

HIGH COUNTRY *News*

*Serving the
Communities of*

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



Does Your Home Keep You...

HEALTHY OR SICK

Call to see how simple upgrades can help your family feel their best.

Call 403-230-2699 | www.AlbertaIndoorComfort.com

SCAN FOR SOLUTIONS



Saddle up for a New Year on the Cowboy Trail

As the sun sets on 2025, we look ahead to new adventures and a productive new year! We have a feeling the Year of the Horse is going to be our year. Thank you to you and yours for making memories with us all year long.

As always, CHEERS TO THE WEST!



Our products are available at liquor stores across Alberta such as Co-op, Sobeyes, Safeway Liquor, Wine and Beyond, and more.

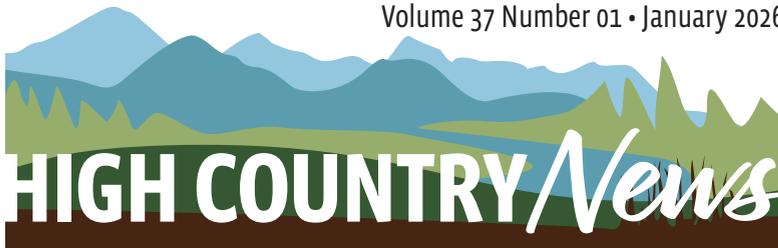


www.cowboytrail.beer

[f](https://www.facebook.com/cowboytrailbrewery) [@cowboytrailbrewery](https://www.instagram.com/cowboytrailbrewery)

Bragg Creek, Alberta

403.390.8899



IN THIS ISSUE...

Communities:	Page
Springbank.....	7
Redwood Meadows / Bragg Creek.....	11/14
Square Butte / Longview / Millarville / Priddis.....	36/37
Diamond Valley / DeWinton.....	38/39
Articles:	
From the Editor.....	4
Artist Profile.....	4
MLA Update Foothills <i>John Barlow</i>	5
Councillor's Update <i>Don Kochan</i>	6
Rocky View School Board Trustee Report <i>Joanna Brownlee</i>	7
MLA Update Banff-Kananskis <i>Sarah Elmeligi</i>	8
Councillor's Update <i>Kevin Hanson</i>	10
Robert M. Hughes Financial Solutions Inc. <i>Robert Hughes</i>	12
Make Your Mark <i>Mark Kamachi</i>	13
Bragg Creek Physiotherapy.....	14
High Country Rural Crime Watch.....	27
Councillor's Update <i>Laura Kendall</i>	40
Councillor's Update <i>Suzanne Oel</i>	41
Lifestyle:	
Stephanie Gilker.....	43
Get Ripped <i>Jari Love</i>	44
Bill Stemp.....	46
Mortgage Matters <i>Candace Perko</i>	48
Andrea Kidd.....	50
Out of the Rut <i>Kat Dancer</i>	51
Laura Griffin.....	52
Kids Zone.....	53
Perceived Adhd Advantages <i>Roché Herbst</i>	54
Classifieds.....	55
Business Directory.....	Back Cover

HIGH COUNTRY NEWS is published monthly by:
High Country Business Services Ltd.
 Box 476, Bragg Creek, AB, T0L 0K0
 Editor: **Lowell Harder**
 Layout & Design: **Kate Bushey**

ADVERTISING RATES:

Circulation: 12,500
 Front Page Banner: Colour Only \$499.95 Min 3 mo booking
 Inside Cover Full Pg: Colour \$799.95
 Inside Back Cover Full Pg: Colour \$749.95
 Index 1/4 Pg: \$349.95 Min 3 mo booking
 Classified Page 1/4 Page: \$249.95 Min 3 mo booking
 Kidz Zone (1/4 pg): \$249.95 Min 3 mo booking
 Full Page: Colour \$709.95 2/3 Page: Colour \$509.95
 1/2 Page: Colour \$395.95 1/3 Page: Colour \$269.95
 1/4 Page: Colour \$204.95 1/6 Page: Colour \$154.95
 Business Card Colour \$99.95
 *1/4 hour layout included in ad rate - additional time at \$75/hr
 Back Page Listing \$143.88/year (\$11.99/month)
 Commercial Classifieds \$29.95/4 lines, \$4 for each additional line
 For website advertising, call the office for a quote
 Discounts available on long term commitments
 GST NOT included in rates

**NEXT DEADLINE IS
 Thursday, January 15**

We accept e-transfer, Mastercard & Visa

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

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

403.949.3526

www.highcountrynews.ca | info@highcountrynews.ca

**SUPPORT LOCAL
 COMMUNITY NEWS**

We're making local news accessible, donate to the High Country News online today



SCAN ABOVE

In the Bragg Creek and Area real estate market, Bragg Creek Real Estate Agent, Kathleen Burk is renowned among colleagues and clients alike for her integrity, loyalty and professionalism



KATHLEEN BURK

Luxury Country Residential Specialist

BRAGG CREEK | SPRINGBANK | MILLARVILLE

We strive to offer the highest level of expertise, service, and integrity available to the public.

Kathleen Burk has helped hundreds of buyers pursue their dream home or to navigate the sale of a property in Bragg Creek and the Greater Surrounding Areas

kathleenburk@remax.net 403.818.8049 braggcreekredwoodmeadows.com





LETTER FROM THE EDITOR

Happy New Year! As we start another year, I thought this excerpt from an essay written by Steve House and published by Uphill Athlete entitled, "The Poetry of the Long Game" might be a good posture and encouragement for how you build and work within the context of your respective spheres of influence.

"Because the long game isn't about winning, it's about building something solid enough to hand forward. Something rooted in process. Something shaped by integrity. Something that might still

be standing long after you're gone... It's about doing the hard work now, so someone else's path is smoother. It's about leaving signposts behind you and trusting someone will follow them, even if they never know your name."

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

Deanna Cullen resides in Millarville and has been working in the equestrian industry for the past 20 years. Recently she has decided to pursue her art again after her 20 year hiatus. Deanna works in many mediums. Colored pencils, graphite, pastel, oils and gouache. To see more of Deanna's work: www.facebook.com/steppingstone2020/

We are always looking to feature local amateur and professional artists or photographers. Submit your work to info@highcountrynews.ca



HIGH COUNTRY LIFE

BY MARK ADMAKI, CA



Bragg Creek and Greater Area Historical Society

Presents

Ranching Adventures in the Ghost River Valley

Have you ever heard the legend of the ghost of Jacob Swampy or the Ghost River gold rush? Saddle up for an afternoon of cowboy poetry and tales from the early years of ranching, prospecting and homesteading in the Ghost River Valley!

Featuring two renowned Ghost River raconteurs,

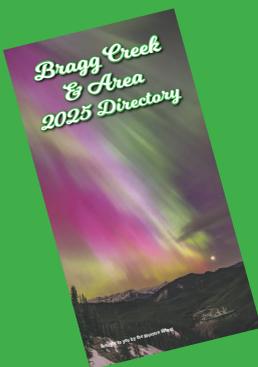
Doug Richards and Eric Butters



Sunday, January 25th 2026 2:00pm

Post House, 36 White Avenue, Bragg Creek

Admission by donation Refreshments served RSVP at braggcreekhks@gmail.com



CALL NOW TO BE INCLUDED!

2026 Bragg Creek and Area Community Directory

Distributed throughout Bragg Creek, Redwood Meadows, Millarville, Priddis and Calgary RR 8 & 9 regions.

Advertising Deadline January 21, 2026

Western Wheel

Contact Cathy 403-938-0947
cmcvee@greatwest.ca



MD UPDATE - Foothills by John Barlow

As we near the end of another year, I want to extend my warmest wishes to you and your families. While you're enjoying the peace and togetherness this season brings, I hope your homes are filled with laughter, warmth, and good company.

This time of year reminds me how fortunate we are to live in a country built upon hard work, community spirit, and a deep respect for the freedoms and values which make Canada strong. From our farmers and ranchers to our small-business owners, energy workers, and dedicated volunteers, it is you who make our communities special. Serving as your Member of Parliament continues to be the greatest honour.

In this holiday session, Conservatives have been working tirelessly to defend the people who feed, fuel, and build this country. From fighting for farmers and energy workers to making life more affordable for families, we've brought forward real solutions while holding the Liberal government accountable at every step.

This fall, we advocated for a serious plan to make home ownership affordable again. Conservatives called for cutting the GST on all new homes under \$1.3 million, a measure to save families up to \$65,000 while encouraging rapid new construction. We also pushed to tie federal infrastructure dollars to results, requiring municipalities to increase building permits by at least 15 percent each year.

Conservatives also stood proudly alongside the men and women who have served this country. We joined veterans in calling for transparency regarding Mark Carney's cuts to the Veterans Affairs Canada budget. Our veterans deserve respect and honesty, not hidden reductions in essential services.

On immigration, Conservatives continued to fight to fix the system the Liberals have broken. We pushed for meaningful amendments to Bill C-12 to restore the value of Canadian citizenship and repair the long-standing immigration consensus. The House also debated Bill C-220, introduced by the Hon. Michelle Rempel Garner, Conservative Shadow

Minister for Immigration, which seeks to restore equality before the law and end two-tier justice by preventing judges from considering immigration status during sentencing.

Through every debate and committee, Conservatives have stood up for the people who build this country. As we look ahead to the new year, we remain committed to supporting agriculture and energy, restoring accountability to Ottawa, strengthening public safety, and making life more affordable for hardworking families.

My focus for the coming year remains on a few key priorities:

Building a Stronger Rural Economy

I will continue pushing for policies to encourage investment, open new markets, and allow our agriculture, resource and small-business sectors to flourish. Foothills has enormous potential, and I'm determined to see it unleashed. We cannot continue to see investment, like the new Nutrien potash terminal, leave Canada for the United States.

Standing Up for Alberta's Energy Sector

Our energy producers are world leaders in innovation, responsibility, and environmental stewardship. I will keep pushing for policies which strengthen, not hinder, our energy future and expand infrastructure development to access world markets.

Championing Affordability for Families and Seniors

With rising costs putting pressure on households, I remain committed to

advocating for lower taxes, responsible government spending, and practical solutions to help families keep more of their hard-earned dollars. No one in Foothills should have to choose between heating their home and putting food on the table.

Defending Freedoms and Responsible Governance

I will always stand for accountable government, freedom of expression, and the individual liberties which form the foundation of our democracy.

Fostering Unity and Optimism Across Canada

I am confident our country is capable of renewed cooperation and shared purpose despite the political rhetoric. I'll continue promoting constructive dialogue, respect for our differences, and policies to bring Canadians together.

As we step into the coming year, I remain deeply grateful for your trust and support. Representing you is an honour and a privilege I never take for granted. My door is always open, and I welcome your thoughts, concerns, and ideas.

From my family to yours, may your homes be filled with good cheer, and may the new year bring you health, happiness, and the courage to dream big.

Merry Christmas, Happy Holidays, and warmest wishes for 2026.

John Barlow



Chicken like Grandma used to cook!

Jerry & Nancy Kamhuis

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

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

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

Ask us about our loyalty rewards program!

Contact us at orderdesk@countrylanefarms.com • 403.934.2755

C O U N T R Y L A N E F A R M S . C O M

Now Delivering in Cochrane!



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

RVC Division 2 news items for your information:

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. For more information, please scan here:



Rocky View County has also adopted a new Fiscal Management Strategy to guide how we budget, invest, and manage your tax dollars. This helps ensure services and infrastructure remains reliable and sustainable. The Fiscal Management Strategy helps us:

- Align spending with what residents actually need and value
- Ensure all departments budget transparently and consistently
- Balance competing priorities like road maintenance, emergency services, and preparing for growth
- Plan ahead to manage debt, repair assets, and fund future projects
- Invest wisely today, without passing on unnecessary costs to future generations

Alternate Land Use Services (ALUS)

-Now's a good time to start planning your 2026 ALUS project and make the most of those trickier-to-farm spots on your land. The ALUS program supports local producers with funding to enhance areas like wetlands, riparian zones, native grasslands, and more, all while helping nature do what it does best. Over the winter, consider what's working on your land and where small improvements could bring long-term gains. Reach out to questions@rockyview.ca or call 403-520-6280 to book a time with our ALUS Coordinator to talk ideas, walk your land, and get ahead before funding fills up. Every farm and ranch is different, and ALUS projects are designed to fit your

unique operation. For more information, please scan here:



RR33 Interchange – Construction of the interchange is underway and information on the Construction Management Plan and the Traffic Accommodation Plan for Stage I improvements are now available on RVC's website. These plans outline how the community will be impacted and how traffic disruptions will be managed during construction. You can access the information at the following link: Highway 1 & Range Road 33 Interchange Project.

Updates will be posted online, so residents and stakeholders have the latest information as the project progresses. For Stage II, because of the ongoing Bingham Crossing construction, the County has split the contract into two tenders. The first, for the new bridge, has been awarded to EllisDon. The second, covering new road connections, roundabout expansion, road widening, and bridge demolition, is expected to be posted early next year, depending on coordination with Stage I activities.

I was planning on having an open house in Q1 regarding the transportation needs in the area and to clarify any concerns that the community has regarding the interchanges construction progress. To help us plan, could you please share any specific goals or outcomes you have in mind for the event? This will help us identify the most suitable timing and content.

Dog License renewal - Dog owners in Rocky View County, your 2025 dog license is set to expire on December 31, 2025. To keep things up to date, you can renew it

easily online at this QR code. The annual fee is \$15 if your dog is spayed or neutered, or \$20 if not. If you have any questions or need a hand, Enforcement Services is happy to help at 403-230-1401 or pets@rockyview.ca.



Dark Sky Lighting Principles – Harmony has adopted dark sky guidelines to preserve the beauty of the night sky for all in the community to enjoy. These guidelines may be of interest to other communities in an effort to reduce light usage.

- Use timers and motion detectors: Reduce unnecessary energy use and light pollution.
- Opt for multiple low-powered lights: These placed strategically are better than one overly bright light.
- Holiday lights: Please schedule lights and decorations to be turned off by 10pm.
- Use fully shielded fixtures that direct light only downward.
- Select amber and warm-colored light sources (e.g., amber LEDs) to minimize skyglow.
- Refer to the BUG (Backlight, Uplight, Glare) rating to choose lighting options with minimal environmental impact.

Wishing you all a Very Merry Christmas and a Happy New Year!!

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

Love Natural? Shop Nutters.

Your "everyday naturals" store.

Explore our vitamins,
specialty grocery, personal
care, local produce & more!







239 GRIFFIN ROAD EAST



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.

Happy New Year to you all! The Heritage Club ended the year with a bang! In addition to our regular activities, we had a number of festive occasions and informative sessions in December:

- Harmony's "CommUKeity" group (students who play the ukulele and sing!) performed a few songs and led

our Members and other guests in a Christmas Carol singalong.

- Our bus took Members to the Elbow Valley School Children's Christmas program.
- We hosted a panel discussion on healthy ageing which included two physicians from the Alberta Centre for Healthy Ageing and an Occupational Therapist.
- We offered pickleball lessons with a certified coach for people new to the sport and for those that wanted to improve their game.
- We held our annual Christmas Dinner, a catered meal of turkey with all the trimmings!
- The Heritage Club Singers hosted a sing along with cookies, coffee and tea.
- And our hall was rented for numerous occasions including AGMs, holiday parties, Birthday parties, and other social gatherings. Check out our facility for your next event.

Make 2026 the year you join the fun! Membership fees are \$50 per year per person, check out our website or email springbankhc@telus.net for more information.



Happy Holidays! Wishing everyone joy, laughter and love in this season.

A warm congratulations to Shali Bazuk, the RVS trustee representing Chestermere! Shali was elected the Alberta School Board Association President, in Edmonton November 17th during the ASBA fall general meeting. It is a great asset for the Rocky View Schools to have such strong provincial representation, and everyone at RVS is very excited for her.

On November 27th the board went over the finalized budget for the 2024-2025 school year, it is now public if anybody else wishes to go over it, it can be found on the RVS Website.

Rocky View Enrolment has increased in the last few weeks, as of November 21st, we now have a total of 29,634 students across all RVS schools. It is likely that these numbers have increased since last reported.

All teachers across Rocky View have now submitted their Classroom Insight Survey data to the government. With this, we hope it will become a yearly activity so as to keep the government in touch with what is going on in a typical school environment.

For 2025/26, RVS will introduce the new Alberta curriculum for Grades 7-9, implement literacy and numeracy blocks in all Kindergarten- Grade 3 classrooms, prioritize career learning practices, work to address student aggression and safety, strengthen workforce recruitment and retention, and invest in reliable and secure system infrastructure at the Education Centre.

The 2024/25 AERR will be posted on the RVS website and shared with Alberta Education.

The Alberta government plans to fast track 5 schools, 4 in Edmonton and 1 in Calgary. According to the province there are presently 120 school projects underway across Alberta.

The government of Canada and Alberta have made an agreement to extend the 15\$ a day childcare agreement for another year.

This means that families will be able to access that service beyond March 31st 2026.



Keep Warm This Season With

High Quality Firewood

🔥 Price: \$110.00 per tote

♻️ Refundable Tote Deposit: \$40.00

Perfect for wood stoves, fireplaces, backyard fire pits, or stocking up for the winter.

Supplies are limited - grab yours while they last!

Call us to order or learn more!
(403) 818 7982

Located in Bragg Creek, Alberta



**LOCAL INSIGHT.
ELEVATED REPRESENTATION.**

Bragg Creek • Cochrane • Rocky View County

Elise Lalonde | REALTOR®

403-896-9830 | elise@raregroup.ca
www.raregroup.ca | @eliselalonde.realestate

**RA
RE
GROUP**
LUXURY



**MLA UPDATE -
BANFF/KANANSKIS
By Sarah Elmeligi**

New Year, New Possibilities for Banff-Kananaskis

Welcome to 2026! It's hard to believe we're already stepping into another year together. The past twelve months have been full of challenges, opportunities, and moments that reminded us why Banff-Kananaskis is such a special place to call home. As we turn the page to a new year, I want to extend my warmest wishes to you and your loved ones. May this year bring health, happiness, and meaningful connections.

The start of a new year is always a time for reflection and renewal. It's a chance to look back on what we've accomplished and set our sights on what's ahead. I'm excited about the opportunities 2026 will bring for our communities.

A time to reflect

I've had the privilege of meeting so many of you—listening to your stories, learning about your priorities, and working together to protect what makes this riding unique. People often ask what it's like to represent a region as diverse as Banff-Kananaskis. My answer hasn't changed: our diversity makes us stronger, but what truly unites us is our shared love for the land we live, work, and play on.



**MERRY
Christmas
&
HAPPY
New Year**

WILLIAM STEVENSON MP
YELLOWHEAD

WILLIAMSTEVENSON@PARL.GC.CA
WILLIAMSTEVENSON.CA • TOLL-FREE: 1-800-268-7117

In 2025, I spent as much time outside and in different communities as I could. From the Ghost to Millarville and from Lake Louise to Springbank, our riding and its people are truly the best. In conversation with our constituents, I heard your concerns about ranching and wildlife coexistence, water access for safety and for drinking, recreation increases changing our backyards, impacts to small businesses with new legislation, and so much more. Each of these conversations helps me better represent you in the legislature.

In 2025, I spoke up on issues that matter to you, including affordability, supports for seniors, healthcare, and government transparency. If you'd like to see more about these debates, check out my YouTube channel for full bill debate speeches, questions to Ministers, and Member Statements..

KAT Automotive would like to give a huge Thank You!! to all our KAT Kustomers, we were able to help in 2025, making it our best year yet as we were able to service and repair over 1500 vehicles within our Communities. We would additionally like to thank you for your patience, as we navigated through our Company's growth: with staffing changes, updating our Policies & Procedures, & especially in allowing our apprentices the opportunity to develop & grow their skills. We wish you all the Very Best & here's to a successful 2026 for all of us. Thanks again from the KAT KREW; Kevin, Amber, Tara, Abby, Missy, Sydney, Sean and Rory at KAT Automotive 825-735-1043.




A time to look ahead

Looking ahead to 2026, I'm excited! I really feel like I've hit my groove as your MLA. I'm hearing you and understanding more how I can take your voices to Edmonton in a meaningful way. I've developed some amazing relationships with individuals, businesses, and stakeholders and I love the thought of fostering more connections. I'm also looking ahead to our next provincial election, whenever that will be, and thinking about how to work towards building a better Alberta and how best to represent you in the future.

I look at 2026 with optimism and a shared sense of purpose. The new year brings opportunities to strengthen our communities, work together on common goals, and continue building a future that reflects our values. I'm excited for what lies ahead and look forward to collaborating with you to make this year meaningful and productive for Banff-Kananaskis.

This month, I'm strategizing... Taking the lessons from our fall legislative session, defining the issues we need to keep talking about at a provincial level (e.g., education) and our local issues (e.g., wildlife coexistence). My team and I will use January and February to refine our communications strategy to ensure

we're reaching you where you're at. I'm also working with stakeholders on some high-level environmental priorities related to my shadow ministry of Environment and Protected Areas. I know that by the time session starts up again at the end of February, I'll be ready - armed with knowledge, strategy, and your perspectives/concerns/thoughts!

As January and February don't involve as much time on the road to Edmonton, I'll resume a regular MLA on Tour. I'll include a few "Trails Day with Sarah" too because I just love talking and walking with my dog. Trails Day is a great way for us to chat in a more casual setting for a few hours in the woods under the Alberta sunshine. Check out the dates those events here, or email my office to set up a meeting.

Your thoughts, concerns, and ideas are always welcome, and I look forward to engaging with you in the months ahead. As we embrace the possibilities of this New Year, let's continue to work together to build a better future. Happy New Year!

Sarah Elmeligi



**MLA SARAH ELMELIGI
BANFF-KANANASKIS**

CONSTITUENCY OFFICE

300-709 8 St | PO 8781 Canmore, AB | T1W 0C1
Open office hours: M,W,T: 10:00 - 3:00pm, and by appointment
Email: banff.kananaskis@assembly.ab.ca

MLA ON TOUR

Mabel & Marie's
Bragg Creek, AB
January 9th
1:30pm-3:30pm
Waters Edge Cafe & Bar
Priddis, AB
January 14th
11:30am-1:30pm
Beaupre Community Hall
Beaupre, AB
January 28th
4:30pm-6:30pm
Trails Day
Location TBD
January 24th

2025 CAHS
Cochrane & Area Humane Society
Highlights

Shelter & Care

IN 2025, WE CARED FOR 1,300 ANIMALS

23%
were cats

23%
were dogs

23%
were small animals / birds

28 ANIMALS WERE REUNITED WITH THEIR FAMILIES through our lost and found program.

Behaviour & Training

534 Dogs & their families graduated from our obedience, agility, and specialty classes.

3360 DOGS dog and their humans enjoyed adventures at our Private Off Leash Dog Parks.

OVER 890 medical procedures & surgeries performed

Volunteering

OVER 407 VOLUNTEERS DONATED **26,000 HOURS** of their time working in the shelter, the equivalent of over 12.5 fulltime staff positions

Humane Education

8 NEW STUDENTS ENROLLED IN OUR **PACE PROGRAM** (Positive Approach Canine Education) to further their knowledge in canine behaviour & handling skills.

150 FOSTER HOMES FOSTERED **1255 ANIMALS**

3 SCHOLARSHIPS OF **\$1000** were presented to grade 12 students to further their education in the health education field.

The Foothills Full Service Law Firm

Wills – Real Estate – Family
Corporate Commercial
Litigation – Employment
Notary Public & Commissioner
Intellectual Property

www.mavericklaw.ca



Fall Recreation Operating Grants

At this fall’s Recreation Governance Committee meeting the requests for operating grants was over-subscribed for the first time. A bit unusual, but there were a couple big ticket outliers this cycle involving Chestermere recreation. The committee ultimately chose to fund those two requests on a cost-share basis proportional to usage by Rocky View residents. This left a shortfall of \$165K, which the committee wanted to support.

This required recommending Council fund the shortfall from the Tax Stabilization reserve. This triggered a short Special Council Meeting being convened 24 hours later – just for this approval. A bit of gymnastics to follow the rules, but worth it to see the programming proceed as requested. Council will re-visit the \$150/ household set aside for recreation in the spring budget finalization.

Fire Protection Service Levels

This is top of mind for many for many residents — not only in Division 1, but other Rocky View Divisions as well. In August, RVC Fire Services issued an enforcement order against Westridge Utilities, related to 9 fire hydrants in the Swift Creek Estates community. This order was appealed by Westridge, which was heard on November 18th by the Enforcement Appeal Board. A decision by the Board is still outstanding as of December 15th. Fire protection relies on multiple components: fire station locations, fire apparatus, travel times, staffing levels, water tendering strategy, fire hydrant, and drafting hydrant availability are all relevant. With the appeal still in play, more information must wait for the dust to settle.

Interim 2026 Operating Budget Passed

At the December 5th Special Council Meeting, Council unanimously approved Administration’s recommended Base Operating Budget. This was based on our 2025 spend that adjusts for inflation and “keeps the lights on”. It also includes added expenses for staffing adjustments to keep service levels consistent as the County continues its growth of the past 3-4 years. With estimated \$3M assessment

growth, there is no proposed tax rate increase at this time — but several capital projects are still under review.

Administration considered resident and developer feedback from both the online survey and outreach this fall. Interestingly, the open forum for this year’s operations

budget saw only 1 public submission, given by video. Since this is an opportunity to speak to Council directly, I interpret this as folks are happy with respect to our operations spend and service levels.

Specific departments that bumped their resourcing included:

Division	FTE Increase	Specific Role(s)	Estimated Annual Cost
Fire & Emergency Services	4.0	New front-line responders to bolster 24/7 station coverage.	~\$580,000
Operations & Infrastructure	3.0	2 Heavy Duty Mechanics (to reduce contracted fleet costs) and 1 Infrastructure Coordinator.	~\$390,000
Corporate Services	1.0	Cybersecurity Specialist (new role to manage digital risk).	~\$145,000
Planning & Development	1.5	1.0 Safety Codes Inspector and 0.5 Development Support (admin).	~\$180,000
Community Services	10.0	Parks & Recreation Coordinator (focused on new Langdon and Conrich projects).	~\$125,000
Total Proposed Growth	~10.5		~\$1.42 Million

Interim 2026 Capital Budget Passed

Most of Council’s energy this fall went into discussing a comprehensive 4-year 2026-2029 capital spending plan. Back in my August update, I discussed some of the big-ticket expenses that Council would have to grapple with in the next few years, as our growth continues to “catch up” with us. We face asset maintenance and services expectation issues that urban municipalities in our region also face.

After healthy deliberation at our special meeting for capital budget, Council chose to use the Tax Stabilization Reserve to fund 4 fire truck replacements. Administration gave options to either order new this year, or invest in significant maintenance / rebuilding trying to keep 18–20-year-old apparatus in service, at considerable non-recoverable expense. Buying new is a multi-year endeavor as it takes anywhere from 24 to 54 months from the time of ordering to delivery. A 50% deposit is needed.

Notable 2026 Capital Budget line items for the first year of this multi year plan included:

- Infrastructure: \$5.4 million for pavement replacement and \$5.2 million for bridges and culverts.

- Emergency Services: \$7.0 million for fire truck replacement and \$350,000 for FireSmart wildfire risk reduction.
- Water Management: \$15.1 million for stormwater infrastructure and \$10 million for the Graham Reservoir expansion.
- Prairie Gateway Investment: \$12.6 for multiple programme projects. Debt financed as required if provincial/federal granting not available.

At Council’s request, the more complex decisions on the timing of building new fire halls, and recreation facilities will be in the spring, once further CAO workshops related to Fire Services and Recreation Master Plans are conducted.

Total capital approved so far is \$62M. For full budget information please see the the December 4th Special Council Meeting Agenda, Attachment A: Its 12 pages and a good read. You can check out our brand-new website design at the same time, and offer your feedback ...

Contact: KRHanson@RockyView.ca or call 403.463.1166.



LOCAL VOLUNTEER FIRE DEPARTMENT LOSES HALF OF ITS FIRE TRUCKS IN OVERNIGHT FIRE



Redwood Meadows Emergency Services (RMES) has announced it lost three firetrucks, a quad used for backcountry rescues and extensive equipment in an overnight fire that destroyed one of its outbuildings.

“We’re thankful that our members and the community are safe”, said Fire Chief Rob Evans. “Redwood Meadows Emergency Services remains fully operational and ready to respond to emergency calls.”

The fire was reported by members of the public at 5 p.m. Wednesday and quickly became fully involved. There was a full response from Redwood Meadows

Emergency Services, as well as Rocky View County Fire Services, EMS, Tosgunna Police Service and ATCO.

Despite the heroic efforts of more than 30 firefighters, the outbuilding was fully destroyed. The building contained equipment used to support emergency responses, including an older fire engine, a water tender truck, a bush buggy, a Utility Terrain Vehicle (UTV) and SCBA air bottle refilling station. Other early known losses include the emergency equipment on the trucks, additional emergency equipment, extra turnout gear, training equipment, RMES’ Training Centre and grass fire water containment units. The Redwood Meadows Emergency Services’ front hall, which houses 220 Engine, 120 Rapid Response, 120 Rescue, member response gear and offices, was not impacted by the fire.

“We’re doing a thorough audit of our equipment inventory and will be working with our insurance company to provide a full list of losses. It will take time to replace 120 Engine and 120 Tender, which both RMES and our partners rely on to support emergency response,” said Evans. “Our immediate need is for donations of a new pickup truck to replace the one we lost that supported grassfire and working fire operations, as well as a

UTV, which supported grassfire responses and an average of 100 backcountry rescues annually. We can’t do our work without them.”

An independent fire investigation will take place, and the findings will be shared.

About Redwood Meadows Emergency Services (RMES)

- RMES is based in Redwood Meadows, Alberta, approximately 25 minutes west of Calgary.
- RMES responds to more than 450 calls a year.
- RMES is staffed by 34 members who receive extensive training, including 11 medical staff certified through the Alberta College of Paramedics.
- RMES was founded in 1979 and is fully volunteer-driven.
- RMES members invest approximately 20,000 volunteer hours into the community annually, the equivalent of eight full-time firefighters.

DONATIONS ACCEPTED

RMES is accepting donations to continue providing local emergency services.



SCAN ABOVE



YOUR HOME EXPERIENCE
REAL ESTATE

403.966.4224

jenniferi@yourhomeexperience.ca

yourhomeexperience.ca

jenniferirealestate

jenniferirealestate

“Turning houses into homes,
one key at a time”

real

OK TIRE™

Honestly driven.

WELCOME TO OK TIRE COCHRANE.

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

FULL MECHANICAL SERVICES

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



412-1ST STREET WEST, COCHRANE AB. (2 blocks west of MacKay’s Ice Cream)

PHONE 403-932-2086 info@oktirecochrane.com

www.oktirecochrane.com

Robert M. Hughes Financial Solutions Inc.

2025 Year in Review: Staying Financially Strong in Uncertain Times

As we wrap up 2025, it's a good time to pause and reflect on what the year has brought – and more importantly, how to position ourselves for success in 2026. This year has been another reminder that global uncertainty is here to stay. Trade tensions, fluctuating interest rates, and uneven economic growth have all played a part in shaping Canada's financial landscape. The good news? Despite all the noise, there are solid, practical steps to take to stay financially strong.

A Look Back at 2025

Inflation continued to cool through 2025, allowing the Bank of Canada to begin cautiously lowering rates after several years of tightening. While this offered some relief to borrowers, many Canadians renewing their mortgages still faced higher payments than before. Growth remained modest, around 1%, as global trade pressures and slower exports weighed on the economy.

For investors, markets were mixed. Canadian equities were steady, U.S. markets showed resilience, and bonds regained some traction as interest rates eased. Overall, it's been a year where patience and diversification paid off.

What This Means for You

Periods like this call for a thoughtful financial strategy. Here are a few strategies to carry into 2026:

1. Revisit your budget and cash flow.

Higher living costs and mortgage renewals can tighten monthly budgets. Take time to review spending and look for ways to increase your savings margin – even a small monthly surplus can build valuable flexibility.

2. Strengthen your emergency fund.

If 2025 has taught us anything, it's that uncertainty can show up quickly. Aim to keep at least three to six months of essential expenses in a readily accessible account.

3. Stay invested but be strategic.

Trying to time the market rarely works. Instead, focus on maintaining a diversified portfolio that matches your goals and risk tolerance. If interest rates continue to drift lower in 2026, both

fixed income and equity investments could benefit. Remember, it is **TIME IN THE MARKET**, not **MARKET TIMING**, that counts

4. Use registered plans wisely.

Whether it's topping up your RRSP, maxing out your TFSA, or contributing to a RESP or FHSA, these accounts offer powerful tax advantages. Every dollar sheltered from unnecessary tax is a dollar working harder for your future.

5. Plan for the long term – no matter the headlines.

Economic slowdowns, trade issues, and market swings are part of every cycle. The key is having a plan that adjusts with conditions, not one that reacts to fear or hype.

Looking Ahead to 2026

Most forecasts suggest a slow but steady recovery next year. If inflation stays near target, the Bank of Canada could trim rates further – good news for borrowers and

markets alike. That said, it's still wise to prepare for volatility.

Focus on what you can control: your savings habits, spending discipline, and investment strategy. Global uncertainty may persist, but a well-built financial plan remains your best tool for confidence and stability.

Here's to finishing 2025 strong and stepping into 2026 with clarity and purpose.

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

Robert M. Hughes FINANCIAL SOLUTIONS INC.



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

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



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



403-949-3250

E-mail: robert@myfinancialsolutions.ca

Website: www.myfinancialsolutions.ca

Box 231, Bragg Creek, AB T0L 0K0



Happy year of the horse

As we begin the new year, and speaking about beginning, I've encountered folks in my career who create their dream business on a whim without research and neglect that there are many factors to consider before taking the plunge. Things such as identifying whether there is a need that requires attention? Who are the customers? Is it worth the financial risk? How long will it take for the brand to establish itself? You may see an opportunity but without developing a business plan, you may be doomed from day one. A "build it and they will come" strategy is not something I would recommend.

In the movie Field of Dreams, Kevin Costner builds a baseball field in a cornfield and ghostly baseball legends magically show up to play. "Build it and they will come" is a wonderful movie plot but a terrible business strategy.

You may think you've seen examples of successful "build it and they will come"s, Amazon, Apple, The Royal Tyrell Museum come to mind, but each of these circumstances was built up slowly over time growing and changing the market they were born in, to position themselves as trusted names with expert reputations. They always were meeting an established consumer need (Convenient cheap shopping, easy to use personal computers, educational entertainment) by providing a product or service that didn't yet exist in the market. Try to think of your own successful field of dreams examples, it's harder than you think.

There are many reasons why this strategy flops in the real world and here are three:

1) Do you actually know what people want?

Assuming "If I build it, they will come" presumes you already know what "it" should be. Spoiler. Have you done enough homework to see if there's a need people crave? Most first ideas are half-assed. Without talking to potential customers, doing your research, seeing if a solution already exists, etc, you risk building a beautiful, brilliantly designed (insert your idea here). Customers don't care how hard

you worked. All they care about is whether it solves their problem.

2) Have you told anyone about your idea?

If no one knows what you've created, how will people find you. Launching without an advertising or distribution plan is like whispering your business idea to your dog. If there's no audience, no channel, and no consistent way to reach people, your product will sit there, undiscovered.

3) Do you have the budget to get your idea to market?

Building your full-featured product or business first, before research, is expensive and time-consuming. Investors and bank accounts are gun-shy to invest in a "We built it and now we're ready to show with your dough" in case your hunch is wrong.

So what's the proper way to start a business? Identify a real problem. Research. Talk to potential customers and ask what they want and build that. Are they willing to pay for an alternative solution? Get real feedback. Perhaps take baby steps and learn as you grow. But don't just build it and hope folks will come.

Keep it creative. Cheers, mark.

**Got an idea?
We can help.**

ADMAKI
admaki.ca

TREEWORX

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

www.treeworxpro.com 24 HR
Emergency Service

Call Jeff Hughes at 403.554.2370

**BRAGG
CREEK
PLUMBING &
HEATING LTD.**

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

BOX 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com



BRAGG CREEK & AREA CHAMBER OF COMMERCE

Our 2025 AGM gave us an opportunity to acknowledge the important contributions and accomplishments of our outgoing President, Neil MacLaine. Neil is a true eastern slopes cowboy, the original owner of Moose Mountain Adventures. Like so many of us living 'just across the county line' on the 762, he considers Bragg Creek to be his community and is genuinely invested in ensuring the wellbeing of business owners, entrepreneurs and professional practitioners throughout the area.

Neil was a champion behind many Chamber initiatives, expertly charting a course that would enhance and solidify our role as business-focused, community-supportive, and balanced in our approach to serving the Bragg Creek & Area business community.

- Attracting a broad range of new members, locally and from afar, to ensure a sustainable revenue stream.

- Identifying and pursuing funding opportunities in the form of Rockyview grants and NRED grants to bolster our ability to support economic progress.
- Endorsing new 'boots on the ground' subcommittees including Economic Development, Community Relations, Internal Relations, and Communications.
- Improving relationships with Rockyview County, Bragg Creek Community Association, Travel Alberta, and a host of supportive local and regional partners.
- Representing The Chamber at regional events and forums with grace, humour, knowledge, and a deep spirit of kindness and cooperation.
- Accepting ideas from the Board and seeking opportunities for improvement to our services and supports to our Members – from communications and member incentives to local advertising and social media campaigns.

Neil is also an advocate of regional cooperation, recognizing that small accommodations can benefit a wider community. He continues to advocate for the shared use of Rockyview County infrastructure by out-of-county residents who bundle their trips to stop for a coffee

or lunch and invest in other amenities in the hamlet.

Neil always took time to talk with anyone who had a question, needed advice, or was just up for good conversation and a dose of country humour. He knew how to bring people together, creating an open forum for creativity by recognizing the value of new and different perspectives. His attitude and humble nature made everyone feel welcome and valued.

In his newfound down time, Neil can be found enjoying his 'retirement' property overlooking the family ranch, or out on a trail ride in the foothills when the west winds come calling with the hint of adventure.

From all of us at the Bragg Creek & Area Chamber of Commerce we want to say thank you Neil, it's been a real adventure working alongside you! Happy Trails!

W: visitbraggcreek.com/bragg-creek-chamber

E: Office@braggcreekchamber.com

On behalf of your Bragg Creek & Area Chamber team.



BRAGG CREEK DENTAL

**Make an appointment with Dr. Michael Clancy and staff
and check out our new digital equipment**

403-949-2288 • bcdental@telus.net • www.braggcreekdental.ca • 35 White Ave, Bragg Creek, AB
Follow us on Facebook at Bragg Creek Dental and Instagram at [bragg.creek.dental](https://www.instagram.com/bragg.creek.dental).

We follow the Alberta fee guide and direct bill to most insurance companies *Some conditions apply*

Curious about this machine in our waiting room?

The Cerec Primemill® takes a block of porcelain and turns it into a perfectly fit crown



BEFORE



AFTER



BRAGG CREEK PHYSIO

New Year, New Moves: Decoding Muscle Soreness Versus Injury

Happy New Year! I am truly hopeful for a year of vitality, wholesome moments, and transformation (in little or big ways), for you, this year.

As the holidays wind down and January 2026 arrives, we step into a new year, new beginnings, and new possibilities. This is the time of the year where we get bombarded with new year, new you marketing - which frankly, can feel overwhelming. Although society often pressures us to make dramatic changes in January, making it feel like everything has to happen right now, the most sustainable growth comes from small, gradual changes over time—built through daily habits and consistency. With that being said, January (and this feeling of a “fresh slate”), can be a helpful time to kickstart the goals we’ve been meaning to work toward.

For some of us, the start of the new year may look like taking some exhales (like those big, whole body nervous system reset ones). For others, it may look like diving head first into that hobby you’ve been wanting to start. Or maybe, it looks like JUST BEING (and this is okay too)! I encourage you to take a pause, grab a warm drink at one of our community's amazing coffee shops, and reflect on what you need, right now in your life.

One of the most common focus areas that I see people working towards is that of physical health. The new year can be a motivating time to resume or start a new exercise routine, get back into the winter sport you enjoy, or check off some of those physically demanding in-home to-do’s (like cleaning up the crawl space).

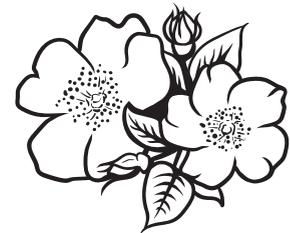
With new routines often comes muscle soreness—and sometimes it’s hard to know whether what you’re feeling is “normal” or a sign of injury. I want to help you identify the difference between delayed onset muscle soreness (DOMS) and an injury.

First, let's talk a little bit about DOMS. DOMS is a very common (and normal) body response when you increase your training load or get your muscles working in a different way. It's that feeling in your muscles, after you've done a leg workout and have a hard time getting off the toilet 2 days later (oooof). The current understanding is that there is micro-damage of muscle cells and a local inflammatory response (Hotfiel et al., 2018). As alluded to in the name, this soreness is delayed. Meaning that it peaks around 48-72 hours post- exercise. It often feels like a dull ache, stiffness, or tenderness along large areas of muscle (and often on both sides of the body). This type of soreness will get better within a couple of days and despite how contradictory this may sound: exercise is one of the most effective means of alleviating pain during DOMS. DOMS can be uncomfortable, but it is a sign your muscles are adapting, not a sign of injury.

An injury usually presents differently and occurs when tissues (like your muscles) are overloaded or strained beyond what they can handle. You may notice a sharp or sudden pain during the exercise or immediately after. Or you may notice sensations getting progressively worse over the course of multiple training sessions. The discomfort is usually local to one region (versus a diffuse area of soreness like DOMS). Injury is not ideal, and is a sign that you may be demanding more of your tissues than what they can tolerate right now.

Whether you're easing back into movement, managing an injury, or wanting to understand your body better, we are here to support you. Our team of massage therapy, physiotherapy, and personal training, can support you to build movement habits that feel good—not just in January, but all year long. Here's to a year of thoughtful movement and taking care of yourself.

Bre Maughan
Registered Physiotherapist (MScPT, BScKin)
Bragg Creek Physiotherapy
www.braggcreekphysio.com



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

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

SERVICES

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



Bragg Creek Physiotherapy

Your pathway to physical freedom

403-949-4008 | braggcreekphysio.com
24 Balsam Avenue, Bragg Creek



BRAGG CREEK COMMUNITY ASSOCIATION

If there is one word to describe the energy flowing through the BCCA right now, it is momentum. As the BCCA welcomes 2026, we aren't just looking back on a year of change—we are celebrating a year of revitalization. With a new 15-person volunteer Board of Directors and new staff members, we are adding diverse skills, fresh ideas, and many hands to our existing dynamic team of staff and volunteers. Our hearts are filled with gratitude and hope as we embark on the next chapter of the BCCA's story.

On gratitude... We have witnessed an incredible surge in support that has truly humbled us. From record-breaking volunteer participation, to the climb in program attendance – saying "thank you" to the Bragg Creek Community feels insufficient for what we have experienced lately.

To our dedicated staff at the Community Centre, thank you for pouring your expertise and passion into every single day: you are the engine that keeps this machine running. To our volunteers who have shown up in droves, donating your time, energy, and talents through sweat, rain, and frozen toes: you are the fuel that energizes this community. To our local organization and business partners: seeing you step up this year has been inspiring. Your contributions are foundational in providing

the resources and encouragement needed to bring our ideas to life.

On hope.... At a time where everything moves at lightning speed, we expect instant gratification and results. There's a quote I think of often - the African proverb, "If you want to go fast, go alone. If you want to go far, go together." It emphasizes that true distance and lasting success come from collaboration, shared burdens, and collective strength. It highlights that unity, not just speed, defines meaningful progress and achieving big goals. This grounds me, guides me, and energizes me to continue building stronger bonds within our community, to grow and deepen our partnerships with local organizations and businesses, and to not be afraid to dream big.

Bragg Creek's Spirit of Christmas Festival Recap To everyone involved in our annual Spirit of Christmas festival, WOW! The turnout was spectacular, with 3,200 people coming out to enjoy our winter wonderland, and over 200 locals involved in pulling it off – that is a LOT of buy-in from a little Hamlet!! To the local businesses who went above and beyond to create magic for the kids, and to the sponsors who funded the festivities—you made the season bright. To the volunteers who planned, laughed, and froze with us to pull this event together, we are so grateful for your efforts. It truly takes a Hamlet to pull off something this memorable.

Winter in the Woods is back on Saturday, January 31st. Join us as we celebrate all things snowy and spectacular at our one-day winter festival. This family event is as unique as the Creek with events like human curling and chuck-a-puck

combined with family skating, a skills competition, and junior & senior classic hockey games. If the thought of on-ice activities sends shivers down your spine then come out to enjoy the hot chocolate, crackling bonfires, winter carnival games and relay races. Oh, and don't forget – your favourite beverages and hockey songs in our Parking Lot Pub! Check the website or Facebook for full details and be sure to purchase your chuck-a-puck from Bragg Creek businesses before they sell out! All proceeds support our beloved outdoor rink (the ODR)! Volunteers, we have seen you step up before, and we need you again! Please watch Braggcreekca.com for shifts and "SignUp."

Programming Returns January 5th! Check out the website for the full program list.

Looking Forward... As we step into 2026, we are doing so with momentum, gratitude, and a renewed sense of hope. In a world where division seems to be the norm, we need community now, more than ever. And we are focused on building a stronger, more vibrant community here for everyone. One event, one program, one conversation at a time.

Have ideas about strengthening our community? Looking to join our passionate team of volunteers? Feel compelled to support in a unique and meaningful way? Reach out to president@braggcreekca.com and let's chat!

Warm wishes and high fives,

Your BCCA President,
Terri-Lynn (TL) Duque



**Bragg Creek's
Spirit of
Christmas**

THANK YOU
2025
SPONSORS

TITLE SPONSORS




GOLD SPONSORS





SILVER SPONSORS








BRONZE SPONSORS







PRESENTING PARTNERS: Peak & Pine Physio | Unbounded Speech & Language
SUPPORTING FRIENDS: The Little Schoolhouse | Bragg Creek Foods | Kieran Keddle Academy | Misty Creek Home Store

THAT'S A WRAP!

**BIG THANKS TO
OUR SPONSORS,
PRESENTING
PARTNERS &
VOLUNTEERS -
THIS SUCCESS IS
ALL YOU!**



PEAK AMBITION



Peak Ambition are excited for 2026 and build on a very successful 2025.

We are based in Bragg Creek and offer Multi Sport programs and Summer Camps for kids and Teens.

Most of our programs are run from the Bragg Creek Community Centre where we also access local trails and river for summer activities.

We have been sharing our love of Bragg Creek for 5 years bringing teams from UK and other parts of Canada to create team building and adventure opportunities.

We have moved from a rugby focused coaching group to a multi sport focus following the NCCP's Long Term Athlete Development plan.

We work within the community volunteering with the RMCA's spring sports and also Banded Peak school.

Then running pay to attend camps.

The camps are based around sport art mindfulness adventure.

We are proud of the partnerships with local adventure cultural and Psychology business's who we pay to add another dimension to the camps.

For Summer Camps we partner with the BCCA and for updates on registration please check their website or our social media.



BRAGG CREEK SNOWBIRDS FELLOWSHIP

Happenings at the Chalet

Tuesdays

1-4pm: Ladies Group & Snooker

Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

First Wednesday each month

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

Third Thursday each month

7pm: Open Mic Night
come play or listen!

Fridays

1:15pm: Exercise Class - 45 minutes
bring your own dumbbells or borrow
newcomers welcome, drop-in \$10/class

2026 MEMBERSHIPS

New members always welcome.

50+ to join - annual fee \$25

Questions? 403-949-3313

Email inquiries:

braggcreeksnowbirdsfellowship@gmail.com

MEET THE BEAVERS

TOBY DARRYL TESSA DENNIS SIMON



WE BRING YOUR LAND BACK TO LIFE!

- Winter mulching
- Fenceline and trail building
- Chainsaw & arborist services
- Pasture building & recovery
- Tree, stump & brush clearing

403-850-4888
DENNIS@BTMDEN.COM



Snowbirds Chalet is pleased to sponsor
Foot Care in the Creek
19 Balsam Avenue, Bragg Creek

CLINICIANS

Jill Read-Johnson C-Pod(1)
Certified Podologist International

Sheree Gorsline
Advanced Pedicurist



COST

\$40 Cash or Cheque



For clinic dates & appointments call
Jill directly at 403-861-1503

* Clients must provide their own
foot basin & towel

BENEFITS OF REGULAR PROFESSIONAL FOOT CARE

- Increase circulation
- Treat diabetic symptoms, cracks, dry skin, warts, corns, ingrown toenails, nail fungus
- provide gait analysis and referrals

ad space generously donated by
the High Country News



XC BRAGG CREEK SKI & BIKE SOCIETY

Our Non-Competitive Nordic Programs have begun. Bunnies, Jackrabbits and Rec skiers took to the trails early this month and have been having a blast.

XCBC's Bunnies Program is designed for the 5 year old child new to x-country skiing. The focus of this program is to ensure that children are comfortable moving on skis and having fun. Games are used to teach classic skill technique, improve balance and to incorporate fun into skiing.

Our Jackrabbits program is specially designed for 6-9 year old children. This course focuses on the fundamental skills of cross country skiing including movement on skis, downhill techniques and trail etiquette, safety, balance, agility and coordination. This is accomplished through both structured and less structured ski experiences in a positive learning environment.

Mark your calendars for next fall if you want to get involved in Bunnies or

Jackrabbits. Our Non-Competitive ski programs fill up fast! You can get early access to registrations by becoming an XCBC Member here: www.xcbraggcreek.ca/membership/

Our Competitive Nordic Athletes in our Nordic Ninjas and Club Racers Programs are gearing up for their first Alberta Cup Races in Canmore for the weekend of Dec 20. We wish them the best of luck.

Alberta Youth Championships

Planning is well underway for the Alberta Youth Championships (AYC). XCBC's big annual event will take place March 7 & 8 th in West Bragg Creek. Registration will open soon, check out our website for more info!

This is the premiere event for youth skiers, providing an opportunity for them to stay in camp over the weekend, meet new skiers from other clubs and compete for club pride in three different ski events. AYC is often the highlight of youth skiers' involvement in cross country skiing!

Skiers will arrive at Camp on Friday night, and be bussed out to West Bragg Creek Trails Day Use Area to compete in a classic Kings Court sprint race and dress-up relay on Saturday followed by a banquet, music and guest speaker back at camp. Sunday

features a wave start skate distance race and presentation of Club banners. Prizes are given for the top 10 finishers in each year of birth and every racer scores points for the Club aggregate awards We want to see as many XCBC skiers take on this challenge! Registration is open to any member of a club who is born in the years listed below. Skiers do not have to be in a competitive program, but racing experience is helpful.

Racing up is not allowed. Younger skiers will get their turn in the years to come.

Eligible age groups for males and females are:

- 2012 (U14)
- 2013 (U14)
- 2014 (U12)
- 2015 (U12)

Coming Soon:

XCBC's Spring Mountain Bike Registration will open in the new year. Join our Newsletter or

Become a Member to be the first to learn all about XCBC's exciting programs.





BRAGG CREEK WILD

Living in Grizzly Country: Why Coexistence Matters

The eastern slopes and foothills regions of the Canadian Rockies are key habitats for grizzly bears. These large mammals are not only powerful symbols of wilderness, but essential participants in the health of the surrounding ecosystem. As human-populated forest communities continue to develop and attract more people to explore the nearby woods, the question is not whether grizzlies belong here (because they do), but how can we ensure we are sharing this landscape safely and sustainably without further fragmenting their range?

A Keystone Species

Grizzlies are what ecologists call a keystone species: their presence makes the environment stronger, more diverse, and more resilient. One of the most fascinating ways they support the ecosystem is through their feeding and movement patterns. When grizzlies forage for berries, roots, and other vegetation, they spread seeds across huge distances through their scat, helping forests regenerate. In search of insects, their digging aerates the soil and creates small pockets where plants, insects, and small mammals can thrive. As predators and scavengers, they also play a role in population balance by ensuring no single prey species dominates and by reducing disease by consuming animal carcasses.

Effects of Population Decline

When grizzlies disappear from an ecosystem, the effects ripple outward in ways that may not be immediately apparent. Seed distribution declines,

which can lead to fewer berry-producing shrubs, affecting birds, ungulates, and even insects. Elk and deer populations may grow unchecked, causing overgrazing in sensitive areas. Over time, this can result in erosion, reduced forest regeneration, and the loss of biodiversity. In simple terms, when grizzlies vanish, ecosystems become less healthy, less balanced, and less able to adapt to change.

Human Threats

Despite their ecological importance, grizzly populations face multiple threats - many of them human-driven. Roads, railways, and trails fragment habitat, making it harder for bears to move safely between feeding areas. Traffic collisions kill more bears every year in the Rocky Mountains than predation or starvation. Human attractants such as garbage, pet food, fruit trees, improperly stored camping supplies and cutblocks can draw bears closer to areas where humans live and recreate, significantly increasing the risk of conflict. And in almost all conflicts, the bear pays the ultimate price. Human behaviour, such as hiking or jogging quietly on a forested trail, camping, hunting, or allowing dogs to run off-leash, can potentially put both people and bears at risk in this terrain. Grizzlies do not seek out confrontation, but like all wildlife, they will defend themselves, their cubs, and their food sources if surprised or threatened.

Living Together

Coexistence requires a shift from seeing safety as passive to treating it as shared responsibility. We can start by keeping attractants secure: locking up garbage, cleaning backyard fruit and vegetable plots and barbecues, feeding pets indoors, and following attractant bylaws. On the way to the trail, we can choose to travel together in vehicles and reduce the likelihood of collisions. While out on the trail, we can choose to travel in groups, make noise, carry bear spray, and keep dogs leashed



- simple steps that dramatically reduce the chance of a dangerous encounter in high-conflict zones. Respecting trail closures is equally vital; they exist not to inconvenience hikers but to protect bears by allowing them space to feed, mate, or raise cubs.

Education and Compassion

Grizzly bears are not intruders to the forest environment around us. They have been local inhabitants for thousands of years. Although there have been recent reports of grizzly attacks on humans, we do need to be mindful about their presence around us while considering to respect a landscape that remains wild, balanced, and ecologically rich.

Coexistence is possible

In fact, it is already happening. In pursuing a PhD in examining how grizzlies and humans share trails in the Banff, Kananaskis and nearby park regions, biologist and MLA Sarah Elmeligi reported that she has received numerous reports by area hikers of pleasant, non-confrontational bear encounters. So let's remain thoughtful, aware, and committed. When we protect grizzlies, we protect an ecosystem that sustains us all.

This article was thoughtfully developed by a local resident who volunteers with Bragg Creek Wild. If you would like to contribute an article or volunteer some time in areas that interest you, visit us at www.braggcreekwild.ca and become a member. It's free!



Gallop into the new year

Thanks for your patronage in 2025 and we look forward to seeing you again in the new year. We'll be taking a short break from Jan 1 and reopening Jan 21. In the meantime, stick to your new year's resolutions and get ready to saddle up once more for good times and great cuisine, the BavTav way.

75 White Avenue, Bragg Creek | 403.249.3632 | bavtav.com

THE
BAV
MOUNTAIN DINING

THE
TAV
MOUNTAIN DRINKING

AT THE BAVARIAN INN



Connection Continues with Wellness in Bragg Creek and Redwood Meadows

Connection can be as simple as a tin can telephone. It is a symbol of our shared commitment to listening and working together. Since September, two Tableside Talks have brought 41 residents, longtime locals and newcomers, around the table to share ideas for a healthier, more connected Bragg Creek and Redwood Meadows.

Participants agreed that these conversations deepened their sense of connection with neighbors and the community. Again and again, we heard that living in the trees, close to trails, and with wildlife is essential to our quality of life. We find joy in the sense of belonging, friendliness, and willingness to help that forms the foundation of life here. We're grateful to the artists and creative voices who enrich our community. We feel love

for our community and a genuine desire to continue to build a place where we are healthy and well together.

These conversations also revealed areas where we need to work together. Volunteers remain the backbone of local initiatives, yet many noted that "the same ones are doing everything." Burnout is real, and reliance on a few may prevent newcomers and younger residents from finding their way into volunteering. Communication gaps (especially the lack of a single reliable information sharing system) continue to hinder emergency response and deepen isolation. And we remain concerned about service gaps, including access to local primary health care and safe, year-round transportation for those without vehicles.

We have much to celebrate and much to address. As one participant put it: "Now to get it done..."

Themes and Next Steps

In a world that often amplifies division and fear, our work focuses on connection and collaboration by amplifying strengths and bridging differences. Since 2013, the Wellness Network has offered a meeting place for these conversations, and that work continues as we respond to what

you shared during Tableside Talks. Together, we identified four areas where collective action can make a difference.

- **Unified Communication:** Create a system to reduce event overlap, share volunteer opportunities, and provide essential newcomer information.
- **Safety & Resilience:** Build on existing emergency services, response planning, and FireSmart awareness while addressing critical gaps in communication infrastructure.
- **Wellness Across the Lifespan, Housing & Isolation:** Increase access to primary health care, diversify housing options, and improve safe, year-round transportation for those without vehicles.
- **Community Connection & Engagement:** Strengthen volunteer processes and engagement strategies to make participation easier and more inclusive.

To move forward, we invite community members to join thematic working groups. These groups will guide action and turn ideas into long-term programming and advocacy efforts. The building blocks are in place: people and groups are engaged, and with clear roles and communication, we



Traditional Tae Kwon-Do for a strong mind & body.

New Session Starts January

- Classes for kids (6+), teens, & adults
- Lil'Kickers (4-5 yrs) starts Feb
- Free trial class & family discounts
- Located at Redwood Meadows Community Centre

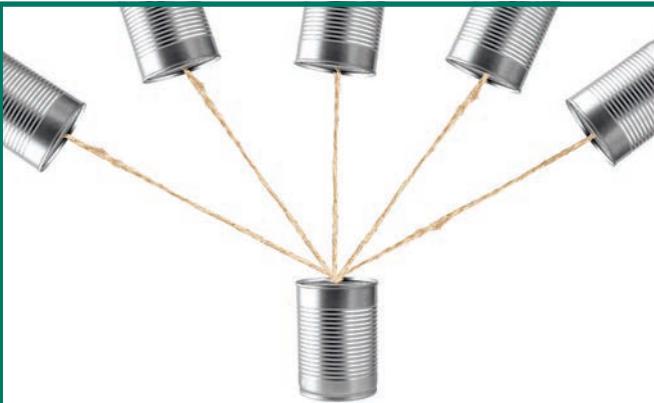
Celebrating 31 years!

JOIN US!

✉ redwoodtaekwondo@gmail.com
🌐 redwoodtaekwondo.com







A connected community matters

We invite community groups, residents, and agencies to join us in addressing health and wellness needs collaboratively. When one part of our community speaks, we all have a responsibility to listen and act. Together, we share our concerns and find resolutions.

The Wellness Network is here, and we're listening.



BRAGG CREEK & REDWOOD MEADOWS
WELLNESS NETWORK

Join the Community
bcmrwellness.ca

can continue moving toward a connected, healthy community for all.

Why “Community as Partner” Matters

Back in September, we shared a simple idea: every part of our community matters. Health and wellness aren’t shaped by one thing; they depend on many parts working together, like education, local businesses, safety, recreation, and health services. Picture each tin can in our metaphor holding one of these pieces, all tied together by the same string. When one part speaks, we all have a role in listening and acting together. This approach guides the Wellness Network as we work alongside you to strengthen connection and well-being.

The Wellness Network is here to listen and collaborate with you. The string that connects us is strongest when we all hold it. We’ll keep inviting community groups, residents, and agencies to join us in addressing health and wellness needs collaboratively. We’re proud of what we’ve built together and excited for what’s ahead. The Wellness Network is here, and we’re listening.

Want to learn more or join our next gathering?

Contact Shannon Parker and Sherry Grund at bcrmwellness@gmail.com or visit BCRMWellness.ca. We’d love to hear from you.

*Shannon Parker
Co-chair, Bragg Creek and Redwood
Meadows Wellness Network*

SEASONAL IMMUNIZATIONS STILL AVAILABLE

Start your year healthy
& stay that way.

Visit primarycarealberta.ca/immunize
or call **811** to book an appointment.



HIGH COUNTRY News

Check us out online:
highcountrynews.ca



HOT PRICES - GREAT WORK!

PEPPER®

403.888.2000 - HOTPEPPERFURNACE.COM

FURNACE & DUCT CLEANING & DISINFECTING



WCB LICENSED INSURED - SUPPORT YOUR LOCAL BUSINESS!



Finding Hope, Friendship, and Faith in the New Year: An Invitation from Bragg Creek Community Church

As another year begins, many in our community are reflecting on the year ahead and wondering what 2026 might bring. While every new year brings its share of change, opportunity, and uncertainty, one thing remains constant: we don't have to face any of it alone. At Bragg Creek Community Church, the message is simple—hope is real, friendship matters, and Jesus walks with us into every new beginning.

Hope is more than a wish for better days. It's a steady confidence that God is present, faithful, and already at work in our lives. As we step into the days ahead, the church encourages the community to lean into that hope—especially when life feels

unpredictable. In a world where so much changes, God's love doesn't.

Friendship and connection also play a powerful role in shaping our everyday lives. Bragg Creek Community Church believes that meaningful community is one of God's greatest gifts, especially in a time when many people feel isolated or stretched thin. Through shared meals, prayer, uplifting conversations, and simple acts of kindness, the church aims to create a place where people feel supported, welcomed, and genuinely known.

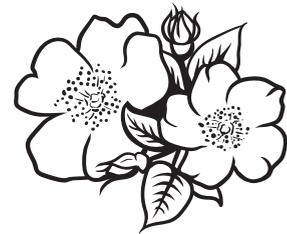
More than anything, this new year is an opportunity to grow closer to Jesus. Whether through reading Scripture, conversation, worship, or quiet reflection, spending time with Him brings peace, wisdom, and direction. For anyone searching for stability or spiritual renewal, Bragg Creek Community Church offers a gentle invitation to explore what a relationship with Jesus can look like.

Bragg Creek Community Church welcomes individuals and families of all backgrounds to join our services, gatherings, and community events. Whether you're new to faith, returning

after time away, or simply looking for a place to belong, you'll find a warm and friendly community ready to walk with you.

Bragg Creek Community Church
 Bragg Creek Community Centre, Bragg Creek, Alberta
 Sunday Services: 10:00 a.m.
 (everyone is welcome)
 Learn more: braggcreekchurch.ca
 Contact: Pastor Dave Zimmerman
braggcreekcommunitychurch@gmail.com

Start the new year with hope, community, and a renewed sense of purpose. Bragg Creek Community Church would love to meet you!



CANADIAN TAI CHI ACADEMY
 Health for Body, Mind, and Spirit

New Beginner Class in Bragg Creek

Weekly Class Starting January 2026
 Tuesday evenings 6:30 - 7:45 pm
 at Snowbirds Chalet, 19 Balsam Avenue

Demonstration & Registration
 6:30 pm, Tuesday January 20, 2026

First Class
 6:30 pm, Tuesday January 27, 2026



More Information:
 403-949-2933
canadiantaichiacademy.org



Bragg Creek Area Businesses:

Please Join Us
Last Wed of Each Month

For a FREE LUNCH
 The Hub - 7 Balsam Ave
 Bragg Creek Shopping Mall
 11:30am - 1:30pm

All Bragg Creek area business owners/operators welcome!




EXCAVATING
 Trenching • Backfilling • Grading • Gravel
 Road Maintenance

CIVIL & ACREAGE DEVELOPMENT
 Land Clearing • Road Design & Build •
 Foundation • Drainage • Pond • Dam &
 Retaining Walls • Rock Walls

UTILITY WORK
 Water & Sanitary System • Main &
 Distribution • Tank / Cistern • Gas &
 Electrical

BRAGG CREEK EXCAVATING
 403-949-2756 • 587-968-7720
info@braggcreekexcavating.ca



Happy New Year from the folks BCT

With another slide, glide and crunch underfoot on our beloved trails, Bragg Creek Trails would like to thank you all for supporting our efforts this past year through donations, volunteering or simply celebrating the outdoors with smiles and warm greetings along the way.

We were thrilled to see snow and early season grooming in early December, which lifted spirits and set the tone for a true ski season this year. A huge thank you to our grooming team for getting out there and completing the crucial base work. All grooming equipment is now fully operational, and we've been able to put our two new Skandic snowmobiles and the recently added enclosed cab tracked Bobcat UTV to good use.

Another reason to celebrate was our highly successful Giving Tuesday fundraiser held in the first week of December. Thanks to our Trailblazing donor, Cavy Energy, and

our long-time partner, the Rocky Mountain Charitable Giving Fund for their generous matching donations of \$14,000 each. And a huge thank you to everyone who contributed. Together, you helped raise a remarkable \$83,519.05. We know there are many worthy organizations seeking support, which makes your generosity even more meaningful to us.

These funds will directly support trail maintenance and repairs, winter grooming operations, multi-use trail improvements, wildlife monitoring and stewardship, community programs and more.

While I have my fundraising hat on, I'd like to share that BCT's Fundraising Committee is actively seeking additional members to join the team. We know there are creative and inspiring ideas waiting to be explored. If you'd like to contribute your ideas or time, please reach out to volunteer@braggcreektrails.org

I would be remiss if I didn't acknowledge the passing of one of our treasured Board members, Jamie Mackie, who succumbed to his advancing Parkinson's Disease on December 2. Jamie was a valued member of the Board for the past three years and also led the exciting new Trail Centre Project, currently in the planning stages. While

this work will continue in his absence, his financial support for the project will significantly contribute to his lasting legacy of generosity, leadership, and love for the trails.

Jamie was a lifelong user of the West Bragg Creek trails, and this project resonated deeply with both him and BCT's vision of providing accessible amenities for all Albertans at the West Bragg Trailhead. For those of us fortunate enough to have shared his orbit, Jamie requested that any memorial donations be directed to the BCT Trail Centre Project (info@braggcreektrails.org) or to the Hotchkiss Brain Institute, University of Calgary (hbi.ucalgary.ca/donate).

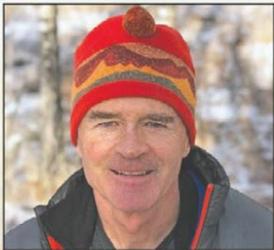
BCT wishes you all a safe and happy year ahead.

See you on the trails.

Con Schiebel
BCT President

James Mackie

May 20, 1953
December 2, 2025



\$83,519.05

Giving Tuesday with Bragg Creek Trails Association





Bragg Creek Insurance Services & Registries Office

<p>Insurance Services Include:</p> <ul style="list-style-type: none"> Home & Farm Automobile Commercial Travel Specialty 	<p>Registry Services Include:</p> <ul style="list-style-type: none"> Motor Vehicles Corporate Services Land Titles Vital Statistics Alberta Health
--	--

1 River Drive S, Box 537 • Phone 403.949.2599 • Fax 403.949.5646
www.braggcreekinsurance.ca



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



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

403.949.3442 | info@exteriormaintenance.ca
exteriormaintenance.ca



There's an estimated 3,500 volunteer-driven fire departments in Canada, staffed by over 125,000 firefighters. As a volunteer-driven organization, Redwood Meadows Emergency Services (RMES) responded to 400 calls for help in 2025.

Every year, Canadian firefighters are injured or killed in the line of duty. This month, we're giving some tips to protect your volunteer firefighters and our partners as we do our work.

SLOW DOWN. AND THEN SLOW DOWN SOME MORE: One of the most dangerous parts of our job is doing traffic management at motor vehicle accidents. When you see emergency vehicles on the highway, slow down well in advance. The slower the better when we have team members on slippery highways and focused on quickly grabbing equipment from trucks! Follow the directions of the first responders. Don't stop to take pictures (we aren't that good looking!). Focus on your own safe driving. Resume speed only when you are well clear. Treat every firefighter you see working on the highway as a family member, neighbour or friend – because we are all of these to someone in the community.

MOVE OUT OF THE WAY – IT'S THE LAW: When you see the big red trucks heading to someone else's emergency with lights flashing, pull over to the right side of the road and STOP, until the emergency vehicle passes. Once the truck passes, check your mirrors to ensure more emergency vehicles aren't following before resuming speed.

KEEP YOUR DRIVEWAYS AND PATHS CLEARED OF SNOW AND ICE: Sliding is fun on sleds and skates in the winter, but not down snowy driveways in firetrucks or while carrying emergency gear. If you know of a neighbor with mobility issues, be a snow angel and help them keep their paths clear of snow and ice.

Until next month, stay safe!



THE LITTLE SCHOOLHOUSE

Happy New Year! We are excited to welcome a fantastic 2026 at The Little Schoolhouse! This month, our classes will celebrate winter and all the fun it brings. Our students will explore topics such as snow, the Arctic, and how winter animals survive the cold through stories, songs, interactive activities, outdoor exploration, and crafts!

We're pleased to announce that Kindergarten and Preschool registration for the Fall 2026-27 school year will begin at the end of this month. We will host an Open House for potential families and students on Friday, January 23rd, from 4:00 PM to 6:00 PM. This is a great opportunity to tour our school, learn about our wonderful programs for preschool and kindergarten-aged children, and meet the teacher and The Little Schoolhouse team members.

Registration will officially open on Monday, January 26th, and registration forms will be available on our website starting that date. For more information about our school, please visit www.thelittleschoolhouse.ca.

We would love for you to join our amazing community! Wishing you all a wonderful and happy 2026!

Ms. Shelley and The Little Schoolhouse Team



HIGH COUNTRY News

Check us out online: highcountrynews.ca



Meals for Your Freezer coming to Bragg Creek in January

In collaboration with the Bragg Creek Snowbirds, Cochrane Family and Community Support Services (FCSS) is expanding the Meals for Your Freezer program to have a pick up location in Bragg Creek.

For more information or to view the menu, visit www.cochrane.ca/foodprograms or call **403-851-2250**.

Meals: \$6.50 each
Soup: \$5 each

Renal, dairy and gluten free options available



CRABAPPLE COTTAGE



The New Year Begins with You!

Let's Celebrate Together!

SALE-ABRATE the NEW YEAR!

Up to 70% off!

50% off SELECT TRIBAL STYLES

Tribalize Yourself!

Last Chance!!

open daily • 403.949.4264

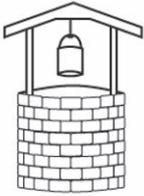
The Old West Mall • 2-27 Balsam Ave, Bragg Creek
www.crabapplecottage.ca



Follow Us. Feel Good.

@crabapplecottagebraggcreek





WELL OWNERS



ARE YOU NEGLECTING YOUR WATER SYSTEM?

Standard Water System Maintenance Schedule:

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

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

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

SIGN UP NOW by emailing info@acreswest.ca

Local family owned business for over 27 years.



29 years in Business

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



**ACRES WEST
WATER**

YOUR WATER TREATMENT EXPERTS

www.acreswest.ca

403-931-3733



HIGH COUNTRY RURAL CRIME WATCH ASSOCIATION

The Theft of David -----field

Recognize the name in the title? Congrats if you determined the “Copper” is missing. The commodity is being stolen and is increasingly being stolen. (FYI David Copperfield was a novel by Charles Dickens written in 1850 and is often thought to be semi-autobiographical.)

Copper theft is on the rise in Alberta. What follows is a discussion of the practice and what you can do about it. Most of the article below is taken directly from the Alberta Rural Crime Watch Association website.

Copper is disappearing from yards and construction sites overnight. Reports of stolen copper have surged throughout 2024 and into 2025. Copper theft isn't just about missing wire or damaged equipment. When thieves get away, you're left with costly repairs, disruptions that shut down operations, and communication outages that leave families and businesses disconnected when they need it most.

It seems like no sector is immune to this growing problem. But organizations are mobilizing, and you can take action to prevent copper theft in Alberta.

Why is copper theft booming in rural Alberta? High resale value drives much of the criminal activity. With copper prices soaring, thieves are getting a good return from scrap metal they've stolen.

People are facing an economic downturn and rising living costs. When people are desperate, copper theft can seem like an easy solution to immediate financial problems.

Also, once copper is stripped from its original location and sold, it becomes nearly impossible to trace. The lack of surveillance in remote rural areas means thieves often operate with little fear of being caught in the act.

Thieves are targeting copper from rural items such as farm and construction equipment, oilfield sites, grounding wires on power poles, and from visible copper lying around the farm or acreage. An emerging trend has seen criminals targeting rural broadband infrastructure and even solar farms. As renewable energy

ABSOLUTE
Pest Control

Pest Free Living, Stress Free!

Residential and commercial services that can be customized to suit your specific needs and property.

Mention this ad for \$15 off your first service!

(403) 238-7400 info@apcpestfree.com www.apcpestfree.com

installations expand across rural Alberta, they've become new targets for metal thieves.

Thieves are also stealing other metals for resale, including aluminum, brass, and steel components used in telecommunications, plumbing, and agricultural equipment. Catalytic converters are a big target for thieves as they contain precious metals such as platinum, palladium, and rhodium.

Law enforcement has stepped up efforts to combat copper theft through different tactics, including bait equipment, plainclothes investigative units, and High-Altitude Surveillance Planes (HASP) to catch criminals in the act. The RCMP have also increased patrols and surveillance targeting scrap facilities and areas with ongoing thefts.

Partnerships with local utilities, municipalities, and Crime Watch groups have improved early reporting systems, while increased coordination with recyclers helps track and trace high-volume metal sales.

The Scrap Metal Dealers and Recyclers Identification Act, which requires proper ID and traceability for sellers, has also made it more possible to legally apprehend offenders. Property crime units are making targeted arrests and building cases against repeat offenders.

Public awareness campaigns focus on knowledge sharing with communities and collaborating with Rural Crime Watch to educate the public and encourage tip submissions that help solve these crimes.

Things you can do as a property owner are the usual things you would do to keep anything else from being stolen. Have a locked gate, install driveway sensors, keep things/equipment locked up, don't leave visible copper lying around, install motion sensor lighting, have a dog(s) and have security cameras with visible signage to deter thieves.

The key is creating multiple layers that make copper theft more difficult, riskier, and less profitable for criminals.

The cost of copper theft extends beyond property loss. When criminals damage electrical infrastructure, they create public safety risks that range from a single live wire to community-wide power disruptions. The economic impact ripples through local businesses, farms, and essential services.

As usual, follow the Rural Crime Watch practice of Observe, Record and Report. If you witness suspicious activity or have information about copper theft in your area, contact the RCMP through their non-emergency line at 310-RCMP (310-7267).

A related interesting fact is that the Canadian one cent piece (the “penny”) was 98% copper until 1997 when the copper content shrunk to 1.6%. The balance was zinc. Only a “whisper thin” plating of copper covered the zinc. In the year 2000, zinc was replaced by a core of steel with a small percentage of nickel. Interestingly, the copper coating increased to 4% to give it extra corrosion resistance. In 2012 the Canadian Mint permanently stopped making the one cent coin.

Dave Schroeder - HCRCWA Board Member



Hodgins Art Auctions, incorporated in 1983, handles the appraisal & sale of Fine Canadian & Western Art.

The HodginsHalls Auction Group offers the best of both worlds: a traditional bricks and mortar auction house, with all the benefits of the internet and web marketing.

We market your collections to an international network of collectors, giving you the best opportunity to maximize return.

Whether you want to sell an entire collection, or considering only parting with a few items, we welcome you to contact us.



DISCOVERY & INUIT ART: January 26th

DECORATIVE ARTS, ASIAN ARTS & JEWELLERY: January 27th

INUIT & NORTHWEST COAST ART: February 22nd

HODGINS WINTER FINE ART: February 23rd



HODGINSAUCTION.COM

403-252-4362



Founded in 1979, Hall's Auction is your trusted source for buying and selling fine antiques, wines & spirits, and other collections of value.

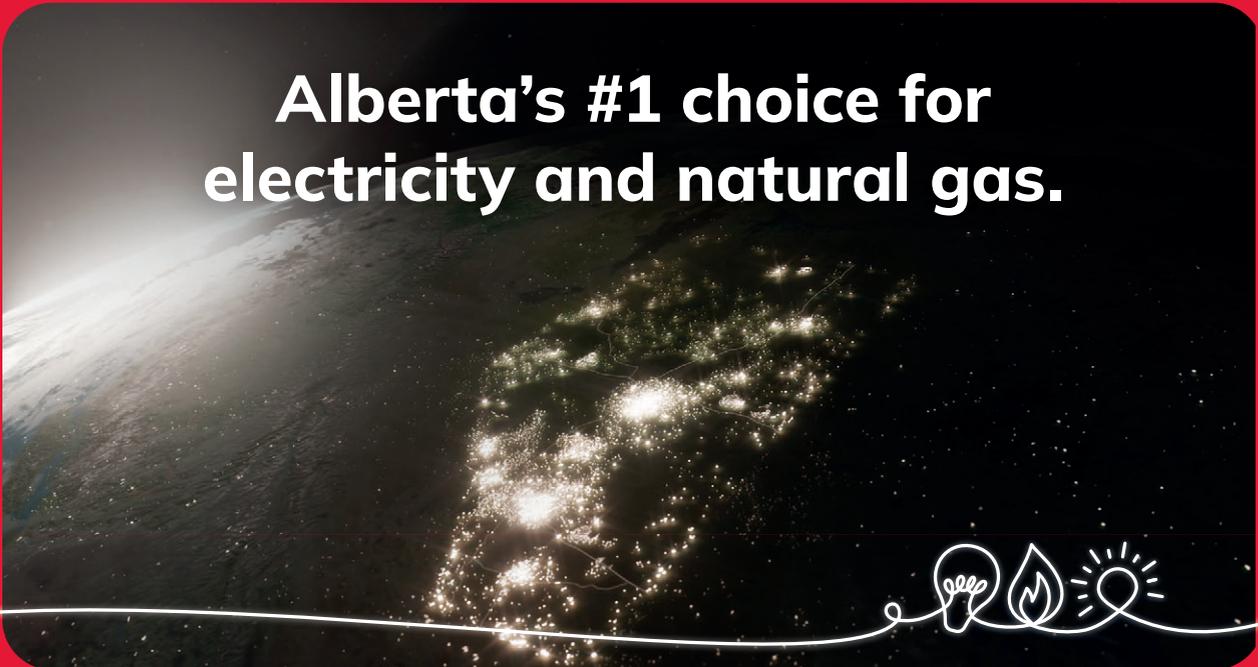


Maud Lewis
"Winter Landscape with Covered Bridge and Sleighs" 1966

HALLSAUCTION.COM

403-640-1244

Alberta's #1 choice for electricity and natural gas.



electricity | natural gas | solar easymax.ca | 310-6010

Terms and conditions apply.

easymax
by ENMAX Energy



SHEEP RIVER LIBRARY

Discover a season of learning and fun with our exciting lineup of winter/spring 2026 programs. A full listing is in the program pages in this issue and on our website. If you have ever wanted to take a self defence class, but don't want to go all the way to Calgary, we have the classes coming to you! A combination of lecture and hands-on practice will focus on situational awareness and practical tactics that can help you to stay safe. Classes are open to everyone, 13 years and over for the low cost of \$25. There are three two-class sessions. All classes run from 2:00- 4:00 pm. Saturdays, January 17 and 24 are for those with mobility issues and/or seniors; Sundays January 18 & 25, or February 1 & 8 for those 13+ with no mobility issues. Registration is required.

Another new class this winter is Fabric Ice Dyeing which is a fun way to make the most of the snow that insists on falling upon us. We have some old favourites returning such as Making Sourdough Bread, Painting Your Way and Ukelele Happiness. Our Emergency Preparedness series returns in May with talks on Wildfires and FireSmart, Flooding and Floodplain awareness, Communications and Evacuations, Insurance and Crime prevention.

Don't forget to join us for our special events such as An Evening with Arctic Explorer John Dunn on Wednesday, April 1 at 7:00. John is a photographer and wilderness traveller with a passion for the Arctic and sharing his images and experiences with a wide range of audiences. John has planned and completed over 30 Arctic expeditions totalling some 1200 days in the field, including 13,500 km of sled-hauling.

Our Celebration of Black Voices takes place on Saturday, April 18, beginning with a talk from poet, playwright and educator, Bertrand Bickersteth at 10:30 am. The afternoon session is a special Hollywood Got it Wrong presentation by African Studies professor, Motilola Akinfemisoye-Adejare who will take on depictions of African culture in the movie Black Panther. A lunch will be served between the two sessions.

Along with the African Studies Professor, we have five more professors/experts from the following disciplines: history, psychology, science, a publisher, and a commercial pilot for the Hollywood Got It Wrong sessions in March and April. More details regarding the movies they will take



ECOWATER®
S Y S T E M S



Your Water. Perfected.

EcoWater Systems Calgary

Your Trusted Water Treatment Professionals

- Water Softeners
- Reverse Osmosis Systems
 - Iron Filters
 - H2S Removal
- Chlorination & Hydrogen Peroxide Systems
 - Ultra Violet Disinfection
- Whole Home Reverse Osmosis
 - Heavy Metal Removal
- Cisterns & Repressurization
- Service to Most Makes and Models

Canadian Water Quality Association Certified
and Factory Trained Technicians

Call 403-238-1950 or
email info@ecowatercalgary.ca to find the
right water solution for your needs!

ecowatercalgary.ca

on and their bios are on our website. Dates and times (eventually) can be found there as well as in the program pages in this issue of the High Country News.

We are thrilled to be hosting the Vested Interests Climate Change Fashion Show on Sunday, February 22 at 2:00. Join us for a fun, entertaining, informative and a little bit quirky fashion show of garments with original graphics telling stories of climate change.

Miserable Millennials starts the year with a Pizza Party on Friday, January 30 at 6:30. If you are roughly 29-42, you are welcome to come along. You are encouraged to pre-order pizza choices online. Minimum recommended donation is \$3 per slice.

A quick glance through the program pages shows that we have a lot on offer for children. Important events to note are the Lego competition (February 7), Science Fair (March 7) and Reading Dragons game nights (last Wednesdays). The Future Minds Science Club is a new program taking place on the third Saturday of each month starting January 17. Each session will explore new themes in science, technology, engineering, art and math.

Registration for most programs is open now on our website or in person at the library.

For links to the programs in this article visit sheepriverlibrary.ca/news



Sheep River Library 2026 Winter/Spring Programs

Mind and Body

★ Sound Bath

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



Select Fridays, dates online, 7:00

Meditation Circle

We are a group of open-hearted folks who gather with a shared intention to cultivate happiness and wellbeing within ourselves and our world. We seek to develop experiential wisdom and more skillful living by practicing present moment awareness.

Tuesdays, starting January 6, 9:30

★ Painting Your Way

All classes will focus on composition, colour mixing and how to use paints, tools and media. Work on your own projects. Individual help provided. Instructor: Vivian Wiebe
Cost: 10 half days - \$190 or 10 full days - \$380



Wednesdays, April 22 - June 24
10:00-12:00 & 1:00-3:00

☰ Making Sourdough Bread

See and taste the sourdough experience at various stages of what is usually a 18-24 hour process. Sourdough starter provided at the first class. Second class is to taste your bread!



Tuesday, February 17 & 24, 7:00

★ Fabric Ice Dyeing

Create unique, fluid, and marbled patterns on fabric by using powdered fiber-reactive dyes on top of ice, which slowly melts and spreads the colour. \$20 for cost of materials. Participants need to bring 2 canning jars with tight lids.
Facilitator: Melanie Rudy

Saturday, January 17, 11:00-1:00

☰ Lies, Deception, and Propaganda

Learn to recognize the techniques that unscrupulous individuals have used to manipulate the masses through the ages. Learn about tools to help you recognize AI and deceptively created online content.
Facilitator: Cheryl Bain. Age 16+.

Thursday, June 11, 7:00

☰ Study Skills for High School Students

Study environment tips, time management, note-taking, what “read this part of the textbook” means, review strategies for before and after a test, and test-taking skills for grades 9-12. Instructor: Cheryl Bain

Saturday, February 21, 1:00-2:30

★ Adult Children and Aging Parents

An interactive workshop navigating the issues surrounding aging parents. Suitable for senior parent and/or adult child.

Saturday, May 23, 2:00

★ Free Legal Clinic: Divorce/Family Law

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

Saturdays, 10:00

★ Basic (Emergency) First Aid

This one-day course covers what to do in life threatening circumstances. Instructor: Deanna Hintze. Cost: \$110 + GST

Saturday, February 14, 9:00-5:00

★ Intermediate (Standard) First Aid

This two-day comprehensive program covers first aid care that builds on Basic First Aid.

Instructor: Deanna Hintze. Cost: \$125 + GST

Sat & Sun, February 14 & 15, 9:00-5:00

★ Intermediate (Standard) First Aid / Recertification - Blended

This Intermediate First Aid course is delivered as an online course with an in-person skills day.

Instructor: Deanna Hintze. Cost: \$125 + GST

Sunday, April 19, 9:00-5:00

★ Self-Defence Classes

A combination of lecture and hands-on practice will focus on situational awareness and practical tactics that can help you to stay safe. Open to everyone, 13 years and over. Cost: \$25

For those with mobility issues and/or seniors:

Saturdays, January 17 & 24 2:00-4:00

For those with no mobility issues:

Sundays, January 18 & 25, 2:00-4:00

or Sundays, February 1 & 8, 2:00-4:00

Ukulele: Happiness Fix

Drop in with questions about music or ukulele, one-on-one or listen to others' questions. Bring your instrument, ukulele or otherwise.

Saturdays, January 10 - February 14, 3:00-4:30



Sheep River Library 2026 Winter/Spring Programs

Celebration of Black Voices

Morning Session: Bertrand Bickersteth is a poet, playwright, essayist and educator born in Sierra Leone and raised in Alberta. He teaches at Olds College and writes about Black identity on the Prairies.

Saturday, April 18, 10:30

Lunch will be provided between Bertrand's talk and the Hollywood Got It Wrong movie/talk.

Afternoon Session: Motilola Akinfemisoye-Adejare (African studies professor) vs. *Black Panther*.

Saturday, April 18, 12:30

An Evening with an Arctic Explorer

JOHN DUNN, a photographer and wilderness traveller with a passion for the Arctic shares his images and experiences with a wide range of audiences. John has planned and completed over 30 Arctic expeditions totalling some 1,200 days in the field, and 13,500 km of sled-hauling.

Wednesday, April 1, 7:00

Hollywood Got It Wrong

Have you ever watched a movie and thought *that can't be right*? We have asked several experts to let you know if your gut feeling was correct. Using their professional experience and knowledge they will let us know: what the film got wrong, what they got *almost* right, and what (if anything) they got right.

If you need to re-watch the movie, we will screen it just before the talk. There will be a brief break between movie and talk.

Bring your own popcorn and willingness to learn!

For more information, exact times, and sign up visit <https://sheepriverlibrary.ca/Programs/Events-Exhibits-Displays/Hollywood2026>

Doug Robertson (commercial pilot) vs. *Sully*
Saturday, March 14

David Clemis (history professor) vs. *The Crucible*
Saturday, March 21

Carrie Scherzer (psychology professor) vs. *Eddie the Eagle*
Saturday, March 28

Margaret Curelas (publisher and writer) vs. *Miss Potter*
Saturday, April 11

Celebration of Black Voices: **Motilola Akinfemisoye-Adejare** (African studies professor) vs. *Black Panther*
Saturday, April 18

To be announced: Saturday, April 25



Emergency Preparedness & Personal Safety

Wildfires & FireSmart

Residents will learn about how wildfires behave and what practical FireSmart steps they can take to protect their homes and property.

Monday, May 4, 7:00

Flooding & Floodplain Awareness

A broad overview of Diamond Valley's flood risk profile and the factors that influence seasonal water levels in our region.

Wednesday, May 6, 7:00

Communications & Evacuations

Knowing how an evacuation unfolds—and how emergency information is communicated—helps reduce stress and confusion when it matters most.

Saturday, May 9, 1:00

Exact dates and details for additional talks about **insurance** and by the **RCMP on crime prevention** will be announced in February.



Sheep River Library 2026 Winter/Spring Programs

Vested Interest - Climate Change Fashion Show

Join us for a fun, entertaining, informative and a little bit quirky fashion show of garments with original graphics telling stories of climate change.



Sunday, February 22, 2:00

Clubs & Groups

Library Drumming Circle

Come with open minds and hearts as we draw on our own natural rhythms and have fun making music together. Registration recommended. For ages 6+. By donation

2nd Fridays starting January 9, 7:00

Poetry by the Fireside

Friendly wordsmiths meet to read the works of published poets and to share their own work. A voluntary monthly writing project is offered. Facilitator: Doris Daley

Last Thursdays, 10:30

Valley Writers' Group

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

2nd Tuesdays starting January 13, 6:30



The Diamond Valley Book Club

Book selections will be posted at the library and on the library website.

2nd Tuesdays starting January 13, 1:15

Conversational French

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

2nd Thursday, 3:00

Knitting Circle

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

Tuesdays, 10:00



* : Registration required

 : Registration recommended

Sew and Craft Together

Sewers and crafters are welcome to come and create together.

Tuesdays starting January 6, 6:00

Miserable Millennials

Meet a group of people aged roughly 29-42 for board games, Nintendo Switch, and/or conversation.

Last Fridays, 6:30

Career Development with MCG Careers

One-on-One Consultation

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



Technology Classes

* Digital Photography Scanner

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

* Podcast Production

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

E-Reader Support

Need help downloading e-books onto your e-reader? Call 403-933-3278 to make an appointment.

Most Fridays, 2:00-4:00



Tech Talks

Tech Talk classes will return in **the spring**. Check the website for specific dates and times.

* Tech Talk Café

Bring your own device and bring your questions.

* Tech Talk Beginner

Bring your own device or borrow a laptop from the library to learn the basics of using it. Cost \$60 (Fee assistance available)

* Tech Talk Plus

Bring your own device and build on your skills to get your device working for you. Cost \$60 (Fee assistance available)



Sheep River Library 2026 Winter/Spring Programs

Pre-school Programs

Parent/Caregiver must accompany children

Parents' Coffee/Playgroup Time

Parents of young ones are invited for fellowship, coffee, snacks and playtime for your little ones. Drop in. Facilitator: Tanya Keller

Mondays, starting Jan 5. 10:30-11:30

**Register for the following six programs at:
www.greaterfoothillsfamilycentre.ca**

* Zumbini (Offered in three time slots)

This is a child-focused journey into the world of music, movement and dance. Designed for children 0-4 years old and their caregiver, this program includes dancing, singing and playing instruments. The caregiver must be prepared to participate.

Thurs, Jan 15-Feb 19. 9:30 or 10:30 or 11:30

* All About Winter-Outdoor



Embark on a journey of snowy fun and discovery. Activities filled with laughter, learning, and winter magic!

Thursday, Feb 26, 9:30 or 11:00

* Wee Imagine

Who doesn't love a great book? We've picked some favourites to share and explore. Each week there is a new book and fun activities.

Thursdays, March 5-26, 9:30 or 11:00

* Preschool Prep

Come join us for this fun, interactive program designed to get your little one ready for their new adventure to preschool. Explore letters, numbers, colours, shapes, dates of the week, and more! Our focus will be on building numeracy, literacy and social skills through songs, crafts, games, and activities.



Thursdays, April 2-30, 9:30 or 11:00

* Little Gardeners

Spring is here and your child can experience the wonder of growing things in the budding world around them. Children will be able to dig, plant, and nurture their own plants as well as explore the growing season with related art and play activities.



Thursdays, May 7-28, 9:30 or 11:00

* Little Explorers

The Little Explorers program will provide children with the opportunity to connect with the natural world through hands-on outdoor activities. Dress for the weather and outdoor play. Location: Riverside Park

Thursdays, June 4-11, 9:30 or 11:00

Nature Pathfinder

This club aims to connect youth in Grades 3-5 to their local landscape through engaging activities, experiential learning and adventure.

* Conservation Caper - \$55 + GST

Test your animal tracking abilities and investigative skills during this interactive "Whodunit" experience.



January 20 (Library): Participants will solve a conservation crime scene. Hone observation and investigation skills with activities exploring fingerprints, graphology and hair samples. 4:30-6:30.
January 24 (Gray Park): Using newfound knowledge about animal tracks, students will build their case until a culprit is finally found. 1:00-4:00

* Junior Interpreter - \$55 + GST

Over the course of this session, participants will learn the art of interpretation while using their passion for art, music, or drama to create an interpretive piece for the Gray Park Area.

March 17, 24 (Library): Participants will be guided to develop their own nature-based interpretive presentation individually or in groups. 4:30-6:30.
March 28: Park Performance. Junior Interpreters will stage their interpretive presentation for friends and family. 1:00.

* A Walk in the Watershed - \$55 + GST

May 19 (Library): This will be an action-packed session on water-based labs and activities to understand the inner workings of our water systems. Post-adventure, you will come away with a better understanding of the Sheep River Watershed. We will use this to explore our connection to water through art and writing. 4:30-6:30



May 23 (Gray Park): Learn about riparian ecosystems in our watershed first-hand by experientially exploring Gray Park. 1:00-4:00

* : Registration required

☰ : Registration recommended



Sheep River Library 2026 Winter/Spring Programs

★ Kananaskis Kids' Choir

This program will include music education, fun games, songs and performance opportunities. Program runs for 8 weeks. Minimum 10 kids. Choir Director: Renee Boehmer. \$35/month
Fridays, starts Feb 27, 3:45

art adventures

(Ages 5-9 years. \$50/ child per program)

★ Snow Monster Studio

Sparkling castles, frosty architecture and snow monsters. 
Saturday, January 24, 10:30-2:30

★ Pop Art Valentine Party

Bright colours and bold patterns meet Valentine fun.
Saturday, February 14, 10:30-2:30

★ Mini Masters Art Day

Learn about famous artists—kid style.
Saturday, March 14, 10:30-2:30

★ Garden Gnomes & Mushroom Magic

Whimsical garden critters and enchanted fungi.
Saturday, April 25, 10:30-2:30

★ Under the Sea Art Adventure

Dive into ocean creativity. 
Saturday, May 9, 10:30-2:30

★ Art Safari

Wild animals, bright colours, and adventure.
Saturday, June 13, 10:30-2:30

Details on projects and activities for each session can be found at sheepriverlibrary.ca



Explore the exciting worlds of Science, Technology, Engineering, Arts and Math through dynamic and interactive sessions. Cost for 10 class session \$150 per student.

★ Level 1: Robotics Olympics: Code, Build, Compete

Welcome to the ultimate tech-powered challenge arena! In this high-energy club, young innovators will dive into the world of robotics using Ozobots, Spheros, and LEGO Spike kits. Each week, students

will design, build, and code their way through sports-themed engineering missions—from robotic soccer to obstacle course relays.

Goals: Build foundational coding skills, strengthen spatial reasoning, and foster resilience through playful competition.

Technology used: Ozobots, Sphero robots, LEGO Spike kits, block-based coding apps.

Thursdays, Jan 15- Mar 26, 5:00-6:00

★ Level 2: Code & Create: 3D Games & Animations

In this design-forward club, students explore the exciting intersection of coding and 3D modeling. Using Scratch and TinkerCAD, they'll create interactive games, animated stories, and digital art that bring their ideas to life.

Goals: Strengthen intermediate coding logic, introduce 3D design principles, and encourage creative expression through technology.

Technology used: Scratch, TinkerCAD, tablets or Chromebooks.

Thursdays, Jan 15- Mar 26, 6:00-7:00

★ Level 3: Pro Gamers' Team Challenge: Strategy, Leadership & eSports

This isn't just gaming—it's a high-energy, team-based challenge where strategy, communication, and leadership take center stage. In this competitive club, students collaborate in popular multiplayer games like Minecraft, Roblox, and Fortnite, rotating through structured challenges that emphasize teamwork, adaptability, and digital citizenship.

Goals: Strengthen leadership, critical thinking, and social-emotional intelligence through structured, cooperative gameplay.

Technology used: Minecraft Education Edition, Roblox Studio, Fortnite Creative Mode, and other age-appropriate, team-based games selected based on student interest.

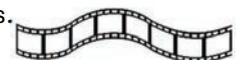
Thursdays, Jan 15- Mar 26, 6:00-7:30

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

Questions? steam@diamondvalleyyouth.ca

PD Day Movies

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





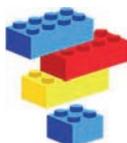
Sheep River Library 2026 Winter/Spring Programs

Lego Competition

Join us for a day of fun and excitement! Test your Lego building skills by entering to win prizes.

Rules

- No kits allowed. Must be an original creation
- No adult submissions
- Must be able to be moved
- Maximum base dimension 10"x10"
- Entry form available on library website



Theme: Myths and Monsters

Bring an ancient legend to life brick by brick or invent an entirely new monster or legend. Think fire-breathing dragons, towering giants or mysterious sea creatures.

Divisions:

Will be determined by age. 1st, 2nd, and 3rd prizes for each age category.

Drop off submissions on Feb 6, 10:00-7:00

Winners will be announced **Saturday, February 7**

(exact times will be posted on our website).

FUTURE MINDS SCIENCE CLUB



★ A hands-on, minds-on program for young innovators ages 7-12. Each session explores new themes in **Science, Technology, Engineering, Art and Math**. Kids will build, experiment, design, test, and discover in a fun, supportive environment.

Third Saturdays, 10:00-12:00

SCIENCE FAIR

Come view all the entries and winners in our first annual science fair. Entries on display until 4:00.

Saturday, March 7, 10:00-4:00

Teen Events

Coffee & Cram

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

Movie Night and Premiers

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

Study Skills for High School Students

Study environment tips, time management, what "read this part of the textbook" means, note-taking, review strategies for before and after a test, and test-taking skills for grades 9-12.

Saturday, February 21, 1:00-2:30

Reading Dragons

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



Game nights on last Wednesdays at 4:30.

Community Group

Legendary Leos

This group of community-minded junior Lions meets twice a month at the library.

Facilitators: Tim & Keri Beer

Second & Fourth Tuesdays 6:00

Leos Cubs

For elementary and preteens

Facilitator: Diane Bray

Fourth Tuesdays, 5:00

REGISTER NOW

To register, please contact the library:

- Online at sheepriverlibrary.ca
- Phone: 403-933-3278
- In person: 129 Main Street NE, Diamond Valley

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

★ : Registration required

☰ : Registration recommended



SQUARE BUTTE COMMUNITY

Happy New Year from the Square Butte Community Association!

We ended the year at Square Butte Hall with a super fun masquerade themed New Year's Eve party. Alicyn Campbell & Band kept people two-stepping late into the night and our generous community donors came together to provide some over-the-top prizes valued at over \$1200. The "Best Ladies Mask/attire" prize was sponsored by SpineSurfer.ca, Bohemia, Little Black Dress, Bluerock Gallery, Luxe Nail Bar and Sweet Briar. The "Best Gentleman's Mask/attire" prize was sponsored by Rona, Diamond Valley Barber Co. & Marshall's Country Store. The "Best Couple" prize was given a generous sleigh ride donation from Anchor D Guiding & Outfitting, plus contributions from Westwood, Bohemia, and Eco Liquor. We are fortunate to be surrounded by such an amazing community. The local businesses and volunteers who come together and dedicate the time and resources for community events are the reason our rural community is alive and thriving. We would like to say a huge thank you to everyone who contributed to making the New Year's Eve event a success.

Looking ahead to the coming year, we are eager for community members to join the Association. Our rental team is needing support after we bid farewell to Lisa Lloyd. Lisa has been invested in not only our Association but the greater community for years. Her energy, ideas and wisdom will definitely be missed. Loreen Mazur has stepped in to fill her shoes, but we desire to create a dynamic duo in the rental team area. And if you have a secret love for spearheading fundraising initiatives we would be more than happy to make room at our table! At the cornerstone of every community is a great group of people and in 2026 we'd like to challenge you to be one of them!

Happy New Year... we wish you nothing but blessings for 2026!

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



LONGVIEW LIBRARY

Our little library is beautifully decorated for the festive season. Even if you don't need a book, drop by to see it.

Lynda, our librarian, has started pulling the leveled readers to a section of their own. This will make choosing books easier for parents. A Gingerbread Man scavenger hunt is set up for the holiday season.

The library will be closed from the 22nd of December to January 6th.

If you are looking for a book to curl up with on the cold winter nights, *The Good Left Undone* by Adriana Trigiani will fill the bill. Trigiani is a novelist, producer and film director. It is an historical fiction about a large Italian family, their loves, losses and brutal treatment by the Germans in World War 1. It takes place in Italy, France and Scotland.

Merry Christmas and a Happy New Year to you all from the Library Board and staff.

Sylvia Binkley - sliv@telus.net



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 January 13, 2026 at 7 pm. We will be having a roundtable interactive discussion on the Successes and Challenges of gardening in the Chinook zone.

New members always welcome at our upcoming meetings:

February 10, 2026 - All about seeds. Bring your favorite seed catalogue to share with club members. We have Richter's herbs, West Coast seeds and Vesey's catalogues so far.

March 10, 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

SAVE THE DATE
DeWinton Community Association's
ANNUAL GENERAL MEETING
is at 7pm
January 22, 2026
at the De Winton Hall

All registered members will receive an agenda one week in advance.



Did you know?

The library will be closed for Christmas break December 24 - January 5. We will be open December 23 from 9-3. Come by to get your cozy holiday read! We have lots of Maggie Knox Hallmark reads, a good rom com like "Three Holidays and a Wedding," by U. Jalaluddin and M. Stapley. Looking for something spicey? "How my Neighbor Stole Christmas" or "Merry Christmas You Filthy Animal" by Meghan Quinn. If romance is not your thing we also have several Christmas mysteries like "Everyone this Christmas has a Secret" by B. Stevenson or "Happy Bloody Christmas" by Jo Middleton. We also have many excellent cookbooks and ideas for decorating to help with your Christmas festivities

Would you?

Please get in touch with the library if you have an idea for something or someone the library can host. Author visits, crafts, hobbies, art displays, anything that would enrich our community.

Bookquets

We are very pleased that the Millarville Historical Society has put a display cabinet in the foyer of our library. Please pop in and take a look. This will be an ongoing display with new artifacts and information being refreshed all the time. Thank you for displaying with us!

We are thankful to our present Calgary artist Brenda Strandlund who is displaying her acrylic, nature inspired work on our walls. All of her paintings are for sale. Please stop by to check out these landscapes with their depth and range of color, light and shadows.

Need a read?

"Fifty Percent of Mountaineering is Uphill" is an incredible story of the life of Canadian Mountain Rescue Pioneer Willi Pfisterer by Sue Pfisterer. Incredible stories from the man that started mountain rescues. He was rescuing people near the Rogers Pass before it was named. Fascinating stories and inspiring people, including Gordon Lightfoot. - *Sheila Hildebrandt, Millarville.*

Wishing all the amazing volunteers and patrons of our library a wonderful, happy and healthy holiday season and all the best in 2026!



Happy New Year Priddis! We hope that your holiday season was filled with happiness and time with those who are special to you.

As has been the case in previous years, our rink was a central part of many people's holiday plans and it saw record use over the holiday break. Thanks to our army of amazing volunteers who kept it in tip top shape for our community to enjoy. As we head into January, the Priddis Panthers will begin practicing and hosting games on their home rink. Please make sure to check our website (www.priddisalberta.com) for up to date rink schedules that show when community skating is permitted and when the rink is reserved for Panthers' practices, community shinny and Panthers games. We ask that all community members respect the schedule and vacate the ice when it is reserved or when the ice maintenance crew needs to work. Finally, just a reminder that everyone using the rink needs to have a PCA membership.

With the holiday season in our rearview mirror, our programs are starting up again. We hope we will see you at some of the following offerings:

Yoga: A wonderful class with a mix of flow and restorative movements that is suitable for all levels. Mondays and Thursdays from 7:30-8:30pm at the Priddis Hall. Please email lorichinnery@heartomwellness.com for more information or to register

Parented Playgroup: Wednesday mornings at 9:30 in our preschool room. Enter through the NW door and head downstairs. This is a volunteer run, free program for PCA members.

Fitness Class: Join fellow community members for a fun workout with dance

cardio, a full body circuit with bands, weights and core, and stretching. Suitable for all levels with modifications available. Please email lorichinnery@heartomwellness.com for more information or to register

Indoor Pickleball: Due to low use, indoor pickleball will be moving to just one day a week. PCA members are welcome to reserve our indoor court on Thursdays between 1 and 7pm. Sign up here:

<https://www.signupgenius.com/go/60B0C4AABA72BA1FC1-59295909-pcamembers>

We also have a few events coming up this month and we hope that you will consider attending.

PCA AGM: Our Annual General Meeting will be held on Tuesday January 20 at 7:30pm at the Priddis Hall. All PCA members in good standing are welcome to attend. The Board of Director will be presenting highlights from 2025 and providing a look ahead to next year's plans and priorities.

Community Shinny Tournament: On January 31, 8 local teams will compete for the Priddis Cup in this fun, community shinny tournament. We invite all community members to come down and watch. We will have great hockey, as well as a beer garden, a concession catered by an amazing Mexican food truck and a 50/50. All proceeds from this event go to support the upkeep and maintenance of our community rink. The Priddis Panthers will also be hosting a silent auction to raise funds for their year end tournament and they will have a lot of great items to bid on.

If you have any ideas for programs or events that you would like to see in our community, please reach out to our Executive Director at priddisalberta@gmail.com

The Priddis Community Association Board of Directors



MEOTA PARISH
Alberta Canada

All are Welcome! Come Worship with us in Meota Parish!

Services Sunday's @ 10:30am at Christ Church Millarville and St George's Diamond Valley



MEOTA PARISH
Alberta Canada



For more Information visit www.meotaparish.com
email: meotaparish@gmail.com phone: (403) 933 -3620

Proclaiming Christ in the Heartland!



RED DEER LAKE UNITED CHURCH

Join us at 10:30am every Sunday – onsite or online (YouTube - @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

- January 8, 7:00 p.m. - Sound & Soul - New Year! "Changes/Resolutions"
- January 24, 2:00 pm - On the Edge Concert Series presents – The Woodshed
- January 31, 9:00 a.m. - 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

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



DE WINTON COMMUNITY ASSOCIATION

2026 Annual General Meeting (AGM)

January 22, 2026 - 7:00pm
De Winton Community Hall

Overview

The De Winton Community Association (“DCA”) is a non-profit volunteer-based organization supporting our community and surrounding areas. One of our primary responsibilities is managing our Community Hall. The Hall includes a large banquet area, commercial kitchen, preschool, playground and greenspace. Many local activities are provided at no-charge to DCA members and their family (e.g., Stretching class, Bridge, Quilting, Coffee Club, etc.).

Funding of the Hall and related activities is primarily through rentals, DCA memberships, and AGLC casino (and other) fundraising events.

As part of our commitment to the community, we are responsible for the ongoing operations of the Hall, including financials, maintenance, memberships, fundraising and employees.

The De Winton Hall has been called a hidden jewel in the Calgary-adjacent Foothills.

Read This!

All members in good standing are invited to attend the Annual General Meeting (AGM) and meet the DCA Board!

This is an important function for the sustainability of the Hall. We'll review the past year, including events, financials, operations and membership. We'll also talk about current and future plans.

But, as important, it is an opportunity for community members to join the Board! We meet 10 times a year, with communications between meetings. Events are generally organized by committees, and occasional voting occurs outside of meetings. Directors join for a 2-year term. To effectively carry on as a Board we do need your assistance to fill positions. We currently have 8 volunteers on the Board with room for up to 15 total.

Executive Roles: President, Vice President, Treasurer, Secretary

Focused Director Roles: Facility, Membership, Communications and Social Media.

Others: Director at large

Not ready to join the Board? Put your name forward as a general volunteer or a Coordinator for a specific event. There are many initiatives throughout the year that you could participate in.

AGM – When? Where?

The DCA's AGM is scheduled for Thursday January 22nd, 2026 at 7:00 PM to be held at the De Winton Hall.

An agenda will be emailed to DCA members approximately one week ahead of the meeting. There is no need to RSVP, just plan to join us at the De Winton Hall on January 22nd.

Membership

Membership in the DCA helps sustain the Hall operations and various programs and events. Friends and neighbors in the community are encouraged to join/renew and our annual membership fee is only \$25 for a family.

For 2026, and beyond, we continue to explore new activities at the Hall – Did you make it out for our Canada Day Breakfast, Member Appreciation Night, Stretching, Bridge, Canasta, Coffee Clutch Halloween Haunting, Canine Scent classes, Christmas Craft Fair, etc.? Suggestions and feedback are always welcome: dwca@platinum.ca

Walter Turnbull Award

The Walter Turnbull Award recognizes DCA Members who have made significant contributions to the DCA and community, usually over an extended period of time. Recipients are listed on plaques in the Hall.

If you know of someone deserving of recognition, please provide their name, and a summary of the long-term effort and contribution(s) they have made to the DCA and community in general. The Board will review submissions shortly after the AGM.

Walter Turnbull Award nominations may be submitted to dwca@platinum.ca, up to, and including, the AGM.

We hope to see you on January 22nd!

Best wishes for a safe and joyful Holiday Season and a very Happy New Year!

Your De Winton Community Association (DCA) Board of Directors:

- Mike Kosinec (President)
- Alan Alger (Vice-President)
- Shirle Ternan (Treasurer)
- Donna Fracchia (Secretary)
- Cindy Poole (Facility)
- Edith Rabinovitch (Membership)
- Mia Staysko (Communications & Media)
- Michele Waldner (Communications & Media)
- ... along with Matt Coveart (Facility Manager).



Happy New Year Diamond Valley! I hope everyone had a good holiday. Now we can look forward to a few more months of winter before spring starts its new season.

We are lucky to have so much musical talent in our Foothills. On the Edge Concert Series presents The Woodshed on January 24. This duo is made up of John Wort Hannam and T. Buckley. Their roots background and blend of harmonies makes this show memorable and enjoyable. The show will be held at the beautiful Red Deer Lake United Church at 2pm. Nice to have an afternoon show, for tickets or more info, please visit reddeerlakeuc.com/concerts.

Beneath the Arch Concert Series presents the Maria Dunn Trio on January 10. She was a campus radio DJ before releasing her own albums. This show will feature fiddler Shannon Johnson and her brother Jeremiah McDade as well as Maria of course. Check out their song "When I Was Young", a song told through the eyes of the people of Fort McKay through to Fort McMurray. The show will be held at the Flare and Derrick at 7:30, for tickets, go to beneaththearch.ca.

The Gift of Music Concert Series presents Cameron Crozman and Meagan Milatz on January 16. This duo will perform masterworks and innovative pieces on cello and piano. The show will be held at the High River United Church at 7:30pm, for tickets and more info, please visit highrivergiftofmusic.com.

Back in town, our Sheep Creek Arts Council offers classes, clubs, and programs for many forms of art. The idea for a place to promote local interest in the arts formed back in 1958 and the SCAC has gone through a few changes, all through volunteers throughout the years. Classes were originally held in local schools, and the first SCAC was housed on Main Street together with the TV Skating RInk Committee. Today they reside on Sunset Boulevard next to the Valley Neighbour's Club. Drop by or visit sheepcreekarts.ca to find out more.

The Valley Neighbour's Club offers a ton of fun classes and programs as well such as cards, bingo, dancing, exercise, and more. Floor curling starts up again in January, as well as the annual general meeting. Please pop by to see what goes on in the VNC.

Over in Black Diamond, we have the Griffiths Centre. Membership is open to anyone 50 years or older and provides programs and activities to meet their recreational, health, and social needs. This Centre is named after Jack and Grace Griffiths who arrived from Wales in the early 1930s. They ran a boarding house and restaurant, eventually moving the building to its current location on Government Road when they retired. The building became home to the Pioneer Club to have somewhere to play cards and has developed into the organization it is today. For more info pop by or visit griffithscentre.ca.

Foster homes are in need for stray and abandoned animals. Especially during the cold weather, cats, dogs, puppies, and kittens need you to provide a safe and loving home while waiting for their

forever home. Who knows, that just might be yours! Pound Rescue is a wonderful organization who provides all the supplies, medical care and support. If you can help these beautiful animals with foster care, please submit your application through poundrescue.com.

The Foothills Skating Club is open for winter registration for all ages, youth and adults, at foothills skating club.ca. Lessons are taught by certified coaches and these lessons allow many skaters to go onto higher levels of all types of ice sports such as figure skating, hockey, ringette, or speed skating. Or you could just learn to skate for fun, I never learned how. The Club began in 1960 in Black Diamond and is a not for profit. They rely on volunteers and fundraising to help keep costs low. Lessons are held at the indoor arena, come check them out!

The Oilfields Curling Club will be hosting a Ladies Bonspiel January 2-4, and you are welcome to come and cheer them on. The theme this year is Tacky Tourist" with prizes for best costume. The Curling Club is open to anyone who wants to learn this Canadian tradition, they have a pub/snacks/music space upstairs with big windows that look out onto the ice. Come check them out and find out more at occcurling.com.

If you have any events or news for February that you would like to see in the High Country News, please drop me a line before Jan. 15 at elaine.w@telus.net.

Stay warm and have fun!

Elaine Wansleben

BENEATH THE ARCH CONCERT SERIES

MARIA DUNN TRIO

SATURDAY, January 10, 2026

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

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

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

Flare & Derrick Community Hall, Diamond Valley

Buy Your Tickets Online @ beneaththearch.ca

Transaction Fee For Online Tickets or in person from

Bluerock Gallery, Sheep River Library

Tickets for All Concerts Now on Sale



INFO & TICKETS: beneaththearch.ca



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

Sq. Butte

The annual Christmas concert at Square Butte Hall organized a fund raiser for a local family in need. Local donations were raffled off. We raised twice as much as last year and are able to help more than one family this year. Over 100 people attended. We are already looking for more performers for next year due to the growing audience!

Sq. Butte Hall is hosting a New Year's Eve Masquerade Bash featuring the Alicyn Campbell Band. There will be \$1200.00 in prizes for the best costume winners! See Square Butte Community website for details and tickets.

MRAS

The Christmas Market saw record breaking attendance this year!

This growth caused some traffic backups which will be addressed for next year. The Kids Only Shoppe donated \$1800.00 to the Millarville Community School snack and lunch program. The MRAS website is being revamped, stay tuned for updates. Call 403 931 3411.

Diamond Valley

The High Country SPCA raised \$4400.00 for their affordable spay and neuter clinic to be held in the spring of 2026.

Foothills County

The Ag Services Board is notifying that a research scientist position at Lethbridge Research and Development Center is vacant for a Weed Biological Control Entomologist. This research is important to help control invasive species. Contact Kathleen McHugh with Foothills County for information.

The Ag department has started a cost saving stewardship program for people who want to maintain a small Municipal Reserve by mowing. It does not apply to those MR's being rented for livestock or crop production. Contact Kathleen McHugh with Foothills County for information.

There are still some Board and Committee vacancies to be filled. North West Rec. Board, Dunbow Rec. Board, Economic Development Advisory Committee, Foothills Cemetery Board, Rural Foothills Policing Committee and Airport Advisory Committee. Go to Foothills County website for more details.

The NW Rec Board is currently embarking on a Fundraising Campaign towards a Multi-Sport Field and Park Amenities at the Seaman Sports Park near the Millarville Race Track. For more information to donate or help us fundraise please contact NWREC@FoothillsCountyAB.ca or call 403 603 6244.

The Miistakis Institute is initiating a wildlife study in Foothills County. They require landowners permission to install trail cams for their research. Local is mostly West on HWY 7 and South on HWY 2. See more at OkotoksOnline.com.

Make sure to pick up your limited edition 2026 calendar celebrating the 100 year anniversary of the Millarville General Store.

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

**FOOTHILLS
COUNSELLING
PSYCHOLOGY INC.**

**YOUR LOCAL PSYCHOLOGISTS
PROVIDING COUNSELLING FOR**

Children, Adolescents,
Adults & Couples

Anxiety - Depression - Grief & Loss
Trauma - Current Stressors

CBT - DBT - ART - EMDR - Gottman

PSYCHOLOGICAL ASSESSMENT SERVICES:

- Individual Mental Health
- Formal Psycho-Educational
- Gifted
- ADHD
- Assessments for AISH, PDD, & CPPD

DIAMOND VALLEY & CALGARY LOCATIONS
403.819.7691
krenny@foothillscounselling.com
www.foothillscounselling.com

**Ride Into 2026
With Purpose**

The Year of the Horse begins and there's no better time to refresh the barn, restock the feed room, and set strong goals for your farm and your herd in 2026.

Bar T5 is here to help you and your herd start 2026 at full gallop. We've got the Trailers, feed, tack, and supplies to help you run into the new year with confidence.

**TRAILERS • FEED • FENCING
LOCALLY OWNED EQUINE & ACREAGE SUPPLIES
WWW.BART5TRAILERS.COM**

PROUDLY SERVING MILLARVILLE AND PRIDDIS FOR OVER 32 YEARS



**COUNCILLOR UPDATE
FOOTHILLS COUNTY
By Suzanne Oel -
Division 4**

Greetings! Sharing my News Update...

Welcome to 2026: Sending you best wishes for a safe, healthy and prosperous New Year!

Emergency Response Backstory continued: Due to recent windstorms and fire activity in West Foothills, there continues to be keen interest in prevention, emergency preparation and response. In my last article I shared the behind the scenes details related to the first responders' efforts on November 13, 2025. To add another perspective, I am writing about the involvement of FortisAlberta during emergencies, and their work on wildfire mitigation strategies. On December 15, due to a strong windstorm, another extensive power outage occurred in the Foothills County-Redwood Meadows-Nation area, affecting approximately 900 electricity customers.

Reminders: Windstorms and wildfires, like the November 13 events in the West Foothills, remind us how quickly conditions can change and why preparedness matters. During these events, Foothills Fire Department and mutual aid partners worked tirelessly with ground crews and aerial support to contain the flames, and a timely snowfall on November 14 helped dampen hotspots. We are very grateful to everyone who helped!

While first responders battled the fires, FortisAlberta also worked behind the scenes and alongside emergency crews to protect communities and maintain safe, reliable electricity service. FortisAlberta's local crews are always available and the

24/7, 365 control centre continuously monitors the distribution system, using real-time weather and fire data to anticipate risks. This close coordination with fire departments and local teams ensures rapid response and proactive measures to help keep communities safe.

Emergency Response in Action: During the evening of November 13, eight FortisAlberta Power Line Technicians (PLTs) from Okotoks and Cochrane responded on site to multiple calls, including downed trees on lines, 9-1-1 fire reports, and power outages. Working in pairs, PLTs checked in at fire locations to ensure conditions were electrically safe before proceeding with repairs, such as clearing trees and restoring damaged lines. This process involved constant communication between fire crews and PLTs, with both teams advising each other and providing valuable expertise and skills to maintain safety for everyone, especially to those responding to the emergency.

FortisAlberta trains their PLTs to work safely in challenging conditions, as well as provides electrical safety training for first responders to identify and respond safely if there is a downed power line, or other line contacts occur, such as a tree on the line. This partnership helps to coordinate responses that prioritize public safety.

FortisAlberta Wildfire Strategies: FortisAlberta has a comprehensive wildfire mitigation strategy with proactive measures to help prevent and prepare for wildfires. This includes regular patrols and equipment inspections, vegetation management to reduce potential contact with power lines, upgrading and strengthening the system with fire-resistant materials, and operational practices that minimize risk. Their strategy also incorporates effective wildfire response and recovery, supported by advanced technologies, such as remote sensing and automated grid controls. We appreciate these efforts and commitment to sustainability and safety, where they

are working not only to respond to emergencies but also to prevent them.

Stay Informed and Be Prepared: Community preparation is just as important as prevention and community resilience. FortisAlberta encourages residents to:

- Update contact information with your utility retailer (the company that issues your bill).
- Prepare for a power outage and sign up for outage alerts and restoration updates: www.fortisalberta.com/outages/prepare-for-an-outage
- Create an emergency plan and prepare supplies for wind, wildfire and winter storms. View helpful resources: www.alberta.ca/emergency-preparedness
- As needed, contact: 310-WIRE (9473)

The November 13 fires showed how quickly conditions can escalate, but also how collaboration between emergency responders, utilities and residents can make a difference. By working together, staying informed and being prepared, we can reduce risks and protect our community.

Safety Topics: View more information about downed power lines, farm safety, power line clearances, power line safety for workers, locating underground power lines, home safety, space heating safety, holiday safety, home generator safety, tree trimming, lightning safety, and more: www.fortisalberta.com/safety

Thank you to FortisAlberta: for contributing content for this article and for their ongoing work to keep the power on for customers 24/7!

For Other News & Updates: Facebook: www.facebook.com/CouncillorSuzanneOel/ Email: Suzanne.Oel@FoothillsCountyAB.ca

Visit High Country News online for my previous articles.

With Best Regards, Suzanne

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

LT EARTH SERVICES LTD.

403.478.0050
*Professionally Trained • WCB
 Full Commercial & Liability Insurance*

C.R.S. SPARK
 ELECTRICAL SERVICES

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

403-700-6114
CRSpark@outlook.com



COCHRANE'S 15TH ANNUAL SENIORS BONSPIEL

Nov. 19 - 23, 2025

Thirty seven senior ice curling teams converged on the Cochrane Curling Rink, SLS Sports Centre, between November 19 and 23.

"Teams ranged from Beiseker to Calgary, Okotoks, Diamond Valley and Canmore; they competed in 7 different age categories ranging from 55plus to 80 plus", reported Douglas Campbell, Spiel Coordinator.

"We placed entries in squares according to skill level and age, to ensure the younger competitive curlers play 'youngsters', and older social curlers play their peers."

Winners:

Competitive Men 55plus: Gary Hawkes team, Cochrane (Dave Rutherford, Bob Jennings, Herb Smith)

Competitive Men 65plus: Steve Horne team, Cochrane (Glen Ortt, Rod & Ken Rutherford)

Competitive Men 75plus: Mo Coutney team, Bears paw: (Ken Evans, Phil Rutherford, Russ Erlanson)

Competitive Women 60plus: Glenys Bakker team, Okotoks-Springbank (Allison Earl, Bev Buckley, Adele Williamson)

Social Women 70plus: Henrietta Dyck team, Cochrane (Dorothy Dyer, Connie Chyz, Cathy Serba)

Social Open Team 65plus: Dale Sarauer team, Cochrane (Lyle & Brenda Stang, Kirby Dawson)

Social Open Team 75plus: Allan Lillies team, Calgary (Hank Hokanson, Alice Payne, Lawrence Head).

"We wish to acknowledge the financial support of various local enterprises, notably Two Pharmacy, Erol's Automotive, Cochrane Country Funeral Home, & Curlers Corner.

*Douglas Campbell, Coordinator
2025 Super Seniors Squares Spiel (#15)
dec@cabsi.ca*



Advertise where locals are actually looking

HIGH COUNTRY Classifieds

Monthly online and print job listings that reach local community members



Visit HCN online for details

mountainview
PAINTERS

In need of stucco paint and repair?
We can help!

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings.

mvpcanada.ca

We specialize in:

- Stucco Coatings**
- Stucco Repair**
- Exterior Painting**
- Interior Painting**

FREE ESTIMATES!

403-607-0316
info@mvpcanada.ca



STEPHANIE GILKER

Dry January, Saint Style

Every January, the world decides it is time to behave. Sugar is shunned, indulgence is questioned, and Dry January becomes a badge of self-control. Wine often gets caught in the crossfire, assumed to be sweet or indulgent by default. Saint likes to be cheeky, and we participate in Dry January by only drinking dry wine styles! In wine terms, dry simply means sugar, or more accurately the lack of it. Residual sugar is the natural grape sugar left behind after fermentation. When a wine contains under 1 gram per litre of residual sugar, it is considered bone dry, with no perceptible sweetness on the palate. What you taste instead is acidity, tannin, texture, and structure.

So, when we talk about Dry January at Saint Wine Society, we are not talking about abstinence or deprivation of alcohol. We are talking about choosing wines that are intentionally, confidently, and unapologetically dry. These wines feel cleaner, more precise, and often more food friendly. They also tend to reveal more about where they come from and how they are made.

In red wine, dryness often shows up as grip and freshness rather than fruit sweetness. Sangiovese is a perfect example. High acid, firm tannins, and flavours of sour cherry, dried herbs, and earth make it feel vibrant and refreshing. It is unmistakably dry and deeply satisfying. Tempranillo follows a similar path, especially in classic Spanish regions. Think red fruit, leather, and spice with structure and restraint. Nebbiolo takes dryness to another level. Pale in colour but powerful in presence, it delivers high acidity, serious tannins, and flavours of rose, tar, and dried fruit, all without sweetness.

Dry white wines offer a different kind of clarity. Muscadet from the Loire Valley is famously dry, often fermented completely and aged on lees for texture. It's citrus, saline, and stone, and pairs effortlessly with seafood or simple dishes. Sauvignon Blanc, when made in a restrained style like Sancerre, trades tropical sweetness for sharp acidity and mineral driven flavours like lime, grass, and flint. Grüner Veltliner is another quietly brilliant dry white. Peppery, textured, and savoury, it manages to feel both refreshing and grounding at the same time.



Divin Vigneron Pinot Noir Non Alcoholic Wine imported by Somm Zero

If there is a pinnacle of dryness in wine, it lives in sparkling. Brut Nature and Extra Brut wines receive little to no added sugar after fermentation. That means what you are tasting is pure base wine and bubbles, nothing else. These styles highlight acidity, minerality, and precision. They are electric, refreshing, and unapologetically dry.

And if you do want to adhere to the more traditional interpretation of Dry January, there is still a way to do it with intention and quality. My suggestion is the Divin Vigneron Pinot Noir from the Loire Valley. Made from 100% Pinot Noir, this is the first non-alcoholic terroir driven wine from the Loire. Unlike grape juice, alcohol free wine is crafted just like traditional wine. The grapes are fermented fully, allowing structure, aroma, and complexity to develop, before the alcohol is gently removed through dealcoholization. This process preserves the qualities of wine, meaning the aromas, textures, and flavour profile remain remarkably close to the original. In the glass, expect red cherry, raspberry, and strawberry, layered with subtle spice, balsamic notes, and a well-integrated yet present oak character. It



BKL Wine Merchants is a boutique wine shop with a fantastic, curated selection of wine styles run by Bill and his family in SW Calgary

proves that choosing non-alcoholic does not have to mean choosing something simple or sweet Dry January is not a punishment. It is an opportunity to reset your palate and rethink what you are drinking. Wines with no residual sugar show their true colours, their origins, and their craftsmanship. For a great selection of curated, boutique dry wine styles, I recommend visiting BKL Wine Merchants in SW Calgary.

Drink less if you want. Drink better if you can. Just remember that dry was never meant to be boring!

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: Sources: Hugh Johnson and Jancis Robinson, The World Atlas of Wine, Decanter and Wine Spectator articles

Photo Credit: Stephanie Gilker



Stephanie Gilker

saint wine society
saintwinesociety.com
@saintwinesociety

Website



Instagram





Why Can't I Lose Weight After 40... Even When I Exercise?

When I was in perimenopause, I was doing everything right — or at least everything I had been taught and believed was right. One to two hours at a time, every other day, I was training hard. On top of that, I was filming workouts, plus teaching classes – pushing my body. I was eating relatively clean. I wasn't bingeing, I wasn't careless, I wasn't "letting myself go."

And yet... I was gaining weight.

Weight that genuinely shocked me because of how hard I was working and how disciplined I was being. I remember thinking, how is this even possible? I felt frustrated, discouraged, and confused.

If I'm being honest, I also felt a little betrayed by my own body because the rules I'd lived by for decades suddenly stopped working.

What I didn't understand then was this: My body wasn't broken. It was changing.

If you're over 40 and thinking, "I'm working out, eating pretty well, and the scale still won't budge," you're not alone. This is one of the most common frustrations I hear from women in their 40s, 50s, and beyond. The good news? It's not just you. Your body has simply changed, and your strategy needs to change with it.

Why Weight Loss Feels Harder After 40

1. Hormonal shifts

As estrogen and progesterone begin to fluctuate (thanks to perimenopause and menopause), your body becomes more resistant to fat loss, especially around the belly. These hormone changes can also impact insulin sensitivity, making it easier to store fat even when calories haven't changed.

2. Muscle loss slows metabolism

After 40, we naturally lose muscle mass if we're not actively strength training. Less muscle means a slower metabolism, so your body burns fewer calories at rest than it used to.

3. Stress and cortisol

Busy lives, careers, family responsibilities, and lack of sleep all increase cortisol (your stress hormone). High cortisol tells your body to hold onto fat, especially midsection fat.

4. "Too much cardio" trap

Many women tend to favour cardio when the scale stalls. While cardio is great for heart health, excessive cardio without strength training can actually increase muscle loss and stress hormones, making fat loss harder.

How to Lose Weight After 40 (Without Doing More)

1. Prioritize Strength Training

Strength training 3–4 times per week helps rebuild muscle, boost metabolism, improve bone density, and balance blood sugar. More muscle = more calories burned all day long.

Tip: Focus on compound moves like squats, rows, presses, and deadlifts. You don't need heavy weights, just consistency and good form.

2. Balance Cardio (Don't Overdo It)

Cardio still has a place, but quality matters more than quantity. Shorter sessions, interval-style training, or low-impact



CHRISTOPHER SANDVOSS
HEAD INSTRUCTOR

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

Long and Short Term Studies
Summer Courses

403.471.9419
canadianviolinmakinginstitute.com

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



CLHbid.com

Selling Farm Land, It's All We Do

2 PARCELS

Foothills Cornerstone
299 Acres For Sale
Feb 11, 2026 from 9am-10am **Diamond Valley, AB**

info@clhbid.com 1 866 263 7480

steady-state cardio (like walking) are often more effective and easier on your hormones.

Tip: Aim for 2–3 cardio sessions per week and daily movement like steps.

3. Eat Enough Protein

Protein becomes even more important after 40. It helps preserve muscle, control appetite, stabilize blood sugar, and support fat loss.

Tip: Include protein at every meal (roughly a palm-sized portion), especially at breakfast.

4. Stop Under-Eating

Chronic dieting and eating too little can slow your metabolism even further. Your body sees this as a threat and holds onto fat.

Tip: Instead of cutting calories aggressively, focus on whole foods such as lean protein, vegetables, healthy fats, and smart carbs.

5. Support Hormones with Smart Nutrition

Highly processed foods, excessive sugar, and skipping meals can worsen hormonal imbalances.

Tip: Eat balanced meals, limit processed foods, stay hydrated, and don't skip meals regularly.

6. Sleep and Recovery Matter

Poor sleep directly impacts hunger hormones and fat storage.

Tip: Aim for 7–8 hours of sleep and schedule rest days. Recovery is not lazy—it's strategic.

Weight loss after 40 isn't about working harder, it's about working smarter. When you support your hormones, protect your muscle, manage stress, and fuel your body properly, fat loss becomes possible again.

If you've been doing "all the things" and not seeing results, it may be time for a new approach, one that actually works with your body, not against it.

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.



Busy Bees Services

We Make Your Life Sweeter!

House Services
Cleaning
Organizer/ Shopper
House Sitter/Check

Professional Driver Class 2
Passenger drop-off & pick-up
Dog walker/sitter
Yard Services

Lona Henry: 403-585-3800
BusyBservices@pm.me

Small Group Personal Training

Our training sessions give you all the benefits of 1-on-1 coaching—but with the energy of a team that's got your back!

- Expert coaching (no guesswork)
- Motivation that lasts beyond the workout
- Real people, real goals, real results
- A judgment-free group to lift you up



50% off for
Bragg Creek
residents!

Jari Love, world renowned certified personal trainer & life coach, and creator of Get RIPPED!™ workout system

Limited Spots Available

For more information email
getrippedjari@gmail.com



Training in Bragg Creek
and surrounding area



BILL STEM

Protect Your Ideas

It is important to apply for patent protection as quickly as possible, particularly as a result of the changes which the Federal Government brought into effect as of October 1989 regarding the Canadian Patent Act. Under those changes, Canada is no longer a “first to invent” country but has become a “first to file” country. This means that the date that you have invented something or the date that you created an idea is no longer important.

Instead, what has now become critically important is to make sure that your patent application is filed as fast as possible in either the Canadian Patent Office or the United States Patent Office.

DATE OF FILING VERSUS DATE OF INVENTION - PRIORITY DATE

The date that you file your first application anywhere in the world becomes what is called your “priority filing date.” As long as you file for patent protection in every other country in the world which you are interested in obtaining a patent from, within twelve months of the date of filing your first application, your subsequent patent applications will be treated as if they were filed on the date that your first application was (i.e. your priority filing date).

This enables you to claim priority over anyone else who has filed an application subsequent to the date that your first application was filed in any of those other countries.

You are permitted to file for patent protection in those countries subsequent to this twelve month period expiring, but in the event that you file your subsequent applications more than twelve months after the first application was filed, those subsequent applications will not be given the advantage of the “deemed filing date” or the priority filing date, but rather will be treated as being filed on the day that they were in fact filed.

The danger of this ties in the possibility of someone else having filed for patent protection for a similar invention in one or more of those foreign countries and as a result, that individual becomes the

“first to file” and your application may be unsuccessful only as a result of not having filed within this twelve month period.

SALES OF YOUR INVENTION BEFORE FILING YOUR FIRST PATENT APPLICATION

Most countries in the world do not allow any sale of your invention or product prior to the date of filing your first patent application somewhere in the world. Those countries require that you not have publicly disclosed, displayed or sold your product at all prior to initially filing for patent protection. As an entrepreneur/inventor, you will normally want to test the market for your invention before incurring the cost and expense of a patent application.

Why not attempt to capitalize on your invention as quickly as possible?

The danger here is that you may be unable to obtain patent protection in most countries of the world, regardless of the volume of sales which you are able to enjoy regarding your product.

Although the law in Canada and the United States allows for a one year “grace period” (i.e. a maximum of one year may lapse between the date of your first disclosure,

display or sale of your product), this “grace period” is often interpreted in a dangerous fashion. Many people think that the grace period allows them to sell for several months as long as they get their application filed within one year from the date that they first sold the product or displayed it publicly. This is dangerous for two reasons:

1. Any disclosure of your invention may result in someone filing for patent protection for your invention or for a version of your invention which has been revised or improved upon by someone else.
2. Someone else may believe that your product has substantial market potential and so they begin manufacturing and selling your product only as a result of having seen the product initially, thus damaging you in the market place.

NEED TO HAVE A PATENT SEARCH CONDUCTED

We often find that many people believe that they should be selling the product for several months before having an initial search conducted. This is dangerous for a number of reasons:

Is Your Home Making You Sick?

Prioritize Health and Safety in Your Home.
Call 587.200.4925

PREVIOUSLY (1994-2018)
SEARS Alberta
INDOOR COMFORT

1. You may have been infringing upon someone else's patent without realizing it;
2. You may incur substantial cost and expense in manufacturing your product only to find that all of your profits and inventory are confiscated in an infringement lawsuit;
3. You invest a great deal of time and money pursuing what you believe to be your invention, only to later learn that it is not really "your invention" at all, but in fact has been invented by someone else already;
4. By having a patent search conducted first, you can determine what the Patent Office has allowed in the past and you are often able to think of ways that you could improve upon your product to make it more likely to be patented and also to improve upon the product itself.

Whenever possible, the initial patent search should be conducted FIRST before doing anything else. It only takes approximately two weeks to have a good thorough patent search performed and during this time period, you can be raising funds to help in the cost of pursuing a patent application or several applications as well as trademark applications and marketing or licensing of your product.

INTERNATIONAL PATENT APPLICATION

The Patent Cooperation Treaty (PCT) is an international treaty which has been signed by many different countries and which enables an inventor to obtain patent protection in a number of different countries without incurring the very large expense of filing individual patent applications in those countries. As of January 1, 1994, China became a member of this International Treaty. Previous to January 1, 1994, if someone wanted to obtain patent protection in a number of foreign countries, they could not include patent protection in China, since China was not a member of this Treaty, which would require preparing and filing a separate application in China if you had plans of selling your product ideas in the future there.

As of January 1, 1994, you can now obtain patent protection in China at the same time that you obtain protection in most other industrialized countries in the world which are members of the PCT. Although the cost of pursuing a "treaty application" is quite high, the ultimate cost can often be passed on to the distributor or the manufacturer in

the various foreign countries in which you want to sell your product, thus substantially reducing your cost of obtaining patents in these countries. If you filed individually in several of these foreign countries, you would most likely be paying those costs yourself.

We are a small law firm located in downtown Calgary which prides ourselves on being able to offer prompt service to our clients at a very reasonable cost. We are small enough to care about each one of our clients and their ideas, but experienced enough to be able to handle any of your legal concerns. We offer a free initial meeting in order to answer any of your questions and provide you with whatever additional information you may need to get you on your way.

Stemp & Company
1670, 734 - 7th Avenue SW
Calgary, Alberta T2P 3P8
Bill Stemp
403-777-1125 bill@stemp.com

OVER 25 YEARS INDUSTRY EXPERIENCE • LOGALLY OWNED AND OPERATED



EMERGENCY SERVICES & FREEZE-UPS	WELL CLEANING & TREATMENTS
WELL PUMPS, PRESSURE SYSTEMS, CISTERNS, STOCK WATERERS	CONSULTING & SYSTEM DESIGN, TROUBLESHOOTING & DIAGNOSTICS
WELL TESTING & WATER SAMPLING	WATER QUALITY & FILTRATION

SERVING FOOTHILLS COUNTY • BRAGG CREEK SPRINGBANK AND SURROUNDING AREA

403-931-2991 • aquamule.com



Experienced Calgary Lawyers

Proud to provide Calgary with legal services that Matter

Copyright Patents Trademarks Corporations	Real Estate Wills & Estates Probate & Admin Applications
Contact Kari kari@stemp.com	Contact Tasha tasha@stemp.com



Stemp & Company
We find solutions®

(403) 777-1122 www.stemp.com



MORTGAGE MATTERS
by Candace Perko

Planning a 2026 purchase?

Whether you are buying a new home or renewing/refinancing an existing home this spring, it is important to make informed financial decisions that will make homeownership viable and affordable over the long term.

Improve your credit score

Your credit score is one of the factors lenders use when they consider you for a mortgage. It's a number that signals your financial health at a specific time. It also gives information about your financial past, and how consistently you pay off your bills and debts. Make sure to:

- Pay your bills in full and on time.
If you can't pay the full amount, at least pay the minimum shown on your monthly statement.
- Pay off your loans, credit cards and lines of credit as quickly as possible.
- Stay within the limits on your credit cards. Keep your balances as low as possible.
- Don't apply for more credit cards or loans than you can comfortably manage.

Qualify

Try the Financial Consumer Agency of Canada's Mortgage Qualifier Tool <https://itools-ioutils.fcac-acfc.gc.ca/MQ-HQ/MQ-EAPH-eng.aspx> to help you determine whether or not you can qualify for a mortgage based on detailed income and expenses. The tool offers unbiased, trustworthy information.

We also offer a quick & easy mortgage calculator at www.countrysidefinancial.ca/mortgage-calculator/.

Shop around

Shopping around is key when getting a new credit product such as a mortgage. Better yet, engage a Mortgage Broker who is an independent financial advisor that specializes in the mortgage industry.

Facilitating a mortgage between a borrower and a lender for a pre-qualification or a live deal, Brokers are experts in every available choice of financing for your home. There are over 60 mortgage lenders in the marketplace right now – each offering different mortgage products and interest rates. A Mortgage

Broker finds the best-fit mortgage for your particular circumstance. And, in most cases, a Mortgage Broker's work is without charge to the borrower! Broker's are paid a commission from the lender.

Borrow less than you're allowed

Prime mortgage lenders use 2 rules to decide how much they'll lend you:

- Your housing costs cannot be more than 35% (39% for those considered well-qualified) of your gross monthly income. Housing costs include mortgage principal and interest, property taxes, heating expenses, to also include other potential fixed costs such as water hauling, leased-land fees, HOA fees, condo fees, etc.
- Your total debt (all housing costs as per above, plus car payment, credit cards, child/spousal support, etc) cannot be more than 42% (44% for those considered well-qualified) of your gross monthly income.

Borrowing this maximum amount can be risky. If your income drops, your expenses increase, or interest rates rise, you may have trouble making your payments. Take on a smaller mortgage than your maximum so that your housing costs stay within your means.

Pay off your mortgage faster

Try to pay more each month:

- Increase your regular payment amount. Pay \$700 rather than \$652, for example.
- Make lump sum payments to your mortgage principal. An extra \$1,000 here and there can make a big difference.
- Make accelerated payments. Instead of making one payment per month, make accelerated payments every two weeks (= 26 per year).

Candace Perko, Mortgage Broker

BARRISTER & SOLICITOR, NOTARY PUBLIC
Linda A. Anderson



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

403-243-6400 (Calgary Office)
403-949-4248 (Redwood Meadows Office)
linda@lindaandersonlaw.com
Calgary Address: 2822B 40 street SW
Redwood address: 41 Redwood Meadows Drive

Get a local
Point of View



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



403.560.6016
info@countrysidefinancial.ca
countrysidefinancial.ca



MOUNTAIN'S EDGE RENOVATIONS

EMBRACE MULTI-GENERATIONAL RURAL LIVING!

Is your extended family seeking a balance between togetherness and personal space?



DID YOU KNOW:

Many properties in Rockyview and Foothills Counties can now have a detached secondary home (known as an Accessory Dwelling Unit = ADU). No subdividing required!

Connect today to explore your property's potential for a better family experience.

- 17 years in business • Now building custom homes and ADU's (also known as carriage homes, garage suites, secondary suites, and backyard suites • Already booking for 2026

mountainedgerenovations.com • 403-949-7727 or 403-461-2710 • FB: @MtnEdgeRenovate • IG: @mtnedgerenos

EXPLORATIONS AFRICA



You're a seasoned traveler, but the thought of planning an African safari leaves you overwhelmed. We're here to help as we're the experts in our field and luxury safaris are our specialty. Call us today for your own bespoke and perfectly planned safari!



Antoinette & Dan Mackenzie

Info@ExplorationsAfrica.com / www.ExplorationsAfrica.com
+1-587-741-2568



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

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



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



ANDREA KIDD

There Ain't No Flies On Us!

At summer camp I remember teams of kids yelling, "There might be flies on some of you guys but there ain't no flies on us!"

Well, a few flies have been landing on me so I am making New Year's Resolutions!

I Resolve:

- to put 'call control' on my phone. It's not that I don't want to talk to you. I enjoy connecting with fellow human beings. But, I don't want 'robot' calls.
- to ignore calls if I don't know who they are from. If it's you calling, please forgive my rudeness! It's not directed at you but at those scammers. Scammers are wolves in sheep's clothing. I want to keep the wolves at bay. Best to hang up before they get me talking. Please, just leave a message and I will call you right back!
- to change my voicemail greeting. No longer will you hear my friendly voice telling you how pleased I am to get your call. You will get an unidentifiable AI generated voice, but I shall be delighted to hear your human voice.
- to ignore, delete and block phone calls, texts and emails from CRA, my (or any other) bank, UPS, Amazon, Government

Agencies, the Police or any other 'Authority'. I will contact them myself, preferably by driving there and talking to someone in person. When I initiate the call, I am much safer from scammers. By the way I don't want to use that weak word 'scammer'. I would rather say 'evil-doer', but you may be thinking of a stronger word!

- not to panic when a 'security alert' high-jacks my computer. I resolve to close the window, take a shower and talk to my son. I resolve to get my emotions of fear, greed and compassion under control. (Scammers love to jerk these heart-strings!)

A scammer deceives us by his/her kindness and assistance, willingly to spend much time to walk us through a 'problem' or amazing 'opportunity'. They plan to distress and hurt us, in order to greedily gain what is not theirs. This is hateful to us and to God. Yet, scammers' thoughts and deeds do not go unnoticed. God knows who they are. As J.I. Packer says, "I can talk in a way that deceives my fellow-creatures as to what I really am, but nothing I say or do can deceive God"

In time, trickery and crime have a way of catching up on you. You can get away with it for a while, but not for ever. Micah, an Old Testament prophet truthfully says:

'What sorrow awaits you who lie awake at night, thinking up evil plans. You rise at dawn and hurry to carry them out, simply because you have the power to do so. When you want a

piece of land, you find a way to seize it. When you want someone's house, you take it by fraud and violence. You cheat a man of his property, stealing his family's inheritance. But this is what the LORD says: "I will reward your evil with evil; you won't be able to pull your neck out of the noose. You will no longer walk around proudly, for it will be a terrible time."

Micah 2:1-3 (New Living Translation)

Even with all these precautions a scammer may take my money and/or information about my identity. But, the riches I have in Christ can never be stolen and God knows me. My true identity can never be robbed from me. A scammer cannot claim to have a clear conscience. My conscience is clear and that is worth so much more than material wealth.

We must band together, have each other's backs and support one another, even if it means being vulnerable and admitting that we have been duped, so...

I resolve:

- to let people know when I have been scammed, to tell the truth instead of hiding in false shame that I was stupid enough to be 'had'! Let the shame fall on the ones who deserve it.

There's flies on those guys, for sure, but there ain't no flies on us!

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



RED DEER LAKE

MEAT PROCESSING LTD.

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

WHOLESALE-RETAIL BEEF-PORK-LAMB- SMOKED PRODUCTS	FULL SERVICE RETAIL COUNTER	CUSTOM PROCESSING ALBERTA GOVERNMENT INSPECTED MEAT FACILITY ABATTOIR
---	--	--

SPECIALIZING IN:

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

90093 226 Avenue West **OPEN TO THE PUBLIC MON. TO SAT. 8 - 5.** Fax: 403-256-8882
 Foothills, Alberta T1S 2Z2 **403-256-4925** Email: rdlmeats@telus.net
 Web: www.rdlmeats.ab.ca

Bragg Creek • Bow Valley • Cochrane • K-Country

FIREARMS COURSES

Non-Restricted & Restricted Licenses



Call (Mark) 1-403-679-8122

Email: abguncourses@gmail.com



Firearms Appraisals; Firearms Estate Services, Firearms Verification;
1-On-1 Shooting Improvement Clinics; Holster Courses,
Customized Live-fire Shooting Courses & Programs.

Serving the Communities in Firearms Safety since 1996





OUT OF THE RUT by Kat Dancer

Chapter 185

Greetings and celebratory salutations in this exciting new year!

I write from England. I spent a fortnight here with my dear friend Bonny. A stone's throw from Heathrow, within the pollution dome of the M25. I took an exploratory walk through the cemetery (closest green space), stood counting aircraft...14 aloft; coming into land, escalating skywards, circling or streaming away. Air oily on my tongue. I walked the narrow streets, squeezed by cars relentlessly parked both sides, offering a single width to pass at times, red brick houses lined the roads, standing seamlessly shoulder to shoulder.

Subsequently, extricating Bonny from the security of her home to go 'adventuring', we explored a small wild spot with lake, bordered by rushing road on one side and a rattling train-track on the other. It was a hard walk for Bonny to circumnavigate the lake, but she allowed herself to be cajoled into it.

Next, off to Windsor Great Park. We emerged from home slightly earlier in the day, getting some of the dwindling hours of sunshine to marvel at the giant oaks, beeches and plane trees of the Park. Three red deer grazed, or to be accurate, two grazed and one stood sentinel within feet of the walking path, only moving when three equestrians passed close by on partly woolly winter-clipped horses. The castle made a magnificent sight far across the acres of the park. Despite the negatives, without the longevity of the royals here, so much of

the beauty of this land would long ago have succumbed to concrete and tarmac. This park is a gem that thousands of people like us enjoy on a daily basis, it's an oasis of calm greenery that does the soul good.

We moved onward in search of a Sunday pub lunch at the Royal Windsor, in the lee of the castle itself. On the way, I spy a quintessentially English gentleman walking along in tweed plus fours, a flat cap and sporting a pipe. Hilarious.

Another day we ventured to the site of the signing of the Magna Carta, the foundation of British Law and for law in many other countries including Canada. This set down the limitations of rule, the essence of democratic rule in 1215 with King John and a bunch of other luminaries of the time. A vast green plane of grass on which I could envision great pagentry, horses and humans gathered, pavilions, flags and standards flying.

There were a number of art pieces here, not least a beautiful three-part construction in twisted willow branches. Three women releasing what I would think to be doves into the air. The skirts of the woman formed tipi-like structures that wrapped around an opening. Inside, one suddenly dropped into a state of warm, supported peace, the stillness with sparks of light, sunshine blinking between the twists of wood illuminate the inside. Wood plaques display short poems written by juvenile offenders, members of the Runnymede Residency, a policeman and a judge.

A monument to JFK three quarters of the way up the hill, a good climb up two sets of steps made of grey-black stone setts. A major challenge for Bonny, but we managed to make it all the way to the top where she rested while I skipped up the hill to the peak before heading back down together, aiming for the rather cosy cafe where hot chocolate and good munchies were consumed before



our departure. This place rather blew our minds, neither of us knew it existed, it is on the edge of Bonny's life-long tramping grounds, something new and exciting.

Today, if I can get the woman moving in sufficient time to enjoy the glorious sunshine we are gifted, we will visit Osterly Park to explore the house, gardens and ornamental lake. More beauty on the edge of the piles and piles of grim, grimy, congested and polluted urbanity that is the sprawling edges of the Greater London conurbation.

Preserve the integrity of the mountains and the foothills! Campaign against those who want to chop things down and dig things up. Once gone, it's gone for ever. It is worth having clean water into the future, it's worth having clean air to breathe. Millions of people choose to live in this great suburban/urban sprawl, but they forget what it is to be and how and where their stuff all comes from.

Nature preserves us. We should return the favour.

Kat Dancer bodymudra@gmail.com,
+1 415 525 2630 (ph/whatsapp)

SMALL ENGINE SOLUTIONS
Professional Small Engine Repair
**CALL US TO GET YOUR CHAINSAW
AND SNOWBLOWER IN TOP SHAPE:
WINTER IS COMING!**

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

For Pickup Call
Phone 403.949.3110 • Cell 403.991.3920

**RENOVATE
FOR GOOD**

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

Stephen@RenovateForGood.com
403.863.2085 | www.RenovateForGood.com



LAURA GRIFFIN

Lone Wolf Lore Lacks Logic

There are many myths and legends around wolves, the big bad wolf of fairytales, the werewolf of nightmares but none seem to be as prevalent as the lone wolf lore. The person who is self-reliant and prefers to live and work alone. A trail blazing sigma who is aloof and detached. The problem with this is that in reality wolves are far from solitary animals. To celebrate the Wolf Moon on January 3, also known by some indigenous Great Plains tribes as the “Wolves Run Together Moon” we will take a closer look at these misunderstood wild neighbours.

The Gray Wolf is spread across the globe in various subspecies. All of these subspecies have one thing in common; they travel in packs. The wolf pack is one of the most social cohesive units found in nature. It usually consists of an Alpha male and female who give birth to the litters of pups, and then further generations extend around this pair. Depending on a wolf's size and physical ability their role may change within the pack from provider to teacher to protector. The largest pack on record was 37 members, but most are between 4 to 7. The strength of the pack is reliant on the ability of the pack members to care for one another and pass their knowledge from one generation to the next. Wolves have complex body language, howls, and other vocalizations to communicate with one another. The more their behaviour is likened to that of humans.

However, if you look at traditional Blackfoot knowledge it is said that humans learned the skills of cooperative hunting with one another from Makoyiwa the wolf. When a Blackfoot family was starving in winter Makoyiwa took pity on them and showed them how larger prey animals could be hunted by working together. As apex predators wolves will kill larger herbivores like elk and bison. A pack can spend hours splitting up herds, separating weaker herbivores from the group before finally taking one down. Then they feast. So perhaps the more we research wolves, the more we are discovering what we forgot we learned from watching them originally.

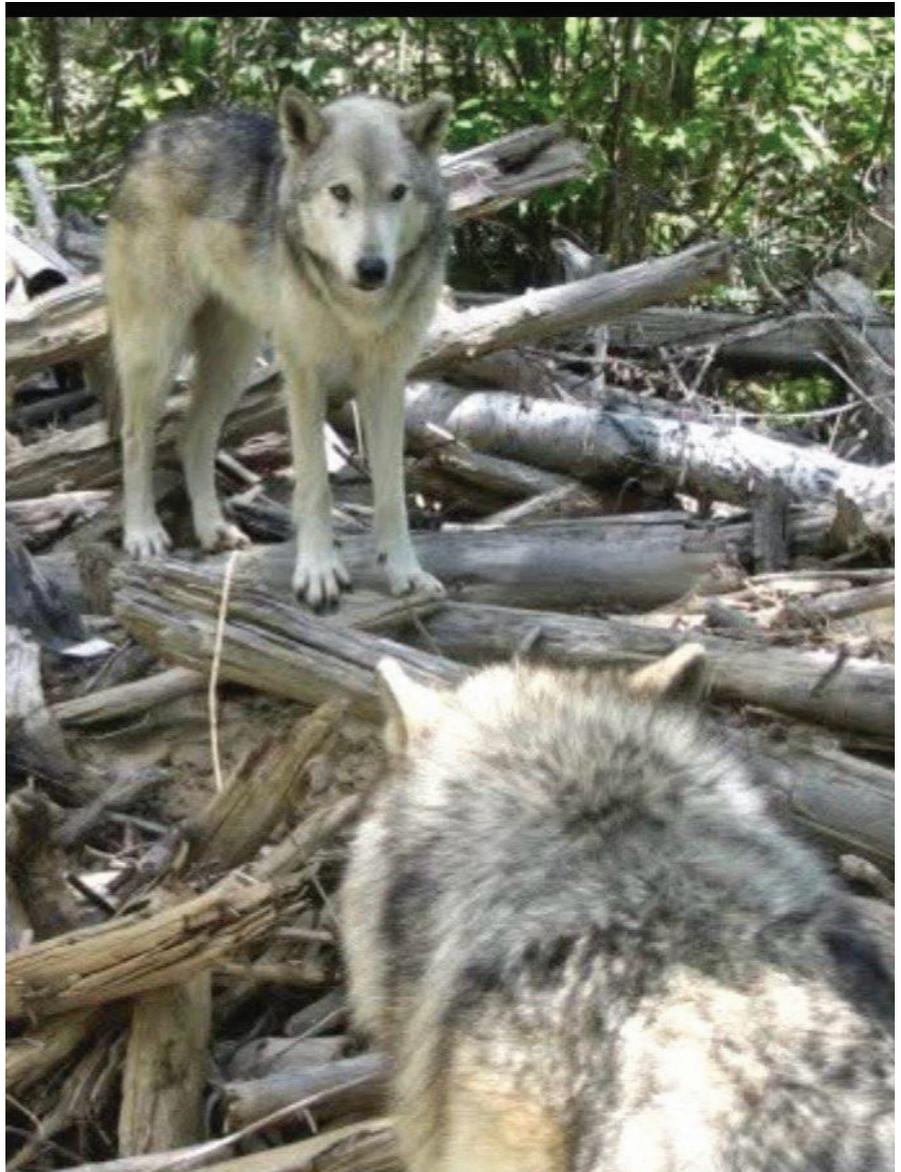


Photo by Brenda Griffin

Enter the lone wolf. This is not an end goal for a wolf; being a lone wolf in winter where there are no pack mates to break trail in the deep snow or provide food when you are ill can be a death sentence. Lone wolves have simply come to a place where they don't quite fit in their current pack. When they break away it is to start their own pack or join another one who has a void they can fill. Using their howls that can be heard up to 10 kilometres away, they can seek out new companions. A lone wolf is just a traveller searching for another family to join.

Perhaps as we head into the new year we can reflect on the blessings our current packs provide for us. Our reliance on their companionship and generational wisdom. How cooperation increases our bounties in the good times and is our lifeline through the dark times. It is good to be self-reliant, and comfortable in our own company, but if we our true lone wolves, then we must embrace the desire and need to make social connections. Spend time in solitude to connect with ourselves and then send out a howl to find and bond with our wolf-like brethren who in times of need will respond with the protectiveness and generosity of a true pack.

KIDS ZONE

Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print! We will include your first name and age if you include that information

Full Wolf Moon Word Search

- Wolves
- Darkness
- Full moon
- Calendar
- January
- Frozen
- Howling
- Lone
- Waxing
- Pack
- Furry
- ~~Snarl~~
- New Year
- Roles
- Hunting
- Pawprint
- Waning
- Litter
- Alpha
- Predator
- Winter
- Resolve
- Stars
- Tail

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

This month's Kids Zone is generously sponsored by:

camp sayahh
kids dental care

587.493.8188 | campsayahh.com | Suite 101, 609 - 1 St W, Cochrane, Alberta T4C 1A8



ADHD And Vaping

WHAT IS VAPING?

It is the act of inhaling and exhaling vapors heated from nicotine, flavored “e-juice”, marijuana or hash oil that are suspended in propylene glycol and vegetable glycerin. These liquids or solids are contained in a sleek looking metal device called a ‘vape’, ‘vaporizer’ or often called ‘juuling’. The use of vaping has skyrocketed especially among teens.

Approximately 2.1 million middle to high school students (illegal and under-aged) were users in 2017.

WHAT IS THE CONNECTION?

ADHD teens are particularly susceptible because they have a neurochemical condition that results in impulsivity and inattentiveness. The three core deficits that contribute to the act of vaping is their inability to sustain attention to work, inability to focus and poor impulse control. Furthermore, they struggle socially with a constant worry about what they have said, they want to be liked, to fit in and belong. The truth is that vaping does not make you happier, nor improves your social status!

HOW TO FEED THE NEED FOR SPEED?

ADHD teens are already at risk for nicotine addiction, as they are low on naturally occurring dopamine and norepinephrine levels in the brain. Nicotine is a central nervous system stimulant. So, when it is inhaled, it will release dopamine. Most people are: ready, aim, fire. ADHD people are: ready, fire, aim. Let’s just do it and think about the repercussions later. It feels good. I like it. I want more. Some brand name pods contain 5% nicotine, which is equivalent to one pack of cigarettes. That does not necessarily mean that the other 95% of the pod, mod, juice, e-liquid or cap consists of water. It could be a mix of as much as 700 different carcinogenic compounds that are harmful for your health and developing brain.

WHAT CAN GO WRONG?

Many devices contain batteries ... a risk for a leakage or an explosion (during storage or charging, inhalation or in your pocket). The actual device heats up to 400F to turn

the liquid into vapour. Even though there is no tar, side-effects can

include addiction, painful mouth sores, hoarse voice, permanent lung damage and chronic bronchitis. When teens with ADHD try to stop vaping, the same or worse symptoms that they try to manage with their general ADHD, are exacerbated i.e. anxiety, inattention or insomnia.

WHAT CAN PARENTS DO?

You can check. There are simple, easy to use dipstick urine tests available to accurately detect the amount of nicotine-cotinine. You can help them escape a bad situation. Create a word or phrase that only you know the meaning of and means: “PICK ME UP or HELP!”

Have a plan for youth to leave an uncomfortable or unsafe situation IMMEDIATELY. No questions asked.

Teens should always share their location with their parents.

Talk openly about nicotine addiction and vaping. Consult an addiction counselor if needed.

WHEN SAYING “NO” IS NOT ENOUGH...THEN SCRIPT

Not sure if you know, but I got into enough trouble the last time to last me forever.

Keep a bottled drink or lemonade with you at parties. “I’m covered”. Students are less likely to offer other substances if they see you already have something in your hand.

Blame your parents for finding out. They would be happy to be the scapegoats.

Find something to do. Look busy. Get up and dance. Offer to DJ.

Sources:

- www.fda.gov/tobacco-products/youth-and-tobacco/youth-tobacco-use-results-national-youth-tobacco-survey
- <https://e-cigarettes,surgeongeneral.gov>
- www.nbcnews.com.1/24/18
- <http://ecigone.com/featured/e-cigarette-explosions-comprehensive-list>

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

REGISTERED PSYCHOLOGIST
BRAGG CREEK & CALGARY
 Children, Adolescents & Adults

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

For more information contact Roché Herbst, M.A. R. Psych.
403-510-9984 or rocheherbst1@gmail.com



THE CHAULK TEAM
 A TRUSTED NAME IN REAL ESTATE

Thinking of selling or moving in 2026?
 Call your area specialists
 Wayne & Rebecca Chaulk!



Cell: **403 863 7920**
 Office: **403-252-5900**
www.chaulkrealestate.com

Wayne Chaulk
 REALTOR®

Rebecca Chaulk
 REALTOR®

CLASSIFIEDS

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

SERVICES OFFERED

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

JIMMY J's TOWING

PRIDDIS. Cash for scrap vehicles. Farm & acreage clean-ups. 403-891-3994

WANTED FIREARMS AND LAWN EQUIPMENT

Paying cash for unwanted firearms. Free pickup of unwanted garden, lawn, acreage equipment, generators, chainsaws, golf carts, etc. Millarville, Priddis, Okotoks and between. Call or text 306-641-4447

FD BOOKKEEPING SERVICES

Year end is coming! Is your small business ready? Julie Jones can take care of your books and get your business finances up to date. For more information: julie@fluiddecisions.com or 403-808-2712. | fluiddecisions.com

RESIDENTIAL CLEANING AND

DETAILING. Call Wanda at 825-883-6608

BEAR ESSENTIALS BEAUTY

This Christmas, shine brighter than the tree! BEAR ESSENTIALS BEAUTY invites you to indulge in festive glam with:

Holiday-Ready Nail Services | From timeless elegance to full festive sparkle – we've got your fingertips covered. Including the BEST-KNOWN "Gel X" System: Lightweight, durable, flawless. The perfect choice for long-lasting Christmas magic!
Luxury Lash Extensions | Wake up picture-perfect all season long with customizable classic, hybrid, or volume sets.

Not sure what to get your loved ones this Christmas? Give the gift everyone loves – a Bear Essentials Beauty Gift Certificate!

Perfect for pampering, perfect for last-minute shoppers, perfectly thoughtful.

Text or email Tara to find out more information! 403 702 3532 | Beaessentials35@gmail.com

FOR RENT

BRAGG CREEK ACREAGE HOME

FOR RENT Rustic 3-bdm home, 1.5 km from hamlet. 1.5 bath. Seeking mature, self-sufficient, water-wise renter. \$2000/mo. For inquiries email: mrneufeld@gmail.com

MONTHLY RENTAL: Scenic and private home for rent. Fully furnished 3 bedrm, 2 1/2 baths. Located 3 kms from Bragg Creek. Fully remodeled with gourmet kitchen. \$6,000/mth includes utilities/WiFi, heated garage. Inquiries pls send text to 403-689-9509

RARE FIND - REDWOOD MEADOWS

HOME Contact Jocelynn Banks 403-730-9203 2 bedroom / 1 bath main level home with garage and beautiful yard available for rent. Nicely updated and move in ready! \$2500 per month + 70% of the utilities. ** Lower level is leased office space.

WANTED

WANTED: CATTLE PASTURE for 2026 and beyond. Contact David 403 999-2404 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

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



LYNN'S SOURDOUGH BAKERY CO. is a microbakery located in Redwood Meadows specializing in sourdough bread. Open 7 days a week, I sell on a bake-to-order basis, offering plain and flavored sourdough loaves in artisan, sandwich or baguette style, as well as pizza dough. For more information, please visit my Facebook page or email me at lynnssourdough@gmail.com.

FOUR WHEEL RUNNING GEAR

Four Wheel Running Gear suitable for Hay Rack. 403 651 774

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

Wheeled microwave cart \$30; McLane gas 5 bladed reel mower \$325 Contact Warren 403 949 3452 or email cwmcnabb@telusplanet.net

COMMERCIAL

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

**\$29.95 for 4 lines,
\$4 per additional line**

Free and Commercial/ Business
Classifieds Send your ad to:
classified@highcountrynews.ca or submit
online via
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

NOW YOU CAN
ACCESS THE BUSINESS
LISTINGS ONLINE



ACCOUNTANTS & BOOKKEEPING

WILSON & PLUMER CHARTERED ACCOUNTANTS 403.949.4947

ARBOUR CARE & TREE REMOVAL

BEAVER TOOTH MULCHING LTD, dennis@BTMDen.com 403.850.4888
BIG TWIG TREE EXPERTS, facebook.com/bigtwigtreetreeexperts 403.401.3939
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.treetworxpro.com 403.554.2370

AUTOMOTIVE SALES & SERVICE

KAT AUTOMOTIVE, www.katautomotive.ca 825.734.1043

CHILDCARE

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

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403.949.2072

CLOTHING & JEWELLRY

CRABAPPLE COTTAGE LADIES BOUTIQUE, OLD WEST MALL 403.949.4264

CONSTRUCTION, CONTRACTING & EXCAVATION

ALBERTAINDOORCOMFORT.COM, Independent Living Renovations 403.230.2690
BRAGG CREEK EXCAVATING 403.949.2756 / 587.968.7720
CENTURY ROCK MASONRY - DAVID ANDRUKO 403.819.5303
COWBOY COUNTRY LOG HOMES Log Home Refinishing 403.968.8842
GREAT WEST FENCING, www.greatwestfencing.ca 403.907.0184
LT EARTH SERVICES - Full Service Excavation 403.478.0050
RENOVATE FOR GOOD, Stephen@RenovateForGood.com 403.863.2085
WOOLRICH DESIGN AND CONSTRUCTION - woolrichgroup.com 403.851.0076

COUNSELLING

BRAGG CREEK - ROCHE HERBST, R. PSYCH 403.510.9984
PRIDDIS - ERICA BERNARD, MSW, RSW 403.874.0176
KATERINA RENNY, R.Psych, www.foothillscounselling.com 403.819.7691

DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com 403.276.7918

DENTAL CARE

BRAGG CREEK DENTAL CLINIC 403.949.2288

EQUIPMENT RENTALS

DIAMOND VALLEY RENTALS; LIKE US ON FACEBOOK, rentalsdvr@gmail.com 403.701.3013

EDUCATION

THE LITTLE SCHOOLHOUSE - BRAGG CREEK 403.949.3939
REDWOOD MONTESSORI - PRESCHOOL AND KINDERGARTEN, redwoodmontessori.com 587-225-7030

ELECTRICAL SERVICES

BOW CURRENT ELECTRIC, bowcurrentelectric.ca 403.932.9289
BRIGHT EARTH ELECTRIC, office@brightearth.ca 587.435.2244

FINANCIAL & INSURANCE SERVICES

ATB FINANCIAL - BRAGG CREEK AGENCY 403.949.3513
BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES 403.949.2599
MORTGAGE BROKER - COUNTRYSIDE FINANCIAL 403.560.6016
FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES 403.949.3250
INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) 403.949.3250

FURNACE & DUCT CLEANING

ALBERTAINDOORCOMFORT.COM, Indoor Air Quality 403.230.2690
HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES 403.888.2000

HANDYMAN

PEAK HANDYMAN SERVICES, www.peakhandyman.service 403.953.4009

HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC 403.949.3953
BRAGG CREEK PHYSIOTHERAPY 403.949.4008
THREEPOINT MASSAGE & YOGA THERAPY 403.829.1148

HOUSE CLEANING

BUSY BEE SERVICES, BusyBservices@pm.me 403.585.3800

INTERIOR DESIGN

INTERIOR INSPIRATIONS, BlindaBilouInteriors.ca, bdbilou@gmail.com 403.461.9748

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS 403.949.3110 / 403.991.3920

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER MAINTENANCE & CONTRACTING, www.workharder.ca 403.949.3442

LEGAL

LINDA ANDERSON LAW OFFICE 403.243.6400 / 403.949.4248
MAVERICK LAW 403.949.3339
MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403.981.0700

LOCKSMITH

OKOTOKS AUTO LOCK AND KEY, John McComber 403.988.8691

MEAT PROCESSING

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

PAINTING

DIAMOND THERMAL COATINGS LTD Architectural painting contractors 403.651.0254
MOUNTAIN VIEW PAINTERS, www.mvpcanada.ca 403.607.0316
ON POINT PAINTING, facebook.com/onpointpainting20 587.888.4353

PAVING

LAMBERT BROS. PAVING 403.287.3252

PEST CONTROL

ABSOLUTE PEST CONTROL 403.238.7400

PET & EQUINE SERVICES

BLUE RIBBON KENNELS - Boarding & Training 403.949.2963
CAECORANCH.COM, Training/Lessons/Board/Sales/Hauling, caecoranch@aol.com 403.933.5503
FUR PERSON DOG SERVICES, furpersondogservices.ca 403.949.4147
MANY LEGS PET GROOMING & SUPPLIES, eason@telus.net, manylegsinc.com 403.949.3555
STEPH'S FUREVERFRIENDS, Dog Boarding & Daycare, stephmarsh@telus.net 403.679.8821

PLUMBING & HEATING

ALBERTAINDOORCOMFORT.COM, Plumbing, Heating, Air Conditioning 403.230.2690
BRAGG CREEK PLUMBING & HEATING LTD 403.931.0486
BRICO PLUMBING INC., bricoplumbing2002@gmail.com 403.998.5580
THE PIPE MECHANIC LTD, pipemechanic.ca 587.205.8505
VALLEY HEATING & COOLING - furnace, AC, hot water, www.valleyheating.ca 403.775.6423

REAL ESTATE & PROPERTY MANAGEMENT

CANDACE HENDRICKSON, REMAX, Mountain View, Bragg Creek, Redwood Meadows, Cochrane 403.681.4391
DEBORAH CLARK, REALTOR® - C21 BAMBER REALTY, Bragg Creek/ Elbow Valley/ Redwood 403.835.3385
DIETER HENDRICKSON, RE/MAX Mountain View, Bragg Creek, Redwood Meadows, Cochrane 403.612.7849
ELISE LALONDE, REALTOR® - REAL BROKER, Bragg Creek, Cochrane & Surrounding Areas 403.896.9830
KATHLEEN BURK RE/MAX Realty Professionals, Cochrane/Bragg Creek/Redwood 403.818.8049
MEGAN STUART, CalgaryHomeLocators.com, Greater Calgary Real Estate 403.978.9117
MELISSA GALLAGHER, C21 BAMBER, Springbank & Surrounding Areas 403.850.8034
SHERRI OLSEN, MAXWELL Capital Realty, sheriolsen.com, Bragg Creek, Diamond Valley, Acreages 403.519.5998
SUE WINSOR, MAXWELL Canyon Creek. Country Life 403.333.3717
TRAVIS VANDERVEEN, EXP REALTY, Travis@vanderveenrealty.com 403.966.2912
WAYNE CHAULK, ROYAL LEPAGE SOLUTIONS, chaulkrealstate.com 403.252.5900

RECRUITMENT

RONETA, Intermediate to Executive, Permanent/Contract, www.roneta.com 403.537.7450

RESTAURANT

BAV TAV AT THE BAVARIAN INN, Bragg Creek, bavtav.com 403.949.3632
CREEKERS BISTRO, Bragg Creek 403.949.3361
POWDERHORN SALOON, Bragg Creek 403.949.3946
THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek 403.949.2750

RETAIL

BRAGG CREEK TRADING POST 403.949.3737
MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403.949.3147

ROOFING & EXTERIORS

DAZA ROOFING dazaroofting.com 403.542.2592
FORTRESS ROOFING & EXTERIORS LTD 403.264.7844
GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhroofing.ca 403.796.ROOF(7663)

SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES 403.288.9500
A-EAGLE SEPTIC, eagle-7@telus.net 403.650.9436
BIG ROCK SEPTIC SERVICES, bigrockwaterhauling.com 403.804.5551
FOOTHILLS SEPTIC, foothillsseptic.ca 587.999.4678
STEELHEAD VENTURES, svlgroup.ca 587.318.2205

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

LT EARTH SERVICES - Full Service Trucking 403.478.0050
ROSS TRUCKING 403.651.9428

TOWING

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

UPHOLSTERING AND WINDOW COVERINGS

HEMMETT CUSTOM UPHOLSTERING AND WINDOW COVERINGS 403.816.3802 / 403.975.9843

WATER HAULING

BIG DRIPPER WATER HAULING INC., svlgroup.ca 587.318.2205
BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com 403.804.5551
DIAMOND VALLEY WATER HAULING, www.dvwh.ca 403.933.4438

WATER WELLS

AQUA MULE Water Well Systems & Services 403.931.2991
STEELHEAD VENTURES, svlgroup.ca 587.318.2205

WELDING & FABRICATION

ARCHER CUSTOM FABRICATION, www.archercustom.com 403.463.3366
REFINING FIRE METALWORKS, Stephen Sosnick JRS 403.589.6594
TRADEWEST FABRICATION tradewestfabrication.com 403.700.4570