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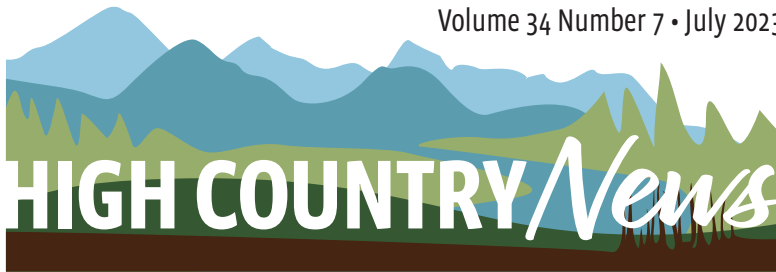
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## LETTER FROM THE EDITOR

**What makes Canada, Canada?** Is it our hockey, our beer, the natural beauty, the 9 months of winter and the other 3 months when we're tormented by our national bird "the mosquito" and road repairs?

Recently, a close friend and mentor challenged me with the question, "What is most important?" As I'm currently working through some health issues (of which recovery is going well), it has come with its own set of challenges in terms of what gets done and what doesn't. His deeper question was: "How are you going to live by your personal values and mission in light of the challenges you're facing?" "How will you lead your businesses and personal life by their respective mission statements?"

This question can apply to us as Canadians. Canada's constitution is in one sense a mission statement. It is a set of statements and laws that govern us as citizens. For me personally, in my daily activities, I am generally not thinking about Canada's Constitution. I'm thinking of the challenges of operating a business and navigating the raising of a family. I'm sure most of my readers would feel the same. However, I would like to suggest that the constitution

of our country is important to think about. From time to time, it would be valuable for us as citizens to contemplate its meaning, and how our personal activities either contribute to its strength, or fight against it? Are our larger corporations and political systems honouring this constitution or are they violating it? The real challenge is how we as constituents hold ourselves, political systems, and corporations into account by democratic vote, petition, and economic spending.

When our constitution is upheld and lived out, it facilitates flourishing communities and the honoring of ancestral culture and history. (Regardless of race and creed).

As a reminder The Charter:

- sets out the values that Canadians live by
- describes the kinds of personal human rights and freedoms we can expect in this country

Some of these include:

- the right to:
  - life, liberty and personal security
  - a fair trial, that respects all your legal rights
  - be presumed innocent until you're proven guilty
  - talk to a lawyer as soon as possible if you are arrested
  - equal protection and benefit under the law, without discrimination

- freedom of:
  - conscience and religion
  - thought, belief, opinion, and expression
  - the press and other media
- freedom to:
  - join groups
  - hold peaceful meetings
- protection from:
  - unreasonable search or seizure
  - being detained or put in prison without a just reason

Rights come with duties. People who live in Canada are expected to:

- understand and obey Canadian laws
- help protect Canada's multicultural heritage
- allow other Canadians to enjoy their rights and freedoms

If you live in Canada, you should become informed about politics and help to improve your communities and the country.

Citizens of Canada have other rights and freedoms, such as the right to vote in elections.

From the Government of Canada Website [www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/learn-about-canada/human-rights.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/learn-about-canada/human-rights.html)

As we celebrate Canada Day, I trust the above constitution won't be forgotten amidst the fun and celebration.

*From my family to yours,  
Lowell Harder*





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## MP UPDATE - FOOTHILLS

**John Barlow**

### Protecting Our Roots in Agriculture

Planted, cultivated and harvested by local farm families, Canada's agriculture and agri-food sector is one of the most successful and sustainable in the world and it should be lauded not punished for this achievement.

Agriculture is an incredibly valuable pillar of our nation's economy, and a vital key to our economic recovery. While we celebrate the successes of today, we must also look to the future keeping a keen eye to the pastures beyond and the next crop to grow.

Our young farmers are an important part of our successful agricultural industry. Generational farmers and ranchers are key to our food security, and the reason to preserve our land and rural way of life for the next generation of producers and consumers alike.

However, in Canada, family farms are disappearing at an unsustainable rate due in large part to punitive Liberal government policies.

As our country struggles with record high inflation, cost of living and food prices, so too do the financial burdens take their toll on family farms. Harmful Liberal policies like the carbon tax, fertilizer tariffs and emissions reductions and prioritizing activist voices over proven science continue to threaten the economic viability of Canadian agriculture.

There is a stark contrast in approaches to agriculture and agri-food and deplete generational family farms from our rural communities.

Conservatives are proud of our farm families and the fact they embrace innovation and technology to improve efficiency, reduce emissions and protect our water, soil and precious ecosystems. Our farm families do more with less, and Conservatives see modern Canadian agriculture as part of the solution.

In contrast, the Liberals and NDP look at farmers as part of the problem punishing them with punitive taxes, regulations and making decisions based on activism not science.

I have seen first-hand how farmers today struggle under the carbon tax, and could be made worse with the new Liberal Underused Housing Tax. The crippling Liberal carbon tax, for example, is set to triple. According to the 2023 Canadian Price Index, when the carbon tax triples the average 5000-acre farm could face more than \$150,000 a year on this tax alone. Add to that the newest Liberal tax, the Underused House Tax, targeting homes on farm and rural properties could end up costing farmers thousands more in paperwork and potential fines.

Liberals are prioritizing activists over farmers through decisions not based on science, such as their harmful emissions reduction targets. According to CFIB, 72% of farmers will be forced to reduce their yield overall food production if the Liberal fertilizer reduction policy is mandated. Our farmers have worked hard to be sustainable, efficient and innovative in their use of fertilizer. In fact, they have reduced emissions and improved yields and they have done so without government intervention, without carbon taxes because it is the right thing to do.

This Liberal policy is not about the environment, it is about tax revenue.

Our farmers should be celebrated for their innovation and sustainability instead the Liberals are putting their economic sustainability at risk.

As a father, I want to see my children live their best life, in the best world where they have the opportunity to reach their full potential. Our generational farmers are the same, working hard every day to take care of their land so their children can plant and prosper.

Achieving this goal is out of reach under Liberal policy. Canada needs policies to support family farms, not force our farmers and ranchers to walk away from the land they love and labour. To do so, we must prioritise agricultural prosperity, unleash its potential by repealing the destructive policies implemented over the last eight years by the Liberals.

I will fight for our farmers, calling on the Liberals to stop impeding the sustainability and success of our family farms. Losing more than a family farm a day is simply not sustainable. Our next generation of farmers depend on us today to ensure they can grow tomorrow.



## BARBARA ANN WELCH

**1935-2023**

Barbara Ann Welch passed away peacefully on June 12th, 2023 in the presence of her loved ones. She was preceded by her loving husband, Leonard "Larry, Welch, and daughter, Juanita Chisholm. Barb will be lovingly remembered by her half-sister, Frances Welsh, her brother-in-law and partner, Gordon Welch and Bette Muren, grandchildren, Jason and Tiffany, and her great grandchildren, Rylan and Ava.

Some of Barb's fondest memories were during her time growing up in Sundre on Colonel Synder's Red Deer River Ranch.

It was here she discovered her passion for horses and ranching. She was 15 when her family relocated to Australia, where she met her first husband, Ian Davies. Shortly after they welcomed their daughter, Juanita Kathryn Davies, they moved as a family to Calgary. After her divorce, Barb and Juanita moved to Regina briefly where Barb pursued some modeling opportunities. She would later become the first ever 'Pemmican Pearl' at the 1970 Buffalo Days in Regina. It was during this time that Barb found her love of CFL and remained an avid Saskatchewan Roughriders fan to the very end. After moving back to Calgary from Regina, she worked as an administrator in the oil and gas sector, and met the love of her life, Leonard "Larry" Welch. They married on September 25th, 1974, and shared 45 beautiful years together that took them all over the world. Together, they shared hundreds of acres of West Bragg Creek ranch land, livestock, a handful of loyal dogs, and an orange cat named Wally McGee. She raised a herd of award-winning llamas and alpacas for almost 30 years and traveled to South America several times to find the finest breeding animals.

Barb's family would like to thank all her friends for the outpouring of support and kind words. Her celebration of life will be held at the Eden Brook Funeral Home & Cemetery at 11:00 on Thursday June 22.

*Condolences may be forwarded to the family by visiting [www.edenbrookcemetery.ca](http://www.edenbrookcemetery.ca)*



## COVER ARTIST PROFILE

### Fields of Joy 30" x 40" acrylic

While living in Vancouver eighteen years ago, I took my first painting class because I simply wanted to paint flowers. I would visit local art galleries in the neighbourhood and look with wonder at art pieces thinking, "How did they make that brush stroke?" Formal art studies definitely can help an artist achieve their goals of making a beautiful painting, but intuitive skills play a bigger role. Paint what you feel, I say.

Now as a Springbank resident for over 10 years, the surroundings of nature give me the inspiration I need without the distractions of the city. I enjoy expressing my creativity through painting botanicals and bold colors. My inspiration also comes from legendary artists like Andy Warhol who once was quoted saying, "Don't think about making art, just get it done. Let everyone else decide if it's good or bad, whether they love it or hate it. While they are deciding, make even more art."

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



## FORMER MLA - BANFF/KANANSKIS

### Miranda Rosin

Banff-Kananaskis, thank you for everything. While our local election results are certainly not what my team expected nor hoped, what is most important is to celebrate and congratulate Premier Danielle Smith and my returning 49 colleagues. Our United Conservative team ran on a purely positive vision for Alberta's future that focused on growth, affordability, and compassionate care. For that they were rewarded, and Alberta will most certainly be better for it.

To steal a quote from Danielle Smith, "I love this province and everything that it stands for". The fight for the preservation of our western way of life was truly my passion. Alberta is a province of hard-working and self-determinant people. They face adversity with confidence, and they deserve a government who believes in them as much as they do. Our United Conservative government was that government. Despite the many headwinds of the past four years, we rebuilt a province that today is fortified, resilient, diversified, and welcoming. *Fortis et liber*, you might say.

I truly believe that there is no constituency in the entire province that reflects the hard-working entrepreneurial spirit of

Alberta more than beautiful Banff-Kananaskis, of which you are a part. Being your MLA, Alberta's Parliamentary Secretary for Tourism, and a voice at the decision making table during one of the most geopolitically significant times in a generation was truly the honour and the joy of my life. Thank you for believing in me, supporting me, providing your input

to public policy, and attending my events if you did.

With the help and advocacy of so many of you in our communities we were able to secure over \$105 million of capital for 11 major local infrastructure projects, including most notably everyone's favourite traffic lights and a new bridge over Fish Creek near Priddis.

Now, I have many thank yous to give: I need to thank Danielle Smith, Jason Kenney, and my many colleagues for their leadership and true friendship the past four years. We lowered taxes, deregulated and diversified Alberta's economy, legislated tough on crime but compassionate on recovery, and stood up for our province on a national and international stage. We accomplished much, and our team was forged through fire. I know a second term of United Conservative government will be even stronger and more successful than the first, and I hope that you will continue to support them in their endeavours.

I need to thank Nancy in my office, a Bragg Creek local, who worked as tirelessly over the past four years as I did to ensure that over 170,000 emails were responded to and that every constituent felt valued. If you had any interaction with our office you will have come to know Nancy and will know how vital she was. Many times I would attend an event in the province and, sometimes, in other provinces or states where strangers would approach me to tell me how much they appreciated working with "the lady in my office". Nancy is truly a national treasure.

Finally, I need to thank my donors and my volunteer team. We mounted one heck of an effort, and I truly believe we ran one of the strongest and most organized campaigns in the province. We did this because, collectively, we believed in the importance of what we were doing. Every member of our team recognized that this election was a fight for Alberta's future, and they rose to the task.

While the results of Banff-Kananaskis may not have been what we hoped, I have every confidence and optimism in Danielle Smith and my colleagues who are returning to the Legislature. Under their leadership Alberta's best days will truly continue to lay ahead, and I remain excited to see what our province's future will hold.

Since everyone is asking, I am unsure what is next for me. I will take the next couple months to figure that out, but sincerely welcome you to stay in touch with both myself and our local United Conservative movement. Our province's economic and cultural future are worth fighting for, and I hope you will join us.

Banff-Kananaskis, from the bottom of my heart, thank you for everything. I hope that over the past four years I fulfilled the expectations you deservingly held of your elected official. I'll see you around!

## Have brush... will travel!

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

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## MLA UPDATE - BANFF/KANANSKIS

### Sarah Elmelig

It is my honour and privilege to be your new MLA for Banff-Kananaskis. I'd first like to thank Ms. Miranda Rosin for her four years of service to our riding, and Kyle Jubb and Regan Boychuk for putting their names forward during the election. Choice is the foundation of democracy, and it was great that everyone had so many candidates choose from. As I settle into my new role as your MLA, I look forward to getting to know you and learning how I can best represent your needs in Edmonton.

Over the month of May, my team and I knocked on thousands of doors and spent hundreds of hours on the phones. Hundreds of volunteers contributed to our campaign's success, and I am tremendously grateful for each of them! Democracy is a grassroots and collaborative effort and every candidate who has ever won an election was backed by a legion of dedicated volunteers who donated their time.

Professionally, I've been working as a conservation biologist and landscape

planner across this vast riding for over 15 years. While I call Canmore home, I've explored much of this riding recreationally, and met with many of key stakeholders over the years. I love how each community across this riding has its own unique character, challenges, and opportunities. This diversity is something to be celebrated.

Regardless of where, people intentionally choose to live in our riding. That intention is often tied to an appreciation of the land. Whether looking at the view with a warm cup of coffee in the morning, or making our living working on it, or hiking and biking through it – this landscape inspires us all and it is our love of the land that ties us to one another.

Together with the Iyáhe Nakoda and Tsuut'ina First Nations we share this magnificent riding. We have much to learn from one another about how to work collaboratively as good stewards. Our conservation of the Eastern Slopes and the headwaters of the Bow, Elbow, Kananaskis, Highwood, Sheep, and Ghost Rivers matters to all of us and to millions of people beyond our riding's boundaries.

Over the course of my candidacy to serve as your MLA, I heard from many of you that health care, affordability, education, and economic opportunities were top

priorities. That makes them my top priorities too.

In thinking about how best to connect with each of you, I wanted to prioritize you and your time. I will have an office in Canmore with regular hours, but I know that offices don't connect with people, people do. So, I will create a "tour schedule" where I'll be in different communities each week. You'll find me at a community hall or a coffee shop in Bragg Creek, Redwood Meadows, Priddis, Millarville, Ghost/Waiparous, Springbank, and Bottrell. That schedule will be shared through these articles and on my social media channels. I will also have video conferencing capabilities in my Canmore office and am happy to set up video meetings. And of course, if you are ever in Canmore, you're welcome to stop by. More details about my "tour dates" and locations will be coming soon!

This summer, I'm also attending events in every community as often as I can. Please email me about your community events and I'll do my best to be there.

Email me at [Banff.kananaskis@assembly.ab.ca](mailto:Banff.kananaskis@assembly.ab.ca) to set up an in person or video meeting, or tell me about yourself, your concerns, and what's happening in your neck of the woods this summer. I look forward to meeting you!



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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

**Division 2 Open House** – An open house for Division 2 was held at the Springbank Heritage Club on May 24th at 6:00 pm. Over 70 people attended and exchanged information with the RVC departments of agriculture, municipal enforcement, transportation, planning, communications, finance and the recreation department. I appreciate the time the residents had taken to attend and certainly enjoyed the many conversations I had with those that attended.

### Costco Subdivision Development Appeal Board (SDAB) Hearing -

The SDAB have reached their decision on the Costco DP and have ruled to uphold the Development Authorities decision to allow the development. For full details on the ruling, The Board Order can be found online here. The applicant will now be required to meet the conditions of approval imposed by the Development Authority before the Development Permit can be issued. There is also the possibility that the SDAB's decision may be challenged to the Court of Appeal and if such a challenge is made, timelines are unknown for an outcome on that process.

### Development Permit Application

**Awareness** - The County has implemented a significant service improvement and updated the process for the notification of residents regarding recently approved applications, providing a clearer process and greater access to information for the public to obtain documents related to development permit decisions.

As of May 30, 2023, copies of all development permit Notice of Decision (with attached conditions) for approvals within the appeal period, will be accessible online through the County website at [www.rockyview.ca/approved-development-permits](http://www.rockyview.ca/approved-development-permits). Along with this updated process, you will continue to receive email notifications within the existing Development Permit Application cycle.

If you believe you are impacted by any of the decisions, you may obtain a Notice of Appeal by completing a form and paying a fee of \$350.00 if you are the owner/applicant or \$250.00 if you are an affected party. Click here for more information on the Subdivision and Development Appeal Board, and instructions on obtaining a Notice of Appeal. Under provincial legislation, your appeal must be filed within 21 days.

**RAVE** - the RCMP are introducing a Community Watch Advisories for Alberta on a web based communications platform for real-time alerts. Recently, RAVE is now being offered on a wider, more public scale for individuals to sign up for. Users can choose which detachments they wish to get alerts from as well. This is a great rural crime watch initiative and RVC's Enforcement Team will work with that group to draft up messaging to get the word out to the broader County and our residents, businesses, etc. Please contact RVC's Enforcement Department for more details.

**Harmony News** – Congratulations to Harmony since they were recently recognized with three awards at the 2022 BILD Calgary Gala. For a sixth time Harmony was named BILD Calgary's Community of the Year – Calgary Region plus it was awarded Show Home Parade of the Year, and Best Broadcast Video.

Harmony will once again be hosting the 2023 Iron Man triathlon in 2023. As well, Harmony is sponsoring its first professional golf tournament in July at Mickelson National.

**CL Ranch** – Rocky View County's CL Ranch received the Location of the Year Award at the Global Production Awards recently held in Cannes, France. Located near the western boundary of RVC, the permanent set is the backdrop to several high profile film and TV series including Fargo, Heartland and others. The town's two intersecting streets showcase buildings from the 1850's to the 1930's. Most of the buildings have finished interiors. Congratulations to Teresa and Marshal Copithorne for this prestigious award.

**Springbank Dry Dam** – The Province has advised that there will be there will be 24 hours 7 days per week construction beginning May 31, 2023.

For any questions, please contact [Springbank-project@gov.ab.ca](mailto:Springbank-project@gov.ab.ca) or the Community Liaison at SR1. [communityliaison@gov.ab.ca](mailto:communityliaison@gov.ab.ca) You may also get updates to the dry dam being built at spring bank by visiting the following link [www.rockyview.ca/news/article/2081/sr1-springbank-dam-road-impacts](http://www.rockyview.ca/news/article/2081/sr1-springbank-dam-road-impacts). For a virtual tour of its design follow this link - <https://youtu.be/HSi0iF3ECj0>

### Springbank Area Structure Plan (ASP)

– Following the presentation of the Springbank ASP project to the Governance Committee on April 4, 2023, the Project Team has revised the draft ASP to better align with community input and regional planning policy. The revised draft ASP will be available for review on the County website ([rockview.ca/SpringbankASP](http://rockview.ca/SpringbankASP)) on Friday, June 16. Accompanying the ASP will be information materials that guide residents through the key aspects of the document. This will include:

- A video explaining the concept of Open Space Residential development.
- Graphics showing what Open Space Residential could look like if planned within the proposed locations of Springbank (Twp Rd 245 and Twp Rd 242).
- Information sheets explaining the Regional Growth Plan, Servicing, Transportation, and other items

Several public engagement opportunities to obtain feedback on the revise draft ASP such as an open house, online survey, coffee chats and 1:1 meetings are going to occur starting June 28th. The County website has been updated with this information, and notifications have been sent out to the community by mail, email distribution lists, and social media notifications. Adverts will also be placed within the Rocky View Weekly newspaper, together with signage at the Springbank Heritage Club. Administration is planning a presentation of the final draft plan to Council by November this year.

*Take care!*

Don Kochan – Division 2 Councillor  
[kochandiv2@gmail.com](mailto:kochandiv2@gmail.com)





## NEWSLETTER

### Judi Hunter - Ward 5 Trustee New Four-Year Learning Plan

The Board of Trustees approved the new Four-Year Learning Plan. The plan is focused on three main areas: Advancing numeracy and literacy; Building future-ready students; and creating inclusive, safe, and healthy learning opportunities for all students. Please visit [www.rockyview.ab.ca](http://www.rockyview.ab.ca) to see the full details of the plan.

### RVS Has Highest Family Engagement with myBlueprint Across Canada

myBlueprint is RVS' student portfolio and education planner platform where students can select and showcase various artifacts to self-reflect upon their learning. These portfolios chronicle students' stories and allow them to reflect on their learning journey. RVS has the highest family engagement in myBlueprint in Canada.

I had the privilege of attending a presentation by a Bears paw teacher sharing her Grade 2 class fish project. Students were able to grow fish from eggs and watch to fish develop as they moved from eggs to alevin to fry to fish. Bow Habitat supplied the fish eggs. Students documented the growth stages of the fish, learning about fungi and ammonia production that affected the health of the fish. They also learned about temperature criteria that affected the fish. Ultimately students were able to release the fish into one of the approved water areas. They learned about licensing required to release the trout. Over 2 million trout are released into 240 lakes in Alberta each year. Webinars operated once a week by Habitat supported the student learning.

June is graduation month. Congratulations to all the students graduating from Springbank High School moving on the universities and post-secondary institutions across Canada. Congratulations as well to those choosing to take a gap year and explore the options available to them. Congratulations to Jordan Inverarity selected as the Valedictorian for this year's graduating class. Jordan is truly a trailblazer. She has been a student journalist for the Springbank Community Association, a team lead in the robotics program, winner of a research position with the Alberta

Health and accepted into a program bioscience program at University of British Columbia on her path to becoming a neurologist.

Anyone who attended the Springbank Open House May 25, would recognize the opportunities for youth, not only in academics, but also the arts, robotics, and athletics.

Congratulations to Springbank High School students H. Gillcrist, L. Berry, and W. Kraus for achieving 100% on their biology 30 diploma exams and to their teacher, Mr. Matthews.

Our grade 8 students at Banded Peak, Bears paw, Springbank Middle and Westbrook school are also celebrating nine years of schooling in their respective schools.

I would like to recognize the contributions of our dedicated School Council members who work tirelessly as volunteers to support our students, staff, and schools. Without the involvement of these dedicated parents, our students would not have the opportunities they do. Please take the time to share your appreciation of these amazing parents.

Rocky View Schools has created an Indigenous branch to support the work of the Truth and Reconciliation report, ensure staff have the knowledge and understanding to meet the new Teacher Quality Standards, Leadership Quality Standards and to reduce the gap in achievement for our Indigenous students.

Congratulations to Brandy Perry, a teacher at Beiseker School that was Rocky View Schools nominee for the Edwin Parr Award. She was also selected to represent Alberta School Boards -Zone 5 for the provincial award. The Edwin Parr award to presented to an outstanding first year teacher.

June 3-5, 61 public boards across Alberta will meeting to vote on educational position statements which will be presented to government. July 3-5, National School Boards conference will focus on indigenous education and perspectives as well as governance best practices.

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**Cochrane & Area  
HUMANE SOCIETY**



## COCHRANE HUMANE SOCIETY

**Celebrate 25 Years of Saving Lives & Changing Lives with the Cochrane & Area Humane Society & Enter to WIN Big!**

The Cochrane & Area Humane Society (CAHS) is thrilled to invite you to join us in celebrating our momentous 25th Anniversary, while giving you the chance to win a life-changing cash prize!

It's time to get excited because with the CAHS 50/50 Cash Raffle Fundraiser, gives you the opportunity to win up to an incredible \$125,000, all while supporting animals in need.

For a quarter of a century, the CAHS has been at the forefront of providing a safe haven for unwanted, surrendered, lost, and unclaimed animals. With our unwavering commitment, we have been able to offer essential services such as food, shelter, medical care, behavioral rehabilitation, and adoption opportunities to countless furry friends. Additionally, our educational and outreach programs, rural spay/neuter initiatives, and public events promoting responsible pet ownership, make a lasting impact on our community.

Our open-door policy means we never turn away an animal in need, regardless of their condition. Each year, we encounter countless animals who arrive at our shelter in dire physical condition, requiring immediate and ongoing care. These innocent souls often suffer from broken bones, severe injuries, skin diseases like mange, life-threatening infections, and traumatic injuries such as burns or lacerations. The cost of providing critical medical treatment and long-term support to these animals exceeds \$125,000 annually.

How can you help? By participating in our raffle, you are directly contributing to the well-being of these vulnerable animals and making a true difference in their lives. Imagine the joy of winning a cash prize of up to \$125,000, knowing that your support has helped provide a second chance to countless animals in need. By purchasing a raffle ticket, you are not only entering for a chance to win but also actively supporting the operational expenses that enable us to continue our lifesaving work.

With our sell-out goal still within reach, we urge you to get your tickets today and help us make this anniversary year an extraordinary success. Let's come together to celebrate 25 years of unwavering compassion and dedication to animal welfare.



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\$125,000!**

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LIVES & CHANGING LIVES!**

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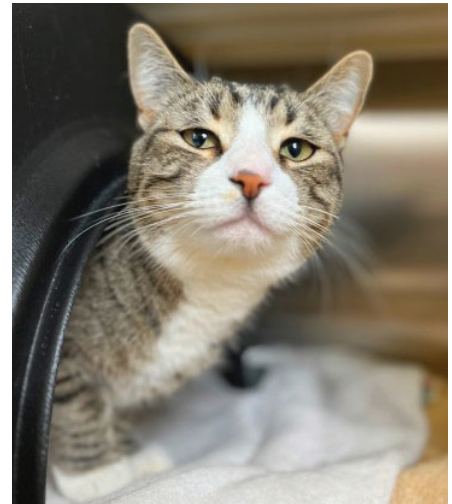
**RAFFLEBOX.CA/RAFFLE/  
COCHRANE HUMANE**

**ALL PROCEEDS GO TO SUPPORTING  
THE ANIMALS AT CAHS!**



Don't miss this golden opportunity to change lives and potentially win big! Purchase your tickets now at: [rafflebox.ca/raffle/cochranehumane](https://rafflebox.ca/raffle/cochranehumane) and show your support for the Cochrane & Area Humane Society.

*For media inquiries, please contact:  
Tiffany Beaton –  
Communications Coordinator  
Cochrane & Area Humane Society  
403-932-2072 ex.111*



### **About Cochrane & Area Humane Society:**

The Cochrane & Area Humane Society (CAHS) is a reputable animal welfare organization that has been providing shelter, care, and support to animals in need for 25 years. Through their dedicated efforts, they ensure that every animal receives the care they deserve and works tirelessly to promote responsible pet ownership.

More photos, testimonials and stories of some remarkable animal recoveries available upon request.





## SPRINGBANK HERITAGE CENTRE

*Consider a membership \$50.00 per year – take advantage of everything the Centre has to offer!*

### Strawberry Tea held May 13/23

The Strawberry Tea was a success again this year. The choir led by Joan was well received. A great group of volunteers equals teamwork and cooperation. "MANY HANDS MAKE LIGHT WORK."

Thanks to the Kitchen Committee and to all who came out to enjoy the afternoon

The garage sale also raised funds for the centre. Thanks to those who participated and donated.

### On going activities:

Every Monday 12:30-4:30  
Pickleball (Members Only)  
So sign up and become a member  
Every Tuesday 10-Noon Singing,  
Every Tuesday Games (cards etc.)  
from 1:00-4:00

Every Wednesday 1:00-4:00 Crafts, Chat & Coffee. (it has been said that this CCC is the best day of the week!) Bring a project (knitting, painting, sewing etc. to work on) plus show & tell, enjoy chatting, coffee and treats

Sign up sheets are on the foyer table for additional activities, plus announcements.

This beautiful and functional facility is also available for rent. Birthday parties, Anniversaries, Celebrations of Life, Meetings etc. Please contact Janice Lambert via email at: [janice3Lambert@gmail.com](mailto:janice3Lambert@gmail.com) or visit the Springbank Heritage Centre website.

Many thanks to the people who keep this facility running. You are all appreciated.

*Springbank Heritage Centre*  
244168 RR 33 T3Z 2E7  
403-286-1816



## LETTER TO THE EDITOR

### Wild Fire and Logging in West Bragg Creek

As more than 450 wildfires rage across the province, the air is thick with smoke, and thousands of Albertans have been evacuated from their homes, I am APPALLED to read there is even small protest about the FIRE BREAK extension in BRAGG CREEK (see newspaper article Cochrane Eagle. Vol.22 Number 38).

I suspect the protest originates with non-residents of K-country and largely from the mountain bike culture with very little at stake should the area see a wildfire.

Personally, as an area resident, I feel we should applaud and support Spray Lakes Sawmills for their continued commitment to the development of a fireguard for our community.

*Sincerely, Rob Bartlett*

# ASCCA STAMPEDE BBQ

Saturday July 8  
12:00 pm - 3:00 pm  
@ Rothney Farm  
Guests welcome!

Please RSVP by July 4

## To our volunteers, donors, & neighbours

Yeehaw! You're invited to our annual Stampede BBQ on Saturday, July 8 from 12:00 pm - 3:00 pm at Rothney Farm at the ASCCA\*

The event will include a western-style BBQ lunch, activities for all ages and the return of Glenn Brown and Headin' West for entertainment. Dust off your boots and come in your best western duds.

Please let us know in advance if you have any dietary restrictions and we can accommodate.

**RSVP to**  
[info@crossconservation.org](mailto:info@crossconservation.org)  
or call 403.931.1042

**Where**  
Rothney Farm  
144134 2219 Drive W,  
AB T1S 4K9

Google Maps

# Robert M. Hughes Financial Solutions Inc.

## 'Don't Make the Big Five Money Mistakes'

The financial decisions you make today will determine your future wealth, income and happiness. It's important to take your time and avoid these five common blunders:

### #1 Investing Without Advice

It has long been said that, *'if a person represents themselves in a court of law that they have a fool for a client!'* The same is true for your investments, i.e. those assets that you have worked hard to acquire. Seek the guidance of a good investment advisor. You are probably good at what you do, so why not entrust your investments to someone who is good at what they do.

A financial planner will work with you to develop a plan that will enable you to reach your long-term financial goals. If you do not already have long-term financial goals then your advisor can help you determine what might be appropriate, given your unique situation.

### #2 No Budget, No Plan!

Keep track of your spending and live within your means. Another good rule is to *'pay yourself first!'* Set-up an automatic withdrawal from your chequing account to take a certain amount from each pay cheque. Deposit this in your investment account, then make the remaining income cover your expenses.

Pay down debt and be mindful of borrowing costs. Today it is all too easy to get yourself in debt.

Plan ahead for extraordinary expenses and major purchases, like vacations, home repairs, vehicles, etc., by setting up an emergency fund.

### #3 Not Thinking Long-Term

Open a Registered Retirement Savings Plan (RRSP) and/or a Tax Free Savings Account (TFSA) and make regular monthly contributions. An RRSP will help your tax bill by giving you a tax refund, while the TFSA will give you **tax free growth**. Make your money work for you. Investing for the medium-term and/or long-term in a prudent mix of equity and fixed income mutual funds will help you achieve your financial goals.

### #4 "It Won't Happen to Me!"

People generally think that their most valuable asset is their home. **WRONG!** Unless you are retired and no longer working the most valuable asset you have is your ability to earn an income, yet most people take that asset with them wherever they go and do not insure it. You wouldn't take your car out of the garage without having it insured and yet your ability to earn and income is worth 10 to 100 times what your car is worth.

If you have a family, it is essential that you have **life insurance**. If you were to be disabled due to sickness or an injury then you should also have **critical illness insurance** and **disability insurance**. Remember, if you cannot work, who pays your bills? Ensure your plan will take care of the people who depend on you as a chief income earner.

### #5 Outliving Your Money

The future is unpredictable. In the past a person would work to age 65, receive a company pension and live 3 to 5-years

before passing away. Things are different now. Most people do not have a pension and will have to save the retirement assets to support their own retirement. Today, even if you wait until age 65 to retire, you might live another 30 to 35-years. The years in retirement could be almost as long as your working career. How much money do you need at retirement? How do you manage those retirement assets in a low interest rate environment? Once again you need the professional help of a financial planner.

Call to arrange an appointment for a financial reality check. We work at turning your future dreams into reality!

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

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

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## MAKE YOUR MARK By Mark Kamachi

Last month I focused on the importance of getting to know potential customers by literally being “yourself”. In flesh and blood. Using face-to-face interactions to get you or your business’ brand noticed by attending industry seminars, speaking or volunteering at professional events, to name some other methods. Do whatever it takes to get out there and get noticed.

Now I know it’s not for the faint of heart but as I will reiterate, you reflect your business. And you are your own brand. So maybe work on becoming an extrovert and tell the world about your brand. If you’re terrified at first, engage with folks on social media. Start or engage in discussions. There are several platforms out there at your disposal to share your knowledge and espouse your expertise. You could always slap your face on the side of a billboard and promote yourself that way? Not so fast.

This brings me to this month’s topic: OOH. Now what is OOH and what does it stand for? It stands for Out-Of-Home, also known as “outdoor” or any advertising you’d find outside your home. It’s a great way to reach audiences who congregate in high traffic areas such as shopping malls, transit platforms, busy intersections, office tower elevators, etc.

Last month I attended a breakfast meeting hosted by Pattison Outdoor who are Canada’s leading OOH advertising company. You may have noticed the “PATTISON” name below many billboards you find on your way to work downtown. They are Canada’s leading OOH advertising company.

It was a presentation on how OOH is doing post Covid. My gut was telling me that OOH was a medium that was going the way of the Canucks’ chances of winning the Stanley Cup. However, I was quite surprised to learn the opposite. In fact, thanks to Covid, there has been a resurgence in media spending on OOH. People are venturing out from their homes and are more mobile. This presents a great opportunity for brands to gain awareness aside from traditional

means. Besides the obvious, there are also unconventional OOH ways to advertise: hoarding, floor decals, guerilla, cooler displays, bus benches to name a few. And a huge surprise, data suggests that OOH outperforms social media due to its more trustworthy perception versus social media ads which are perceived as disruptive.

Unlike traditional mediums such as television, newspaper, magazine, and radio, which are down from a media spend standpoint, digital and OOH media spend continues to increase. Some of the reasons are because transit ridership is up, and commute times and distances have increased since more folks are commuting to downtown from rural/rural areas.

One main caveat to using OOH in your marketing is that, to me, it is the most challenging of mediums to develop creative (I discussed how to create a billboard in a previous article - October 2022). Hire a professional or you’ll be wasting lots of \$\$\$\$\$.

Keep an eye out for eye-catching OOH on your way to work or play.

*Cheers, mark.*



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## BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Greetings;

SLOW YOUR ROLL, asks the other half of the population who live here. Our wildlife babies are being born so please slow down to spare a road accident.

The 'New to Town?' clickable link that will be put on our website and others is being brainstormed. Along with a document that provides an overview of Bragg Creek and Area Community Groups and other useful information will be a colouring book for the kids. Want to be included? Submit a colouring page graphic with the name of

your business underneath. For example, Painted Moose has a picture of a Moose that a child can colour and the Painted Moose address and contact information is on the bottom. Please submit your picture and information to Melissa our Social Media Specialist at [melissa@socialanishinaabeg.ca](mailto:melissa@socialanishinaabeg.ca).

Let us know if you need assistance to create your page. If you are someone that has the know how to assist our volunteers with creating the pages, please consider donating some time.

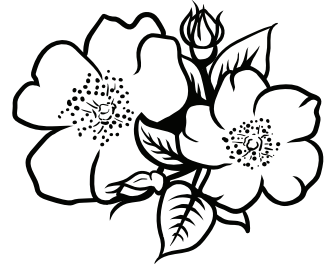
This opportunity is open to all of our membership.

Our AGM is in November and there will be many positions open, including mine. I have served Bragg Creek for many years on various boards, and it is time for another

person to take the Chamber helm as I will be stepping down as Chair. We have many processes and timelines in place now to make this a bit easier for a new person to take over. And I'm around for any questions.

Enjoy your summer! Sincerely,

Sincerely,  
Sherri Olsen President  
[coach@sherriolsen.com](mailto:coach@sherriolsen.com)  
403-519-5998



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## SUMMER CROSSTRAINING

By Jennifer Gordon

It's summertime and for many, the end of a busy sports season – hockey, volleyball, competitive school and club teams, and seasonal classes like pickleball that take a break over the summer. What to do until the fall other than relax, enjoy the sunshine, and kick your feet up?

Crosstraining in the “off season” for any activity is a chance to try new things, challenge your body, stimulate the mind and stay off the couch. There are many options to explore and as the old adage goes...variety is the spice of life!

Locally in Bragg Creek, the Yoga Spirit studio is a yoga sanctuary in a beautiful space which offers yoga classes, workshops, sound baths and other special events. This is a lovely space to feel at peace both physically and mentally. Yoga is a great way to unwind from your current activities and restore some balance, core strengthening and flexibility.

If you're looking for more adventure for both adults and kids, The Handle-Bar offers adventure daytrips, vacations, kids camps, rentals and a delicious cafe. If you want to explore some of the less travelled, hidden gems of the area, they know the spots to find. They have you covered with both activities and delicious food to satiate your belly. Another local mountain biking outfit is Alberta 66 Mountain Biking. They offer coaching, shuttle services and guiding to safely get you up and down the mountain. Whether you're new to mountain biking or already a seasoned vet, they have all the tips and tricks to keep you safe and improve your skills.

Having a guide, a coach and getting together in a group helps you challenge yourself, try a new activity and explore some terrain we often don't get to in the winter months.

If you are hoping to stay in shape and get back to sporting activities and routines this fall, incorporating some plyometric and eccentric training into your routine is something to consider. Plyometric exercises involve quick, explosive movements designed to increase speed and power. This type of exercise improves the function of muscles, tendons, ligaments and the nervous system. It prepares the body to convert strength into speed and power, which translates to better reaction times and injury prevention. Once you have established a good base of cardio, weight training and flexibility – adding plyometrics into your routine will really improve your performance. Some examples are squat jumps, lateral jumps, tuck jumps, bounding, and power skipping.

Eccentric training involves challenging the muscle during its lengthening phase. As opposed to a concentric contraction, where the muscle is controlling a force as it shortens. An example of this is a bicep curl

– as you bend your elbow, your biceps are contracting concentrically. As you lower the weight and straighten your elbow, the bicep is controlling that motion as it lengthens. Muscles can work with higher loads eccentrically than concentrically, which translates to increased muscle strength, and increased muscle mass (muscular hypertrophy). Walking downstairs, running downhill, and landing from a jump are examples of eccentric activities.

If you have low grade injury that is lingering or you want to take your recovery to the next level we can help get you there. Our team of therapists – physiotherapists, athletic therapy, massage therapy, personal training and a certified pedorthist (foot orthotics and orthopaedic footwear expert) – is a team that has you covered. Stay active this summer, try something new and most importantly keep having fun despite what Mother Nature throws our way. Happy Summer Bragg Creek and surrounding communities!

Jennifer Gordon  
(BScPT, GunnIMS, Medical Acupuncture)  
Physiotherapist - Bragg Creek Physiotherapy  
[www.braggcreekphysio.com](http://www.braggcreekphysio.com)

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24 Balsam Avenue, Bragg Creek

## Helping Injured Wildlife

We have come upon an injured owl or perhaps we have collided with a deer. What steps should we take to help ourselves and/or the wildlife?

First we stop and assess. Observe the wildlife from a safe distance to determine the extent of its injuries and the level of distress it's experiencing.

Next we ask a few questions. What do we see in the surrounding environment? Where is the animal located? Is the animal alone? Taking photos of the injured wildlife and surrounding area will help the agency we contact determine what is required.

Lastly, we decide who to call, a rehabilitation centre or the authorities?

### Emergency

In an emergency, for example you may encounter an injured wild animal that poses immediate danger to human safety, it is important to contact the wildlife authorities. Alberta Fish and Wildlife Enforcement Branch will assess the situation and action a plan to address the emergency. While waiting for assistance, maintain a safe distance from the injured animal to avoid causing further stress or harm, keeping in mind that wildlife can act unpredictably when injured, so it's essential to exercise caution.

### Collision

You're involved in a wildlife collision and the animal died on impact. Reporting the incident to the wildlife authorities means it can be recorded. This information provides valuable data for future conservation purposes such as identifying where mitigation is required for stretches of road that see regular wildlife collisions.

### Injured and poses no threat

An animal is injured, but not in immediate danger and does not pose a threat to human safety. For example, a bird with a wing injury. In these circumstances a local wildlife rehabilitation centre is here to help. Organizations such as CEI in Cochrane specialize in providing medical care and rehabilitation to injured wildlife. They will provide you with instructions as to how to keep the wildlife safe. For example, they might ask you to keep the surrounding area as calm and quiet as possible. To keep children and pets away from the injured animal to avoid causing additional stress. They may ask you to cover the animal's head with a blanket, towel, or any other piece of cloth to create a sense of darkness and calmness, this may help keep the animal still and decrease its stress until a wildlife technician can get there.

### Orphaned

A young animal appears to be orphaned. Here too it's best to contact a wildlife rehabilitation centre. They have the expertise to assess the situation and provide appropriate advice and care or, facilitate reunification with parents, if possible. Remember some species such as deer, leave their young for stretches of time to forage for food. Keep watch for a while. Many species return to their young near dawn or dusk.

## Foot Care In The Creek!

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

\*Clients must provide their own foot basin & towel

### The benefits of regular professional foot care:

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

Regardless of the situation or who you call, wildlife authorities and wildlife rehabilitation centres often work together and will refer you to the appropriate organization based on the situation and, to ensure the best possible outcome for the injured wildlife.

Bragg Creek Wild - [www.braggcreekwild.ca](http://www.braggcreekwild.ca)  
[braggcreekwild@gmail.com](mailto:braggcreekwild@gmail.com) - 403-200-9961  
People and wildlife living in community

Injured / Orphaned Wildlife	Wildlife Emergency	Wildlife Collision	Wildlife Poaching Violation
Cochrane Ecological Institute (CEI) 403 932 5632	Alberta Fish and Wildlife 403 932 2388 and press 2	RCMP Cochrane 403 851 8000	Report a Poacher (RAP) 24/7 hotline 1 800 642 3800
Alberta Institute for Wildlife Conservation (AIWC) 403 946 2361		Alberta Fish and Wildlife 403 932 2388 and press 2	
Calgary Wildlife Rehab 403 214 1312			

Please visit our wild smart page [www.braggcreekwild.ca](http://www.braggcreekwild.ca) for more information.





## BRAGG CREEK TRAILS

### Bragg Creek Trails shares new report, equipment and fundraising success

June has been a busy month at Bragg Creek Trails (BCT). Turnout was strong for the BCT 2023 Annual General Meeting on Wednesday June 7 at the Snowbirds Chalet in Bragg Creek. "It was a chance to get an update on 2022, to meet the 2023-24 Board of Directors and to cheer on its many volunteers who are receiving awards for their outstanding service," says Michelle Dice, Executive Director. Anyone who missed the AGM can learn more in the 2022-2023 Annual Report, found under News on our website. It shares an inside look at the volunteers, leaders and users who have made West Bragg Creek so successful over the past year, a summary of trail improvements completed along with fundraising and investment highlights.

### Tool Stand

There's nothing worse than getting ready to hit the trails and realize your bike needs a tweak, but your tools are at home. Now BCT has a solution. Crews have completed

installation of a new bike tool stand, courtesy of Bike Cochrane and Big Hill Cycle. It's located on the west end of the parking lot, adjacent to the Maintenance Shed and the Braggin' Rights Trailhead. Whether you're a pro mechanic or just someone who can barely tighten a bolt, this stand is a big help in a pinch.

### Brews for Bragg

On May 27, bike and beer enthusiasts pedalled, sipped, and fundraised \$4800 to support our trails at Brews for Bragg, as they teamed up with Village Brewery and The Bike Shop to bring supporters an afternoon of good vibes, great beer, e-bike demos and epic trail stories. Two lucky riders rode away with \$1000 each in mountain biking gear from our draw. BCT extends a huge thank you to The Bike Shop for their outstanding raffle donations and Village Brewery for keeping everyone's cups full, as well as donating a portion of the beer profits! They also appreciate WBC trail users who rolled in, raised a glass, and helped make this event a resounding success.

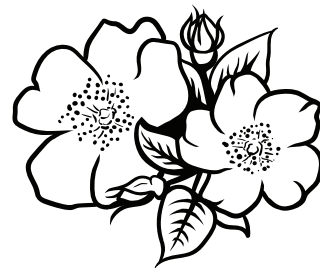
July Volunteer Meet and Greet  
Want to pay your trail time forward?  
The BCT would love to meet people interested in volunteering at BCT at its

July 20 Volunteer Meet and Greet at WBC. Opportunities include trail hosting, event planning, trail building and maintenance and more. Come for a snack and a drink between 3 p.m. – 7 p.m. on July 20; you'll leave with new friends and a way to learn new skills and contribute to the overall success of BCT.

### Happy Canada Day!

WBC is a wonderful place to celebrate Canada's birthday while honouring the traditional Treaty 7 territory of the Tsuut'ina people on which its trails are situated. BCT would love to see trail users and their families out recreating at WBC on July 1.

*Mia Sosiak*



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# Bragg Creek Days

**JULY 22 2023**

## SAVE THE DATE

BRAGG CREEK DAYS IS BACK FOR ANOTHER YEAR OF GAMES, BBQ, BEER GARDEN & LIVE ENTERTAINMENT



**Bragg Creek Centre**





## BCCA

Everyone loves a Parade! Come on out and enjoy Bragg Creek Days July 22nd.

### **Bragg Creek Days - Saturday, July 22nd**

A special Thank You to Dave Rupert for leading this event:

**Parade** - Starts at 10:30 am on Balsam Ave and runs down White Ave through Harwood and River Drives. We are thrilled that Michele McDonald is our Parade Marshall this year! Michele is a long-time member of both the Ladies Auxiliary and the Bragg Creek Historical Society.

**Stampede Stage** – Featuring a line up of live music throughout the day. Headliner is Canadian Country Music Hall of Fame Inductee, GEORGE FOX!

**Beer Gardens** – Hosted by Powderhorn Saloon – Thank you Rose!

**Shop and snack** at our outdoor vendor market complete with Food Trucks.

Bring your smiles and enjoy a day out with family and friends to celebrate these wonderful, long, summer days.

A HUGE shout out to the brave volunteers that came out and made our new Playground base a reality. Together they removed 6" of gravel, which was more than any of us bargained for. We could not have done it without you - THANK YOU to everyone that leaned into the work and did our Hamlet proud.

Our **Farmer's Market** is up and running. Catch it every Sunday until September 24th. NOTE: There will be no market on July 23rd directly following Bragg Creek Days. If you have not yet set up or renewed your BCCA Membership and created your Amilia Login, visit the BCCA booth at the Market for hands on help.

**Kid's Summer Camps** are here! Two great options to choose from running July and August with different activities everyday. Check out the BCCA Website for full details or stop by for a visit.

The summer has just started, so we won't dive into all the great ideas we have for the fall... yet. Take it one day at a time, enjoy each of them and watch out for Parades going by.

*The Bragg Creek Community Association*



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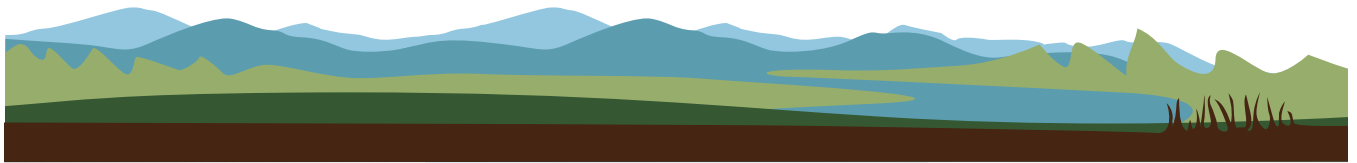
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*HS*







## REDWOOD MEADOWS EMERGENCY SERVICES

Whether camping, partying or just relaxing in your RV, fire safety is essential. It's critical that every member of your party know what to do in an emergency or fire. If you're one of the many recreational vehicle enthusiasts who love to explore our beautiful country, ensure your family's safety while travelling in your RV by following these fire safety guidelines:

1. In an emergency, make sure we can find you – **SECONDS DO COUNT!** When travelling in an RV, it's crucial to know your location so first responders can find you in the event of an emergency. Be aware of your location and surroundings.
2. Most campgrounds are in remote areas that may not provide cell phone coverage. Confirm cell reception when you arrive at your overnight location and ensure everyone in your party knows where they "can" get cell coverage in case of an emergency.
3. When vacationing in an isolated area, keep in mind that help from emergency services may be some distance away. It's vital that you eliminate your risk from

fire and have a fire escape plan in place that everyone is familiar with and has practices. Have at least two escape routes – one in the front and one in the rear of the RV. Test all escape windows, hatches and door latches for smooth operation. As soon as they're old enough, teach children how to open escape hatches and emergency exists and have them practice.

4. First rule of RV fire safety is: save lives first and property second. Get you and your family to safety before attempting to extinguish any fire. Never re-enter a burning RV to retrieve anything – **GET OUT & STAY OUT!**
5. Install and maintain at least one smoke alarm in your RV near the sleeping area.

6. Install and maintain at least one carbon monoxide alarm in your RV near the sleeping area.
7. Install a propane alarm leak alarm at floor level, no more than 6 inches above the floor.
8. Test all the smoke alarms, carbon monoxide alarms and propane alarms weekly when the RV is in use.
9. Install a fully charged multi-purpose or ABC fire extinguisher in an easily accessible location in the RV.
10. Remember, **DON'T FIGHT A FIRE** unless you have called 911 first. A fire extinguisher is not substitute for the fire department.

Until next month, stay safe!



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## A TASTE OF THE HIGH COUNTRY

### Rockies' Secret

In 2017, Emma, Ben and their two sons opened Rockies Tavern & Grill. Their vision was to create a welcoming place where families and friends could meet to relax and enjoy authentic homemade cuisine. Over the years, they succeeded, but lately, they are outdoing themselves in new and intriguing ways. What is going on?

Their menu offers dishes that are clearly a cut above typical tavern offering. Friday's fish and chips are now Friday's fish and seafood platters, complete with healthy tempura shrimps, salads or home-cut French fries. Don't feel like seafood? How about braised beef shanks with Frangelico and Grand Marnier, served on Wasabi mashed potatoes? Or, one of their multiple versions of a hamburger that are made in-house with no filler accompanied with a variety of trimmings that give you pause. Obviously, something's going on in the kitchen.

Sure enough, Ben's team has grown to include Red Seal chefs with extensive international experience, such as Dimitri, a newcomer to Canada. They worked in fine restaurants in several countries including Iceland and apparently, even cruise ships. In short, the kitchen staff are clearly having a blast. They are dreaming new dishes, sometimes trying them on Rockies's customers, carefully watching their reactions, then going back into the kitchen to refine the offerings. Their goal is to create menus of wholesome fresh food with flavours that are a notable notch above the ordinary – menus fusing multiple cultures - Asian, Italian, and even French. "Casual fine dining," one says. Inspired by the like of Banff's, another would say.

This summer you can expect a continuous stream of new offerings. For example, the other day, I was given the head's up on upcoming pork medallions in a demi-glazed gravy and seasonal vegetables. Furthermore, another burger will be added to the list - a classic double-decker burger with all the juicy bits that go perfectly well with that pint of beer.

But there is more! It's a secret -- and I am pleased to spill the beans.

You see, many dishes are NOT on the menu - such as beef tartare. If you want it, you must call beforehand, make a reservation, preferably when the place is not too busy and request the dish. This is because beef tartare is time-consuming to prepare and requires the finest and freshest ingredients.

Also, apparently, several wine labels are NOT on the menu. The only way to know about the wine list is to ask either Slobodan or Stefan who serve the tables. The duo has extensive knowledge of wine and food pairing and will happily share what's available that day including what would go best with your dish.

Rockies' approach is congenial and customer focus. They want to get to know you, share their passion for what they do, and make sure you have a good time. And so, if you want to find out what other dishes or labels are offered beyond what is on the menu, you have to ask. Engage, find out, have fun. That's the secret.

Worth mentioning is the summer patio located at the back of the restaurant amongst the trees and passing deer. They've also booked some hot Latin bands from July to September and tribute orchestras featuring music from the like of Ray Charles, Motown and others for the cold months.

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**BRAGG CREEK**  
community church

**The Hub**



Finally, if you are looking for a caterer give Rockies' a call. Give them the particulars of your event and a culinary theme - they will be quick to whip up a tantalizing menu just for you.

Find out more about Rockies Tavern & Grill in Bragg Creek visit their Facebook page or [www.rockiestaverngrill.com](http://www.rockiestaverngrill.com)

Cheers!



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



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## MILLARVILLE COMMUNITY LIBRARY

Summer has arrived at the Millarville Community Library and our Summer programs for kids have begun. Drop-in reading challenges, story walks and more will be happening on Wednesday mornings throughout July and August.

As well, Marigold is offering two children's programs; the first one is Check Out the Stars on Tuesday July 12th 10-11 am and the second one will be on Wednesday Aug 16th 2-3 pm. Please come in or call the library at 403-931-3919 to register.

Library hours for the summer began July 4th, Tuesdays from 9-12 and Wednesdays from 10:00 to 7:30.

Teens from 12-17 can enrol in Marigold's summer programs with chances to win some great prizes by submitting pieces of art or creative writing to TeenZine. Registration began on June 28th. Check out the reading challenges at [marigoldprograms.ca](http://marigoldprograms.ca) for all the information you'll need.

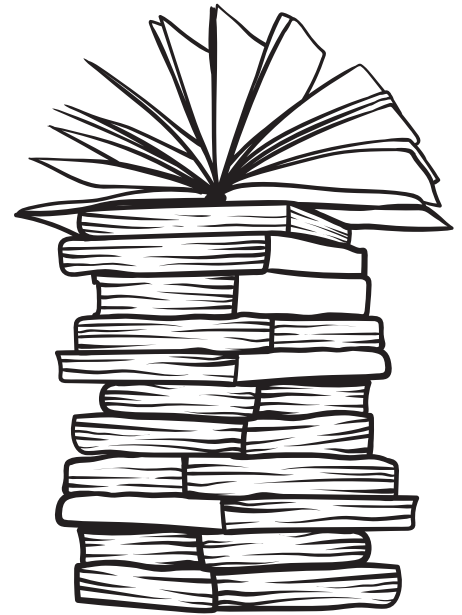
We promised our very own BEST READS LIST compiled from ten book clubs in the area. You'll find classics new and old in the list.

Here they are: **Native Born Son** by Marnie Bickle, **Still Life** by Sarah Winman, **Rebecca** by Daphne du Maurier, **The Stone Angel** by Margaret Laurence, **The Difference** by Marina Endicott, **The Diamond Eye** by Kate Quinn, **The Book of Form and Emptiness** by Ruth Ozeki, **Pachinko** by Min Lee Jin, **The Lost Flowers of Alice Hart** by Holly Ringland, **Winter Garden** by Kristin Hannah.

You can help raise funds for the library by saving your cans and bottles for our September 5-7 bottle drive at Millarville. Another option is to take them in to the Turner Valley bottle depot and tell them at the beginning that you are donating to MCL. This is much appreciated.

This month we are reviewing *That Summer in Berlin* by local author, Lecia Cornwall. We are delighted that she has consented to talk to us about her book in the fall. Stay tuned to facebook and instagram for the dates TBA. This book is an intriguing, atmospheric tale about a daring young woman who struggles to expose the

Nazi lies behind the dazzling spectacle of the Berlin Olympics in 1936. Presenting as an entitled British tourist she takes "holiday snaps" which show what is really going on in Nazi Germany. And it's available in our library - a great summer read!



## Memory Cafe



An opportunity for people with memory loss and their caregivers to meet for mutual support

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59th annual  
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Christ Church, Millarville  
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Tea served on Sat only  
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Cost: \$8.00  
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Sunday at 11:30am

*All are Welcome*



# New Summer Hours

## Now Open:

Monday - 9-5

Tuesday - 9-5

Wednesday - 9-5

**Thursday - 9-7**

Friday - 9-5

Saturday - 10-5

**Sunday 11-4**



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## MILLARVILLE HORTICULTURAL CLUB

Thank you to the plant donors and the plant purchasers at the annual plant sale.

It was held on June 1. As usual the sale was over in 30 minutes with many full vehicles leaving with their haul of plants. We look forward next years sale, the first Thursday in June.

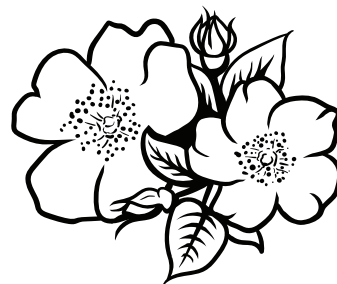
The club is holding a garden tour in July, date to be determined.

This year the 116th Priddis Millarville Fair is taking place August 19 -20, 2023 at the Millarville Racetrack. The fair book is available online. Take a look at the classes and consider entering; baking, flowers, vegetables, handicrafts and livestock.

There are also many volunteer positions available so if you have a couple of hours (or days) consider lending a hand. No experience necessary. Call Arlene Visser at 403-933-2885 or email at [vissera@hotmail.com](mailto:vissera@hotmail.com)

Have a great summer!

Millarville Horticultural Club  
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## PRIDDIS COMMUNITY

Can you believe it is almost summer? The Priddis Community Association has a few things happening in the coming months that we would like to share. As a reminder, the PCA board does not meet in July and August which means a (small) break from planning and communication.

- The PCA would like to send a big thank you to Arlene Jelfs for coordinating another successful garage sale. With everyone's donations and purchases, we were able to raise over \$3000. Thank you to the volunteers that made the day possible, and to Lynne from the View & Brew for her donation of the baked goods.
- We would also like to thank the Priddis Preschool and Westoe Women's Institute for freshening up our flower beds. Both organizations are cherished by the community.
- Stampede Breakfast is happening July 9th. Breakfast will be served from 8am-12pm with tickets available at the door. Please come early as each year this event sells out. Tickets are \$5 for ages 7+, and kids are free with the purchase of an adult meal. We are still looking for a number of volunteers to help. If you are able, please sign up here. All volunteers will receive a free breakfast as well as a warm, fuzzy feeling in their heart.
- The biggest piece of news we would like to share is that the PCA has hired an Executive Director! This is a paid position that does not volunteer for the board, but works in tandem to enrich our community. When we have solidified all of the details then we will make an official announcement. Alternatively, please join us at Stampede Breakfast where you will be able to meet our newest team member.

We hope that everyone has an enjoyable summer. See you in the fall!

# COUNTRY fun FOR EVERYONE

August 19 & 20, 2023  
9am - 4pm ~ Admission \$5/Person, Children 8 & Under Free

116th  
Priddis & Millarville Fair

PRIDDIS MILLARVILLE FAIR THEPMFAIR

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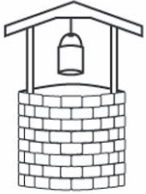
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Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
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## SQUARE BUTTE COMMUNITY

Happy July! May went by like a blur, and I missed the June article, sorry to keep you waiting!

We evacuated my parents from the Drayton Valley fire on May 5th and after a bunch of crazy things happened as a result, well, I just up and forgot to write this column! Our hearts and minds are with all those of you whose family or friends are affected by wildfires this year.

Quick Update on what's been happening these days...

**Bluegrass Concert May 6th** was a good time had by all. Some great music pouring out by The Lost Prospectors and special guest Leanne Lightfoot kept guests tapping toes and cutting rugs all night.

**Casino Fundraiser (Ace Casino) June 9th** was a success. Shout out to Malcolm Carvell (SBCA Volunteer Wrangler) for the extensive organizing. It was fun meeting neighbours and new people who are regular 'on call' casino volunteers. Our Count Room comrade was a hoot – she and my husband had a good Stampeders vs. Riders rivalry going. Casinos raise the funds to keep Square Butte Hall running, offering a gathering place for events and community connectedness. Casinos are a lot of work but we need them and they need you. Thank you to everyone who volunteered, it makes a huge difference!

### BBQ Potluck - July

**Chili Cook Off, Community Breakfast, Fall Dance** – stay tuned! I can't give away all the secrets just yet.

**Heritage Moment: The Long Awaited Tail of Shorty the Cow** (Adapted from Peggy Nyland in Foothills Echoes)

Mrs. George Lyall had a cow called Shorty. One day when everyone was out, Shorty wandered into the house and got herself turned around in a small space. When Mrs. Lyall went into the house, Shorty was looking in the glass doors of the cupboard that had been specially made by a family friend. Mrs. Lyall was afraid that Shorty would put her horns through the glass, but luckily Shorty got out of there unfazed with no injuries and no damage to the home.

That story had a much more peaceful ending than the 1918 Charge of the Longhorns, when cattle driven from Millarville to the Calgary stockyards got spooked on the Weasel Head Bridge and stampeded into the Sarcee Military Camp. The longhorns ran into soldier tents, destroying everything in their path. The tents were levelled, some carried away by the cattle, while rifles were scattered everywhere like matches. Even some cavalry horses got loose and joined in the stampede! Witnesses say the soldiers were running as fast as the cattle... only in a different direction. Three weeks later, the last stragglers (cattle, not soldiers) were finally rounded up. (Adapted from I. and E. Evans, Foothills Echoes)

Come get involved! Spring Cleanup (BBQ and beverages) June 17, 10:00am at Square Butte Hall. Bring your work gloves, sun screen, and appetite.

Square Butte Hall is on hwy 762, 3km north of hwy 549. Connect with us any time:

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

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

Social: [facebook.com/squarebuttehall](https://facebook.com/squarebuttehall)

See you next month! Lindsey Kindrat, SBCA – Director, Property Management (and interim Archivist)



## LONGVIEW LIBRARY

Lynda, our librarian, has a very exciting Summer Reading Program lined up. We have purchased soft, cuddly animals to be given to each child in the program on the condition that they read to it every day. They will be given an adoption certificate and will be encouraged to let Lynda know how they and their furry friend are faring. She also will have a summer bingo card with small prizes.

The Book Club will have its first meeting in August. Watch for the date on the bulletin board. There are still seeds to be had in the free seed library.

Don't forget to drop off your slightly used books for our sale at Longstock in August. If the library isn't open the day you are there, just drop them in the book bin just outside the library.

The Month of May was Mental Health Month and June, National Indigenous Month. Recommended books on Mental Health are:

**Get Out of Your Mind** by Steven C. Hayes (phD) and **It's Not Supposed to Be This Way** by Lysa Terkeurst. The story walk, celebrating the month of June, is **It's a Good Day Mother Earth** by Sherri Shotclose.

New to the library is **Eat Alberta First: A Year of Local Recipes From Where the Prairies Meet the Mountains**, by columnist Karen Anderson. And, **The Last Secret of the Secret Annex: The Untold Story of Anne Frank, her Silent Protector and a Family Betrayal** (non-fiction)

Sylvia Binkley - [sliv@telus.net](mailto:sliv@telus.net)

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## HAWK'S LANDING COMMUNITY ASSOCIATION

Hawk's Landing Community Association is a non-profit organization dedicated to enhancing our community through programs and events. We have exciting NEWS!

Hawk's Landing is a family community located on Priddis Greens Drive, just west of the Hamlet of Priddis, off Highway 22X.

### Health & Wellness Program:

Hawk's Landing Community Association has teamed up with Azuridge Estate Hotel to bring Health and Wellness programs to you! Our first event in 2023 was the HLCA Walking / Hiking program on the beautiful trails at Azuridge every Sunday from May 28 – June 18, at 11:00 am. The walks were led by our Health & Wellness Director Sean Liv, an accomplished author and host of CTV's the LIV Daily Show.

We would like to thank Sean and the committee for organizing the walks / hikes and making the HLCA Program a success! For more events and programs throughout the summer, check out our website at [hawkslanding.ca](http://hawkslanding.ca)

### Firesmart Alberta Presentation:

Learn how to prepare before a wildfire and help reduce risk to you and your home. Join us Monday, July 24th

at 7:00pm at Azuridge Estate Hotel for a presentation with Laura Stewart, Firesmart Alberta, and Will Scheerhoorn, Foothills Battalion Fire Chief.



*Firesmart clean up crew*

### Volunteer Appreciation:

Hawk's Landing Community Association appreciates those who go above and beyond. We would like to thank the wonderful residents in Hawk's Landing for enhancing the beauty of our community by planting extra trees in the common area. Thank you to the volunteers for filling our entryway planters with beautiful flowers, and a big shout out to the volunteers who came together to clear deadfall and debris from the park. Thank you all for making our community look great and bringing us one step closer to becoming a Recognized Firesmart Neighborhood.

### Memberships:

All proceeds from membership sales go to supporting your community association. Thank You for purchasing a HLCA Membership. Special Thanks to our business members:

A&W Shawnessy, Azuridge Estate Hotel, Enviroshred, JB Plumbing & Heating.

For more information on events or how to purchase your HLCA Membership, go to our website at [hawkslanding.ca](http://hawkslanding.ca) or contact us at [hlcommunityassociation@gmail.com](mailto:hlcommunityassociation@gmail.com)

*Happy Stamping Everyone!*



*Hike at Azuridge Estate Hotel June*



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## LONGVIEW VILLAGE MARKET



### SATURDAY

**JULY 15th, 2023  
(on Parade route)  
9 am - 2 pm**

**Pancake Breakfast**  
7:30 am - 9:30 am  
**Market 9:00 am - 2:00 pm**  
**Parade 10:00 am**  
Petting Zoo  
Millarville Musical Ride  
Rope Making  
**Village Supper 5:00 pm**  
Games, Treats & Prizes  
Indigo Circus  
Face Painting  
Horseshoes  
**Fireworks at Dusk**

### SUNDAY

**JULY 16th, 2023  
(in the Centennial Park)  
12 pm - 4 pm**

**Church in the Park**  
9:30 am - 11:00 am  
**Market 12:00 pm - 4:00 pm**  
Antique car show  
Lunch in the Park  
**Beer Gardens 1:00 pm - 4:00 pm**  
Music by Vinyl Trax

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FOR FURTHER INFORMATION







## HELLO DIAMOND VALLEY

What a great Parade we had at the beginning of June! We had lots of people show up to watch our annual Parade, lots of children had fun watching the floats, gathering up candy, and heading over to the Valley afterwards for all the excitement going on over there. Thank you to all the volunteers who put together and helped out, it wouldn't happen without you and it surely is appreciated.

Volunteers are needed for the 2023 Summer Games that will be held in Diamond Valley and Okotoks from July 20-23. We will welcome 3000 athletes and coaches from around the province who will compete in 14 different sports. If you would like to volunteer in set up and take down, food services, transportation, or the triathlon, you can sign up at [2023asg.com/volunteers](https://2023asg.com/volunteers). There will be an opening ceremony on July 20 at 7:00 pm at the Seaman Stadium in Okotoks which promises amazing entertainment as well as the famous Lighting of the Torch. For tickets and all the information about the Games, please visit [2023asg.com](https://2023asg.com).

Canada Day is July 1 and Diamond Valley invites all to celebrate with the Diamond Valley Splash and Dash. This event features a pool swim and a run on the Friendship Trail. To sign up and to find out details, you can go to [mrpreierevent.com/diamond-valley-splash-and-dash](https://mrpreierevent.com/diamond-valley-splash-and-dash).

Registration is now open for our own High Country Minor Hockey Association. Wayne Gretzky once said "a good hockey player plays where the puck is, a great hockey player plays where to puck is going to be." It's a great sport and the High Country Rockies conditioning camp starts September 11. So if you're interested in becoming the next Gretzky,

you can register online from 8am-8pm at [highcountryrockies.ca](https://highcountryrockies.ca), registration closes online on July 31.

Rowan House is hosting their 2nd annual Golf Tournament on July 6. Your support of this event provides crisis intervention, long-term support and preventative education to break the cycle of domestic abuse in our community. There will be a shot-gun start at 1:30 at the beautiful Turner Valley Golf Course, with a fantastic dinner afterwards. If you are not a golfer, you are still welcome to attend the dinner. Cost for golfers is \$200 which includes a round of golf, a cart, dinner, and programme. Dinner only is \$60 and funds raised will go towards Rowan House. To sign up and for more details, you can go to Rowan House's website or call Kelly at 403-601-9162.

July 30 in the Diamond Valley will be a fun and busy day with two major events, the first being the Show and Shine Car Show from 10-4. Head to Black Diamond and the Show will be held just off the Main Streets, watch for signage but it will be easy to find with all the gorgeous cars, trucks, and bikes on display. To register your amazing vehicle, or to find out more, you can email [cj.killenger@yahoo.com](mailto:cj.killenger@yahoo.com).

The first annual Ian Tyson Memorial Music Festival will be held on July 30 also from 12-9 up behind the High School at 6th avenue and 3rd Street in Black Diamond, at the Irma Joy Brown Park. This festival is dubbed "Fly Spirit Fly" and is a tribute to the legendary singer-songwriter Ian Tyson with a line-up including John Wort Hannam and more great artists. There will also be Sam King's Ride the Vibe Motorcycle Stunt Show and Jackie Soppit's Wandering Spirits Dance Troupe. Put that together with Malcolm the Magician, Vito's Balloon Artistry, Local Artisan Vendors, Beer Gardens, and Food Vendors, and you have a really good day here in the Foothills. For tickets and more info, go to [Showpass.com/iantysondv2023](https://showpass.com/iantysondv2023).

The Christ Church in Millarville will be hosting their annual Flower Festival on July 15 from 11-3. This is their 59th annual Festival and what it includes is a Strawberry Tea, and tour of the beautiful grounds and cemetery, and of course, lots and lots of beautiful fragrant flowers and greenery throughout, with hanging baskets and displays of flowers. It's only \$8 for this lovely day. Christ Church is located at 144190 Hwy 549West.

Now that summer is really kicking into gear, the Sheep River is a popular spot to cool down on a hot day. If you are new to the area or even if you're a seasoned river dweller, please be aware of Safety on the Sheep River. Slippery rocks can cause falls and feet can become trapped, and rivers in the Foothills can contain debris like logs and overhanging trees. Swimmers and rafters can easily get caught in these hazards and the current can cause them to become trapped. It is important to scout the river and assess dangers. Go with a buddy, closely supervise children, don't drink, check the forecast before heading out, and never dive into shallow waters as there may be hidden hazards underneath. Please take all your garbage with you and please don't take glass bottles as we don't want our children, pets, or ourselves cutting our feet with broken glass.

Finally, I must make a correction on last month's issue in regards to traffic lights coming to the four way stop in Turner Valley. I know I read that information online and scoured my notes as to where I read that and it seems I lost those particular notes. There aren't any plans at this time for traffic lights in Turner Valley, my apologies for my incorrect information.

If you have any events happening in the Diamond Valley for the month of August please drop me a line before July 15 at [elaine.w@telus.net](mailto:elaine.w@telus.net). Have a great July everyone!

*Elaine Wansleebein*



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## SHEEP RIVER LIBRARY

### Summer at the library

Even though most of us have been longing for the summer months and a chance to get outside and enjoy the heat and sunshine, there are a few things happening inside the library that you may wish to note. Summer Reading Program starts Wednesday July 5th and runs for 7 weeks. There are two sessions: 4–6-year-olds (1:00-2:00 pm) and 7–10-year-olds (2:30-3:30 pm). Please note the program will be taking place in the afternoon this year, not the morning as in previous years. It is not too late to register. Please call the library to reserve your spot.

Throughout July and August, we will be hosting an Artist in Residence on Tuesday afternoons. From 1:00-3:00 pm, Jackie Blight will be working on her pastel art pieces at the big table. Anyone is welcome to drop by and watch her work and ask questions.

If you are looking forward to spending time lounging around on your deck with a good book, here are some staff picks you may enjoy:

Doris recommends:

*Enemy Women* by Paulette Jiles.

Lyrical language, gritty characters, a gripping plot and emotional tension—you will experience all this and more in *Enemy Women* by Paulette Jiles. The novel is set in the turbulent times of post-Civil War Missouri and tells the story of spunky and fearless Adair Colley, a character who will stay with you long after the last page is done. Readers may be familiar with *News of the World*, a recent Tom Hanks movie, adapted from Jiles' book of the same name. *News of the World* was a great read—in my opinion *Enemy Women* is even better. Note to reader: hang in there with this book. Jiles does not use quotation marks and it takes a few chapters to get your head wrapped around her dialogue style.

Gita recommends:

*The Book of Longings* by Sue Monk Kidd I absolutely loved this book, and the most pleasantly surprising part was that I didn't at all expect to. It's a beautifully written, extraordinary, inspiring and unforgettable account of one woman's bold struggle to realize the passion and potential inside her, while living in a time, place and culture designed to silence her. In this story,

Ana is sister of Judas and wife of Jesus. The book is grounded in meticulous research and written with a reverential approach to Jesus' life that focuses on his humanity.

And for those who like a little light non-fiction, Teagan recommends: *Kurashi at Home: How to Organize Your Space and Achieve Your Ideal Life* by Marie Kondo. From the Japanese author of *The Life Changing Magic of Tidying up*, Marie Kondo's newest book is filled with beautiful pictures and suggested prompts to help you discover daily routines and rituals that will help you achieve a balanced harmonious home and life. *Kurashi* or "your ideal life" provides the reader with tips for your home and ways for you to connect with your envisioned way of life and to help you feel more joy. Perfect for previous fans of her work or those looking for an easy read about home improvement and "lifestyle" enthusiasts.

Hope you get a chance to delve into the pages of these suggestions this summer.

The library will be closed Monday August 7 for the Heritage Day holiday but will be open 10-5 on Saturday August 5.



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## FIRST IAN TYSON MEMORIAL MUSIC FESTIVAL

The Diamond Valley Chamber of Commerce, in partnership with the Town of Diamond Valley, is excited to present the 1st ANNUAL IAN TYSON MEMORIAL MUSIC FESTIVAL - "FLY SPIRIT, FLY" to be staged at the Municipal Reserve located at 6th Avenue and 3rd Street SW in the community of Black Diamond in Diamond Valley on July 30, 2023 from noon to 10pm.

Kicking off the first landmark annual music festival honouring the legacy of Ian Tyson, we have booked **JOHN WORT HANNAM**, recent winner of two Canadian Folk Music Awards, and Peter North's highly-acclaimed Ian Tyson tribute show known as "THE GIFT", featuring former members of both Ian Tyson's touring and studio recording groups.

**SAM KING** from **RIDE THE VIBE**, will be presenting their outstanding motorcycle stunt show and sure to wow the crowd providing an element of unique excitement.

We are pleased to announce the addition of "GIRL CRUSH" to our musical line up for the day, so bring your dancing shoes!

From the Cree First Nations, **JACKIE SOPPIT'S WANDERING SPIRIT DANCE TROUPE** will be showcasing their woman's Jingle Dress & Pow Wow Dances providing cultural awareness with their graceful traditional dance performances.

We have a number of children's performers featuring colourful characters to begin the day, **MALCOLM THE MAGICIAN** and **MAGIC BY VITO'S BALLOON ARTISTRY**, a variety of roaming circus performers, and face painting, of course.

The Festival will have an open-air Beer Garden on site, featuring beverages from our award-winning local brewers and distilleries **FAHR BREWERY**, **SPIRIT HILLS WINERY**, **HARD KNOX BREWERY**, **TWIN CITIES SALOON**, and **EAU CLAIRE DISTILLERY**. As well, a variety of food vendors, featuring a variety of food vendors including local favourites **BLACK SHEEP COFFEE** and **LONGVIEW JERKY**.

The majority of the festival labour will be covered by volunteers in exchange for festival entry, so if you are interested in helping us set-up, stage, and break-down within our various committees, please head to our [DiamondValleyChamber.ca](http://DiamondValleyChamber.ca) website and fill out a Volunteer Application.

We are funding the festival start-up costs through our partnership with the

Town of Diamond Valley, and corporate sponsorships. If you are interested in learning more about Sponsorship Opportunities for this event which we anticipate will be receiving substantial media attention through radio, print, and social media and promotional channels, please email the Chamber.

Please follow us on Facebook and Instagram @DiamondValleyChamber, or visit our website at [DiamondValleyChamber.ca](http://DiamondValleyChamber.ca) to get regular updates.

The Diamond Valley Chamber of Commerce looks forward to working with the Town of Diamond Valley to bring this event to our Foothills County communities and summer visitors.

**Tickets: \$45**

**ShowPass Link for Tickets:**

[www.showpass.com/iantysondv2023/](http://www.showpass.com/iantysondv2023/)

**For further information please go to:**

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



THE TOWN OF DIAMOND VALLEY PRESENTS A DIAMOND VALLEY CHAMBER PRODUCTION

# SUNDAY

JULY 30TH 2023

PETER NORTH'S IAN TYSON TRIBUTE  
**THE GIFT** AND **JOHN WORT HANNAM**

## SAM KING

**RIDE THE VIBE**  
MOTORCYCLE STUNT SHOW

## JACKIE SOPPIT'S

WANDERING SPIRIT DANCE TROUPE

MORE MUSIC FROM  
**GIRL CRUSH**

**THE IAN TYSON**

**MALCOLM THE MAGICIAN**

20 23

MAGIC BY VITO'S  
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DIAMOND VALLEY • ALBERTA

20 23

DIAMOND VALLEY CHAMBER PRODUCTION

FLY SPIRIT FLY

20 23

DIAMOND VALLEY CHAMBER PRODUCTION

LIVE MUSIC · BEER GARDENS · STUNT SHOW & MORE!



## COUNCILLOR UPDATE Foothills County

**Suzanne Oel - Division 4**

Greetings! Sharing my News Update...

**July 6 Community Meeting:** West Foothills County residents are invited to join us at an in-person meeting to discuss Highways 762, 549, 22 and rural crime on July 6, 2023, at 7 p.m., at the Square Butte Hall located along Hwy 762 (with light refreshments provided). Guests include RCMP, Foothills Patrol, Foothills County Divisions 3 & 4 Councillors, MLA, Alberta Transportation (to be confirmed), local crime watch and community members. Our thanks goes to the Square Butte community members for use of the hall :) Look forward to seeing you there! Also, please see the event graphic, in this article.

Speeding, racing, multiple-user conflicts and unfortunate accidents continue to plague this popular touring area. In an ongoing effort to coordinate resources in response, we continue to collaborate to strategize and want to hear from residents as a follow-up on ideas from last year. We also have a new Staff Sergeant hailing out of the Turner Valley RCMP office, so we would like to introduce him to you and pose some questions about the highways and rural crime. Thanks go to area residents, who have been helping to relay the incidents, and to our local RCMP who are also stepping up their response. We intend to continue the discussions and actions.

I also note that the terribly tragic accident on Highway 762, which occurred on May 14, 2023, emphasizes the serious concerns along this route as it continues to increase



## MEETING INVITATION

**Please join us to discuss Hwys 762, 549, 22 & rural crime at 7 pm on July 6, 2023, for an in-person meeting at the Square Butte Hall, with guests: RCMP, Foothills Patrol & Divs 3 & 4 Councillors, MLA, AT, local crime watch & community members.**

in busyness. Thank you to all emergency responders and residents who have assisted in a time of need for all those involved in this very sad experience and other recent accidents. Just a reminder that residents can report situations to 9-1-1 as they are happening, or afterwards to share concerns through the 24/7 RCMP complaints line: 403.933.4262. Your reports help provide data for RCMP response priorities.

**2023 Agriculture Scholarship:** If you live in Foothills County and are enrolled in your 2nd, 3rd, or 4th year of Post-Secondary Education in the fields of Agronomy, Animal Science, Ag Business, Agricultural Production, Agricultural Mechanics, or studies intended to effect change on the agricultural landscape, apply today for one of two \$2,500 Agricultural Services Board Scholarships. For more information visit: [www.foothillscountyab.ca/services/agriculture/agricultural-scholarship](http://www.foothillscountyab.ca/services/agriculture/agricultural-scholarship)

**Local Construction Project:** A number of residents have inquired about a pipeline project under way in Division 4. Since early in 2023 we have observed an organized

project unfold. While some may know where to access information, others are curious to know more. Below, I am sharing two links, which you can check out, if you wish.

The TC Energy NGTL West Path Delivery project website can be found here: [www.tcenergy.com/operations/natural-gas/west-path-delivery-program/2023/](http://www.tcenergy.com/operations/natural-gas/west-path-delivery-program/2023/)

Their application can be found here: [apps.cer-rec.gc.ca/REGDOCS/Item/Filing/C09063](http://apps.cer-rec.gc.ca/REGDOCS/Item/Filing/C09063)

Click on the "C09063-1 NGTL West Path Delivery 2023 Project Application – A7J749" PDF. Just FYI, a map of the project in our area can be found on page 207 of the approximately 11 MB-sized PDF.

### For Other News & Updates:

Facebook: <https://www.facebook.com/CouncillorSuzanneOel/>

Email: [Suzanne.Oel@FoothillsCountyAB.ca](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

With Best Regards,  
Suzanne



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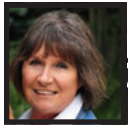
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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

Happy 156th Birthday Canada!!!

### Farm Family of the Year Congratulations

The Foothills County Agricultural Service Board nominee for the Calgary Stampede BMO Farm Family Award has been announced and goes to a very worthy, local recipient. On July 10, 2023, the Seamans of Valley Hay will be presented with this very special honour. The festivities begin at 9:00 a.m. followed by a brunch and the awards.

### Queen's Platinum Jubilee Medal Honourees

On May 24, Emergency Services Manager Darlene Roblin presented Foothills Fire Chief Rick Saulnier and Operations Supervisor Sergeant Clayton Terletski with the Queen's Platinum Jubilee medal recognizing the significant contributions of Albertans. Congratulations again Clayton and Rick!!!

### Speed Limits in Foothills County

Just a reminder that all roads in Foothills County are 80 km/h unless otherwise posted. An example of an exception in Division 3, is the 60 km/h stretch going from Highway 549 south on 192 Street W. (Racetrack Road) to the end of the Tosh Gravel Pit as large vehicles, trailers, etc. exit both the gravel pit as well as the Millarville Racing and Ag. Society grounds. Highways are not included in Foothills County speed limits as they are the responsibility of TEC (Transportation and Economic Corridors, formerly Alberta Transportation).

For more information go to:  
[www.alberta.ca/transportation-and-economic-corridors.aspx](http://www.alberta.ca/transportation-and-economic-corridors.aspx)

### Agricultural Services Board Scholarship

Deadline: August 31, 2023

The Agricultural Service Board will be awarding two \$2,500 Scholarships in 2023. Qualified Applicants will not have received any Agricultural Service Board Scholarship from Foothills County (or previously M.D. of Foothills). Applicants will be enrolled in their 2nd, 3rd, or 4th year of Post-Secondary Education in the fields of Agronomy, Animal Science, Ag Business, Agricultural Production, Agricultural Mechanics, or studies intended to affect change on the agricultural landscape.

These scholarships will be awarded upon proof of Post Secondary education enrollment and must be used in the year awarded.

For more information go to:  
[www.foothillscountyab.ca/services/agriculture/agricultural-scholarship](http://www.foothillscountyab.ca/services/agriculture/agricultural-scholarship)

### Seaman Sports Park

The North West Foothills Recreation Board's pathway project is open for use. This latest endeavor features this 1.2 km long, 2 m wide, leveled, shale-surface pathway in a beautiful mountain-view setting. Enjoy the pathway for walking, running, biking, snow-shoeing, and cross-country skiing! No horses or motorized vehicles are permitted on the pathways or park grounds. Dress for the weather.

Council recently approved 4 more Hid-A-Bag waste receptacles for the park that will be placed along the walking path. Keep pets on a leash and under control at all times and clean up after any pets. This is not an off-leash area.

### Christ Church 59th Flower Festival

Saturday July 15, 2023, Flower Festival,  
(Tea from 11 a.m. to 3 p.m.)  
Cost: Adults \$8.00,  
Children under 6 \$4.00

Sunday July 16, 2023, Flower Festival  
Only (no charge)

### Little New York Daze Parade

If you love parades be sure to take in the Little New York Daze parade in Longview on Saturday, July 15 starting at 10 a.m. The theme this year is Support our Youth. There will be many activities before and after the parade.

### Priddis & Millarville Fair

The Fair is coming up faster than you think, August 19 & 20, 2023.

The Fair Book can be found around the community, online, or right at the MRAS office. Volunteers will take the books to places like the Millarville Store, Priddis Store, various shops, and venues in Millarville, Priddis, Diamond Valley, Okotoks, High River, Longview, etc.

You can start registering right now using the entry forms at the back of the Fair Book or go online at: [www.priml.fairwire.com](http://www.priml.fairwire.com)

Have a great summer!!!

Barb Castell

Phone: 403-931-3690

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

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

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## LOCAL SENIORS ADVANCE TO PROVINCIAL GAMES

The 2023 Alberta 55 Plus Summer Games will be held in Brooks, AB on August 17-20, 2023.

55 Plus offers 34 different activities, ranging from the physical to the mental to the creative.

“Our Province is organized into eight large geographic regions; non-profit organizations deliver these offerings to all Albertans. Rocky View County is part of Zone 2, administered by Big Country Seniors Sport Society,” noted Douglas Campbell, Zone Director.

“We are pleased to announce our Zone team of 109 older adults includes:

West Rocky View County leads the way. 39 players are from RVC west of QE Highway 2, with 4 from Bearspaw, 2 from Bragg Creek, 1 from Springbank, and 32 from Cochrane.

The winning athletes (all reside in Cochrane other than those whose locations are bracketed):

- 12 in Pickleball:  
Lina Danis, Julie Clark, Lorraine Makowecki, Catherine Burdett, & Barb Imeson in Womens; Steve Katulka (Bearspaw), Gary Hawkes, Bill Cooper, Jim Bend, in Mens; Catherine Burdett & Zahir Lakha, Lina Danis & Mark Lenson, Barb Imeson & Colin Gilbert (Bragg Creek) in Mixed;
- 8 in Bocce:  
55+ team led by Myrna Fink, with Marcia Wilson, Sharon Barnden, Tracy Hindle (Bearspaw);  
70+ team led by Monique MacKenzie, with Bonnie Friesen, Jennifer MacKenzie, & Jim Paramchuk;
- 5 in Track & Field:  
Lynda Gross (Bearspaw), Sandi Lightfoot (Bragg Creek-Millarville), Brian Hill (Springbank), Lyndon Emro & Randy Molitor.
- 3 in Cycling:  
Bob Martens, Brent Gross (Bearspaw), & Clint Docken (Bragg Creek);

- 3 in Golf:  
Joan Logan, Chris Logan, & Karl Gibbie;
- 2 in Contract Bridge:  
Lucia Ciupa & Ken Munro;
- 2 in Floor Shuffleboard:  
Nancy Gibbie & Doug Campbell;
- 1 in Horseshoes:  
Gerald Burkholder;
- 1 Swimmer:  
Joan Gunn-Allard.

Slo-Pitch player rosters, and entrants in Culture (arts, painting, ceramics, crafts, photography, writing, needlework & woodworking), will be announced in mid-July.”

*For more info contact:  
Douglas Campbell,  
Director, Big Country Senior Sports Society  
403-932-6866  
dec@cabsi.ca  
or go to [www.alberta55plus.ca](http://www.alberta55plus.ca)*

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## DUANE HARDER

### The Power of Positive Thinking

Back in 1952 Norman Vincent Peale wrote a book entitled, *The Power of Positive Thinking*. To some it was a book of wishful thinking. To others it brought transformation to mediocre lives. I must confess it has been a long time since I read the book but its central thesis gripped me mind.

You have probably heard the phrase, "You are what you eat." There is truth to that statement, but I would like to suggest that more accurately, you are what you think.

**Thoughts are formulated in Words!  
Words are expressed in action!  
Actions create habits!  
Habits etch our character!  
Character shapes our destiny!**

A mind filled with doubt and despair clouds our perception and leaves us groping in the darkness. Our fears can sabotage our future. The fact is we move

toward the focus of our mind. If you don't believe me, take a friend and go for a drive some dark night on a two lane highway. When you see a car approaching, lock your eyes on the headlights of the on coming car. Before long you will hear your friend yelling at you, The problem! You are headed directly for the headlights of the approaching car. We move toward the focus of our mind. Let your doubts lead you to steps of possibility.

We can also have minds that are desensitized. A desensitized mind is one that is calloused. The person with a calloused mind has lost their moral compass. Pragmatism and utilitarianism direct their decisions. Profit, power, and prestige silence the question, "Is it right?"

There is also the mind that is deceived. The deceived mind is the most difficult to silence. Deception is often rooted in our perception of our need. We all need love and affection. When that is expressed, our mind says, "How can something that feels so good be wrong?" Our emotions become the umpire and the verdict is "safe." To argue against the decision is irrational and unthinkable. The decision feels good and forms a grid for evaluating further similar situations. We move from objective truth

to subjective experience. In the court, emotional impact statements lend weight to the sentencing.

We've looked at three negative thought patterns now let's consider positive thoughts that reshape our future.

Here are some areas of thinking that will have a positive impact on your life. Discipline your mind to think on:

*Things that are true* – rooted in reality, not assumption, presumption or fantasy. Can you substantiate your statement with verifiable facts. Covid is a perfect illustration of this. There were doctors who gave empirical evidence that was called misinformation. However, those who called it misinformation could not produce the factual data to substantiate their statements.

*Things noble* – expressing honor, respect, and value. I can focus on your faults or look for the positive qualities of your character. For example, the flip side of stubbornness is resolute determination.

*Things just* – transparency that builds trust. Knowing the whole story behind the person who is distant and aloof would probably temper my judgement of them.

*Things pure* – without hidden motive. Do I want you to change because your behavior irritates me or am I genuinely concerned about how what you do or think influences the outcome of your life?

*Anything praiseworthy* — look for the gold in the rock. I have been told that two ounces of gold makes a ton of rock valuable. Our tendency is to stumble over the rock and miss the gold.

Remember:

**Thoughts are formulated in Words!  
Words are expressed in action!  
Actions create habits!  
Habits etch our character!  
Character shapes our destiny!**

**I AM NOT A VICTIM! I CAN TAKE MY THOUGHTS CAPTIVE! I CAN BEGIN THE PROCESS OF CHANGE!** Replace the negative outlook with positive thoughts and I'll see you at the top.

*Duane Harder*



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## ADHD AND YOUR CAREER PATH

### What Can I Work In As A Career With Adhd?

Students sometimes say: "Why do I have to do all this homework if I can get A's on all my tests?" or "Why do I have to learn Math if I'm going to be an artist?" The quick answer: "Because it forms the building blocks for further education..." just doesn't work. ADHD individuals need to know what the goal is and what we are trying to achieve. This type of discussion allows for their focus and reason to kick in. The goal should not be to get to college or to get a degree. During high school there is not much opportunity to think about that when you're trying to pull all-nighters with assignments or studying for exams. The goal should be a career that you can enjoy. So, change your mindset and don't get stuck on what you want to be, but instead think about how you want to live your life. Then figure out the path to get there.

### How Do I Find The Perfect Career?

Be methodical. Make a list of things you're passionate about, things you can make money at and things you'd like to be really good at. Then recognize that overlapping 'sweet spot' in your Venn diagram. This could be it! Now actively try it on. Begin to explore your passion. Summer jobs and experiential camps are crucial (cooking, acting, coding) or volunteer positions. How much money is enough? Create a living budget for fun (cost of a car, maintenance, insurance, medical plans, housing), then take the total expenses with an hourly rate to get an idea. Don't forget your taxes. How do I become world class? Be honest about your strengths and weaknesses; celebrate trials and tribulations as you explore this.

### What Are Some Career Ideas?

Think of passion-based career examples (alternative energy technician, video game designer, personal trainer) or non-traditional (fishing charter captain, dog walker, art therapist). Pick several careers and consider your next steps.

### Determine your path

What is your passion match, what are the educational or registration requirements, what skills do I need to build, is the job environment a good fit for me? Location is equally important in providing the opportunity you need for building a path to your success.

### Linkedin Power Tip

For career planning and college selection, you can click on a company name in LinkedIn. Click "people" on the left panel. Research the colleges where companies hire from, where their employees live and the different skills they have. This quick tip, is a simple roadmap for how to get hired to work in any company.

### Consider Your Next Steps

Higher education may be online, part-time, full-time or evening classes. A gap year can help you to explore potential career options, to grow maturity and independence by living away from home. To build life skills first without the crush of academics, can be a real challenge for

executive functioning in people with ADHD. Some companies offer internships without the need for you to have a completed college degree or diploma. Think about the cost of college and your potential income. You may even consider a high-level, specialized job training program instead. Entrepreneurship can be a relative risk but one that you can balance. Perhaps try something out during your gap year, or work for a start-up instead of creating one and remember you don't have to be the CEO to be an entrepreneur!

### Sources:

*www.necessarybrilliance.org is an excellent website where people share unusual success stories.*

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## MORTGAGE MATTERS by Candace Perko

**Managing Your Money When Interest Rates Rise:** Summarized from: *Financial Consumer Agency of Canada*

### When a rise in interest rates may affect you

A rise in interest rates often means that it will cost you more to borrow money. A rise in interest rates may affect you if:

- you have a mortgage, a line of credit or other loans with variable interest rate
- you'll need to renew a fixed interest rate mortgage or loan

Your financial institution could also increase your interest rate if you don't make payments on your credit card or loan.

### Fixed and variable interest rate loans

When you get a loan, your financial institution may offer you a fixed or a variable interest rate.

- A fixed interest rate will stay the same for the term of your loan.
- A variable interest rate may increase or decrease over the term of your loan.

Some lenders may offer you a lower introductory rate for a set period for certain types of loans. Make sure you can still afford the payments at the regular (higher) interest rate.

### Dealing with a rise in interest rates

Pay down your debt as much as possible to deal with a rise in interest rates. If you have less debt, you may be able to pay it off more quickly. This can help you avoid the financial stress caused by higher interest rates and bigger loan payments.

You can deal with a rise by using these tips:

- reduce expenses so you have more money to pay down your debt
- pay down the debt with the highest interest rate first to pay less interest over the term of your loan
- consolidate high interest debts, such as credit cards, into a loan with a lower interest rate
- avoid getting the maximum mortgage or line of credit that a lender offers you
- avoid taking on unnecessary debt with things you want but don't need
- avoid borrowing more money as it could limit your ability to save for your goals

- find ways to increase your income to help you pay down debt
- make sure you have an emergency fund to deal with unexpected expenses, such as covering higher loan payments to avoid penalties.

### What is a trigger rate

When your mortgage or loan has a variable interest rate with a fixed payment, you may reach your trigger rate if interest rises. Your trigger rate is the rate at which your mortgage or loan payment will no longer cover principal and interest due for that period. Once you've reached the trigger rate, your payment will only cover interest payments and no money will go towards paying down your principal. Reaching your trigger rate means that you've stopped paying down your loan and you're now borrowing more money. This is often called negative amortization.

The best way to find out your trigger rate is to review your mortgage or loan agreement. You can also contact your financial institution. They'll be able to calculate the exact rate for you. They'll also be able to let you know your options if you reach your trigger rate. If you reach your trigger rate, you may be required to:

- increase your payments
- make additional payments to cover the excess interest
- change to a fixed-rate mortgage

If you're not at the maximum amortization period allowed, your financial institution may offer to extend your amortization. This would avoid having to increase your payments. However, extending your amortization means paying for a longer period and paying more interest in the long run.

When interest rates are on the rise, contact your mortgage broker or financial institution as soon as possible to discuss your options.

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## CHAOS by Andrea Kidd

Why do I write? Because I hate chaos!

Sometimes I find myself in a dilemma. I don't know what to do. Whatever I choose seems to be a problem. Or, there are too many things to do and I don't know where to start. My mind is like a disorganized grocery store with too many trucks arriving at the grocery store at the same time, and workers opening boxes and piling the contents on any shelf that happens to have space on it. The milk is stashed next to the kiwis and the lettuce is next to the toilet cleaners.

Life, at times, dumps an overload and it's chaos. That's when I write.

Our local grocery store has a manager who has a plan of his store. Each item has its place. Workers can check the plans and bring order from the chaos of all those boxes coming in through the loading bay.

So, when overwhelmed with chaos, it is not a bad idea to get paper and a pen and make a plan. Or, if no plan is possible at this time, just let the brain have free run. For me it has to be scrap paper and a pen with free flowing ink; not a fancy journal from the gift shop because this writing is just for me. It will not be graded or judged. It's to release built up tension.

Jotting down ideas, sketching diagrams, making lists and writing a stream of thought; all help to sort out confusion. Writing is a pathway for the mind to see clearly. It helps us know truth; it reveals the best way to achieve a goal.

Sometimes it even convinces us that the goal must be abandoned. And that's okay, too.

There is a supernatural element to this process. We use the brain God created for us to transfer thoughts to pen and paper or keyboard and screen, and order emerges from the chaos when God breathes His Spirit into his creation as He did when His Spirit hovered over the waters of the deep. (Genesis 1:2)



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## OUT OF THE RUT

### Chapter 155

Have you got your marbles? Mine left decades ago, lost to the mists of time... save two unusual metallic spheres loitering 'mid my lifetime's glittering things. The standard glass marbles of my youth, their delicious twist of encaptured central colour, those are long gone. The texture, colour, sound of marbles colliding... decades old memories. This afternoon pondering ideas on a different theme at one point thought "could I do that with marbles?" hence my question to you. If you happen to have a double handful or so that you aren't doing much with, could I borrow them? It's not a very exciting experiment for the rest of the world, but now I've had the idea, I'd like to test it.

On another note, tales of Fantuzzi: Right from the beginning, this creature's innate chaos struck me. Fantuzzi sails gaily through life surrounded by a haze of chaotic love, excitement, music, fascination, dance, performance, inspirations and a complete lack of awareness of mundane things. He's the only man I've known who can go out to an event and leave shoeless, only to realise possibly days later he's misplaced his footwear. The globe is littered with Fantuzzi clothing, hats, shoes and paraphernalia. In the early

days, we literally ran around the streets of New York with the Occupy Movement. I recall sprinting for rather too long down dark wet streets for one an esoteric friend's film premiere. Skittering hither and yon about NYC, I frequently deked this way and that scooping up dropped items as we ran, including my own hat - borrowed and dropped mid-street.

So yesterday, my phone buzzed... Fantuzzi calling. After remarkably brief greetings he asked could I help him find his daughter's car. This might strike you as an odd ask, but I've continued finding things from across the world for years. I seem to have a knack where he's concerned. The daughter is fairly grounded, it is a remarkable show of trust for her to loan her Father her car while she is out of town. He drove to a festival, yet had to go far to find parking. Off he walked to find the music and friends old and new. On his return at some unspecified late hour, the car couldn't be found. A friend drove him around for about an hour and he'd spent a considerable sum on an Uber this morning doing the same thing. Tracking him on Google Maps while vacillating between muffled laughter and frustration at the ridiculousness of it all. Many hours lost to such pointless pursuits over the years. Perhaps this childlike quality, part of what makes him such a fascinating and inspirational character, is also one of the reasons I have nearly lost my mind on numerous occasions. It's certainly a great practice in patience.

Anyhoo, to cut a long call short... I advised talking to the police. I enquired a few hours later if he had any luck. "The Chief of Police found it for me". Now I am laughing out loud. He was also driven around for an hour by a Fijian constable, a "beautiful man" who is now a new friend as they chatted in Fijian and Hindi and whatever other languages they/F spoke. The man is a phenom with people, communication on so many levels. Only Fantuzzi.

\*\*\*

Last month I shared something momentous in the auspicious connecting of folk to bring a rather special horse into my life. Not three weeks later, another arrives... panic sets in for a while... 'what am I doing? How is this all going to work? How will I cope?' I recall that previously in my life, when I have taken a leap of faith and stepped off a metaphorical cliff to dangle suspended indefinitely in air as thick as thieves, I have yet to come crashing to the rocks below.

I pray the universe's conspiring with us will bring all into alignment seamlessly, once our interfering and grubby little fingers unstick themselves from where they are not needed.

Meanwhile. If you find yourself wondering what is going on and if perhaps, there is something you are missing, I have an opening for some one, perhaps two, who would like to explore the fascination of yogaEQ - relational riding and horsemanship with an enquiring mind, learning as much or more about yourself as your equine partner, supporting profound mutual connection.

I'll be just around the corner.

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## A FAMOOSE CANADIAN ANIMAL by Laura Griffin

In the spirit of Canada day, I thought we would celebrate the quintessential Canadian neighbour. This dark brown mammal can swim faster than two men paddling a canoe, dive to depths of 20 feet, and is named for its love of devouring twigs. What trip to Canada is considered complete before a sighting of the majestic and mighty moose? If some of you were misled by my clues and thought I was describing a beaver it is worth noting that the moose is also referred to as the most amphibious member of the deer family, or if you're from Newfoundland a swamp donkey. They even have the same ability as a beaver to close their nostrils while eating under water. But why are these giants drawn to the water? We will get to that, but first let us talk about why they represent Canada in all seasons.

This is an animal that has always borne an indigenous name, as Moose comes from the Algonquin word *Moz* meaning twig eater. The moose's iconic nose and lips are especially designed to wrap around and hold twigs in place before it slices through them with its teeth. Twigs from willows, shrubs and trees make up the majority of the moose diet, and they take their grazing to new 'heights'. At the shoulder an adult moose can be just over or under two meters tall, but if they find the need they can stand on their hind legs and reach about four meters up to graze. Even without this trick I've watched many a moose in the backyard tilt their massive head back and casually graze the tops of the willows along the creekbank. Their height is also advantageous in winter when most food for herbivores is buried under the depths of the snow, the moose can easily navigate through snow up to a meter deep with its grey stilt-like legs nibbling the branches far out of reach of other members of the deer family. Other adaptations that allow the moose to embrace the chill of winter like a proud Canadian is its thick skin, warm winter coat of up to six inches long hair and low surface to volume ratio, all of which keep the cold at bay.

Being so well adapted to the cold means that come summer time you need to seek refuge from the heat. Moose do this by hanging out in shrubby forested areas,



**Photo Credit:** James Griffin

lakeshores and swamps. The water not only offers refuge from the heat, and parasites like ticks and horseflies, but also an important supplement to their diet in the form of mineral-rich aquatic plants, which they will gracefully dive to the depths to retrieve. If you have not yet had a chance to watch a moose swim paddling along

with its massive cloven hooves, I would encourage you to look it up. This Canada day let us not 'moose' the opportunity to proudly embrace the magnificent moose neighbours we may encounter as patriotic emblems of the true north wild and free. May these elusive giants always find the room to wander in our wild spaces.



### BRAGG CREEK (& AREA) SUMMER CAMPS BUSHCRAFT & NATURE EXPLORATION WITH REDISCOVER PLAY





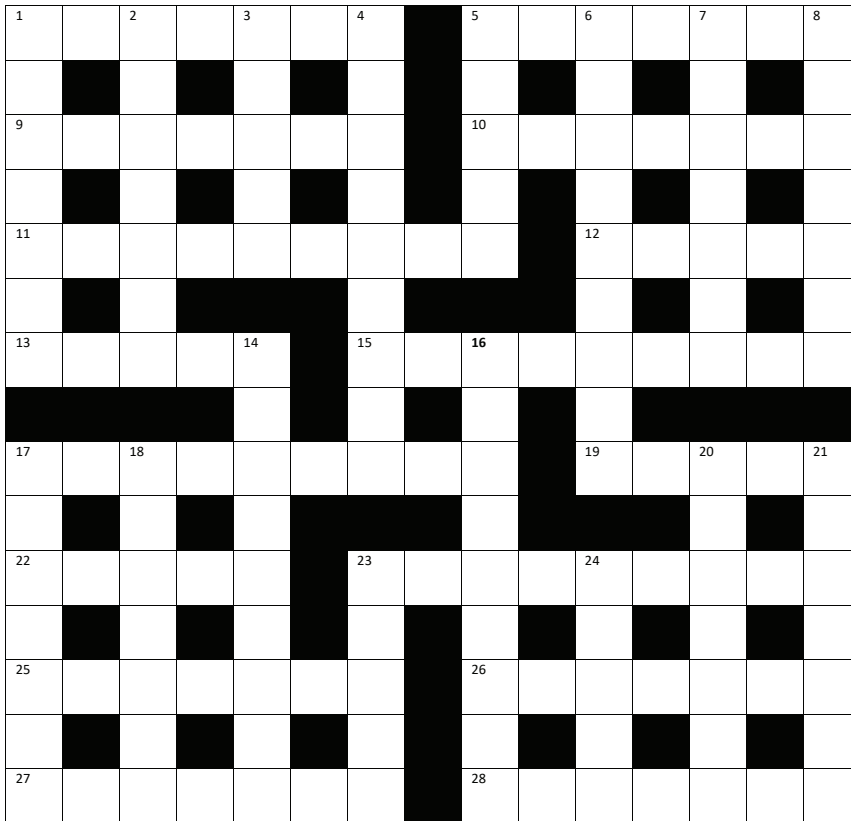


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#### Across:

1. Push around half the Russian pancakes to issue a book. (7)
5. The Raven writer has spasms when studying linguistic techniques. (7)
9. Everyone in crazy, dire situation recovered. (7)
10. Final gin cocktail is enduring. (7)
11. Keeness is found as geese fly around the Royal Navy. (9)
12. Sounds like we have interconnected threads. (5)
13. A sense of style. (5)
15. Openly surrounding former partner and queen will exceed one's strength. (9)
17. Lazy louse could act with more enthusiasm. (9)
19. Force out tattered peel around unknown variable. (5)
22. Climb over in this dance or the opposite? (5)
23. Bugle signal is on time for body artist. (9)
25. Specify thing I bring to Zurich and Edmonton at first. (7)
26. Particle loses quiet feature story. (7)
27. Northern climb at the beginning. (7)
28. Vice employs nasal cavities. (7)

#### Down:

1. Completely tense. (7)
2. Crazy lube and gas create small whales. (7)
3. I see topless tier gets frostier. (5)
4. Spiny mammals or pigs found under row of bushes. (9)
5. In an afterthought, the sick should take these. (5)
6. Mixed up heels were at some other place. (9)
7. Copy topless Mimi going towards gallery. (7)
8. Propose investing two thousand in crazy Sue's Tavern initially. (7)
14. Zoo mice confused around the north, run towards the east to save money. (9)
16. For example, unknown mixed paints live by the Nile perhaps? (9)
17. Heavenly city encompasses sick, extremely large number. (7)
18. Melissa is confused and without purpose. (7)
20. Royal female gets cut off and creates two royal males. (7)
21. Makes a mess of animal offspring. (7)
23. Dishonestly taking the short foot? (5)
24. Frequently in hayloft enchiladas are found. (5)

Cryptic Crossword #25 By Jan Burney

## KIDS ZONE

### KIDS!

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

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

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

Answers Across:  
1. Publish 5. Poetics 9. Rallied 10. Lasting 11. Eagerness 12. Weave 13. Taste 15. Overexert 17. Zealously 19. Expel 22. Limbo 23. Tattooist 25. Itemize 26. Article 27. Nascent 28. Sinsues  
Answers Down:  
1. Perfect 2. Belugas 3. Icier 4. Hedgehogs 5. Pills 6. Elsewhere 7. Imitate 8. Suggest 14. Economize 16. Egyptians 17. Zillion 18. Aimless 20. Princes 21. Litters 23. Theft 24. Often

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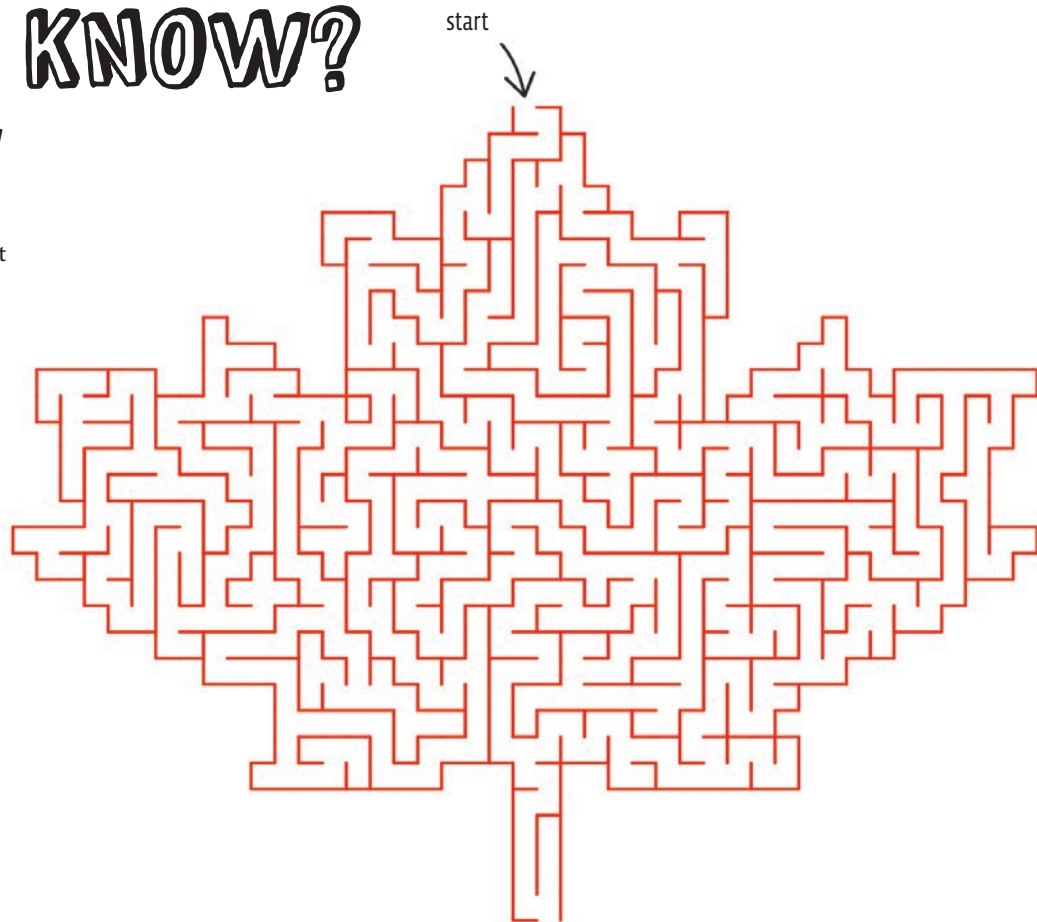
# DID YOU KNOW?

## July 1 is Canada Day

On July 1, 1867 Canada officially became an independent nation from Great Britain. We remain part of the Commonwealth of Nations which means Canada is one of 56 member states that voluntarily work together for the betterment of all the nations.

Canada gets its name from the St. Lawrence Iroquoian word *kanata*, which means "village" or "settlement".

Canada's national animal is the North American Beaver which is well known for living in streams and rivers across the country. Beavers make dams which are multi-chamber, watertight homes made of mud, sticks and rocks that hold their families and store their food. Did you know beavers instinctually make dams to stop the sound of running water?



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

## RESTAURANT

BAVARIAN INN, Bragg Creek .....403.949.3632

CREEKERS BISTRO, Bragg Creek .....403.949.3361

POWDERHORN SALOON, Bragg Creek .....403.949.3946

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

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

## RETAIL

BRAGG CREEK TRADING POST .....403.949.3737

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

## ROOFING & EXTERIORS

DAZA ROOFING dazaroofing.com .....403.542.2592

FORTRESS ROOFING & EXTERIORS LTD. ....403.264.7844

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

MASTERC CONSTRUCTION INC, mastercalgary.com .....403.554.2715

## SEPTIC (SERVICE AND INSTALLATION)

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

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

ACREAGE DEVELOPMENT SOLUTIONS LTD. ....403.815.0004

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

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

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

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

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

ROSS TRUCKING .....403.651.9428

## TOWING

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

## UPHOLSTERING AND WINDOW COVERINGS

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

## WATER HAULING

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

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

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

## WATER WELLS

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

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

## WELDING

Archer Custom Fabrication, www.archercustom.com .....403.463.3366