 each or 2 for \$350.00. Pics available upon request. Contact: jscheel@shaw.ca  
The following items are for sale by Crystal who can be contacted at 403-933-3633. Futon: \$100. Vintage early American 27 piece punch set: \$100. Singer sewing machine with cabinet: \$300. PFAFF Hobbylock serger: \$100. Steamer Trunk: \$300 Two chest of drawers: \$25 each. Six brass tankers on serving tray: \$25. Two silver tea set: \$50 each. Two electric heaters: \$50 each. Two copper tea pots and vases: \$50. One oak rocking chair to restore: \$50. One rocking chair: \$25. One Wearever canner/roaster \$25 Desk \$25. 2 wooden chairs: \$40. 2 black folding chairs: \$20. Bird cage with stand: \$80

## FREE CLASSIFIEDS NOT ACCEPTED BY PHONE COMMERCIAL/BUSINESS CLASSIFIEDS:

Free and Commercial/ Business  
Classifies Send your ad to:  
classifieds@highcountrynews.ca or submit  
online via highcountrynews.ca/classifieds.  
Classified ads not accepted by phone  
\$20 for a maximum...



## ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER SCULPTOR ..... 403.990.1266

## ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast ..... 403.949.3951

KRUGER'S GUEST HOUSE ACCOMMODATIONS ..... 403.949.3770

## ACCOUNTANTS & BOOKKEEPING

PRIDDIS BUSINESS CONNECTION INC ..... 403.680.8683

WILSON & PLUMER CHARTERED ACCOUNTANTS ..... 403.949.4947

## ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK, info@braggcreekvet.ca ..... 403.949.2650

## ARBOUR CARE & TREE REMOVAL

BIG TWIG TREE EXPERTS, facebook.com/bigtwigtreetexperts ..... 403.401.3939

BORDERNORTH TREE SERVICES, micah@bordenorth.com ..... 587.216.8372

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

TRUE NORTH TREE SERVICES INC., www.truenorthtrees.com ..... 403.690.1269

TREEWORX TREE CARE, www.treeworxpro.com ..... 403.554.2370

## AUTO SALES & SERVICE

KATAUTOMOTIVE, www.katautomotive.ca ..... 403.850.1043

## BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS ..... 403.466.2204

HEMMETT CUSTOM UPHOLSTERY/WINDOW COVERINGS ..... 403.816.3802 / 403.246.1482

## CARPET CLEANING

BASCO CHEMDRY, bascochemdry@gmail.com ..... 587.317.6096

## CHILDCARE

BRAGG CREEK OUT OF SCHOOL CARE at Banded Peak School, I. Schiemann ..... 403.619.0136

## CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman ..... 403.949.2072

## CLOTHING & JEWELLRY

CRABAPPLE COTTAGE LADIES BOUTIQUE, OLD WEST MALL ..... 403.949.4264

## CONSTRUCTION, CONTRACTING & EXCAVATION

ALBERTAINDOORCOMFORT.COM, Independent Living Renovations ..... 403.230.2690

BRAGG CREEK EXCAVATING ..... 403.949.2756 / 403.620.0250

CENTURY ROCK MASONRY - DAVID ANDRUKO ..... 403.819.5303

COWBOY COUNTRY LOG HOMES Log Home Refinishing ..... 403.968.8842

DTC LTD. Painting & Decorating - Facebook.com/rollwiththechanges ..... 403.651.0254

HILMON HOMES LTD, Residential Carpentry and Renovations ..... 587.433.3161

LT EARTH SERVICES - Full Service Excavation ..... 403.478.0050

ON POINT PAINTING, facebook.com/onpointpainting20 ..... 587.888.4353

RENOVATE FOR GOOD, Stephen@RenovateForGood.com ..... 403.863.2085

WOOLRICH DESIGN AND CONSTRUCTION - woolrichgroup.com ..... 403.851.0076

## COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. .... 403.390.1815

BRAGG CREEK - ROCHE HERBST, R. PSYC. .... 403.510.9984

PRIDDIS - ERICA BERNARD, MSW, RSW ..... 403.874.0176

KATERINA RENNY, R.Psych, www.foothillscounselling.com ..... 403.819.7691

## DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com ..... 403.276.7918

## DENTAL CARE

BRAGG CREEK DENTAL CLINIC ..... 403.949.2288

## EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK ..... 403.949.3939

## ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca ..... 403.932.9289

BRIGHT EARTH ELECTRIC, office@brightearth.ca ..... 587.435.2244

CLEAR SKY ELECTRIC clearskyelectric@gmail.com ..... 587.225.4294

HIGHWEST ELECTRIC, cmkish1@gmail.com ..... 403.874.7035

## FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY ..... 403.949.3513

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES ..... 403.949.2599

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES ..... 403.949.3250

INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) ..... 403.949.3250

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL ..... 403.560.6016

## FIREWOOD

FIREWOOD TIM (PINE & BIRCH) ..... 403.333.8462

## FURNACE & DUCT CLEANING

ALBERTAINDOORCOMFORT.COM, Indoor Air Quality ..... 403.230.2690

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES ..... 403.888.2000

## HAIR & BEAUTY

ALLURING ELEMENTS HAIR STUDIO ..... 403.949.2168

## HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC ..... 403.949.3953

BRAGG CREEK PHYSIOTHERAPY ..... 403.949.4008

MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY ..... 403.829.1148

MASSAGE - SYLVIE LAPPA RMT ..... 403.828.5408

## HOUSE CLEANING

IMMACULATE ADVANTAGE, Naomi Nadeau, immaculateadvantage2018@gmail.com 403.618.2605

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920

## LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

MAISONSCAPES, www.maisonscapes.com ..... 403.971.6657

## LEGAL

LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248

MAVERICK LAW ..... 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca ..... 403.554.8535

## MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca ..... 403.256.4925

## PAVING

LAMBERT BROS. PAVING ..... 403.287.3252

## PEST CONTROL

ABSOLUTE PEST CONTROL ..... 403.238.7400

## PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING ..... BRKon762@gmail.com ..... 403.949.2963

FUR PERSON DOG SERVICES, furlpersondogservices.ca ..... 403.949.4147

MANY LEGS PET GROOMING & SUPPLIES, eason@telus.net, manylegsinc.com ..... 403.949.3555

## PLUMBING & HEATING

ALBERTAINDOORCOMFORT.COM, Plumbing, Heating, Air Conditioning ..... 403.230.2690

ALLANS PLUMBING AND HEATING ..... 403.888.5200

BRAGG CREEK PLUMBING & HEATING LTD ..... 403.931.0486

BRICO PLUMBING INC. .... 403.998.5580

## REAL ESTATE & PROPERTY MANAGEMENT

ANGELA PRICE REALTOR® priceandcompany.ca, Calgary & Acreages ..... 403.923.3159

CANDACE HENDRICKSON, RE/MAX, Mountain View & Bragg Creek ..... 403.681.4391

DEBORAH CLARK, REALTOR® - C21 BAMBER REALTY, Bragg Creek, Elbow Valley .. 403.835.3385

DIETER HENDRICKSON, RE/MAX Mountain View & Bragg Creek ..... 403.612.7849

KATHLEEN BURK RE/MAX Realty Professionals, Cochrane/Bragg Creek/Redwood ..... 403.818.8049

MEGAN STUART Greater Calgary Real Estate ..... 403.978.9117

SHERRI OLSEN, MAXWELL Capital Realty, Bragg Creek, Calgary, Acreages ..... 403.519.5998

WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealestate.com ..... 403.252.5900

## RESTAURANT

BAVARIAN INN, Bragg Creek ..... 403.949.3632

CREEKERS BISTRO, Bragg Creek ..... 403.949.3361

POWDERHORN SALOON, Bragg Creek ..... 403.949.3946

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek ..... 403.949.2750

WATER'S EDGE PUB & Cafe, Priddis ..... www.watersedgepub.ca ..... 403.931.0155

## RETAIL

BRAGG CREEK TRADING POST ..... 403.949.3737

MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147

## ROOFING & EXTERIORS

DAZA ROOFING dazaroofting.com ..... 403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. .... 403.264.7844

GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnroofing.ca ..... 403.796.ROOF (7663)

MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

## SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES ..... 403.288.9500

A-EAGLE SEPTIC, eagle-7@telus.net ..... 403.650.9436

ACREAGE DEVELOPMENT SOLUTIONS LTD. .... 403.815.0004

BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com ..... 403.804.5551

LT EARTH SERVICES - Design and Installation ..... 403.478.0050

STEELHEAD VENTURES, svlgroup.ca ..... 587.318.2205

## TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

LT EARTH SERVICES - Full Service Trucking ..... 403.478.0050

ROSS TRUCKING ..... 403.651.9428

## TOWING

JIMMY J's TOWING, \$ for scrap vehicles, property clean-ups ..... 403.891.3994 / 403.760.5797

## UPHOLSTERING AND WINDOW COVERINGS

HEMMETT CUSTOM UPHOLSTERING AND WINDOW COVERINGS ..... 403.816.3802 / 403.246.1482

## WATER HAULING

BIG DRIPPER WATER HAULING INC., svlgroup.ca ..... 587.318.2205

BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com ..... 403.804.5551

DIAMOND VALLEY WATER HAULING, www.dvwh.ca ..... 403.933.4438

## WATER WELLS

AQUA MULE Water Well Systems & Services ..... 403.931.2991

STEELHEAD VENTURES, svlgroup.ca ..... 587.318.2205

## WELDING

Archer Custom Fabrication, www.archercustom.com ..... 403-463-3366.