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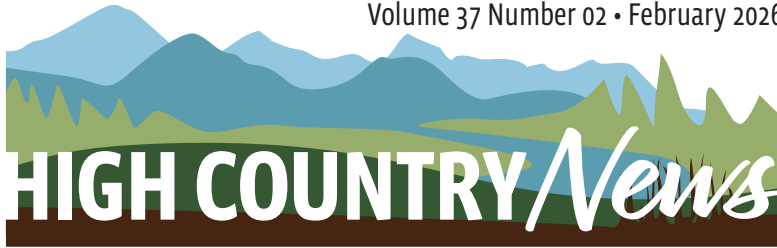
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LETTER FROM THE EDITOR

In case you thought winter was over, it just gave us a reminder that we live in a part of the world with an overabundance of negative temperatures! Winter is the season for dormancy. Our modern society has created many advancements to avoid this natural cycle. Some of these have served us well. But in avoiding dormancy, we can lose something as well.

We need dormancy for growth. Like a tree, we don't easily see growth during the dormancy months. It's a time when the tree rebuilds strength and resilience inside itself. A tree also needs a gardener to prune out what is dead, diseased, and no longer serving it well. Like a tree, our life can enter into dormancy cycles. We may not be experiencing literal amputations, (if you've had to go through this, my heart goes out to you), but it may feel like it's been "hacked". All of the work we've done has been cut back or cut out, and we're an ugly barren stump. Just as the pruning process is vital in the health of a dormant tree, we need to embrace it in life. It's hard to let go.

A friend asked me recently, "What are you holding onto that no longer serves you?" We may have things in our lives that we've

carried for years. A literal prison sentence of pain and thought patterns holding us back. Dormancy is a time to let go of these things so that when spring comes, growth will not be impeded. Just as a tree can't properly prune itself, I would suggest we need someone to help us walk through the times of pruning in our life. During the winters of life, we can't be a "lone wolf". We won't survive on our own. We need the relationships around us for strength, protection, collective wisdom, and pooling of resource to not just survive but prosper and grow.

I encourage you to take part in the many activities and community events throughout the area. You can see many of them throughout the paper but also listed on the High Country News Community Calendar. Enjoy the wintery month of February, and look forward to the beginnings of spring.

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

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Angela Lorenzen is a self-taught artist from Diamond Valley. Her high-realism paintings have depicted many different subjects and her current work is strongly inspired by foothills landscapes, wildlife, ranching, and horses. Angela's paintings have been exhibited at a number of art shows and sold both privately and in commercial galleries. For additional information and to view more of Angela's artwork online, please visit www.angelalorenzen.ca

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



HIGH COUNTRY LIFE

BY MARK 
ADMAKI.CA



PROPERTIES NEEDED – BUYERS READY

I have qualified, motivated buyers actively looking for property in our area – some are hoping to downsize while others have been patiently waiting for the right property, valuing the lifestyle and community we are fortunate to enjoy every day. Here are a short wishlist for my clients:

- A small home in the Hamlet
- A smaller home in need of repair or an empty lot in the Hamlet
- A residential property of 10+ acres in the greater Bragg Creek area
- 2-4 acre residential properties
- 5 acre lot

If you've been considering selling – even quietly or not right away – please reach out for more information. There is no obligation.

Michelle Gaudek
403-714-6514
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SPRINGBANK HERITAGE CLUB

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

Our monthly Trivia / Name That Tune night will restart in 2026 on Wednesday, February 11th at 7 pm. Our professional host, Ryan, of 'Out of Our Heads Productions', will be entertaining us with three rounds of Trivia, and two rounds of Name That Tune. Gather up your friends to make up a team of four in advance, or come as you are, and make up a foursome when you arrive. Ryan does all the work – he tallies the score for each team after every round, and gives us running totals, to ramp up the competition. The winning team(s) earn a 'cash prize', which will depend on the number of people who sign up.

Admission is \$10 per person, payable in cash at the door to cover the host's fee and cash prizes for the winning team(s). The more people who come, the greater the cash prize(s). BYOB&S (hard or soft drinks) and optional snacks.

A sign-up sheet is available at the Club, or you can email springbankhc@telus.net to sign up.

The Page Turners book club will be meeting on Friday, February 13th at 10:15 am in the Heritage Club library. We will be discussing "North of Normal" by Cea Sunrise Person. "North of Normal" is a candid memoir set largely in the wilds of western Canada, from remote off the grid camps to small communities in Alberta's foothills west of Calgary, where the landscape shapes every part of Cea's unconventional childhood. Growing up amid forests, rivers, and Rockies backroads, she navigates a chaotic counterculture family while slowly discovering her own path beyond the only Alberta life she has ever known." Bring your own tea or coffee, snacks will be provided. Join us for an interesting discussion and meet some new friends!



ROCKY VIEW COUNTY FIRE SERVICES CELEBRATES LONG SERVICE & DISTINGUISHED SERVICE AWARDS



Rocky View County Fire Services recognized members for years of service milestones, provincial service recognition, and federal exemplary service awards during its annual Service Recognition Awards ceremony held Sat, January 17.

The event brought together Fire Services members, families, and County leadership to celebrate the commitment behind public safety, including the training, readiness, and teamwork that support emergency response across the County.

"Today we recognized the dedication and professionalism that residents count on every day," said Reeve Sunny Samra. "These milestones represent years of service, sacrifice, and commitment and Council extends its appreciation to our Fire Services members and their families and loved ones for supporting this important work."

Awards recognized service milestones from October 1, 2023 to December 31, 2025, including County long service pins, Alberta Emergency Service Medals and Service Bars, and Fire Services Exemplary Service medals at the federal level.

"Every year, this ceremony is a reminder of the caliber of service and character within Rocky View County Fire Services," said Fire Chief Ken Hubbard. "Our members show up with professionalism and compassion, and they also look for ways to strengthen our organization and better serve residents. Congratulations to all recipients, and thank you for your continued commitment to our communities."

The ceremony also included presentation of the 2024 and 2025 Distinguished Service Awards, recognizing extraordinary contributions that go above and beyond normal duties and have a meaningful positive impact on Fire Services, colleagues, and the communities served.



Jerry & Nancy Kamphuis

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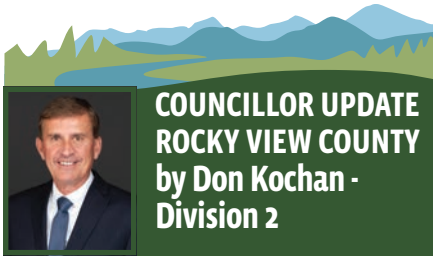
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**COUNCILLOR UPDATE
ROCKY VIEW COUNTY
by Don Kochan -
Division 2**

RVC Division 2 news items for your information:

Wishing everyone a happy and prosperous New Year!!

Budget 2026 - Rocky View County Council has approved the 2026 Operating and Capital Base Budget reflecting a municipal tax rate that remains unchanged from last year. Between January and April 2026, Council will review other major capital project requests, and the final 2026 tax rate will be set in April once those decisions are made. This budget makes significant investments in the roads, fire services, utilities, and infrastructure that residents count on every day.

Bingham Crossing Development – The developer has completed most of the on-site infrastructure improvements including asphalt paving, concrete sidewalks, curbs and roundabouts, light standards, and shallow utilities.

Regarding the stage 1 off-site infrastructure improvements, the developer has continued stripping and grading and cut/fill and paving in the NE quadrant and grading, fill and gravel in SW quadrant of the interchange as well as the new east lane of RR 33 between TCH 1 and Township 250. Also, some work in the south portion of Township 250. Due to the delays because of G7 and the heavy rains in July, the schedule for completion of off-site infrastructure improvements is now Q3 2027.

The developer has indicated that Bingham Crossing Development is a 300+ acre, mixed-use development that will serve as a premier shopping and pedestrian orientated shopping centre. The Costco warehouse is the first phase of the development located on 18 acres of land. The 170,000 SF warehouse, expected to open in 2027, is the first retailer to join Bingham Crossing's tenant roster with future phases set to introduce additional retail, dining and services, as well as a 190-unit seniors housing complex and municipal green spaces. Leasing of the surrounding retail buildings is underway.

Springbank Trails and Pathways Association (STAPA) – a well-done presentation to Council on the future Trans-Canada trail expansion from Cochrane to Bragg Creek was provided

by STAPA. The report outlined the preferred alignment and the collaboration that can occur once the project commences. The following presentation provides more in-depth information on project scope and logistics.

Fire Hydrant compliance – Rocky View County has received a decision from the Safety Codes Council regarding ensuring fire hydrant testing and compliance with all safety and fire code regulations is undertaken. Administration is reviewing what this means for all affected communities in the County systems.

There are over 1,100 fire hydrants located in Rocky View County, and more than 800 are managed by private utilities, which are responsible for routine inspection, testing, maintenance, and recordkeeping.

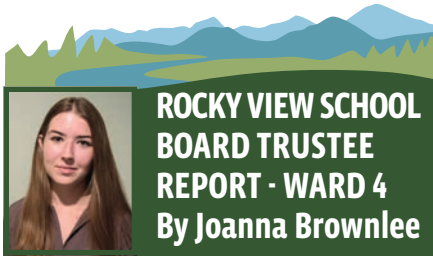
The Safety Codes Council investigation found that a private utility within Rocky View County has not been providing required fire hydrant inspection and testing records to the County to demonstrate compliance with provincial fire safety requirements.

To address compliance issues, the Order requires Rocky View County to provide enforcement actions to all subdivisions where fire hydrants are present.

From January 2026 through spring 2026, Rocky View County intends to: 1) Issue compliance notices to identified private hydrant owners requiring submission of inspection and testing records within 60 days. 2) Arrange independent third-party hydrant testing by qualified contractors where records are unavailable, at the private hydrant owner's expense. 3) Establish a centralized compliance tracking and reporting system, with regular updates to Council.⁴⁾ Work directly with private utility operators and infrastructure owners to clarify requirements and timelines.

Rocky View County will provide a comprehensive report to the Safety Codes Council by December 31, 2027, detailing the steps taken to achieve compliance, including enforcement actions, communications with hydrant owners, and a plan for ongoing oversight.

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



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

As we enter the second half of our school year, I want to reflect with gratitude on all the work happening throughout the school division. From the division staff supporting students behind the scenes, to the teachers and students in our classrooms, this collective effort does not go unnoticed and is essential to the success we see today through Rocky View's students.

RVS currently has eight capital projects at various stages of development throughout Cochrane, Airdrie, and Chestermere, with the first opening scheduled for 2027 and additional openings planned for 2028 and 2029. These projects reflect ongoing advocacy for our growing communities and long-term planning to ensure students have access to the space they need throughout their years with RVS. As the fifth-largest school board in Alberta, we are continually growing, presently sitting just above 29,600 students and counting.

The Board of Trustees is scheduled to begin work shortly on our next four-year strategic plan, with the rollout expected to coincide with the start of the 2026–2027 school year in September. The strategic plan is a priorities-based framework that allows the Board to communicate our core values and priorities to schools across Rocky View, while giving each school the flexibility to adapt it in a way that best suits their community. This process will include reviewing current priorities, discussing emerging needs, and ensuring the plan continues to reflect the diverse communities we serve. Strategic planning remains an important part of maintaining transparency and accountability in Board decision-making.

Springbank Community High School will be holding a raffle to support their Robotics and Physical Education programs! Attached is a QR code that can be scanned to purchase tickets.



They have a large assortment of exciting prizes available for all ages. The draw will take place on March 6 at 4 p.m. at Springbank Community High School.

For our younger learners, kindergarten registration for the 2026–27 school year will open on February 2 on SchoolEngage. All registrations must be completed online through SchoolEngage.

Four schools in Alberta are considering transitioning from the established half-day kindergarten program to a full-day program. These schools include RanchView School, Beiseker Community School, Prairie Waters Elementary School, and Fireside School. Rocky View Schools hosted community engagement sessions at each of these schools toward the end of January to gather feedback from parents. If implemented, kindergarten students would attend school for the full day on alternating days of the week. Rocky View encourages families who may be affected by this change to participate in the engagement process. RVS values the feedback of families of future kindergarteners and understands that kindergarten programming plays a significant role in a child's introduction to school.

Springbank Community High School Raffle

Proceeds support the
Robotics and Physical Education programs



When a community comes together, great things happen

Get your ticket \$20



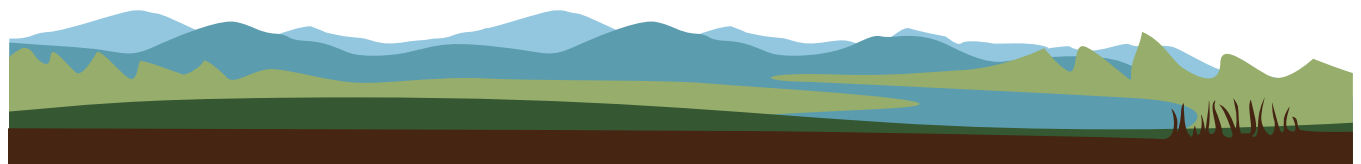
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As we welcome February, I hope this finds you well, settling into the rhythm of a new year and enjoying the lengthening daylight. January has already brought many opportunities to reconnect with people and communities across our wide and beautiful riding, and I'm grateful for the warm welcomes, thoughtful conversations, and honest stories shared at every stop.

Spring Session coming soon!

At the end of February, the Alberta Legislature reconvenes, and I'm preparing for another full-on session. The government will be introducing the 2026 provincial budget in the last days of February, and I'll be looking for ways that it should serve the families, workers, small businesses, and great communities across Banff-Kananaskis. The budget is a great opportunity to see if the concerns you've shared with me over the year are reflected in how our tax dollars are spent. If you

see things in the budget that you like, or don't like, let me know so I can share your perspectives in Edmonton.

My colleague Sarah Hoffman, Shadow Minister for Hospital and Surgical Health Facilities, will also be introducing Motion 506. Nearly a million Albertans are currently without a family doctor. Motion 506 calls for urgent, practical action to recruit and retain primary care practitioners. This motion is about ensuring that every Albertan, no matter where they live, has access to a family doctor and the continuity of care that keeps people healthy and communities strong.

What this motion aims to do is straightforward:

- Recruit more health-care professionals
- Ensure they stay in Alberta
- Build a culture of respect so that frontline workers feel valued for the essential work they do

These are goals I believe resonate widely, especially in rural areas where access to care is often the most challenging.

Health Care in Our Riding: I Want to Hear From You

In Banff-Kananaskis, health-care

challenges look different than in many other parts of the province. Our communities are spread out, public transit is limited, and local medical services are often hard to access. Residents tell me they struggle to get essential care close to home—from finding a family doctor to accessing vaccines or securing timely appointments.

People are also sharing broader concerns about how difficult the system can be to navigate. We're hearing about missed or delayed diagnoses, medical errors, ongoing staffing shortages, and growing worries about the affordability and overall quality of care. Accessing specialist care can also be a challenge, and many residents face long wait times to get properly assessed or treated. All your stories and challenges help form what I share in legislature debate and how I advocate for your needs to my caucus as we define our platform.

Your voices help me advocate more effectively. If you are experiencing challenges accessing health services—or if you've had positive experiences that you want me to know about—I encourage you to share your story.



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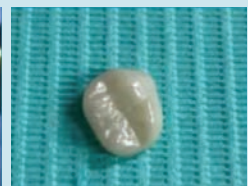
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Supporting Constituents Through the AISH-to-ADAP Transition

I also know many constituents have questions and concerns about the transition from AISH to the new ADAP program, including reductions in benefits. I am extremely concerned about how these cuts impact some of our most vulnerable Albertans. The changes to AISH will force many Albertans to live below the poverty line. I've heard from some of you already that these changes are forcing your adult children to stay at home or move back home because the literal cost of independence is too high. If you or someone you know is struggling with this change—whether you're unsure how the new system applies to you or are having difficulty navigating it—my office is here to help. We can assist with information, paperwork, and connecting individuals to additional support when needed.

MLA on Tour back in 2026

January's MLA on Tour events were so

fun. Thank you to everyone who came out to share their concerns, ask me hard questions, and share new perspectives. In February, we've got more MLA on Tour dates and a Special Family Day Trails Day. Come on out and enjoy the sunshine and mountain air with me. Let's chat! Keep an eye on my social media channels for upcoming dates and locations—I'd love to see you out there.

Save the Date! Sarah's Spring Fling – March 28!

I'm thrilled to share that our annual Spring Fling is returning for its third year on March 28. This is a night to set politics aside and simply enjoy each other's company—an evening of music, dancing, community connection, and support for local families.

This year's event will raise funds for three foodbanks serving communities across Banff-Kananaskis. We'll have three fantastic bands lighting up the stage: No Sudden Moves, The Ducks, and Northern Quarter. If you're able, please bring three non-perishable food items for donation. I promise it'll be a memorable night.

More information will be available soon, as well as a link to register!

Sarah Elmeligi



**MLA SARAH ELMELIGI
BANFF-KANANASKIS**

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MLA ON TOUR

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February 6th
1pm-3pm

Common Grounds
Harmony, AB
February 20th
3pm - 5pm

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

Fire Protection Service Levels

I had the pleasure of attending the 2025 Rocky View County Fire Services long-service awards ceremony January 17th at County Hall. As usual, it included Rocky View, Provincial, and Federal levels of recognition. Members were honoured with service pins marking various years of service with Rocky View County or other Fire Services.

I fully support Reeve Samra's statement:

"These milestones represent years of service, sacrifice, and commitment and Council extends its appreciation to our Fire Services members and their families and loved ones for supporting this important work."

Of special interest to myself given my historical lobbying, and I am sure to many Division 1 residents was that the 2025 winner of the Distinguished Service Award was Captain Andrew Mardel, recognized by his peers for his efforts helping Rocky View to establish Superior Tanker Shuttle Service (STSS) Accreditation with the Fire Underwriters Survey. Achieving this could ultimately have a direct positive impact on fire insurance premiums. Since this award is peer-to-peer recognition, I was very impressed that at the ground level, our Fire Services recognize the importance of this work for the betterment of Rocky View County.

Deputy Fire Chief Jon Evans, provided this update on of the work RVCFS has done with respect to the Superior Tanker Shuttle Service Accreditation (STSS):

"To ensure RVCFS is prepared to service the community in all aspects, training in 2025 was focused on rural water supply. Crews worked together to practice water shuttle evolutions to the Fire Underwriters Survey (FUS) STSS accreditation requirements. These requirements are:

- Establish a water supply within 5 minutes upon arrival on scene
- Water supply location must be within 5 km of scene.
- Flow water at 900L/M continually for 120 minutes

During our training evolutions RVCFS successfully surpassed these thresholds and are working with FUS to get accredited this spring in the Elbow Valley area."

Redwood Meadows Council

Early last year I had conversation with Councillor Rowlan Nichol about, their water and wastewater servicing, development in the region, and Rocky View's growth plans. It was the first time that I have been approached by their council for this type of discussion.

Then in late December I also had discussions with Mayor Sam Jackson of Redwood Meadows. We discussed their plans forward for their fire services, and I suggested that their CAO Gord Tate reach out to our administration to discuss regional fire services plans in a coordinated manner with our CAO Reagan McCullough.



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At the political level, I also suggested that Mayor Jackson reach out to our administration to gauge interest in establishing a council-to-council relationship -starting with an initial meeting.

Our Council was amenable to hosting a lunch meeting planned for January 27th, as an opportunity for both Councils to connect, discuss areas of mutual interest, and strengthen our intermunicipal relationship. This level of collaboration is overdue, and I will advocate that Council establishes an Ad-Hoc Inter-Municipal Committee (IMC) with Redwood Meadows substantially similar to what we have established with all our other Municipal neighbours.

Bragg Creek ASP

I was unable to attend to watch the November open house for the first draft of the new ASP, as Council was in Budget meetings into the evening. However, I have been receiving a number of emails with feedback from potential developers, community residents, as well as some of the community organizations.

The official engagement survey after the open house was open for comments from December 1 to 22, 2025, however comments could still be submitted to planning if you feel that you were not given an opportunity to engage effectively. I urge everyone to supply comments, but also keep those thoughts top of mind for the public hearing where administration will present the first draft to Council, stakeholders will provide their perspective and Council will be listening, then debating.

My objective is to have a strong ASP with effective and clear policy that will guide development both in the hamlet core,

as well as the expansion lands. A plan that captures the spirit of the visioning committee, that has strong technical analysis backing it, It must ensure we are building a resilient growth hamlet for Rocky View, that respects and preserves the core of what makes the hamlet desirable as it is, while improving where we can with best planning practices. This update project should deliver a better plan than what it is replacing...

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or call 403.463.1166.



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Robert M. Hughes Financial Solutions Inc.

Financial Resolutions for 2026

Give your finances a boost this new year. Here is a list of financial resolutions to help you become better off by the end of the next twelve months:

Eliminate personal debt

Brad and Angie had fallen into the very common habit of buying lots of 'stuff' with their credit cards and soon were carrying a balance from month to month. At 19.9%, it is very expensive to live this kind of lifestyle. And any new purchases attract the same financing charge from date of purchase.

To start getting ahead, they quit using their credit cards and simply stopped making truly unnecessary purchases. Brad and Angie realize that they need to reduce their 'want' purchases by convincing themselves if something is truly necessary.

Be prepared for annual bills

Jason was always scrambling at property tax time to pay the bill. This year, he took last year's amount, added ten percent and divided by twelve. He arranged to have this amount withdrawn automatically from his bank account each month and deposited into a separate savings plan.

A few months after starting this plan, Jason barely noticed the withdrawals. When his property tax bill arrives, he will have the full amount to pay it without scrambling for the funds. Plus, he earns interest on his property tax savings.

Invest regularly

Curt and Courtney want to save regularly, but found that there is often more month left at the end of their pay cheques. They decided to pay themselves first. Easily said, but how do you do it? Setting aside money each month is the best start.

Curt and Courtney opened a joint investment fund account and arranged for 20% of Courtney's income to be withdrawn from their bank account each month for deposit to the investment account. They plan to adjust the amount withdrawn annually to reflect increases in income.

Their goal is to have the investment fund account pay them income once the balance reaches \$25,000 to help cover the cost of

their annual summer vacation. Curt and Courtney will continue to make deposits to their plan from current income. This investment income will eventually cover more lifestyle expenses.

Invest tax refunds and windfalls

Kathie makes regular deposits to her RRSP and gets a nice refund every spring. In the past, she would go on a little spending spree and really had nothing to show for it at the end of the year. This year, Kathie will deposit her refund cheque in her RRSP. This will also increase her contribution and give her a larger refund next year. Let's say that her refund is \$2,500 each year. By putting her refunds into her RRSP each year and assuming 6% annual compound return, Kathie's RRSP will be about \$91,964 bigger in twenty years.

Another long-term investment option for Kathie is to invest her tax refunds in her tax-free savings account. Instead of the RRSP that will ultimately generate taxable

income, the TFSA will generate tax-free income.

Don't give up

New Years Resolutions don't always get followed. If you fall off track, get back on and try again. Don't be too hard on yourself if you stray from your plan. Richard Exely said, 'Failing doesn't make you a failure. Giving up, accepting your failure, refusing to try again does!'

Try starting with one financial resolution and add more overtime

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

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

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

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

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Food for thought

This month I'm speaking to restaurant owners. You juggle food costs, staff schedules, and the occasional customer who wants their steak "medium rare but not pink." The last thing you need is to remember that at closing time on February 13th, it's Valentine's Day tomorrow and your big promotion is still a half-baked idea scribbled on a napkin.

Some dates are circled on your customers' calendars months in advance. And they should be circled on yours, too. V-Day is coming up. What should you do differently this year? V-Day is a built-in revenue generator. Couples are expected to go out, and if you're not their first choice, you're not a choice at all. A smartly planned, "love is in the air" menu, complete with champagne and finished off with an aphrodisiac-like dessert will make you

the Culinary Cupid. But your message to your target audience, in this case "arrow", must have "meat".

Planning ahead for special events and holidays isn't just a nice to have, it's something that is being handed to you on a platter. Every chef will have it in their cookbook to do something special. But in many cases, running a restaurant is 24/7 and acting upon it will be last minute. You must plan to turn slow nights into a "we're-booked until next week" scenario. Your creative juices must always be on to keep your dining room full (while your competitors stare at empty tables).

Here's the catch. While you're a pro at food and hospitality, creating razor-sharp marketing is another craft entirely. Writing compelling copy and designing scroll-stopping visuals is not the same as designing a menu or new recipe. When restaurants do their own advertising, a few things tend to happen. Everything sounds the same. "Join us for a special Valentine's Dinner" could be any place within a 1000-mile radius. Messages drift into "chef-speak" instead of in the customer's language. You think "elevated casual share plates," while your guests are thinking, "date night fun." You're simply too close to it all.

Hiring an advertising or creative content provider isn't an ego check, it's a smart business move. You belong in the kitchen, not the creative bullpen. You see a new pasta dish, a content creator sees "the linguine that saves marriages." Creatives turn events into stories, not just specials. A "Three-Course Apology Menu" for V-Day or a Mother's Day campaign built around "She did the diapers, you do the dinner" is the kind of hook people actually talk about and share. Make the message emotional.

Creatives help you stand out in a sea of lookalike posts, generic flyers, and templated emails. Most importantly, they see you the way a guest does, not the way a line cook does. You don't grind your own flour, raise your own cows, or hand-blow your own wine glasses. No. You rely on specialists because it makes your product better. Do the same with your message. Let the cooks do the cooking and the creatives do the creative. Your job is to focus on perfectly seared ribe eye and soufflé that won't collapse. Let creatives create mouth-watering ads with words and visuals while you make stomachs grumble with sauces and sweets.

By the way, this applies to more than restaurants, but I think I'm hungry.

Bon appetit, mark.



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BRAGG CREEK & AREA CHAMBER OF COMMERCE

2026 Brings a Chamber Strategy with a Focus on Family and Community!

Bolstered by a devoted Board and driven by dedicated subcommittees, here are a few highlights of our work on your behalf for the upcoming season:

- Economic Development – Local Recruitment, Long-Stay Tourism, Wayfinding & Public Realm Improvements
- Community Relations – Forming working partnerships with our Chamber allies in Foothills, Rocky View, and other rural municipalities
- Business Support – Ongoing advocacy for resources, marketing, promotion, and collaboration
- Communications – Keeping our valued businesses in the loop, up to speed, and involved

This year is about family business. When people come to the Area, we want them to partake in amazing offerings throughout year. Many of these would not be possible without family-run businesses. Whether it's restaurants, retail, renovations, or relaxation, we support our new and legacy family business community. More to come, please watch our socials (facebook: [braggcreekchamber](https://www.facebook.com/braggcreekchamber)), website ([visitbraggcreek.com/bragg-creek-chamber](https://www.visitbraggcreek.com/bragg-creek-chamber)) and e-newsletters.

Our relationship with Rocky View County is stronger than ever. We've already begun outreach to secure resources, partnerships, and opportunities for municipal events and public participation. Bragg Creek & Area has a strong voice, and positive change happens when we all make our voices heard.

Meet Your 2026 Chamber Board

President: Taylor Clarkson,
Bragg Creek Bakery & Cafe

Vice President: Jason Traviss,
Cowboy Trail Brewery Co.

Secretary: Sunil Mattu, Third Academy

Treasurer: Gregg Hinton,
Elbow River Trading Company

Board Member: Tae Gordon,
Bearries Bubble Tea & Acai Bowls

Board Member: Lowell Harder,
High Country News

Board Member: Rich Kilbride,
Big Earl's Dirt & Snow

Board Member: Lindsey Kindrat,
3 Point Environmental Inc.

Board Member: Trish Van Sickle, Primerica

Board Member: Kevin Yun,
The Italian Farmhouse

Chamber meetings are 7:00 pm the third Wednesday of each month. Join us for networking, to hear speakers, and to support one another as a business community. Drinks and local refreshments served.

*Your Bragg Creek & Area
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We would love to hear from you!
Questions and ideas welcome:
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BRAGG CREEK PHYSIO

Understanding Patellofemoral Pain

Patellofemoral pain (PFP), commonly referred to as "runner's knee," is a common musculoskeletal condition that causes pain around or behind the kneecap (patella). It typically affects active individuals, including athletes, but can occur in anyone who engages in repetitive knee motion. This condition is often aggravated by activities such as running, squatting, or climbing stairs. To effectively treat and prevent patellofemoral pain, it's essential to understand its causes, and how it relates to the mechanics of the lower body. Physiotherapy plays a crucial role in rehabilitation, focusing on restoring proper movement patterns, addressing muscle imbalances, and optimizing knee function.

Patellofemoral pain arises when the patella moves improperly within the femoral groove (thigh bone), leading to increased stress on the joint and surrounding soft tissues. This can result in irritation, inflammation, and pain. The primary causes of PFP include poor patella tracking – when the kneecap doesn't glide well in its bony groove, causing misalignment and pain. Muscle weakness in the ankle, knee and hip muscles can contribute to abnormal movement patterns. The quadriceps (front of the thigh muscle) controls the knee movement, and the hip and glute muscles control the alignment of the lower leg. Repetitive movements such as high impact activities (running,

squatting, lunging) can lead to overload of certain structures and result in pain and inflammation. Anatomical variations such as flat feet or pelvic tilts, can disrupt lower body mechanics and contribute to abnormal patellar tracking.

Effective treatment for patellofemoral pain centers around physiotherapy techniques that aim to improve joint function, correct muscle imbalances, and restore normal movement patterns. Some key treatments often include strengthening exercises, targeting the quadriceps (squats, step ups), glute muscles (clamshell, bridge, lateral leg raises) and the abdominals to support proper pelvic alignment. Stretching tight muscles in the lower leg such as the quadriceps, hamstrings, calves and hip flexors can reduce tension that may affect knee mechanics. Patellar taping and bracing may provide temporary relief of pain and help to realign the patella during knee movement. It is also important to assess gait and posture to identify any mechanical issues such as foot pronation or pelvic tilt. Finally, pain management in the early stages of PFP, such as ice, heat,

ultrasound, electrical muscle stimulation or needling techniques, can help manage pain and inflammation.

Patellofemoral pain is a multifaceted condition that requires a comprehensive approach to treatment and prevention. Physiotherapy interventions, including strengthening, stretching, and pain management, are crucial in reducing symptoms and improving knee function. Understanding the role of the lower back, hip, and ankle mechanics in knee function helps address underlying causes and prevent recurrence. With the right treatment and prevention strategies, individuals suffering from PFP can regain full function and return to their daily activities pain-free. The therapists at Bragg Creek Physiotherapy would love to help get you back to the activities you love, with a speedy recovery.

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

BEFORE we turn the calendar to February Bragg Creek's Winter in the Woods festival is on! This fun-filled day celebrates everything winter plus raises funds for our cherished outdoor rink. **Join us for our 5th annual event on January 31st!**

Winter in the Woods is all about community, winter magic, and fun activities that bring us together to celebrate the season. With hockey games, human curling, a 50/50 raffle, silent auction, crackling fires, and the infamous Chuck-A-Puck, this event has become a beloved Bragg Creek tradition. So, buy your lucky puck and come celebrate with friends! Visit braggcreekca.com for full details.

THANK YOU to the Sponsors and Presenting Partners who have stepped up to make this event happen: Bragg Creek Chamber of Commerce, Cowboy Trail Brewery, Italian Farmhouse, Big Earl's Dirt & Snow, 3 Point Environmental, Maverick Law Office, Paradise Landscaping, Gateway Developments, Ripresa Wines, Bragg Creek Distillers, The Trading Post, KAT Automotive, Walsh Equipment, Rockies Tavern & Grill, Castle Creek Homes, Bragg Creek Bears, The Powderhorn Saloon, Handle-Bar, and Maxwell Canyon Creek!

THANK YOU to the huge group of volunteers who have been working behind the scenes, and the local businesses that have donated to the silent auction! You are amazing. All of you!

We are pleased to introduce Kristie Bell to Bragg Creek. Kristie joined the BCCA as Operational Manager earlier in

January and has been busy getting to know the Centre and all the great people in our community. Stop by the Centre anytime, say Hi and welcome her into the fold.

You may be aware of the winter programming at the Centre, like Rumble & Roar, Pickleball, and Artsy Afternoon, but did you know that we have some talented community members who are excited to share their skills? Keep an eye out for Spanish lessons, creative writing sessions, and fitness classes run by locals!

If this is news to you, maybe a **membership at the BCCA** would help you plug in. Your membership includes monthly emails giving you all the inside

info. Purchase or renew your membership online via the website, or stop by the Centre in person. For just \$40/year (or less!) you too will be in the know.

Our community centre is a versatile venue able to host events large and small. We have space and time for all sorts of groups needing to get together for work, social, or sporting events. **Weddings, meetings, and birthday parties are just the start.** Keep us in mind this year if you have need or hear of someone who does.

Keep in touch and keep warm.

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BRAGG CREEK WILD

Surviving the Freeze: How Sparrows and Chickadees Brave Alberta Winters - and How You Can Help

There is nothing sweeter than listening to the call of a chickadee on a sunny winter day and watching them hop around in glee. But how do they survive a harsh winter cold snap?

While we can bundle up and crank up the heat on a -30C day, small backyard birds like sparrows and chickadees face a far tougher challenge. Yet despite their tiny size, these hardy birds have evolved remarkable strategies to survive the coldest months of the year.

Tiny Birds, Big Survival Skills

Chickadees and sparrows are masters of endurance. One key survival strategy is food caching. Chickadees in particular, store seeds, berries, and even small insects in hidden nooks around their territory during the Fall. Their remarkable memory allows them to retrieve their hidden stockpiles even under layers of snow, ensuring a constant food supply when insects are scarce. Sparrows, while less prolific in hoarding, are agile foragers, feeding on seeds and leftover grains that persist through winter.

Both species also rely on their high metabolism to generate heat. Chickadees can shiver almost constantly, turning muscle activity into warmth. When temperatures plummet, they sometimes enter a state called torpor whereby they briefly lower their body temperature to conserve energy. By slowing their metabolism overnight, they survive periods of extreme cold without exhausting their fat reserves.



Another critical strategy is insulation. Birds fluff their feathers to trap air, creating an insulating layer against the cold. They also select sheltered roosting spots, such as dense shrubs, coniferous trees, or abandoned woodpecker holes. Chickadees are social sleepers—they huddle in groups, sharing body heat and dramatically improving their chances of surviving frigid nights. Sparrows, though less communal at night, seek dense brush and hedgerows to shield themselves from wind and snow.

Helping Our Feathered Friends

Winter survival for sparrows and chickadees is a delicate balance, and humans can help make a real difference. Providing a steady source of high-energy food is crucial. Black oil sunflower seeds, suet, peanuts, and cracked corn are favourites. Setting up feeders near dense shrubs or evergreens gives birds a safe place to feed and quickly retreat to shelter.

Planting native shrubs and evergreens also supports winter survival. Species like juniper, saskatoon, snowberry, and spruce provide cover from wind and predators,

as well as natural food sources. Leaving some seed heads on perennial plants like coneflowers and asters can provide additional nutrition when snow covers the ground. Be certain to position bird feeders away from deer access and take them down when bears emerge in Spring.

Water is another vital resource. Frozen landscapes benefit from the addition of a small heated bird bath or regular offerings of a shallow dish of fresh water. These gestures ensure that neighboring birds stay hydrated without expending excessive energy to find it.

By providing food, shelter and water, rural Albertans can help these small but resilient birds to not just survive, but to thrive through the harshest winter months. Observing sparrows and chickadees flitting about your yard during a cold snap is a reminder that, with a little help, we can continue to observe and enjoy nature's tiny warriors through every season of the year.

Visit www.braggcreekwild.ca



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XC BRAGG CREEK SKI & BIKE SOCIETY

Nordic Updates:

XCBC's Nordic subcommittee is immensely proud of the progress and accomplishments of our athletes so far this season.

A huge congrats to XCBC Athletes who competed in the Alberta Cup 1&2:

U 20 Women: Avery T

U 16 Boys: Owen K, Micah Spencer, Jordan M

U 16 Girls: Evelyn P

U14 Boys: James Bopp, (2nd place free sprints)

U14 Girls: Emma Jackson, Freyja K

U12 Boys: Reid Bopp (2nd place free sprints, 3rd place classic distance)

U12 Girls: Lena K (3rd place classic distance)

U10 Boys: Caern Bopp

And to our Athletes who participated in the Alberta Winter Games Qualifiers:

James Bopp, Jordan M, Reid Bopp, Evelyn P, Emma Jackson, Taylor W.



Alberta Youth Championships

We are busy planning Alberta Youth Champs 2026, taking place March 7 and 8 in West Bragg Creek.

XCBC welcomes 120 U12 and U14 skiers to join in a variety of races on Saturday and Sunday, staying overnight at Camp. It is a highlight for these young racers!

More information about AYC can be found on our website.

Registration for AYC can be found here: <https://zone4.ca/register.asp?id=40438>

Coach and Chaperone Registration: <https://zone4.ca/register.asp?id=40452>

An event of this size requires a lot of volunteers. Please consider helping!

No race experience is necessary for most of the positions, just lots of enthusiasm. If you have any questions please reach out to programdirector@xcbraggcreek.ca

Additionally, we provide a fabulous table of goodies for the racers, coaches and volunteers. This means we need LOTS of baking (cookies, squares, muffins, it's all good!). You can contact programdirector@xcbraggcreek.ca for more information on where to drop off baking. Please make sure that all goodies are sent in ziplock bags or containers that DO NOT need to be returned.

Thanks for helping make this another successful event. We appreciate all your help.

Spring Rec Bike:

Spring Rec Bike registration will be live in February. We are always looking for parent volunteers, and volunteer coaches. Contact programdirector@xcbraggcreek.ca for more information on supporting our Spring Rec Bike programming. For early access to registration become an XCBC member here: <https://go.teamsnap.com/forms/477614>



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After 21 years, we're still cooking

Lee and Rhianna Edwards would like to introduce you to their newest colleague, Malissa Holstein. Hailing from Saskatchewan by way of Chestermere, Malissa and her family recently planted themselves in our wonderful community. Having had a career that spans real estate investment and real estate planning and now real estate sales, Malissa brings a host of knowledge to help serve our customers even better. Having been operating Maxwell in Bragg Creek for over 21 years, you know where to find us. Please stop by and say hello.

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Lee Edwards 403-540-0540 lee@braggcreekrealestate.com

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Rhianna Edwards 403-630-9460 redwards@maxwellrealty.ca

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

Third Thursday each month

7pm: Open Mic Night
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BRAGG CREEK PERFORMING ARTS

SHAYE ZADRAVEC RETURNS TO BRAGG CREEK SNOWBIRDS LOUNGE ON FEBRUARY 7 2026

Shaye Zadavec is returning to Bragg Creek for a dinner concert at The Bragg Creek Snowbirds Lounge on Friday February 7, playing with Tim Leacock

on guitar, Garth Kennedy on keys, and Sydney Zadavec on bass.. Shaye introduced the Bragg Creek Performing Arts Dinner Concert Series in 2023 to a sold out audience. A popular, Calgary based performer her mello tones appeal to a broad based audience. Tickets at braggcreekperformingarts.com.



SHAYE'S LOUNGE

DINNER CONCERT

Shaye Zadavec is a Calgary born multidisciplinary artist with a lifelong love of live performance. She has released two projects, *Norway and Now* and *Then*, reaching international audiences, and brings new life to carefully curated material through thoughtful, empathetic reinterpretation. Everyone's welcome in Shaye's Lounge.



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BRAGG CREEK ENVIRONMENTAL COALITION

NSWO Nest-Box Program by Emma Barry

Last month we reported on the new Northern Saw-whet Owl Banding Station in Bragg Creek, and we're thrilled to report that our first banding season was a huge success! BCEC not only supported important scientific avian research undertaken by the Calgary Bird Banding Society (CBBS), but also forged new friendships and alliances.

Ornithologist and Bander in Charge at the NSW Station, Ethan Denton, invited us to collaborate with the Calgary Area Nest-Box Monitors Society (CANMS) to further NSW research in Alberta. CANMS is a network of over 5,000 nest-boxes and nearly 100 monitors, working to provide habitat for native, cavity-nesting birds and collect valuable data for conservation efforts.

On January 10, we welcomed 45 guests to Ann & Sandy Cross Conservation Area's Belvedere House for an afternoon of education and envisioning. Bob Cooper, VP of CANMS, delivered an overview of their work, followed by Ethan's keynote address, covering the latest science on NSWOs, their nesting habits, and preliminary results from the Bragg Creek station's inaugural season.

"Ethan Denton's presentation gave participants an intriguing look into the life of this tiny owl and the work of the Calgary Bird Banding Society's station in Bragg Creek. One key outcome will be the installation of nest-boxes for NSWO at selected sites throughout the area." (Bob Cooper)

Bob designed and built 20 NSWO nest-boxes. Our members bought 17, which will be mounted on their Bragg Creek properties. Site selection and nest-box mounting will be undertaken



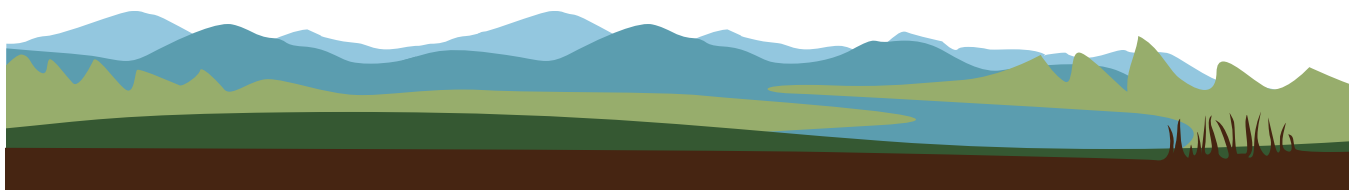
by our team of experts with the benefit of property owners' local knowledge to ensure optimum possibilities of attracting NSWOs. NSWOs normally nest in cavities excavated by large woodpeckers like Northern Flickers and Pileated Woodpeckers but will also readily use appropriate nest-boxes. Ethan explained that some squatters may also use the boxes: for example, Northern Flying Squirrels are particularly fond of boxes this size.

NSWOs prefer nesting about 12 feet up in mature aspen or poplar trees. They'll choose a tree close to both mature coniferous trees, where the males like to roost, and to a water source. The female does all the work of brooding and incubation, remaining in the nest-box, while the male keeps busy hunting to provide food. When the youngest nestling is about 18 days old, the mother leaves the nest to the young and roosts elsewhere.

Those boxes that attract NSWOs will be monitored carefully by individual property owners. Data collected will include date of first sighting of the season, date of first egg, number of eggs, number of young, hatching dates, number of fledged birds, fledging dates. When the timing is right, our experts, with the property owners in a volunteer capacity, will band the young owls.

We're excited about our next community event co-hosted with ERWP (Elbow River Watershed Partnership). 'Fins & Feathers' will feature two presentations by a fish biologist and a bird biologist, and a Q&A session. We're planning a lively evening of food, community, and education, to promote protecting and preserving our natural assets. See you February 25, Bragg Creek Community Centre, 6-9 pm. Click on this link for more info and to register.

<https://fins-and-feathers.eventbrite.ca/>





BRAGG CREEK TRAILS

Adapting to a Changing Winter

The great skiing and biking conditions over the Christmas break seem like a distant memory. The mid January chinooks have pretty much taken care of the precious base and tracks that were meticulously laid down by BCT's grooming team. Having to watch that hard work being undone by Mother Nature has become the new norm for those of us operating in the shadow of the Eastern Slopes. Meanwhile, further west into the Rockies, record snowfalls are being recorded.

In order to adapt to these rapid and unpredictable changes, BCT has had to adopt practices such as snow harvesting to help protect rapidly deteriorating ski trails. Snow is relocated from areas where it accumulates naturally or is less vulnerable to melt and wind, and strategically placed on critical trail sections, corners, and thin spots to help preserve the ski base for as long as possible. This is a time and labour intensive process, and even then, it can only do so much when warm temperatures and strong chinooks persist. Much time is spent nervously watching weather forecasts for possible relief and a return to winter conditions.

Prioritizing our efforts toward more sustainable trails and those less susceptible to sun exposure and wind is also a strategy we continue to explore. In seasons like this,



less may indeed become more, as focusing resources where they have the greatest chance of success becomes increasingly important.

On the positive side, if the lack of snow is the issue, the West Bragg Creek trails still offer many other options for recreation. Bike trails continue to provide a range of conditions, from ice covered to surprisingly clear and dry. Studded tires remain essential. Hikers will also encounter highly variable conditions, so tossing a set of crampons into your pack can help keep you upright when you hit icy stretches on shaded trails.

Be safe out there as we navigate these increasingly wild weather patterns together.

Valentine's Day is for Trail Lovers

With Valentine's Day falling on a Saturday this year, why not make it a trail date? Pack a picnic and head out to West Bragg Creek, where memory-making is simply part of the trail appeal.

Thanks to all of you who have shown BCT so much love over the years. Back at you!

See you on the trails!

*Con Schiebel
BCT President*



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THE LITTLE SCHOOLHOUSE

Happy February! This month, all our classes will explore the wonders of our five senses while celebrating love, friendship, and family. We are excited to embrace how our unique differences contribute to our strength and individuality. Students will have the opportunity to create special love notes to share with their friends and family, making this a truly memorable month!

Registration for the 2026-27 School Year is now open! We are committed to providing an enriching, child-centered, and supportive preschool and kindergarten environment.

For more information about our school and the programs we offer, please visit our website. We would be thrilled to welcome you to our community for the 2026-27 school year!

www.thelittleschoolhouse.ca

Ms. Shelley and The Little Schoolhouse Team



BUSINESS PROFILE



Lynn's Sourdough Bakery Co.

My name is Lynn and I have been a proud member of the Redwood Meadows community for over 4 years. Since 2015 I have owned and operated a pizza restaurant in Calgary and, in August 2025, I decided to expand my love of food and baking and opened my sourdough microbakery. I bake and sell sourdough bread, bagels, buns and pizza dough 7 days a week - it is my passion that I am grateful that I get to pursue every day. Every 2-pound plain sourdough loaf that I create contains just 3 ingredients: unbleached flour, sea salt and filtered water. No additives or preservatives - just simple ingredients that make delicious bread that is good for you, at a price that is

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affordable. I offer different styles of bread as well as numerous flavors and seasonal specials. New customers will receive a sample size of a flavored loaf with their first order. Orders can be placed by email to lynnssourdough@gmail.com or through my social media pages on Instagram ([@lynnssourdough](https://www.instagram.com/lynnssourdough)) and Facebook ([lynnssourdoughbakeryco](https://www.facebook.com/lynnssourdoughbakeryco)).

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The foundation for your spring projects starts right now

Winter is a great time to start planning for next year

Did you know planning your spring/summer construction projects of any size can be completed while snow is still on the ground? Getting the legwork of quoting and planning completed now means we can be ready to move on your project before the first grass appears.

Want to get the most enjoyment from your outdoor space during our short summer so you can spend your time not having to do it while the warm weather slips by? Then don't wait until April or May to book. Harder for your work, our reply might hit you like a tonne of bricks.



that's how we work

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2024 saw RMES attend 443 calls – just short of the busiest year in our history (2024): 191 medical calls, 121 rescue-related calls, 93 fire-related calls, rescues and 22 “other” type calls. Top medical call types were: Falls, Unconscious/Fainting and Chest pain. Top fire call types were: Alarms, Structure fires and Wildfires.

Fun fact: Our busiest time of day for calls in 2025 was 3pm and the busiest day of the week for calls was Sunday.

RMES members invested over 14,000 hours in the community in 2025, training fifty times together in addition to attending calls, doing administrative work, attending courses and community events. It would take eight full-time paid fire fighters to do the work that our mighty group of professional volunteers did!

Over the past 47-years, RMES has had almost 270 members “answered the call” to serve our community. Last year we welcomed 11 probationary members and said ‘see you soon’ to several retiring members – they will forever be part of the RMES family. Thank you to our members (past, present and future) and their families for your service!

We take the trust our community places in us seriously and look forward to serving Redwood Meadows and the greater Bragg Creek area in 2026!

Until next month, stay safe!

DONATIONS ACCEPTED

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

For more information contact:
RebuildRMES@redwoodmeadows.ab.ca



SCAN ABOVE



WELL OWNERS



ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

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

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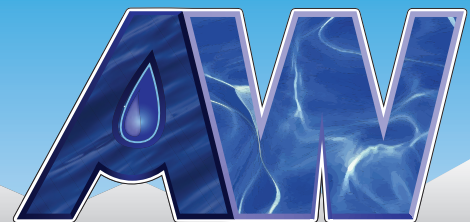
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HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

How Important is a Garage?

This question is asked from the point of view of preventing the theft of your vehicle. A 1996 British study (couldn't find more recent data) by Mirlees-Black, Mayhew and Percy found that vehicles parked in an owner's garage were 50 times less likely to be stolen than those parked on the street in front of the owner's property (or out in the open on a rural property).

There are a number of reasons for this diversity:

- If your vehicle is in the garage, it is not visible to thieves. If they can't see it, they don't know if it's there to be stolen or broken into.
- Access to your vehicle by thieves is much easier if it's out in the open vs in a garage. They can walk right up to it all the while keeping an eye out for you or someone else observing them.
- You can lock your garage to provide an extra layer of security between thieves and your vehicle.

A third of vehicle thefts occur from residences (as per the same British study). One reason for this is that according to the "Garage Living" website, vehicles are only driven on average 5% of the time. That means it's parked 95% of the time.

It should be pointed out that parking in an open shed (i.e. missing the front wall) is not the same as having a fully enclosed garage for the same reasons as noted above. I am aware of a vehicle owner who had their car broken into even though it was in this type of shed just outside their back door.

As an added layer of defense, you can also lock the vehicle that's in the garage. It takes very little time to do so and it's even quicker if you use the key fob. The more layers of defense the better. If there are two vehicles in a garage and one is locked and the other isn't, all things being equal, which one is more likely to be entered?

It goes without saying that your key fob should not be permanently left in your vehicle while it's at home. I know it sounds obvious, but I'm willing to bet that people do it because it's easy, and you never have to go looking for your key fob. (I'm going to do a separate article devoted to

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protecting your key fob as thieves are employing new methods to steal their codes every day.)

Another interesting fact is that up to 50% of garages don't have vehicles in them. They are used for storage. Yes, the garage will also keep your stuff safe, but odds are your vehicle is more valuable. Not to mention that it is a pain in the you-know-where if you don't have it at your beck and call next time you want to use it, especially in rural areas where you have to drive to go anywhere.

Some other benefits of keeping your vehicle parked in the garage is that it's ready to go. You don't have to brush off the snow or scrape the ice off your windshield. How many times have you driven away with the defroster on high, hunched over, peering through a small portal at the bottom of the windshield? You and I have all done it all the while hoping we don't hit anything (deer, car, semi). If others were driving likewise, it could make a trip interesting.

Another benefit is that your vehicle is out of the elements. The longer I live in the high country, the more I realize how susceptible we are to UV rays. Plastic doesn't last long up here. Nowadays, there's a lot of plastic on vehicles. Not to mention rubber, like your tires or your windshield wipers. Your wipers take a beating every time you try to unstuck them from the windshield in winter.

It is recommended that you should replace your wipers every twelve months. Don't wait until you find out you need new ones in the midst of a downpour or snowstorm when you can't see anything. That's as bad as driving hunched over with the defrost on high.

Park your vehicle in the garage, take your key fob in the house with you, keep it away from the door and inside an RFID pouch, and you'll be able to drive away safely next time you need to.

Dave Schroeder
HCRCWA Board Member



Happy February, Priddis. Please see below for community events, programs and reminders.

Programs:

- Yoga happens Mondays and Thursdays from 7:30-8:30pm at the Priddis Hall. This is a registered program (one or two day options available) suitable for all levels. Email lorichinnery@hearttomwellness.com for more information or to register.
- The indoor pickleball court is available for PCA members between 1pm and 7pm on Thursdays. You can reserve your spot here: www.signupgenius.com/go/60B0C4AABA72BA1FC1-59295909-pcamembers
- We are grateful to have a community volunteer running a parented playgroup in our preschool room on Wednesdays starting at 9:30am. However, attendance has been very low during December and January. Follow our social media to find out if this program will be continuing in February.
- A full body exercise class takes place from 9:45-10:45am on Wednesdays and Fridays at the Priddis Hall. Join fellow community members for dance cardio, weight and band training, circuits and lots of fun. All fitness levels are welcome. This is a registered program (one or two day options available). Inquire about more information or register by emailing lorichinnery@hearttomwellness.com

Community Events and Save the Dates:

Priddis Family Sale: Join us on March 14, 2026 to turn your clutter into cash. For just \$25 you can rent a table to sell gently used clothing (newborn through teen), gear (strollers, high chairs, carriers, sports equipment) or entertainment items (toys, books, games, puzzles). You price your items and keep all of the profits. This community resale event is a great way to purge some of your items that no longer fit or are no longer used. Email priddisdirectoratlarge@gmail.com to reserve your table.

Community Garage Sale: Donation off Friday May 8, Garage Sale Saturday May 9

Stampede Breakfast and Vendor Market: Sunday July 5

Memberships:

Do you have a PCA membership? Memberships are required to use our amenities such as the indoor pickleball courts, outdoor tennis and pickleball courts and indoor rinks. Your membership dollars are put directly back into helping us maintain these amenities. Memberships can also unlock major discounts on event tickets and hall rentals. You can purchase your membership here: <https://pca.getcommunal.com/memberships>

Donations for Projects:

This year we have some major projects that need to be taken care of on our aging infrastructure including: replacement/safety upgrade to the rink boards, replacement of the Priddis Hall roof, replacement of the decades old HVAC equipment in the Hall and Library and maintenance to the commercial kitchen. Did you know that the PCA is a registered non profit? Tax receipts can be provided for donations to support these initiatives. If you are interested in making a donation to help us maintain our cherished amenities, please reach out to our Executive Director at priddisalberta@gmail.com.

Hall Rentals:

While the Priddis Hall generally books one year in advance for prime weekends (June-September), we have a lot of availability left for February-May weekends and weekday/evening bookings through the summer. The Priddis Hall is the perfect place to host your next birthday party, meeting or other special event. The all inclusive price includes access to our large hall space (capacity 175), use of our commercial kitchen and all the contents, tables & chairs, Starlink internet and after event cleaning. Those who have been members in good standing for 2+ consecutive years receive a substantial discount on rental rates. Email priddisalberta@gmail.com for availability or more information.

*The Priddis Community Association
Board of Directors*



***CORRECTION* to the January 2026 Issue:** We had to postpone the New Year's Eve Masquerade Bash. Due to the last-minute change, we were unable to update our January Issue in the High Country News. So.... GREAT NEWS... you haven't missed the fun! The event is going to be better than originally planned... there are now over \$1700 in prizes to be won!!! Don't miss out on some serious mid-winter fun! It takes a lot of volunteer hours to organize these events, and local businesses have blown us away with their generosity, so please come out and show your support!

Saturday, February 7th @ 7:00pm

Mardi Gras Masquerade Dance @ Square Butte Hall featuring Alicyn Campbell

18+ adult event

Hors D'oeuvres + Drinks + Dancing + AMAZING PRIZES!!!

Let your creativity shine and enjoy some playful anonymity. From a simple mask to lavish attire and extravagant details, there's no limit to what this night will entail! The "Best Ladies Mask/attire" prize, valued at \$400 and is sponsored by SpineSurfer.ca, Bohemia, Little Black Dress, Bluerock Gallery, Luxe Nail Bar, Sweet Briar, and Chocolate by Cotton. The "Best Gentleman's Mask/attire" prize valued at over \$600 is sponsored by Rona, Marshall's Country Store, Diamond Valley Barber Co. & the Black Diamond Elk Ranch. The "Best Couple" prize includes a generous sleigh ride donation from Anchor D Guiding & Outfitting, plus contributions from Bohemia, Westwood, and Eco Liquor. Plus, there is a fantastic door prize donated by Eau Claire Distillery and a 50/50 cash prize.

WIN YOUR TICKET - Purchase tickets online and be entered for a chance to win your ticket! (Plus, when you buy your tickets in advance, it helps us plan a more successful event)

Masks are optional, and basic ones will be available at the door, but darn it, let's have some FUN!!!

For complete prize details & tickets visit www.squarebuttehall.com
info@squarebuttehall.com
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MILLARVILLE - STOCKLAND 4-H CLUB



Seasons Greetings from the Millarville Stockland 4-H Club!

This month our club started off with our November monthly meeting on November 12th. It was held at the Oilfields Hospital where we discussed the 4-H constitution and expectations for the year. We had a great turnout and discussed exciting upcoming events. On November 26th we held a beef marketing workshop at the Millarville Racetrack Hall to talk about how to market our animals to buyers. We learned different ways how to get buyers interested, what information they like and need to know and how they bid, all members who attended learned a lot. We also opened an online clothing store so lots of lucky members have some new 4H club swag in time for the holidays!

On December 10th, we had our third monthly meeting at MRAS Hall where we talked about previous and upcoming activities. We also did a multi judging practice event on cooking knives and got our record books marked by our beef leader Jeff Blatz. Whoever gets the best marked record book gets a gift card of their choosing! On Friday December 12th, many members participated in the district Christmas hamper wrapping and packing at Red Deer Lake Hall. The hampers are delivered to families in need across the Foothills region. It was very successful and lots of fun!

On December 14th, we had our annual 4-H Christmas party that was held at Laser City in Calgary. We had a lot of fun and thankfully many members showed up. We played two games, had pizza and treats and also had a secret Santa gift exchange where everyone was excited to reveal the gifts they had received.

We are looking forward to some exciting events in January, on the 4th we will have our beef farm tour. This is where we go to all the beef members' houses and tell them about our beef project, there is always lots to see and learn. On January 17th, we will have our first hands-on beef clinic.

That is where we will bring our beef projects and work with them at the MRAS arena and start getting them trained for upcoming shows. The Millarville Stockland 4H Club wishes you a very Merry Christmas and Happy New Year!



MILLARVILLE HORTICULTURAL CLUB

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

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

Our next meeting is February 10, 2026 at 7 pm. We will be sharing our favorite seed catalogues. We have Richter's herbs, West Coast seeds, and Vesey's so far. The time to order seeds is now for the best selection.

New members always welcome at our upcoming meetings:

March 10, 2026

April 14, 2026

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

millarvillehorticulturalclub@gmail.com
millarvillehortclub.com



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MILLARVILLE COMMUNITY LIBRARY

My name is Sheila and as president of the volunteer library board, I want to tell you a bit about what's going on at your community library.

Did you even know there's a great little library in our hamlet at the west end of the school? Watch for signage coming to help you find us even better. Feel free to pop in and say hello. We have the most amazing and passionate volunteers who are ready to help you discover your next favorite book. You can find our info at millarvillelibrary.ca

What is your favorite book? Can you tell us about it in a few sentences? We'll add your review to our column. Please email us at amclibrary@millarvillelibrary.ca

Keep an eye out for information regarding an upcoming new book club coming soon!!

The Millarville Historical Society has a display in the front entrance of the library. Lots of interesting artifacts and info for you to view. They can be reached at millarvillehistoricalsociety.ca

If you have an idea for or a wish about an event the library could host, please reach out. We're always interested in what the community wants and needs. In 2025 we hosted a couple events through the Family and Community Support Services (FCSS) that were well received and we are planning to do more this year. Keep checking in at the library and on our social media pages for upcoming events. New artists will be displaying their work, authors are going to come give talks and readings. Whoot whoot!! Lots going on. Check in and often!!

Free hugs to anyone who wants to join our library board! Did that get your attention? Great! Do you believe in the good that libraries do? Do you see the value and worth of having a library in your community? Do you have a spare hour or so every other month from September to June? If so, please consider joining our board. Drop by or contact the library at 403-931-3919 for more information. I promise I will get back to you as soon as possible and of course, thank you so much for your interest!!

Please keep checking in here and at the library for news and events.

Thank you for reading all this. Much appreciated! Hope to see you soon!

Kindly, Sheila H.



RED DEER LAKE UNITED CHURCH

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

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

Special Events

- February 4, 10:00 am – Coffee with the Minister
- February 5, 7:00 pm - Sound & Soul – The Depths of Winter 'Long Darkness'
- February 8, 12:30 pm – Voices United Choir Rehearsal
- February 15, following the worship service – Soup Lunch
- February 17, 5:30 pm – Shrove Tuesday and Ash Wednesday Service, held at the McDougall Site
- February 18, 10:00 am – Coffee with the Minister
- February 18, 10:00 am – Drop in for imposition of ashes
- February 19, 10:00 am – Grieving with Grace begin (8-week series), held at the McDougall Site
- February 23, 12:00 pm – Lenten Lunch and Book Study (6-week series), Cultivating Hope Together, held at the McDougall Site
- February 28, 9:00 am - Men's Breakfast

ON THE EDGE CONCERT SERIES

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

COMING SOON: Dance, Games, and fun at Red Deer Lake United Church. Get ready to move, mingle, and enjoy an evening of music, dancing, and community at Red Deer Lake United Church! From line dancing to Zumba, square dancing, and partner dancing, there will be something


for everyone—whether you love to dance or just enjoy the music. Stay tuned for dates and details—sign up for our newsletter and keep an eye on our website to see what's happening each week.

WEDDINGS & EVENTS CENTRE

Introducing Meadow Green, a stunning 45,000 sq. ft. event space at Red Deer Lake United Church – perfect for weddings, workshops, performances, art shows, and more. Visit us at www.meadowgreenevents.ca or contact the office (403) 256-3181 to book your tour today!

Stay connected and explore all upcoming events at www.reddeerlakeuc.com

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



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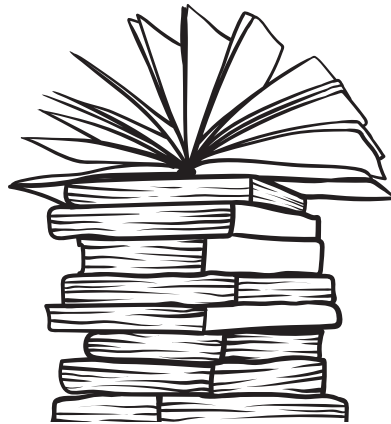
Our second annual Lego Competition takes place on Saturday, February 7. This year's theme is Myths and Monsters. Builders are invited to recreate scenes inspired by ancient myths, folklore, and legendary tales or design their own original creatures! From 11-3:30, view the entries plus displays of custom builds by members of the Southern Alberta LEGO User Group (SALUG), a LEGO Book Display, colouring and activity pages and LEGO Creationary and Board Games. At 3:30 a talk will be given by SALUG, winners will be announced and door prizes will be drawn. If you plan to enter, remember that your entry must be an original creation, must be able to be moved without falling apart by a library staff member, and must not extend past a base dimension of 10"x10" (25cm x 25cm). The competition is open to those ages 6-17 years. All entries must be dropped off at the library on Friday, February 6 from 10 am to 7 pm. Late entries will not be accepted on Saturday, February 7. A competition form (available on the library) needs to accompany your entry.

We invite you to join us on Sunday, February 22 at 2:00 for Vested Interests, an entertaining, informative and a little bit quirky fashion show of garments with original graphics telling stories of climate change. This show is a bright, colourful, often humorous way of telling stories of climate change without using statistics. Sign-up is strongly encouraged, but drop-ins are welcome. Library doors will open at 1:30. Of course, you cannot have a fashion show without fashion models! So, we are looking for six brave souls to step up to the (fashion) plate and strut their stuff on the runway. All shapes and sizes are welcome. If you have ever wanted to be a model, this is your chance to cross that item off your bucket list. Call the library at 403-933-3278 if you are interested.

March and April see the return of our Hollywood Got It Wrong series. Movie and speaker details are on our website or you can pick up a brochure at the library. Come and find out what the movie makers got right or wrong. Starting on March 14, we have Doug Robertson, a retired commercial pilot, discussing Sully. On March 21, history professor David

Clemis will take on The Crucible. Carrie Scherzer, a psychology professor, makes an appearance on March 28 to discuss Eddie the Eagle. Writer and Publisher Margaret Curelas is coming on April 11 to share her insights on Miss Potter. African Studies professor Motilola Akinfemiosoye-Adejare will talk about Black Panther on April 28. The series finishes up with Amanda Musgrove, a chemistry professor, discussing Elemental on April 25. All talks begin at 3:00 pm; check the brochure or website for movie start times. We look forward to having you come to any or all of the presentations. Bring your popcorn!

The library will be closed on Monday, February 16 for Family Day.



LONGVIEW LIBRARY

Welcome to the New Year. Old and new friends met before Christmas to listen to a Metis Christmas story, Christmas Mittens, read by Tracy Hook, a former resident of Longview. Tracy very kindly gave each student a pair of gloves that she decorated with a heart that she had personally beaded. The Metis culture is dear to Tracy's heart.

Bingo starts again in on the first Wednesday of the month at 1 p.m. and the Writers Group on the second Thursday of the month at 1 p.m. We are still looking for volunteers for our board and for fundraisers. The board meets on the first Tuesday of the month at 10 a.m.

Two good winter reads are Time Enough by Lise Mayne, a resident of Nanton. It is a riveting historical novel about the emigration of a family from Ireland to Saskatchewan in the early 1900s. The second is Frozen River by Ariel Lawson. It is a historical novel set in the 1700s, and told by the diaries of a midwife. It includes a murder mystery that unhinges a small community in Maine.

Sylvia Binkley
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Hello, Diamond Valley. Well, it was not too bad of a start of 2026 with a record breaking plus 15 on January 14. We'll see if the groundhog will let us know what the weather will be like, although I think he gets it wrong sometimes as Mother Nature will trick us. According to the Old Farmer's Almanac, temperatures will be above average, but the New Farmer's Almanac predicts lower than average. Oh well it will be what it will be here in Alberta.

It is Family Day on February 16, and it's also the Alberta Conservation Association's "Kids Can Catch" event at nearby Chain Lakes on February 14 from 10-2. If the ice is safe enough, the family can head down and ice fish with no license required. According to the ab-conservation.com website, you'll find pre-drilled holes and hot chocolate along with mentors and some gear to borrow. Please check the website before heading out to confirm and for full details.

Our own Sheep River Library offers many great winter/spring programs this season. Kids can enter a Lego Competition with the winners being announced on Feb. 7. No kits allowed. The theme this year is Myths and Monsters, and you can drop off your creation at the Library on Feb. 6 between 10-7. For rules and details, check out the Library's website. SRL is also home to Leos Cubs and Legendary Leos, who are a community minded junior aged group. The Cubs meet the 4th Tuesday of the month at 5pm, and the Legendary meets the 2nd and 4th Tuesday at 6pm.

The Griffiths Community Centre in Black Diamond kindly notified me that they are not just a 50plus organization anymore, my apologies for the error in last issue. The last few years they opened up membership to any ages and offer a toddler's play/activity group. All ages and families can join. They offer Crib, Yoga, Exercise, Writer's Group, Quilting, and much more. Membership is only \$30 a year and \$45 for a family. Please drop by on Government Road or check their website for details for programs right here in town.

Our Turner Valley Legion hosted a Veteran's Day on January 5 with veterans from Diamond Valley, Okotoks, DeWinton, Calgary, and Beiseker. They represented Army, Navy, and Airforce and their Divisions. If you are a Veteran or Serving Member, the next meeting is February 2 from 6-9 where you can enjoy beverages and conversation. Thank you to all our Vets and Serving Members.

Beneath the Arch presents Lynne Hansen with accompanist on Feb. 28. Lynne is a Canadian singer-songwriter with nine solo albums and has toured internationally. She does Americana, country and roots and plays guitar as well as porchboard bass. For tickets and details, visit the Arch's website, the show will be held at 7:30 at the Flare and Derrick.


The Gift of Music Concert Series in High River presents Tom Allen and Friends on February 28 as well. This wonderful show

will tell the tale of Bach's long walk in the snow, with storytelling, harp, and musical ensemble. It is a unique look at the teenage Bach's journey and adventures on a 400km trek to a northern port city, a little known period of the composer's life. The show starts at 7:30 at the beautiful High River United Church, for details and tickets go to highriversgiftofmusic.com.

Looking for something a little different to do in our Foothills? Come check out Longview's Dinner Theatre at the Twin Cities Saloon. The show this season is Raiders of the Lost Lemon Mine. The Mine is a long standing mystery in the Crowsnest Pass and many have tried to find it over the years. This fun and entertaining show will interact with the audience and you can try to solve puzzles and help unravel the mystery of the Mine. The show runs until March 1st, for showtimes, tickets, and details go to showpass.com.

If you have any news or events for March, please drop me a line before Feb. 15 at elaine.w@telus.net. Happy Valentine's everyone!

Elaine Wansleben



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**COUNCILLOR UPDATE
FOOTHILLS COUNTY
By Laura Kendall -
Division 3**

Square Butte

The New Year's Eve Dance has been rescheduled for Saturday, February 7th, 2026. Check the Square Butte Community website for details on the Mardi Gras Masquerade Dance featuring Alicyn Campbell Bring your best masquerade and win over \$1700.00 in great prizes for best costumes! Will be a great way to usher in 2026!

We are still looking for some volunteers for our casino drive. This opportunity to fundraise for the hall only happens every 3 years. Check the website for details to sign up for the upcoming May dates.

Ag Board

The Builder, Banker and The Brewer Seminar: Balancing Soil Physics, Chemistry and Biology in Prairie Fields. This free seminar will be held Wednesday, January 28th, 2026 at 12:30pm to 3:00pm at the Foothills Okotoks Regional Field House. Contact Kathleen McHugh at 403 603 5409. Join Foothills County FB page for up to date events like these.

Millarville Community Library

The library would like to remind residents of their location on the West side of the Millarville School. They are members of The Regional Automation Consortium (Tracpac) system so items requested online from anywhere in Alberta can be picked up and dropped off at this location. Thanks to all the volunteers who make our library such a valuable community resource. The library is currently looking for a heavy duty outdoor reader board to post information on. If anyone could donate or find a free one it would be much appreciated.

Foothills Country Hospice

I was able to attend the grand opening of the expansion from 8 to 16 beds at the hospice. MLA R.J. Sigurdson and MP John Barlow were in attendance. Mayors from Okotoks, Tanya Thorne, and High River, Craig Snodgrass with some of their councils attended as well. Foothills County Reeve Rob Siewert and councillors Alger, Callister and myself enjoyed the tour. The hospice has compiled memory books commemorating all who have passed there for visitors to come and remember their loved ones. Congratulations to all the staff, volunteers and donors who have

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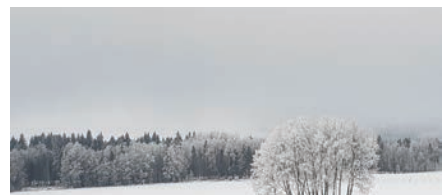
ecowatercalgary.ca

contributed to this amazing facility to help the residents and families in their time of need.

Rime Ice! I think!

Whether it was Rime Ice or Hoar Frost this past month we witnessed one of the most spectacular weather events that I personally have ever witnessed!

*Laura Kendall
Division 3 Foothills County
laura.kendall@foothillscountyab.ca*





Greetings! Sharing my News Update...

Waste Management: This article is about waste management solutions which can be accessed by Foothills County residents, with a focus on organics disposal. I am not suggesting one option over another, just sharing what is available in our area.

Food and Yard Waste: This type of waste is referred to as "organics", which can be composted or disposed of in a number of ways. At-home, in-yard methods are commonly used; however, outdoor composting of food waste can also be an attractant for wildlife. Therefore, some residents prefer to dispose of food waste organics away from the home and yard. Our local and regional waste transfer stations accept various types of waste streams. Curbside pick-up is also available from local companies as a paid-service.

At-home Organics Disposal Options: Many composting methods, units, bins, and tumblers are available. One option: <https://bokashiliving.com/> All food waste can go into the bokashi composter, in-home/garage. They state that if you eat it, it can go in the bin, and will produce a compost material for your garden. Search "composters" and "food recyclers" online for more options.

Foothills Regional Landfill and Resources Recovery Centre: In addition to many other waste services and recycling options, branches (fees apply), leaves, and grass clipping are accepted at the Foothills Regional LRRC, located mid-way in

Foothills County. Check on "fees" or "free": <https://foothillslrrc.com/rates/>

Okotoks Eco Centre: is a self-sorting, drop-off facility where residents can take a long list of items to be recycled, including yard waste, organics, and more. This facility operates a compost depot for residents to drop-off organic waste. Foothills County cost-shares with Okotoks to provide this option for Foothills County residents. Store up food waste organics in smaller compostable bags and deposit the bags through a lid on top of the big green bin located in front of the Eco Centre building, when the facility/parking lot are open, Tuesday to Saturday, 9-5. Details: www.okotoks.ca/your-services/residential-services/waste-services/eco-centre

Prevent Material Contamination: To effectively divert waste away from the landfill, it is important that com-postable materials are not contaminated with plastic, and that recyclable materials are not contaminated with food, etc. A colour-coded system provided in many communities includes black (waste), blue (recyclables) and green (organics) totes/carts. For information on what is generally acceptable for all waste stream sorting, visit: <https://www.calgary.ca/waste/residential.html>

T&T Disposal Services: provides weekly rural garbage, recycling, and organics collection to Foothills County residents, using a tote/cart system. Waste collection costs as of this date (+ GST): \$187.25/3months for weekly garbage (black tote, 1-3 bags), \$125.42/3m for weekly recycling (blue tote, 1-3 bags), \$58.50/3m for every-2nd-week organics pick-up (green tote, food waste in compostable bags, loose grass clippings). Materials to be bagged. Maximum weight per bag in all bins = 25 pounds. Customers can choose from the three waste stream services. Contact T&T directly regarding all their services: <https://tandtdisposals.ca/>

Wilco Disposal: provides weekly rural garbage, recycling, and organics collection to Foothills County residents, using a tote system or your preferred storage option. Waste collection costs as of this date (includes GST): \$52/month for one material stream weekly, \$80.85/m for two material streams weekly, \$109.70/m for 3 material streams weekly. Materials to be bagged. Maximum load size per weekly pickup: Garbage = 65 Gallons, Recy-cling = 95 Gallons, Organics/Compost = 13 Gallons (use compostable bags or loose). Customers can choose from the three waste stream services. Contact Wilco directly regarding all their services: www.wilcodisposal.ca/weekly-rural-garbage-collection-Foothills-County.php

Priddis Transfer Station: Garbage disposal and recycling services are available at the Priddis Transfer Station. Garbage bags, for disposal at this site, can be purchased for \$2 each at the Priddis Transfer Station (a 75% subsidized service for Foothills County residents), located off Priddis Greens Drive, close to Highway 22. "Range Recycling" bags (5 bags for \$18.75 + GST) can be purchased online and picked up at this site: www.rangerecycling.ca/ Priddis Transfer Station is open Tuesday and Saturday, 10-4: <https://foothillslrrc.com/hours/>

Black Diamond Transfer Station: In addition to garbage disposal, yard waste (including branches, grass clippings, leaves...) is accepted seasonally, no fees, at this location. For details: <https://foothillslrrc.com/hours/>

For Other News & Updates: Facebook: <https://www.facebook.com/CouncillorSuzanneOel/> Email: suzanne.oel@foothillscountryab.ca Please visit High Country News online for my previous articles: highcountrynews.ca/?s=suzanne+oel

With Best Regards,
Suzanne

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DUANE HARDER

All Things New

All things new - wouldn't that be wonderful. If we are going to have all things new then we need to get rid of the old. To make my point, I'm going to call the old, Trash! That's right, trash.

There are six items of trash that must be disposed to make room for the new.

1. Anger Consider anger like a light on your dash that warns you of a problem with the engine. Anger is corrosive when it is fueled by entitlement. "I deserve!" "I have rights!" "If you knew who I was you wouldn't treat me that way!" To be abused emotionally, physically, or mentally is wrong. You can use anger to focus on how you have been hurt or you can allow that anger to identify the deep need of the person who has wronged you. One leads to true forgiveness and the other to bitterness.

2. Wrath Wrath says, "I am the final judge in this matter and this is what I believe should happen to you. You deserve to burn in Hell!" Wrath leaves no room for mercy or forgiveness.

3. Malice I assume the right to revenge and will do what I can to even the score.

4. Slander "Your reputation is in my hands and I will all that I can to show people what kind of a person you really are."

5. Abusive speech "Life and death are in the power of the tongue" and I will use my words to cut you down and diminish your value.

6. Lying lips "I will frame a reality around my goals, ambitions and desires without any consideration of how it affects you."

The above trash destroys relationships, decreases our own creativity, and diminishes our potential growth. They give us an illusion of power but rob us of maturity.

So what takes the place of the trash? Here are six things that will bring an expression of new life.

1. Compassion That is the ability to be touched with the feeling of another person's infirmity or weakness. We can have compassion when we understand what has impacted a person's life and led them to make the choices they have made. It doesn't validate the choice it simply understands the circumstance that influenced the choice.

2. Kindness I make my assets available for acts of kindness. A kindness is an

undeserved benefit or favor that I show to a person. It is a spontaneous act of good will.

3. Humility This is not putting myself down. It is the willingness to acknowledge weakness and then receive the strength that others can bring to that weakness. The gold medal figure skating couple, Bourne and Kratz, said that the secret to their success was learning to receive the strength of the other skater in their area of weakness.

4. Gentleness In gentleness I will reduce my strength so as not to overpower your weakness. In other words, the semi-trailer will be willing to pull over and stop to allow the small passenger car to pass.

5. Patience I will not impose my timeline on you, others, myself or God.

6. Love I will be willing to seek the good of others at my own expense. Furthermore, I will give without placing an expectation of change on the one to whom I have given. In addition, I will willingly own my part in the wrong of the other person. The icing on the cake of love is the willingness to walk with vulnerability and weakness.

A loving God has made all the above possible through His Son Jesus Christ. Let Him work with transforming power in your life and I'll see you at the top.

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STEPHANIE GILKER

More Than Just a Crush: The Serious Side of Rosé

February has a way of insisting on romance. Hearts appear in shop windows, prix-fixe menus promise candlelight, and suddenly pink becomes a personality trait. It is the month of Valentine's, which makes it the perfect time to talk about rosé. Not the saccharine, sugar-water blush of decades past, but the real thing. Dry, expressive, serious, and endlessly versatile. I spent the summer testing a ton of rosé wines to find the best varietals and styles from different regions and Valentine's is the perfect time to share my results!

At its core, rosé is made from red grapes, with just enough contact between juice and skins to tint the wine pink. The longer the skins macerate on their skins, the deeper the colour and often the structure. In Provence, that contact might be only a few hours, producing pale, light wines that taste of strawberry, citrus, and watermelon. In Tavel, in the southern Rhône, the skins macerate longer, resulting in a bold, almost ruby-hued rosé with body, spice, and the confidence to stand up to grilled meats. Tavel is powerful and drinks more like a light red than a poolside sipper. I especially love the rhubarb and blood orange notes you'll find in Tavel rosé.

Another method of rosé production is saignée, meaning "to bleed." Winemakers draw off a portion of juice from red wine early in fermentation. That juice becomes rosé, often darker and more intense, while the remaining red becomes more concentrated. These rosés tend to be structured, gastronomic, and quietly serious.

My favourite find this summer was the Pittnauer Konig rosé from Austria. In Austria, rosé often leans on indigenous grapes like Zweigelt, Laurent and Blaufränkisch, producing wines that feel alpine and electric. Bright cherry, orange, cranberry and crisp acidity. In Abruzzo, Italy, Cerasuolo d'Abruzzo offers one of the world's most misunderstood styles. Deep pink, almost coral in colour, with notes of sour cherry, almond, and crushed rock. It is soulful and wildly food-friendly. These are rosés with backbone, built for tables, not just patios.



*Spinelli Pallano Cerasuolo d'Abruzzo Rosé
Imported by International Cellars*

Before it was a symbol of celebration, Champagne was chaos. Bottles exploded, fermentation stalled, and consistency felt impossible. Enter Madame Clicquot. She invented the riddling table, allowing sediment to collect neatly in the neck of the bottle, creating clarity and brilliance. She also perfected rosé Champagne by blending still red wine into white base wine, giving birth to a style that is both precise and expressive. Today, rosé Champagne is the ultimate paradox. Delicate in colour, powerful in presence. Notes of wild strawberry, citrus peel, rose petal, and brioche, all riding on the spine of electric acidity.

Rosé is often dismissed as seasonal, frivolous, or simple. In truth, it is one of the most versatile categories in wine. It bridges white and red. It adapts to mood, menu, and moment. It can be playful or profound. It can flirt or linger.



*Pittnauer Pittis Konig Rosé
Imported by Salivate Wine Consulting*

I love Valentines Day, though to be honest I like any excuse to celebrate with wine. Sometimes romance is a chilled bottle on a Tuesday night. In every shade of pink, rosé reflects what love actually looks like: layered, surprising, and impossible to reduce to a single definition. Happy Valentines from Saint!

Cheers! Stephanie Gilker

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

*Article Sources: Wine Folly,
French Wine Scholar*

Photo Credit: Stephanie Gilker



Stephanie Gilker

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saintwinesociety.com
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Website



Instagram





GET RIPPED by Jari Love

Weight Loss Injections Follow Up

At 62, Vanessa Williams called GLP-1 medications a 'game-changer' for weight loss. Oprah has shared similar success. But here's what they won't tell you on TV or InStyle, these medications work best when you understand the SCIENCE behind them. Dr. Peter from Calgary MediSpa and Family Medical Centre breaks down exactly WHY menopausal women struggle with weight—and what actually works. Stay tuned, because what you're about to learn could change everything.

1. Why do menopausal women gain weight—even when they exercise and eat clean?

Dr. Peter: This frustrates so many women, and I hear it daily in my clinic. Here's the truth: menopause fundamentally rewires your metabolism.

Menopause doesn't break willpower - It changes the body physiology as part of the normal aging process. When estrogen drops, three critical things happen:

First, your body shifts from storing fat in your hips and thighs to storing it around your belly and love handles—the dangerous visceral fat that surrounds your organs.

Second, you naturally lose lean muscle mass—about 3-8% per decade after we turn 30, Sadly, accelerating during menopause and peri menopausal period—usually from age of 40- a bit of variability in some individuals. Less lean muscle mass means your body burns fewer calories at rest, even while sleeping.

Third, sleep disruption from hot flashes and night sweats triggers hormonal chaos—raising ghrelin (your hunger hormone) and lowering leptin (your fullness hormone).

The same diet and exercise that worked at 40 simply doesn't create a calorie deficit at 55. As said, it's not about willpower—your body's operating system has changed.

2. What hormonal and metabolic shifts drive this weight gain?

Dr. Peter: Let me break down the perfect storm happening during menopause:

Estrogen decline: Your fat cells literally change their behavior, becoming resistant to releasing stored fat and preferring to accumulate it around your abdomen.

Muscle loss (sarcopenia): Every pound of muscle you lose drops your metabolic rate by about 50 calories per day. Lose

10 pounds of muscle? That's 500 fewer calories burned daily—equivalent to skipping an entire meal.

Sleep disruption: Poor sleep increases cortisol (stress hormone) and insulin resistance, making your body store calories as fat rather than burning them.

Insulin resistance: Your cells become less responsive to insulin, meaning blood sugar stays elevated longer, triggering more fat storage—especially belly fat.


This isn't about eating too much—it's biochemistry working against you.

3. Why are GLP-1 medications like Mounjaro effective for some menopausal women?

Dr. Peter: Mounjaro (tirzepatide) is revolutionary because it addresses multiple metabolic breakdowns simultaneously:

First, it activates both GL-1 AND GIP receptors—two natural hormones your intestines produce after eating. These hormones tell your brain 'I'm full' and tell your pancreas 'release insulin appropriately.'

Second, it directly targets the appetite centers in your brain—specifically the hypothalamus—reducing what patients call 'food noise'—those constant thoughts about eating.



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Third, it restores insulin sensitivity, helping your cells actually USE glucose for energy instead of storing it as belly fat.

Clinical trials show women on Mounjaro lose 20-25% of their body weight over 72 weeks—that's 40-50 pounds for someone weighing 200 pounds.

But here's the key: it works WITH your biology, not against it. It resets the metabolic chaos menopause created.

4. Are GLP-1s simply appetite suppressants—or something more?

Dr. Peter: This is a critical misconception. GLP-1 medications are NOT just 'eat less' pills. Let me explain the three-level mechanism:

Brain Level: They act on the arcuate nucleus in your hypothalamus—your brain's appetite control center—reducing hunger signals and food cravings. It's like turning down the volume on constant hunger.

Gut Level: They slow gastric emptying, meaning food stays in your stomach longer, creating genuine, lasting fullness after smaller meals.

Metabolic Level: They improve how your pancreas releases insulin and how your cells respond to it. This means better blood sugar control, reduced inflammation, and improved fat metabolism. They're also showing benefits for:

- Cardiovascular health (reduced heart attack and stroke risk)
- Fatty liver disease
- Kidney protection in diabetes
- Potential neuroprotective effects

This is precision medicine targeting multiple broken pathways simultaneously.

GLP-1s like Mounjaro clearly aren't magic—and they aren't meant to replace healthy habits—but for some menopausal women, they can be powerful support when biology has shifted the rules. Understanding why they work is the first step; knowing how to use them wisely is what determines long-term success. In the next article, we'll answer the most common questions around nutrition, long-term success, and why

some people regain weight after using GLP-1s. If you want results that last—not just a temporary drop on the scale—you won't want to miss the next Q&A.

If you're a menopausal woman struggling with weight despite doing everything 'right'—or if you're considering GLP-1 therapy but don't know where to start—Dr. Peter and his team at Calgary MediSpa are here to help.

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



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Copyright is the means by which you can prevent anyone from copying, reproducing or using any “work” or anything that you have created. Examples of items that could be protected by copyright would include architectural blueprints, drawings, photographs, sculptures, computer software, books, poems, music, videos, audio recordings and similar items.

HOW IS COPYRIGHT CREATED?

Copyright is not created by filing any document with the Canadian Copyright Office. Rather, it is “created” by virtue of creating the item in which you are claiming copyright. In other words, if you take a photograph, or create a recipe, you own the “copyright” in that item immediately upon completing creating the “work.” This means that you are not required to file anything with the Copyright Office in order to own the copyright in the thing that you have created.

The filing of a Declaration of Copyright with the Canadian Copyright Office is the most public means by which you can file or give notice of your ownership of the copyright and the work that you have created. This may become critically important if you were to become involved in a dispute with anyone else over the “authorship” of the thing or work that you have created. Thus, we always recommend that you file a Declaration of Copyright in the Canadian Copyright Office in order to give notice of your claim of copyright and to secure your legal rights in the thing that you have created and to prevent it from being reproduced without your authorization.

HOW DO I ENFORCE MY CLAIM TO COPYRIGHT?

You would enforce your claim to copyright by commencing legal action, i.e., a lawsuit claiming that someone has infringed your right of copyright by reproducing, without your authorization, the thing that you are claiming copyright in. In such legal action, you are entitled to several legal remedies including seeking an injunction from the Court and seeking damages against the alleged infringer as well as your legal costs.

CAN I TRANSFER OR SELL MY COPYRIGHT TO ANYONE?

Yes. You can transfer, sell or assign your right of copyright to anyone of your choosing.

For instance when an author completes writing a book, he or she would usually transfer the right of copyright to the publisher to enable the publisher to reproduce the book. The second way this can be handled would be to “licence” the copyright to the publisher.

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the remainder of the calendar year of the first publication of the work +70 years or the remainder of the calendar year from the making of the work i.e. when it was created +75 years.

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MORTGAGE MATTERS by Candace Perko

Canadian Mortgage Trends Housing and Interest Rate Forecasts for 2026

Economists expect a gradual housing recovery in 2026 as lower interest rates support demand, while affordability constraints and supply challenges keep price growth in check.

As 2026 begins, Canada's housing market appears to be finding its balance after several turbulent years. Rate cuts over the past year have eased some of the pressure on borrowers and helped stabilize sales activity, particularly in markets that cooled the most during the downturn. At the same time, price growth has remained relatively contained, reflecting ongoing affordability challenges and limited supply.

Looking ahead, most forecasters expect the recovery to continue, but at a measured pace. While lower borrowing costs should support demand, higher household debt loads, renewal pressures and uneven regional conditions are expected to keep the market from overheating.

Below is a snapshot of the latest housing and interest rate forecasts for 2026 from major real estate firms and bank economists.

2026 Real estate market The Canadian Real Estate Association (CREA)

- Home sales forecast: 509,479 (+7.7% year-over-year)
- ✓ Commentary: "Since March 2025, home sales activity has been on a steady upward climb," CREA said, adding that demand was "delayed and dampened, but not derailed."

• Home price forecast: \$698,622 (+3.2%)
 Royal LePage house price forecast by Q4: \$823,016 (+1% year-over-year); Re/Max national average price outlook: -3.7% year-over-year & national home sales outlook: +3.4% year-over-year; RBC Economics home resales forecast by Q4: 502,300 (+6.7% year-over-year) & home price forecast by Q4: \$812,700 (-0.9%); TD Economics home price growth forecast: +4.1%.

2026 interest rate forecasts

As we look ahead to 2026, the focus has shifted from how quickly the Bank of Canada might cut rates to how long it will remain on hold, and when the next move could eventually be higher.

Most major banks expect the overnight rate to sit at 2.25% through much of 2026, reflecting a central bank that is broadly comfortable with inflation progress but cautious about declaring victory. After a sharp easing cycle in 2024 and early 2025, policy-makers are widely expected to adopt a wait-and-see approach, guided by incoming inflation and labour-market data.

By late 2026, however, forecasts begin to diverge. Scotiabank and National Bank, for example, see the policy rate edging higher by the fourth quarter, while RBC projects rate hikes extending into 2027, with the overnight rate rising back toward 3.25%.

TD expects the policy rate to remain unchanged through the end of 2027. CIBC and BMO's latest published forecasts also point to rates holding steady through 2026, though neither has released formal projections beyond that point.

The implication for borrowers is a more stable, but not permanently lower, rate environment. Variable-rate relief appears largely behind us, with the next phase likely defined by an extended hold rather than further cuts. Fixed mortgage rates may also face upward pressure over time as markets begin to price in the possibility of future tightening.

In short, 2026 is shaping up as a year of rate stability, but with growing discussion around what comes next as the economic cycle matures.

Candace Perko, Mortgage Broker

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4TH ANNUAL FOOTHILLS FREEZE RINGETTE TOURNAMENT FEB 1

Our 4th Annual Foothills Freeze Ringette Tournament hosts 28 teams, 360+ athletes, managers, coaches and families from Alberta and Saskatchewan at Okotoks Rec Center Piper Arena (Tournament HQ), Highriver Bob Snodgrass Arena and Okotoks Viking Gold Arena Jan 30-31 for the round robin games and Feb 1st for the medal games across 4 age groups and 7 playing levels.

Foothills Ringette represents all of Foothills County and Okotoks, High River, Diamond Valley. All the tournament information (including divisions, schedule, and contacts) is available at www.foothillsringette.com/content/2026-foothills-freeze-information - we encourage folks within the community to come watch the the tournament games for free, enjoy a couple local vendors onsite (Pressed YYC and Ranchers Creamery) participate in the silent auction, plinko and raffles at the Tournament Hq - Piper Arena. There is also a matinee coaches game Saturday at 2:00PM at Piper Arena which was a full house last year!

Come enjoy watching ringette with Foothills Ringette Association's Freeze Tournament - featuring a U16 team for

the first time. We are also looking for new players to join in our Activestart and U-10/12 Programs for which we will be hosting free Come Try Ringette sessions with equipment supplied 5 times between Mar-Sep 2026.

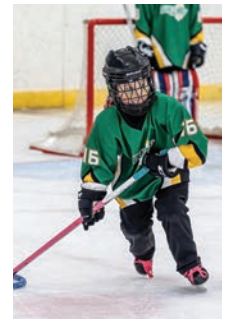
*Photos by daviesphotography
Top Logan Thachuk (#13) U16
Left U16 players in action
Right Emery Aasen (#16) U10*




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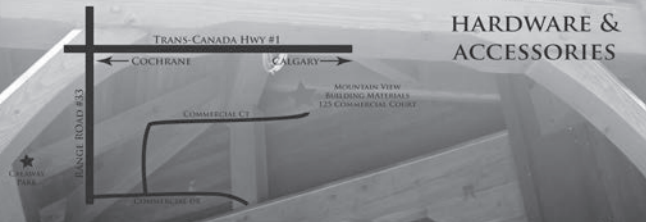
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Wolves

Laura Griffin's article about wolves in the January 2026 edition of High Country News brought back a vivid memory for me.

One Friday morning I was shuffling aimlessly about our mobile home in Nordegg in my bedroom slippers and housecoat. No task urgently needed my attention, so I ambled into the office and gazed out the window overlooking the golf course.

I noticed a flash of movement. It riveted my attention. I was used to deer browsing, ambling or occasionally bounding, but this creature ran fast and low. It was a wolf. It sped to the far side of the golf course, sat up straight on a knoll and gazed intently back towards the swamp. I noticed two other wolves lying curled up in the snow just below him. The first wolf (I'll call him 'Scout') got up onto his feet and began pacing back and forth; his gaze never left the swamp. From time to time the other two wolves wandered into the trees. (I'll call them 'Pups' because they seemed playful and subservient to Scout.) They kept returning to touch noses with Scout and curled up to rest again.

I was mesmerized and watched the wolves for hours that morning.

Two or three times Scout loped easily across to the swamp, returned and touched noses with the Pups. Each time, he seemed to be coming back with messages about his 'sortie' and delivering them to his waiting companions. Every action was calculated, purposeful.

I puttered in the office all morning, but my attention was captivated by the cooperative teamwork of these wild wolves; I did not want to miss a move.

Once, when Scout left to check out the situation in the swamp, the Pups snarled and snapped at each other. They tussled in the snow, and I thought they would fight as they snapped at each other. One dominated the other but the one underneath rolled playfully onto his back and pushed on the other's chest with his fore paws.

When Scout returned with another one of his messages, his tail was raised. The Pups stopped roughhousing, kept their tails lowered and paid attention to their elder. Their relationship was one of easy companionship, mutual respect and each wolf seemed to know his place and responsibility.

Then, a fourth wolf (I'll call him 'Leader') bounded in from the swamp and touched noses with Scout. The Pups had been dozing but were immediately on their feet and alert. Suddenly, all four wolves sprang into action at the same time. They ran across the snowy open ground towards the swamp. Leader peeled off through the forest, the Pups circled round to the swamp in the other direction, and Scout went straight across the golf course to the swamp.

I imagined them working as a team to isolate one elk from the herd. I listened all day for the raucous voices of the crows and magpies that accompany a kill, but all was quiet. Perhaps their well-coordinated plan did not succeed this time.

Sometimes my well-thought out plan does not succeed either. I doubt if the wolves I watched gave up trying to get an elk for supper just because this attempt failed. Since they are team-players, they would suffer the disappointment together and

move on with their lives. At times I have been a 'lone wolf'. Laura reminds me to send out a 'howl' and stay with my 'pack'. Scout knew when he should take the lead. Do I take the initiative when it is time for me to lead?

Scout also knew when it was his turn to follow direction from Leader. Do I know when to let another take the lead?

The Pups knew when to rest and when to play. Am I wise enough to take a 'power nap' or do something 'just for fun' when the opportunity arises?

The time I 'wasted' staring at the activity of wolves that Friday morning was not wasted at all! They reminded me to be a team player, know my place in society, work hard at the task before me, take rests and play.

I can always ask God for wisdom about how I spend my time because He generously gives wisdom to everyone who asks.¹

If you enjoy my High Country News submissions, please see my substack for more: andreakidd.substack.com

¹ See James 1:5



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OUT OF THE RUT by Kat Dancer

Chapter 186

This kat has become the dog. Like the faithful hound that casts back and forth at the end of the line before you, seeking scents and hidden news, from one side of the trail to the other, searching, retreating, advancing. The dog that free of the lead, roams through the trees following a scent before looping around and back, checking that you're still there, bounding off again into the undergrowth until the next return.

On the 3000 meter paseo I march off ahead of the parents, swinging with long strides, feeling the weight of boots at the ends of my legs, listening to the soft fall of feet, mine and others, enjoying the freedom of a body that is warm, loose, relaxed.

Moving forward navigating a trail among various nationalities, I catch snippets of words and conversations in different languages. I walk holding my breath near the occasional smokers or synthetic scent-lathered bodies. I walk until I judge parents have expended their energy and are sitting to rest by now. Then I turn about to walk back until I see them resting comfortably on a bench gazing out at the endless blue sky that fades into endless blue sea glossed by golden sunshine.

The waves have receded to their normal nonchalant behaviour after the past several weeks of silver-grey tempestuous skies and unruly waters. Temperatures are back to Mediterranean norm and life has resumed with afternoon paseo gatherings - random meetings of amigas y vecinas- temporarily obstructing the roads around our home.



Dog-walkers are back out...one wonders what the poor dogs did for relief of boredom while thin-blooded southerners were all hidden away from wet and cooler days. A small, beautifully-coloured Podenco accosted us on one walk, following with manic circles and forays afield and back... until after a full circuit of the urbanization we found her owner. She appeared at speed again yesterday, narrowly escaping a collision with a passing car, we returned her to her owner again. Her (the dog's) name is Odi.

Once again I lie on the broad malecón wall that splits paving slabs from beach sands, the cold of stone seeping into the heat of my back. I study the specs of blue and shards of brilliant light through the weave of holes in my hat lying over my face, protecting me from the brilliance of the sun. I lie in a semi-daze contemplating the universe, occasionally noticing the slap or shuffle of feet, wondering whether the bodies above the footfalls are old or young. Noticing my breath flow in and out, focusing on a deep abdominal breath and the expansion of ribs and diaphragm until disturbed by the featherlight stroke of a single finger

along my forearm. Gentle, eternally soft, awakening cue, pulling me back to my childhood in a magical second. My mother's touch. They are off on the homeward stretch, moving in gentle rhythm, so I walk behind and then pass them in a few steps. Striding forth in my impersonation of the eternally youthful dog, I observe myself reaching the end of the paseo, once again rebounding back, retracing steps until I meet them a second time and a third time... There will never be enough times regardless of the count of days and hours and seconds.

And then...the Andalusian horses, magical majestic creatures that tower above me. I work with a stallion who could fell me with one swift step, but instead he leans gently into me, lowering his great head for a soft connection, something utterly different to the norm in this place. I am blessed.

Life is a cluttered crush of glittering fragments, delight, dread, dreams and drama, drifting and driving, smoothed with love, sweetened by endless curiosity.

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LAURA GRIFFIN

Ladybugs Love Clusters

I was enjoying the warm chinook weather one fine winter day when my eyes caught sight of the bright red warning colours of a ladybug creeping along the road. The red and black spots which serve as a warning to repel predators is called aposematic colouration. I paused to move the little neighbour into the sunny grass as this burst of movement brought on by double digit warm weather would not last and I thought my friend might not want to be trod on either. It might have thought I was a predator as I picked it up between my beaklike fingers and I am sure if ladybugs told tales this one would share its epic escape from my clutches. And I know exactly where it would share its tale.

Ladybugs or ladybeetles if you want to be more accurate as they are in the Coleoptera (beetle) order, are not supposed to be awake in winter. They gather in groups called aggregations to withstand the cold of winter sending out chemical signals called pheromones to attract other ladybugs to where they think is a safe place to survive the winter. Sometimes these clusters can be found within leaf litter, or in bark crevices, or on the sides of buildings; I even found some clustered in cow patties before. These aggregations were thought to be useful because by cuddling up together the ladybeetles can control moisture better and get heat from one another making their own microclimate.

Another thought to the benefit of gathering together is to make the ladybugs less vulnerable to predators when they are in diapause. Diapause is the insect form of hibernation, a state where your metabolism reduces, the processes in your body can slow down or stop and you try to conserve as much energy as possible. This means no movement for up to 9 months. And



Photo by Breanna Green

no movement for something as small as a ladybeetle means they could easily become a predator's snack. One hypothesis is that by gathering together the ladybeetles turn their small individual aposematic warning into a giant warning sign for predators to keep away.

However, research has also proven that there is a third reason why ladybeetles find snuggle buddies in the winter. They are looking for love. Groups are formed from both male and female ladybeetles and come springtime after spending that many months surviving the cold wind, snow and hazards of winter together they might very well have come to appreciate which ladybeetle might make the best parent of their future offspring. One of



Photo by Sara Jordan-McLachlan

them may even have recounted a harrowing tale of when they woke up from diapause mid-winter, walked away from their cluster only to very narrowly escape being eaten by the ugliest bird they had ever seen with a weird squishy beak. If ladybeetles do share tales in their little aggregations perhaps my little friend is using our encounter to score some points on the dating scene. Perhaps not. What is certain is that come spring the females will fly away from the aggregations ready to go find a leaf to lay some eggs and start a new generation of these delightful red and black beauties.

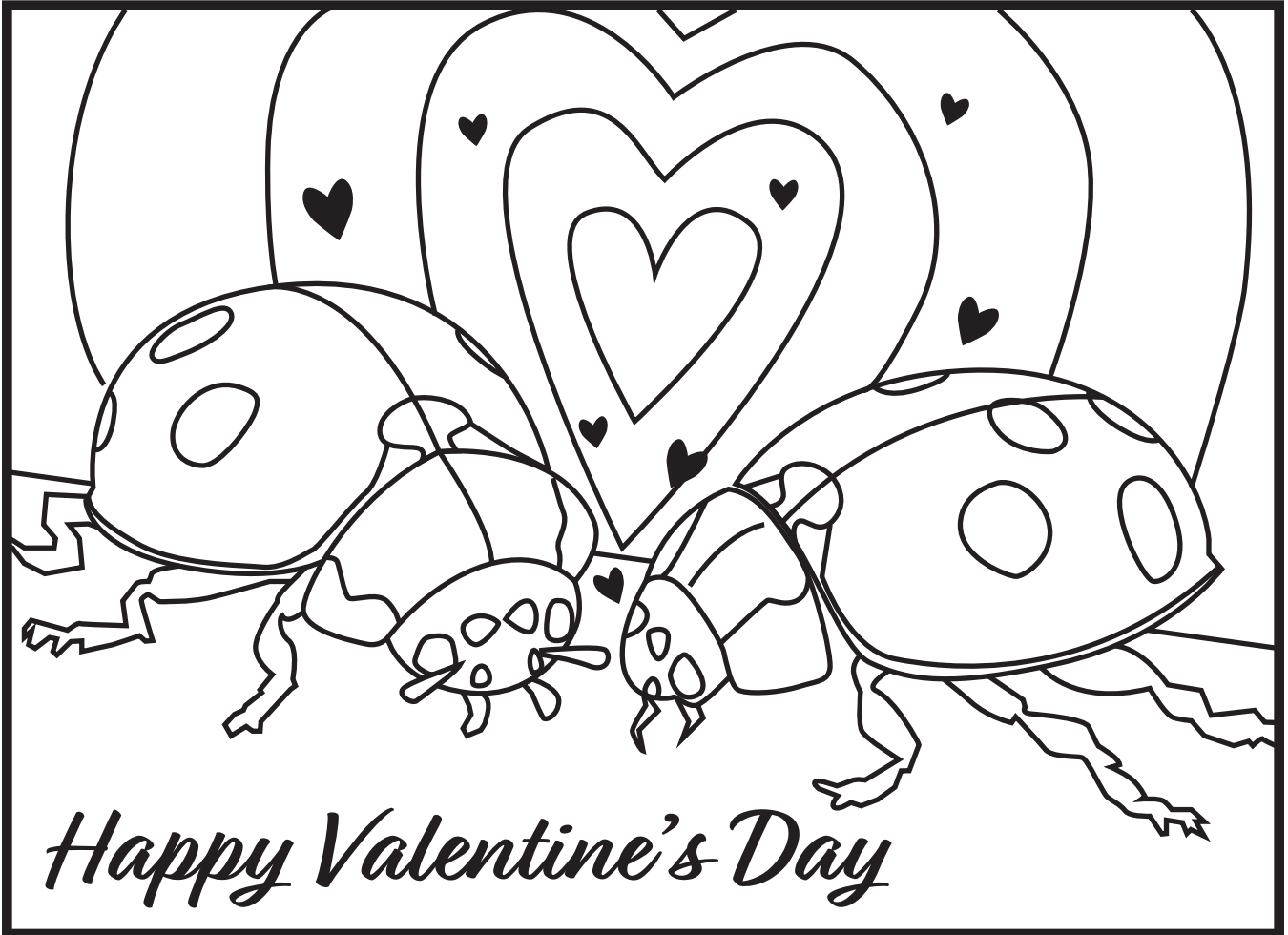


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ROCHE HERBST

ADHD AND THYROID DYSFUNCTION

Clients often ask me to explain the similarities, differences, treatment implications and practical steps for managing daily life when they present with both Attention Deficit Hyperactivity Disorder (ADHD) and thyroid dysfunction. They are two distinct medical conditions, but with overlapping symptoms.

HOW ARE THE SYMPTOMS SIMILAR?

Both ADHD and thyroid problems can cause difficulties with focus, mood, motivation and memory. It is not uncommon that individuals might feel restless, forgetful or have trouble paying attention. Behaviourally, fatigue and irritability are often seen in both.

WHAT ARE THE MAIN DIFFERENCES?

Remember that ADHD is a neurodevelopmental disorder that often starts in childhood prior to age 12. It mainly affects attention, inhibition (impulse control), organization and emotional dysregulation involving activity levels. On the other hand, Thyroid dysfunction is caused by an

underactive (hypothyroidism) or overactive (hyperthyroidism) thyroid gland, which mainly affects hormone levels. However, Thyroid problems can also lead to physical changes i.e. weight, skin, hair, heart rate and energy levels, which are not typical for ADHD.

WHAT ABOUT MEDICATIONS AND TREATMENTS?

There are many different ways in which ADHD can be treated. Conventional treatment is usually combined with medication (stimulant, non-stimulant) and psychotherapy, while alternative treatments include ADHD coaching, cognitive training, neurofeedback (Bioresonance), light therapy (Gamma, Vielight), mindfulness, adequate sleep, a broad spectrum of micro-nutritional intake (check Vit. B6, 12, methylfolate) and aerobic exercise. Exercise is beneficial for maintaining mood regulation and concentration (health permitting). Thyroid dysfunction is treated by correcting the body's hormone levels.

This mainly involves hormone replacement for hypothyroidism or medications that help reduce the hormone production for hyperthyroidism. The medications that are used for one medical condition, do not treat the other condition. Sometimes your doctor will recommend to stabilize the hormone levels first before starting ADHD medication.

HOW ARE MY DAILY ACTIVITIES IMPACTED?

Well, both conditions will make studies, work and relationships more challenging. Typical difficulties with ADHD may lead to procrastination, missing deadlines, needing pressure to get started, disorganization or impulsive decisions. Thyroid dysfunction can cause mental and physical fatigue, mood changes or physical discomfort, making it way harder to stay active or to sustain your focus.

WHAT CAN I DO?

- Consult a healthcare professional to assess what's going on.
- Follow a treatment plan and monitor your progress.
- Use reminders, planners or apps to stay organized.
- Maintain a healthy lifestyle to include balanced meals, regular exercise and a good sleep routine.
- Reach out for support from family, friends or support groups.

Sources:

<https://www.medicalnewstoday.com/articles/thyroid-adhd>; <https://thelucyroseclinic.com.au/thyroid-and-adhd-connection>

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WANTED

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Responsible rancher with a small herd. Repair fencing and check the herd on a weekly basis.

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

LOCAL RENTAL ACCOMMODATION WANTED Financially secure retired, single, professional man seeks a furnished/unfurnished suite with a private entrance. Resident of West Bragg Creek since 2008. Michael by text or phone at 403-606-2722

WANTED; OLDER SQUARE BALER in working condition Phone: 403-651-7743

SEEKING RURAL ACCOMMODATION
Single professional female, n/s, n/d, two cats, two horses, seeking long-term acreage rental. 403.971.4545.

5 AND 10 PIN BOWLING BALLS
Contact Mark Farris Phone: 4035544747
I'm looking for old 5 and 10 pin bowling balls (bocce balls might work too) to use for mosaic projects. The balls can be worn, cracked and even chipped. Happy to come and pick them up.

SHOTGUNS WANTED
old shotguns wanted by retired engineer and collector, any gauge, prefer Hammer, single or double barrel, not for resale, please phone 403-201-7181, valid firearms license holder.

FOR SALE

BIRD CAGE/ACCESSORIES
Used SS parrot cage 32"H x 36"W x 26"D on wheeled base, total height 61". \$375 Large selection of bird toys and accessories open to offers.
Contact Warren at email or phone 403 949 3452

BIRD TRAVEL CAGE
Parrot or small bird powder coated travel cage 20"H x 14"W x 15"D, folds flat not in use, \$45.00
Contact Warren by email or phone 403 949 3452

HORSE SHELTER Shelter logic - horse shelter 12x12 New in box \$225 | 403 880-3248

LAMB Local, grass-fed lamb. \$280/side, \$550/whole. Custom cut and wrapped, ready for your freezer. Check our website then call to reserve your lamb for delivery this fall. www.rafter1ranch.ca

SMALL SQ BALES OF BARLEY STRAW (40 lbs). \$7/ bale 403 999-2404

WINE MAKING EQUIPMENT
Contact David Phone: 403 999-2404
Everything you need and more except the wine kit. Asking \$100. Value is +\$500.

MISC ITEMS Wood microwave cart 14" w x 16" d x 24" h on wheels \$30; McLane gas 5 bladed reel mower \$325 Contact Warren 403 949 3452 or email cwmcnabb@telusplanet.net

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\$4 per additional line**

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www.highcountrynews.ca/classifieds.

Classified ads not accepted by phone

ALBERTA WASTE & RECYCLING

Part Time Attendant Required

Part time site attendant required immediately for the Bragg Creek transfer site. Wednesdays 11am to 7pm and Saturdays 9am to 5pm. Must be 18 years of age and have own transportation.

Please email resume to:
michelep@awrrecycle.com.

BUSINESS DIRECTORY

LIST YOUR BUSINESS
ONLY \$11.99 PER MONTH - 403-949-3526

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BORDERNORTH TREE SERVICES, micah@bordernorth.com 403.700.7792
HARDER MAINTENANCE & CONTRACTING, www.workharder.ca 403.949.3442
RED MOUNTAIN RIGGING, redmountainrigging.com 825.945.8733
TRUE NORTH TREE SERVICES INC., www.truenorthtrees.com 403.519.5144
TREETWORX TREE CARE, www.treeworxpro.com 403.554.2370

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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

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ALBERTAINDOORCOMFORT.COM, Independent Living Renovations 403.230.2690
BRAGG CREEK EXCAVATING 403.949.2756 / 587.968.7720
COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842
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RENOVATE FOR GOOD, Stephen@RenovateForGood.com 403.863.2085
WOOLRICH DESIGN AND CONSTRUCTION - woolrichgroup.com 403.851.0076

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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

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BRAGG CREEK DENTAL CLINIC 403.949.2288

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BUSY BEE SERVICES, BusyBservices@pm.me 403.585.3800

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LAMBERT BROS. PAVING 403.287.3252

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